

Anemia Nursing Care Plan

ANEMIA NURSING CARE PLAN

Patient Name: _____ Date: _____ dd / mm / yyyy

Diagnosis: Anemia

Nursing Diagnoses: Risk for impaired tissue perfusion, Fatigue, Inadequate nutrition, Knowledge deficit

Goals: Patient will maintain adequate tissue perfusion. Patient will experience a reduction in fatigue. Patient will maintain adequate nutrition. Patient will verbalize an understanding of anemia, its causes, treatment, and self-care measures.

Interventions: Monitor vital signs, assess for signs of impaired tissue perfusion, and administer oxygen therapy as ordered. Provide education on energy conservation techniques, assist patient in planning activities of daily living, and encourage rest periods. Provide nutritional counseling and education on iron-rich foods, administer iron supplements or other medications as ordered, and monitor hemoglobin and hematocrit levels. Provide education on anemia, its causes, treatment, and self-care measures.

Evaluation Criteria: Patient's vital signs are within normal limits, and patient is free of symptoms of impaired tissue perfusion. Patient reports a decrease in fatigue and is able to perform activities of daily living with less difficulty. Patient's hemoglobin and hematocrit levels are within normal limits, and patient is free of signs of nutritional deficiencies. Patient verbalizes an understanding of anemia, its causes, treatment, and self-care measures.

NURSE'S SIGNATURE

Nurse's Signature

Name: _____ Date: _____ dd / mm / yyyy