

(NUTRITION IMBALANCE) NURSING CARE PLAN

Medical Diagnosis: Nutrition Imbalance

Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Difficulty chewing/swallowing • Decrease in oral hygiene • Abdominal cramping/pain • Constipation • Loss of appetite • Changes in sleeping pattern • Weakness • Fatigue • Pica eating (non-nutritive substances) • Depression • Hair loss • Sedentary lifestyle • Eating to Cope • Joint/muscle aches 	Obtain a full assessment/Medical History from patient <ul style="list-style-type: none"> • weight & height • diet history • medications (stimulants, weight loss meds) • medical conditions (hypothyroidism, cancer, chronic stress/depression, diabetes, stomach ulcer, celiac disease) 	Getting a full assessment and nutrition assessment can help in getting a plan together to start treatment for the patient
	Assess any barriers to patient eating <ul style="list-style-type: none"> • trouble swallowing • dentures • too weak to eat • chewing problems 	Knowing any barriers to a patient not eating can address situations/conditions to be addressed first
	Monitor Lab Values (Serum albumin, H&H, Prealbumin, Transferrin)	All values can give insight on patients nutritional status
Objective Data: <ul style="list-style-type: none"> • Weight loss/gain • Changes in vision • Skin lesions • Slow healing wounds • BMI (low or high) <ul style="list-style-type: none"> • Normal (18.5-24.9) • Dry skin • Cracking/peeling of skin • Brittle nails • Increased BP & HR • Cold intolerance • Poor muscle tone • Hyperglycemia 	Get a Nutrition/Dietician Consult	After getting a full assessment/diet history from a patient, a nutritionist or dietician can better set out a meal plan for the patient
	Encourage, nutritional supplements and healthy snacks in between meals (Ensures, fruits, veggies)	Ensure drinks have plenty of nutrients (vitamins, minerals, and protein). Fruits and veggies also have plenty of nutrients. ** if a patient can not eat a full meal, encourage small frequent meals instead)
	Encourage physical activity (walking, swimming, running, weight lifting, cardio, yoga, cycling)	Assess their activity level at home. Physical activity has multiple health benefits that include better mental health, losing weight, reduce diabetes risk and cardiovascular disease)
	Assist patient on how to read food labels	Reading labels will help patients make better food choices and know just how much of something they can eat to keep a better food log at home
	PPN/TPN may be necessary	If a patient is critically ill and can not get nutrient PO, PPN/TPN may be necessary to be sure the patient is getting optimal nutrition they need