

Hemodialysis Nursing Care Plan

Patient Info	Assessment Data	Nursing Diagnoses	Goals/Outcomes	Interventions	Rationale	Evaluation
62-year-old male with ESRD, HTN, and DM	Vital signs stable; weight increased; slight fluid overload; vascular access intact	Fluid volume excess	Achieve optimal fluid balance; reduce excess weight; maintain stable blood pressure	Monitor vital signs every 15 minutes; adjust ultrafiltration rate; record pre- and post-dialysis weight	Early detection and intervention help reduce the risk of cardiovascular complications	BP remains stable; weight decreases post-session; patient reports increased comfort
62-year-old male with ESRD, HTN, and DM	Redness and minor swelling around the vascular access; no fever present	Risk for infection	Prevent infection at the vascular access site; maintain site integrity	Clean and disinfect the access site before and after dialysis; educate patient on proper care; monitor for signs of infection	Maintaining proper hygiene minimizes infection risk and supports healing	Access site remains clean with no further signs of infection
62-year-old male with ESRD, HTN, and DM	Patient exhibits signs of anxiety; elevated heart rate; verbalizes fear about treatment complications	Anxiety related to treatment	Reduce anxiety; enhance patient understanding; improve treatment adherence	Provide clear explanations about the dialysis process; offer emotional support; involve family in care discussions	Clear communication and support build trust and reduce fear during treatment	Patient demonstrates improved understanding and reports lower anxiety levels
62-year-old male with ESRD,	Laboratory results indicate high potassium levels; patient is non-	Imbalanced nutrition: excessive potassium intake	Normalize potassium levels; achieve adherence to dietary guidelines; improve overall nutrition	Arrange a consultation with a dietitian; provide patient education on dietary restrictions; schedule	Proper diet management is essential to control electrolyte imbalances	Subsequent lab results show normalized potassium levels;

HTN, and DM	adherent to dietary restrictions			regular nutrition reviews	and prevent complications	patient follows a structured diet plan
62-year-old male with ESRD, HTN, and DM	Reports muscle cramps during dialysis; limited mobility observed; mild discomfort noted	Impaired physical mobility	Reduce muscle cramps; improve mobility; enhance comfort during dialysis	Implement gentle exercise routines; offer pain relief medication; assist with stretching exercises before and after sessions	Improved mobility and pain management help reduce discomfort and promote better overall function	Patient reports fewer cramps and improved mobility; overall treatment experience is enhanced