

Fluid and Electrolyte Imbalance Nursing Care Plan

Patient information: _____ Date of admission: _____ dd / mm / yyyy

Medical history

Subjective assessment (based on patient's description)

SIGNS OF DEHYDRATION

Signs of dehydration

- ☐ Dry skin
- ☐ Dry mucous membranes
- ☐ Decreased skin turgor
- ☐ Oliguria

SIGNS OF FLUID OVERLOAD

Signs of fluid overload

- ☐ Edema
- ☐ Ascites
- ☐ Dyspnea
- ☐ Crackles in lungs

SYMPTOMS RELATED TO ELECTROLYTE IMBALANCE

Symptoms related to electrolyte imbalance

- ☐ Muscle weakness
- ☐ Cramps
- ☐ Confusion

Serum electrolytes (Na, K, Ca, Mg, Cl, HCO₃)

Blood urea nitrogen (BUN) and creatinine

Complete blood count (CBC)

Urine specific gravity

DIAGNOSTIC TESTS

Diagnostic tests

- ☐ ECG (for cardiac arrhythmias related to electrolyte imbalance)
- ☐ Imaging studies relevant to underlying conditions (e.g., chest X-ray for pulmonary edema)
- ☐ Other

Risk for imbalanced fluid volume related to

ELECTROLYTE IMBALANCE RELATED TO

Electrolyte imbalance related to

- ☐ Hyperkalemia ☐ Hypokalemia ☐ Hypernatremia ☐ Hyponatremia

Other nursing diagnoses

Short-term goal

Long-term goal

MONITOR FLUID STATUS

Monitor fluid status

- ☐ Measure and record input and output every ____ (specify frequency)
- ☐ Assess daily weight at the same time each day

Frequency

Rationale

MANAGE FLUID INTAKE AND OUTPUT

Manage fluid intake and output

- ☐ Administer IV fluids (e.g., isotonic solutions) as ordered
- ☐ Restrict fluids if indicated (e.g., in cases of fluid overload)
- ☐ Encourage or limit oral fluid intake depending on the patient's condition

Rationale

ELECTROLYTE MANAGEMENT

Electrolyte management

- ☐ Administer electrolyte supplements (e.g., potassium chloride) or modify dietary intake as ordered
- ☐ Monitor serum electrolyte levels every ____ or as specified (specify frequency)

Frequency

Rationale

PATIENT EDUCATION

Patient education

- ☐ Educate the patient and family on the importance of managing fluid intake
- ☐ Teach them to recognize symptoms of fluid or electrolyte imbalances (e.g., dizziness, palpitations, swelling)
- ☐ Discuss dietary sources of electrolytes (e.g., potassium from bananas, sodium restriction)

Rationale

MONITOR FOR COMPLICATIONS

Monitor for complications

- ☐ Observe for signs of edema, ascites, respiratory distress, and arrhythmias
- ☐ Adjust treatment plans based on symptoms and lab results

Rationale

EVALUATION

Evaluation

- ☐ Reassess the patient's fluid and electrolyte status through clinical assessment and laboratory tests
- ☐ Evaluate the effectiveness of interventions (e.g., stabilized lab values, and improved clinical signs)
- ☐ Modify the care plan based on the patient's response and ongoing assessments
- ☐ Other

Additional notes

Nurse's signature

Date: _____ dd / mm / yyyy