

ADDISON'S DISEASE NURSING CARE PLANS

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective: Patient reports severe fatigue and light-headedness.</p> <p>Objective: Low blood pressure, weight loss, and hyperpigmentation noted.</p>	<p>Risk for Imbalanced Fluid Volume related to low cortisol and sodium levels.</p>	<p>Short-Term: Within 48 hours, patient's blood pressure will improve and fluid balance will be maintained.</p> <p>Long-Term: Patient maintains stable vital signs and weight.</p>	<p>Monitor vital signs and daily weights.</p> <p>Administer hormone replacement therapy as prescribed.</p> <p>Educate on fluid and electrolyte management.</p>	<p>Record vitals every 4 hours.</p> <p>Provide medication and document response.</p> <p>Review dietary guidelines with patient.</p>	<p>Early intervention stabilizes fluid volume and prevents shock.</p>	<p>Patient shows improved blood pressure and reports less fatigue.</p>
<p>Subjective: Patient expresses confusion about the condition.</p> <p>Objective: Patient asks questions regarding self-care practices.</p>	<p>Deficient Knowledge related to disease process and self-management strategies.</p>	<p>Short-Term: Patient verbalizes understanding of Addison's disease and its management within 24 hours.</p> <p>Long-Term: Patient follows treatment and self-care recommendations consistently.</p>	<p>Provide clear, simple educational materials and one-on-one teaching sessions.</p> <p>Use visual aids to explain the disease process.</p>	<p>Schedule education sessions and use the teach-back method to confirm understanding.</p>	<p>Patient education improves self-care and reduces anxiety.</p>	<p>Patient accurately explains the disease and demonstrates correct self-care practices.</p>