

# Fluid and Electrolyte Imbalance Nursing Care Plan

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of admission: \_\_\_\_\_

## Medical history

## Assessment

### Subjective assessment (based on patient's description)

### Objective assessment

#### 1. Clinical manifestations:

Signs of dehydration:

Dry skin    Dry mucous membrane    Decreased skin turgor    Oliguria

Signs of fluid overload:

Edema    Ascites    Dyspnea    Crackles in lungs

Symptoms related to specific electrolyte imbalance:

Muscle weakness    Cramps    Confusion    Cardiac rhythm disturbances

#### 2. Laboratory findings:

Serum electrolytes (Na, K, Ca, Mg, Cl, HCO<sub>3</sub>):

Blood urea nitrogen (BUN) and creatinine:

Complete blood count (CBC):

Urine specific gravity:

### 3. Diagnostic tests:

- ECG (for detecting cardiac arrhythmias related to electrolyte imbalances)
  - Imaging studies relevant to underlying conditions (e.g., chest X-ray for pulmonary edema)
- Others:

### Nursing diagnosis

#### 1. Risk for imbalanced fluid volume related to:

#### 2. Electrolyte imbalance (specify which below) related to:

Hyperkalemia    Hypokalemia    Hyponatremia

Hyponatremia    Other:

#### 3. Other nursing diagnoses:

### Goals/objectives

#### Short-term goal

#### Long term goal

### Nursing interventions and rationales

#### 1. Monitor fluid status:

- Measure and record input and output every \_\_\_\_\_.
- Assess daily weight at the same time each day.

#### Rationale:

## 2. Manage fluid intake and output:

- Administer IV fluids (e.g., isotonic solutions) as ordered.
- Restrict fluids if indicated (e.g., in cases of fluid overload).
- Encourage or limit oral fluid intake depending on the patient's condition.

### Rationale:

## 3. Electrolyte management:

- Administer electrolyte supplements (e.g., potassium chloride) or modify dietary intake as ordered.
- Monitor serum electrolyte levels every \_\_\_\_\_ or as specified.

### Rationale:

## 4. Patient education:

- Educate the patient and family on the importance of managing fluid intake.
- Teach them to recognize symptoms of fluid or electrolyte imbalances (e.g., dizziness, palpitations, swelling).
- Discuss dietary sources of electrolytes (e.g., potassium from bananas, sodium restriction).

### Rationale:

## 5. Monitor for complications:

- Observe for signs of edema, ascites, respiratory distress, and arrhythmias.
- Adjust treatment plans based on symptoms and lab results.

### Rationale:

## Evaluation

- Reassess the patient's fluid and electrolyte status through clinical assessment and laboratory tests.
- Evaluate the effectiveness of interventions (e.g., stabilized lab values, and improved clinical signs).
- Modify the care plan based on the patient's response and ongoing assessments.

Others:

**Additional notes**

Nurse's signature:

Date: