

Nursing Care Plan for Hyperthermia & Heat-Related Illnesses

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data: - The patient complains of feeling extremely hot and dizzy.</p> <p>Objective Data: - Core temperature is 39°C (102.2°F); the patient appears flushed and sweaty.</p>	<p>Impaired Thermoregulation related to excessive heat exposure as evidenced by an elevated body temperature, profuse sweating, and dizziness.</p>	<p>Short-Term: - Within 2 hours, the patient's temperature will decrease to below 38°C (100.4°F) with reduced symptoms of dizziness.</p> <p>Long-Term: - The patient will maintain a normal body temperature and show improved comfort.</p>	<p>Initiate cooling measures (cool compresses, fans, cool environment); monitor temperature and vital signs; provide IV fluids if necessary.</p>	<p>Apply cool compresses; move the patient to an air-conditioned area; monitor temperature every 15 minutes; administer fluids as prescribed.</p>	<p>Cooling measures help lower core temperature and reduce the risk of complications.</p>	<p>The patient's temperature falls within the target range and symptoms of dizziness diminish, as recorded in monitoring logs.</p>
<p>Subjective Data: - The patient expresses anxiety about the intense heat and feeling of weakness.</p> <p>Objective Data:</p>	<p>Anxiety related to heat exposure and fear of worsening symptoms as evidenced by patient reports and restlessness.</p>	<p>Short-Term: - Within 1 hour, the patient will report a decrease in anxiety after using a coping strategy.</p> <p>Long-Term: - The patient will demonstrate effective coping</p>	<p>Teach relaxation techniques (deep breathing, guided imagery); offer reassurance and monitor vital signs; involve family support.</p>	<p>Demonstrate deep breathing exercises; offer calming reassurance; schedule brief counseling sessions; document anxiety levels.</p>	<p>Reducing anxiety helps lower oxygen demand and supports overall recovery.</p>	<p>The patient reports decreased anxiety and shows improved vital signs, as documented in follow-up assessments.</p>

- The patient shows restlessness and elevated heart rate.		techniques and maintain stable vital signs during heat exposure.				
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