

GERD Nursing Care Plan

Patient Information:

- Name:
- Age:
- Gender:
- Medical History:
- Current Medications:

Assessment:

- Presenting Symptoms (heartburn, regurgitation, chest pain, difficulty swallowing, etc.):

- Frequency and Duration of Symptoms:

- Dietary Habits:
- Lifestyle Factors (smoking, alcohol consumption, etc.):

- Weight/BMI:
- Any other relevant clinical findings:

Nursing Diagnoses:

Planning and Goals

Short-Term Goals:

Long-Term Goals:

Interventions:

- Dietary Management:
 - Specific Recommendations:

 - Foods to Avoid:

 - Meal Planning:

- Lifestyle Modifications:
 - Weight Management:
 - Sleep Positioning:
 - Activity Recommendations:

- Medication Management:
 - Prescribed Medications:

 - Administration Guidelines:

- Monitoring for Side Effects:

- Patient Education:
 - Information about GERD:

 - Self-Care Techniques:

 - When to Seek Medical Attention:

- Monitoring and Follow-Up:
 - Symptom Tracking:

 - Follow-Up Appointments:

Evaluation:

- Response to Interventions:

- Progress Towards Goals:

- Adjustments to Care Plan:

Documentation:

- Care Provided:

- Patient's Responses:

- Changes in Condition:

- Updates to Care Plan: