

(INFLUENZA) NURSING CARE PLAN

Medical Diagnosis: Influenza		
Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Shortness of breath • Fatigue • Muscle aches; Headache • Cough, runny nose, sore throat • Vomiting 	Maintain droplet precautions if hospitalized.	Influenza is spread via droplets. Should wear gloves and a simple mask and use good hand hygiene
	Monitor oxygenation and give supplemental O2 as needed	Influenza primarily affects the respiratory system. Patients may struggle to oxygenate appropriately because of mucus buildup. Support oxygenation as appropriate (caution in COPD patients).
	Administer antivirals as ordered	Oseltamivir (Tamiflu) is most effective when given within 48 hours of onset of symptoms. Educate patients on possible side effects.
Objective Data: <ul style="list-style-type: none"> • High fever (102-104°F) • Productive cough • Positive flu swab 	Educate patient and family on prevention of spread Hand-hygiene Cover cough Don't touch eyes, nose, mouth Avoid public gatherings if symptomatic	Influenza is highly contagious. Preventing the spread to other patients is the purpose of our droplet precautions. Hand hygiene is the #1 way to prevent the spread of influenza.
	Encourage nutrition – small, frequent meals if needed – or nutrient dense options	Nutrient dense options like Boost shakes or Magic Cups can provide more protein in a smaller amount