

(CUSHING'S DISEASE) NURSING CARE PLAN

Medical Diagnosis: Cushing's Disease

Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Back pain • Weakness • Irregular menstrual cycles • Shortness of breath • Poor concentration 	Assess and monitor cardiac and respiratory status; perform 12-lead EKG to rule out cardiac involvement.	Shifts in fluid balance and electrolytes may cause arrhythmias and difficulty breathing.
	Monitor fluid and electrolyte balance; I & O, fluid restrictions as necessary	Overproduction of cortisol causes the body to retain sodium and water which can cause cardiac stress and hypokalemia.
	Administer medications as appropriate to manage symptoms. Monitor vital signs for hypertension	Antihypertensives- monitor blood pressure closely as changes in cortisol levels may cause rapid changes in blood pressure Diuretics- to treat fluid retention and prevent excess strain on the heart.
Objective Data: <ul style="list-style-type: none"> • Red, ruddy face • Upper body obesity with thinning arms and legs • Acne or skin infections • Hypertension • Uncontrolled diabetes • Tachycardia • Tachypnea • "Buffalo Hump" • Moon face • Amenorrhea • Osteoporosis 	Manage blood glucose level	Excess cortisol can cause blood sugar to fluctuate. Monitor blood glucose levels regularly and notify MD if outside the patient's target area. Treat hypoglycemia with juice and crackers, but watch for rapid spikes afterwards. Treat hyperglycemia by having the patient drink water and notify MD if necessary.
	Promote rest	Long term stress and elevated cortisol levels can weaken the immune system and increase the risk of developing bacterial infections.
	Monitor for signs of infection: <ul style="list-style-type: none"> • Fever • Wounds that are not healing • Changes in appetite or bowel habits • Nausea / vomiting 	Cortisol suppresses the immune system and increases the risk of infection. Obvious signs of infection may be masked, so take note of subtle signs.

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	Nursing Intervention (ADPIE)	Rationale
	Prepare patient for surgery to treat disease	Medication can help manage the symptoms, but there is currently no medication that can fully treat the disease. Surgery to remove the pituitary tumor(s) or adrenal glands is the most common treatment for the disease.
	Reduce risk of infections	Avoid unnecessary exposure to people with infections; stress the importance of good hand hygiene to patient and family members / caregivers.
	Educate and encourage positive body image	Changes in appearance can give the patient a negative self-image and lead to anxiety and depression. Reassure patient and educate them about the changes in fat distribution associated with the disease. Promote an atmosphere of acceptance and encourage the patient to verbalize feelings.
	Nutrition and lifestyle education <ul style="list-style-type: none">• Quit smoking• Limit or avoid alcohol• Low sodium diet	Incorporate and educate patient about good dietary and lifestyle choices. Low sodium diet may be supplemented with high potassium foods and low protein to promote a stronger immune system. Encourage exercise as tolerable.