

NURSING CARE PLAN FOR CELIAC DISEASE

Nursing Diagnosis	Patient Goals/Expected Outcomes	Assessment Data	Nursing Interventions	Rationale	Evaluation	Documentation/Follow-Up
Nutritional Deficit	Improve nutritional status; maintain weight and resolve deficiencies within 48 hours	Weight loss; signs of vitamin and mineral deficiencies	Collaborate with a dietitian to develop a gluten-free meal plan; provide supplements as needed	Enhances nutrient absorption and overall health	Weight stabilizes; lab values normalize	Record dietary intake, weight changes, and lab results
Acute Abdominal Pain	Reduce abdominal pain to $\leq 3/10$ within 2 hours	Patient reports abdominal pain score of 6/10	Administer analgesics and antispasmodics; apply warm compresses	Reduces pain and improves comfort	Pain score decreases; patient feels more comfortable	Document pain assessments and medication administration
Impaired Gastrointestinal Function	Achieve regular bowel movements and reduce symptoms of diarrhea or constipation within 48 hours	Irregular bowel habits; abdominal bloating	Monitor bowel movements; encourage adequate fluid intake; educate on a high-fiber gluten-free diet	Improves bowel regularity and prevents discomfort	Bowel habits stabilize; symptoms reduce	Document bowel patterns and dietary adherence

Knowledge Deficit	Patient and family will accurately describe the care plan within 24 hours	Family expresses uncertainty regarding dietary changes	Provide clear written and verbal education; use teach-back method; distribute educational pamphlets	Promotes adherence to a gluten-free diet and proper self-care	Family demonstrates understanding; adheres to care plan	Document educational sessions and verify comprehension
Anxiety	Reduce patient and family anxiety within 24 hours	Patient and family exhibit signs of stress	Offer emotional support; provide counseling referrals; use relaxation techniques	Reduces stress and improves treatment adherence	Anxiety levels decrease; patient reports improved mood	Document counseling sessions and patient/family feedback