

GASTROESOPHAGEAL REFLUX DISEASE (GERD) NURSING CARE PLAN

Patient Info	Assessment Data	Nursing Diagnoses	Goals/Outcomes	Interventions	Rationale	Evaluation
45-year-old female with GERD History of chronic heartburn and regurgitation; overweight	Complaints of heartburn after meals, especially after consuming spicy foods and coffee; epigastric pain present; pH monitoring confirms acid reflux	Impaired Gastrointestinal Motility related to acid reflux as evidenced by frequent heartburn and regurgitation	Patient will experience a reduction in heartburn episodes, report improved epigastric comfort, and adhere to dietary modifications	Educate on avoiding trigger foods and adopting small, frequent meals; advise elevating head of the bed during sleep; administer prescribed PPIs as ordered	Dietary modifications and proper positioning reduce reflux episodes; PPIs decrease gastric acid secretion, alleviating symptoms	Patient reports fewer heartburn episodes; follow-up pH monitoring indicates decreased reflux; improved comfort documented in subsequent assessments
45-year-old female with GERD Same patient profile	Expresses confusion regarding the disease process and proper use of medications; inconsistent adherence observed	Deficient Knowledge regarding GERD management	Patient will verbalize understanding of GERD, demonstrate correct medication use, and adhere to lifestyle recommendations	Provide detailed education using visual aids and written materials; demonstrate proper use of medications; schedule follow-up education sessions	Enhancing patient knowledge fosters better self-management, adherence, and overall symptom control	Patient correctly demonstrates medication administration and describes key self-care practices during follow-up sessions
45-year-old female with GERD	Reports moderate epigastric pain (pain score 6/10) after meals; discomfort	Acute Pain related to esophageal irritation	Patient will report a decrease in pain intensity to a score of 3/10 within	Administer prescribed analgesics and antacids; encourage use of relaxation techniques	Analgesics and antacids provide symptomatic relief; relaxation techniques help	Patient reports a decrease in pain intensity to 3/10; improved comfort

Same patient profile	interferes with daily activities	secondary to acid reflux	24 hours and show improved comfort	(e.g., deep breathing exercises); monitor pain levels regularly	reduce stress and pain perception	noted in follow-up assessments
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