

Obesity Nursing Care Plan

PATIENT INFORMATION

Name: _____ Age: _____

Gender: _____

Medical History:

Current Weight: _____ BMI: _____

Other Relevant Health Information:

NURSING DIAGNOSIS

1. Imbalanced Nutrition: More Than Body Requirements related to excessive caloric intake and sedentary lifestyle - Interventions and Outcomes:

2. Risk for Activity Intolerance related to excess weight, decreased muscle strength, and sedentary behavior - Interventions and Outcomes:

3. Ineffective Health Maintenance related to lack of knowledge and motivation for lifestyle changes - Interventions and Outcomes:

4. Disturbed Body Image related to societal perceptions and personal dissatisfaction - Interventions and Outcomes:

5. Risk for Skin Breakdown related to excessive moisture and friction in skin folds - Interventions and Outcomes:

EVALUATION

Monitor the patient's adherence to the care plan and adjust interventions as necessary. Assess changes in nutritional status, weight, and physical activity levels regularly. Evaluate the patient's understanding of obesity management and self-care. Observe improvements in body image perception and self-esteem. Monitor skin integrity and address any signs of skin breakdown promptly.

Evaluation notes:

PATIENT EDUCATION

Importance of a balanced and reduced-calorie diet. Gradual and sustainable physical activity routines. Long-term health consequences of obesity. Resources for ongoing support and education.

Patient Education notes: