

NURSING CARE PLAN

ADDISON'S DISEASE (PRIMARY ADRENAL INSUFFICIENCY)

Medical Diagnosis: Addison's Disease (Primary Adrenal Insufficiency)

Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Fatigue • Lower back / leg pain • Abdominal pain • Irritability / depression • Reports significant weight loss 	Monitor EKG for signs of hyperkalemia	Lack of Aldosterone means increased sodium excretion and increased potassium retention. Signs of hyperkalemia will include peaked T waves and prolonged QRS complex
	Monitor for signs of dehydration by noting mucus membranes and skin turgor.	Tenting of the skin and dry mucous membranes indicate dehydration., which is common due to vomiting and anorexia.
	Encourage oral fluids; I & O - monitor intake and output	Deficiency of cortisol may lead to anorexia and impaired GI function. Encourage oral fluids to help maintain adequate sodium levels and avoid dehydration. Monitor urine for decreased output (desired >30ml/hr), concentration and color which may be darker.
Objective Data: <ul style="list-style-type: none"> • Decreased blood pressure • Electrolyte imbalance • Decreased sodium • Increased potassium • Severe vomiting, diarrhea • Dehydration • Loss of consciousness • Hyperpigmentation of the skin 	Administer Appropriate Medications: (IVF to restore fluid volume) Replace adrenal cortical steroids (glucocorticoid & mineralcorticoids)	Kayexalate; Cortef or Cortone, Prednisone, and Florinef
	Assess Vitals	↑Temp May indicate Addisonian Crisis; ↓BP may indicate dehydration