# Edema Nursing Care Plan

**Patient Information**

Name: John Smith

Age: 65 Gender: Male

Medical History: Hypertension, Type 2 Diabetes

Date of Admission: 03/15/2023

**Assessment**

- Description of Edema (location, extent, type):
  Bilateral lower extremity edema, pitting, extends up to mid-calf

- Vital Signs (BP, HR, RR, Temp):
  BP 150/90, HR 88, RR 20, Temp 98.6°F

- Relevant Lab Values (e.g., electrolytes, kidney function):
  Elevated BUN and creatinine, normal electrolytes

- Associated Symptoms (e.g., pain, difficulty breathing):
  Shortness of breath, fatigue

- Potential Contributing Factors (e.g., heart failure, renal issues, medication side effects):
  Heart failure, renal insufficiency, medication side effects (calcium channel blockers)

**Nursing Diagnosis**

- Primary Diagnosis related to edema:
  Chronic Heart Failure

- Contributing Factors/Related to:
  Compromised cardiac output and renal function

- Evidence/As evidenced by:
  Bilateral pitting edema, elevated BUN and creatinine levels

**Planning:**

- Short-Term Goals (e.g., reduce swelling in X days):
  Reduce swelling in 7 days

- Long-Term Goals (e.g., manage underlying cause, prevent recurrence):
  Manage heart failure, prevent recurrence of severe edema

- Patient Education Goals:
  Educate on self-monitoring of edema, dietary and fluid intake

**Interventions:**

- Monitoring (e.g., vital signs, fluid balance):
  Daily weight, monitor fluid balance, vital signs

- Medication Administration (e.g., diuretics, pain relief):
  Diuretics (as prescribed), monitor for electrolyte imbalances

- Dietary Modifications (e.g., sodium restriction):
  Sodium restriction, fluid intake monitoring

- Activity Recommendations (e.g., elevation of limbs, compression stockings):
  Elevation of limbs, use of compression stockings

- Patient Education (e.g., self-care techniques, medication management):
  Instruction on self-care techniques, importance of medication adherence

**Implementation:**

- Detailed steps for each intervention:

  Monitor patient's daily weight and fluid intake/output
  Administer diuretics as prescribed and monitor for side effects
  Educate patient on low-sodium diet and fluid restrictions
  Encourage leg elevation and use of compression stockings
  Educate patient on recognizing symptoms of worsening heart failure

- Delegation of responsibilities (if applicable):

- Coordination with other healthcare professionals:
  Collaborate with a dietitian for patient-specific dietary advice

**Evaluation**

- Response to Interventions (e.g., reduction in swelling):
  Swelling reduced, patient reports feeling less breathless

- Progress towards Goals:
  On track to meet short-term goal, long-term goals ongoing

- Need for Plan Modification:
  None at this time

- Patient/Family Feedback:
  Patient understands the care plan and reports feeling more informed

**Documentation**

- Record of care provided:
  Daily assessments, medication administration, patient education

- Changes in patient condition:
  Improvement in edema and breathlessness

- Patient's response to interventions:
  Positive response, understanding of condition and management

**Doctor's Signature:** Dr.Doe

**Name (Print):** Dr. Jane Doe

**Date:** 03/22/2023

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This template is a general guide and should be adapted to fit the specific needs and circumstances of each patient. It's important to regularly review and update the care plan based on the patient's condition and response to treatment.