

Edema Nursing Care Plan

Patient information	
Name:	Age:
Gender:	Date of birth:
Medical history	
Relevant medical history:	
Allergies:	
Medications:	
Assessment	
Subjective data	Objective data
<ul style="list-style-type: none">Duration of symptoms: Aggravating/relieving factors:	<ul style="list-style-type: none">Location of edema (e.g., legs, ankles, hands, face):Edema grading:Skin assessment:Weight change:
	Vital signs
	<ul style="list-style-type: none">Blood pressure:Heart rate:Respiratory rate:Oxygen saturation:Temperature:

Diagnosis

- Fluid overload
- Lymphatic obstruction
- Others (please specify):

Goals and outcomes

Long-term	Short-term

Interventions

Edema monitoring:

- Daily weight monitoring
- Regular assessment of edema location and severity
- Skin care to prevent breakdown

Fluid management:

- Fluid restriction as ordered
- Monitor intake and output (I&O)

Medication administration:

- Diuretics (e.g., furosemide)
- Antihypertensives (if applicable)
- Other medications:

Education:

- Teach the patient about the causes and management of edema
- Importance of leg elevation and compression
- Dietary changes (e.g., low sodium intake)

Other interventions:**Rationale****Evaluations****Additional notes****Healthcare professional information**

Name:

License number:

Contact number: