

(OMPHALOCELE) NURSING CARE PLAN

Medical Diagnosis: Omphalocele		
Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Difficulty feeding • Colicky 	Perform a complete nursing assessment of systems: heart, lungs, skin, neurologic and GI system	<p>Infants born with this condition often have other accompanying congenital defects including cardiovascular or GI problems. Some patients may have central nervous system defects as well.</p> <p>Omphalocele- Measure sac, note changes in color, presence of organs (liver) within the sac, twisting of intestines or defects in the sac</p> <p>This helps to prevent loss of fluids and to keep the intestines moist to prevent drying/damage.</p>
	Assess vitals	Monitor patient for temperature fluctuations and signs of hypothermia or fever.
	Initiate IV access	Loss of fluids can be detrimental to the infant. Maintain adequate hydration.
Objective Data: <ul style="list-style-type: none"> • Protrusion of organs through the belly button • Increased respiratory effort 	Evaluate nutritional needs and manage TPN if required	The infant may require TPN for nutrition while the intestines are being decompressed, since the enteral route will be unavailable.
	Insert nasogastric tube for decompression	The intestines should be decompressed to decrease stress on the intestines and to decrease the size of the intestines within the sac. This will help the infant's chances of not requiring surgical intervention.
	Prepare patient for intubation / manage endotracheal tube and ventilator	Infants with omphalocele may experience respiratory distress or require sedation and intubation to protect their respiratory system.
	Prepare patient for surgery	Surgery may be done all at once or in stages to protect the internal organs and prevent obstruction
	Perform dressings and care of omphalocele as appropriate	Sterile dressings will be used to protect the sac and the infant from infection. Helps to prevent fluid loss and keep intestines moist to prevent drying out/damage.

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	Nursing Intervention (ADPIE)	Rationale
	Provide education for parents / caregivers of patient and instructions for home care	<p>Some forms of treatment may require home care that will be provided by the parents / caregivers.</p> <p>Provide instruction and demonstrations to help the family become more comfortable with caring for the infant.</p> <p>Provide information and resources including support groups for caregivers.</p> <p>Answer questions to help relieve anxieties.</p>