Fluid Volume Deficit Nursing Care Plan

Patient information	
Patient name: Elena Rossi	Age: 70
Gender: Female	Date of birth: 15 June 1954
Medical history:	
Chronic Kidney Disease (Stage 3) Hypertension History of mild dehydration during summer months	

Assessment	
Subjective	**Objective**
Patient reports feeling lightheaded and dizzy, especially when standing up. Complains of dry mouth and reduced urine output over the past two days.	Blood pressure: 95/60 mmHg (orthostatic hypotension noted). Pulse: 110 bpm, weak and thready. Skin turgor: delayed, mucous membranes dry. Urine output: 300 mL in the past 24 hours, dark amber in color.

Nursing diagnosis
Fluid Volume Deficit related to inadequate fluid intake as evidenced by decreased urine output, dry mucous membranes, and orthostatic hypotension.

Goals and outcomes	
Long-term	**Short-term**
Maintain adequate fluid volume and prevent complications related to dehydration. Stabilize blood pressure within the patient's normal range.	Increase oral fluid intake to 1500 mL per day within 48 hours. Improve urine output to at least 30 mL/hour within the next 24 hours.

Nursing interventions
Monitor Fluid Status: • Record intake and output every 4 hours to assess fluid balance. • Check vital signs every 4 hours, focusing on blood pressure and pulse rate. Fluid Replacement: • Encourage the patient to drink small, frequent sips of water, aiming for 1500 mL/day. • Administer IV fluids as prescribed to restore fluid volume if oral intake is insufficient. Patient Education: • Educate the patient on the importance of maintaining adequate hydration, especially during hot weather.
Rationale
Monitoring Fluid Status:Regular monitoring helps to detect early signs of fluid imbalance and guide treatment decisions. Fluid Replacement: Oral and IV fluids are essential to replenish lost fluids and restore normal circulatory volume. Patient Education: Understanding the importance of hydration can empower the patient to manage their condition and prevent future fluid deficits
Evaluation
Patient's urine output increased to 1000 mL in 24 hours, with a lighter color. Blood pressure stabilized at 110/70 mmHg, pulse rate decreased to 85 bpm. Patient reports feeling less dizzy and lightheaded.
Additional notes
Continue to monitor fluid intake and adjust the care plan as needed based on patient response. Follow-up appointment scheduled in one week to reassess hydration status and kidney function.
Nurse's information
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