

# 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: