

Nursing Care Plan for Hypovolemia

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data: "I feel dizzy and weak."</p> <p>Objective Data:</p> <ul style="list-style-type: none"> - Blood pressure: 90/60 mmHg - Heart rate: 110 bpm - Low urine output; skin is cool and clammy. 	<p>Deficient Fluid Volume related to fluid loss from dehydration as evidenced by low blood pressure, high heart rate, and decreased skin turgor.</p>	<p>Short-Term:</p> <ul style="list-style-type: none"> - Blood pressure will improve to at least 100/70 mmHg within 30 minutes. <p>Long-Term:</p> <ul style="list-style-type: none"> - Fluid balance will be maintained with normal vital signs and urine output. 	<p>Plan to start IV fluids (normal saline) and monitor vital signs and urine output closely.</p>	<p>Administer IV fluids as ordered; check blood pressure and urine output every hour.</p>	<p>Replacing lost fluid restores blood volume and improves circulation.</p>	<p>Blood pressure increases to 100/70 mmHg; urine output improves; patient reports feeling less dizzy.</p>
<p>Subjective Data: "I am confused and lightheaded."</p> <p>Objective Data:</p>	<p>Ineffective Tissue Perfusion related to low circulating blood volume as shown by altered mental</p>	<p>Short-Term:</p> <ul style="list-style-type: none"> - Within 1 hour, improve oxygenation and mental status. <p>Long-Term:</p>	<p>Plan for oxygen therapy and continuous monitoring of mental status.</p>	<p>Provide supplemental oxygen via nasal cannula; check mental status every 15 minutes; adjust oxygen as needed.</p>	<p>Adequate oxygen delivery is essential to prevent organ damage.</p>	<p>Oxygen saturation improves to 95% or above; mental status returns to normal; patient shows no further signs of hypoperfusion.</p>

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<p>- Altered mental status; pale, cool skin.</p>	<p>status and cool extremities.</p>	<p>- Maintain stable tissue perfusion with normal mental status.</p>				
<p>Subjective Data:</p> <p>"I always feel very thirsty."</p> <p>Objective Data:</p> <p>- Lab tests show high hematocrit and BUN/Creatinine ratio indicating dehydration.</p>	<p>Ineffective Health Management related to lack of knowledge about proper fluid intake.</p>	<p>Short-Term:</p> <p>- Within 24 hours, the patient will understand the importance of fluid replacement.</p> <p>Long-Term:</p> <p>- The patient will maintain proper hydration with stable blood glucose and lab values.</p>	<p>Develop an educational plan on the importance of fluid intake and self-monitoring of hydration.</p>	<p>Conduct a teaching session using simple language and visual aids; provide a handout on daily fluid goals.</p>	<p>Education helps the patient to understand and manage their hydration effectively.</p>	<p>The patient verbalizes understanding; follows the recommended fluid intake; follow-up labs confirm stable hydration levels.</p>