

Diarrhea Nursing Care Plan

Patient Information

Full Name: _____

Date of Birth: ____ / ____ / _____

Gender: _____

Patient ID: _____

Contact Number: _____

Email Address: _____

Nursing Assessment

Assessment	Rationale	Notes / Referrals
Assessment of the onset and patterns of bowel movement	Symptoms began Current diet and recent food consumption Any recent travel Changes in medication use By charting the length of time in which diarrhea has been present, a diagnosis of acute or chronic diarrhea can be made. Tolerance to dairy products, methods of food preparation, and feeding tube use are all factors to consider.	
Assessment of characteristics and frequency	Through nursing or care staff observation or the patient's verbalization, collect data on the frequency of loose stool and note the <i>presence of blood, mucus, and abnormal coloring.</i>	

Collect stool culture	By collecting a sample of the stool, appropriate treatment and interventions can be made if a particular organism is identified.	
Assessment of abdominal pain and related symptoms	Location of pain Presence of nausea, vomiting, loss of appetite, fever or other dehydration symptoms should be monitored and electrolyte imbalances can be charted for through blood testing. Any history of gastrointestinal issues such as colitis or autoimmune issues should also be reviewed for their potential to cause diarrhea.	

Nursing Interventions

Suggested interventions	Rationale	Notes/referral
Diet adaptations	<p>Patients may require <i>bowel rest</i> and be prescribed a full liquid diet.</p> <p>Education on diet for those with chronic diarrhea may be required.</p> <p>Suggestions for a low fiber diet and soft foods such as white rice and bread may be of value, and the avoidance of raw, fresh foods and caffeine is recommended.</p> <p>The daily weight of the patient should be taken to monitor fluid balance and ensure there is no severe water loss.</p>	

Electrolyte imbalances	<p>As dehydration is a common issue related to diarrhea, careful monitoring and treatment of electrolyte levels is required.</p> <p>The use of IV fluids may be needed and blood testing can help pinpoint which electrolytes are low.</p>	
Medication review	<p>Often a side effect of medications, diarrhea is an important symptom to note when reviewing medications.</p> <p>Education and checking of laxative use is also of value. Misuse and overuse may be causing the root issue.</p> <p>For patients experiencing chemotherapy related diarrhea the Common Toxicity Criteria guidelines for colostomy use may need to be utilized and reviewed.</p>	

Physician's Notes and Recommendations

Physician's Signature:

Date:

____ / ____ / ____