

ALCOHOL WITHDRAWAL NURSING CARE PLANS

Nursing Diagnosis	Patient Goals/Expected Outcomes	Assessment Data	Nursing Interventions	Rationale	Evaluation	Documentation/Follow-Up
Risk for Seizures	Prevent seizure activity during withdrawal	History of heavy alcohol use; tremors noted; agitation present	Administer benzodiazepines as prescribed; monitor neurological status	Reduces the risk of seizure by controlling withdrawal symptoms	No seizure activity observed; stable neurological status	Document medication administration and neurological assessments
Acute Withdrawal Syndrome	Patient will experience reduction in withdrawal symptoms (\leq moderate) within 48 hours	Patient exhibits tremors, anxiety, nausea, and agitation	Administer prescribed medications; provide a calm environment; encourage rest	Alleviates withdrawal symptoms and promotes patient comfort	Patient reports reduced tremors and anxiety; improved overall comfort	Record symptom severity and patient feedback
Risk for Injury	Maintain patient safety; no injury during withdrawal period	Patient exhibits impaired coordination and agitation	Implement fall precautions; assist with ambulation; monitor closely	Prevents injury due to impaired motor function and altered sensorium	No incidents of injury; patient remains safely monitored	Document safety interventions and incident reports if any
Impaired Coping	Patient will develop effective coping mechanisms and verbalize stress	Signs of anxiety and difficulty managing stress	Provide emotional support; use relaxation	Supports emotional stability and improves	Patient reports improved coping; reduced	Document counseling sessions and patient responses

	reduction strategies within 48 hours	reported by patient	techniques; refer to counseling	copng during withdrawal	anxiety observed	
Knowledge Deficit	Patient and family will verbalize understanding of withdrawal process and treatment plan within 24 hours	Patient and family express uncertainty about the withdrawal process and post-treatment care	Educate using written materials and verbal instructions; conduct teaching sessions	Ensures informed participation in the care plan and adherence to treatment	Patient and family demonstrate improved understanding through return explanations	Document educational sessions and verify comprehension

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