Cirrhosis Nursing Care Plan

Patient name: Hudson Miller	Date: May 15, 2024
Nursing diagnosis	
Ineffective Nutritional Status related to liver cirrhosis as evidenced by decreased oral intake and fluid restrictions.	
Assessment data	
" Patient with liver cirrhosis presenting with decreased appetite and fluid restrictions. " Documentation of decreased body weight and nutritional deficiencies. " Identification of enlarged liver and abdominal distention.	
Nursing interventions	
Assessment of nutritional status	
" Monitor patient's dietary intake, including calorie and protein intake. " Evaluate for signs of malnutrition, such as decreased muscle mass and poor wound healing.	
Recommendations for dietary modification	
" Collaborate with dietitian to develop a nutritionally balanced diet plan considering fluid restrictions and dietary limitations. " Encourage frequent, small meals and snacks to promote adequate caloric intake. 1	
Fluid balance status	
" Measure intake and output accurately to assess fluid balance. " Educate patient on fluid restriction guidelines and importance of adherence.	
Medications and schedules	
" Document prescribed medications for managing symptoms of liver cirrhosis, such as diuretics, lactulose for hepatic encephalopathy, and vitamins or supplements to address nutritional deficiencies. " Establish a medication schedule, including dosage, frequency, and administration times, to ensure consistent and timely medication administration.	
Helpful resources for patient education	
" Educate patient and family about the importance of nutritional support in managing liver cirrhosis. " Provide information on foods to include and avoid, emphasizing the need to limit sodium intake to prevent fluid retention.	

Expected outcomes
" Patient demonstrates improved nutritional status as evidenced by stabilized body weight, improved appetite, and laboratory findings within normal range. " Patient adheres to prescribed dietary modifications, fluid restrictions, and medication regimen to manage symptoms of liver cirrhosis effectively.

Care plan	
" Monitor patient's nutritional status and response to interventions regularly. " Adjust dietary modifications, fluid restrictions, and medication regimen as needed based on patient's progress and changes in condition. " Provide ongoing education and support to patient and family to promote adherence to care plan and optimize patient outcomes. " Collaborate with interdisciplinary team members to ensure coordinated and holistic care for patient with liver cirrhosis.	

Progress tracking		
Date	**Response to intervention**	**Additional notes**
May 15, 2024	Positive progress on intervention.	