

NURSING CARE PLAN (HYPEREMESIS GRAVIDARUM)

Medical Diagnosis: Hyperemesis Gravidarum

Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Nausea • Dizziness • Weakness • Fatigue • Food/smell aversions • Headache • Confusion 	Assess Vital Signs	HR, RR, BP. Get baseline vitals and note any changes (tachycardia, hypotension, tachypnea)
	Assess for signs of dehydration	Dry membranes, skin tenting, confusion. All signs of dehydration Patient can lose many fluids from vomiting/ inability to tolerate oral fluids
	Monitor diagnostic lab values	Metabolic panel (see if the patient has an electrolyte imbalance or renal impairment from excessive vomiting (Metabolic Alkalosis)
Objective Data: <ul style="list-style-type: none"> • Vomiting • Dehydration • Fainting • Jaundice • Hypotension • Tachycardia • Weight loss 	Administer IV fluids/Medications	IV fluids will be necessary to help manage electrolyte balance and maintain adequate hydration. Medications may be administered to help relieve nausea.
	Monitor I's & O's	Monitor urine and emesis for blood; also note dark urine and decreased output that indicates renal function impairment
	Assess for and treat constipation as necessary	Decreased intestinal motility from dehydration can cause uncomfortable constipation. Encourage oral intake as tolerated to increase intestinal motility and relieve constipation. Administer stool softeners as appropriate
	Monitor nutrition status to prevent further weight loss/weight patient	Encourage oral intake as tolerated Provide frequent snacks Insert and maintain nasogastric feeding as appropriate Excessive vomiting and food/smell aversions make it difficult to maintain proper nutrition and tube feedings may be necessary to provide adequate nutrition for patients and fetuses.
	Provide a comfortable environment	Loose-fitting garments Decrease environmental stimulation (light/noise) Avoid foods or odors that trigger nausea
	Promote safety	Emesis basin within easy reach Clear access to toilet Non-slip socks/shoes Avoid accidents or injuries by providing a safe environment. Provide assistance and supplies as necessary to promote skin integrity and avoid falls.