

Anemia

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p><b>Activity intolerance</b>  <b>Related factors:</b>                      Imbalance between oxygen supply or delivery and demand  <b>Symptoms / Risk factors:</b>                      Weakness and fatigue                      Inability to perform ADLs  <b>Outcome / Goal:</b>                      Patient maintains activity level within capabilities                      Report an increase in activity tolerance, including ADLs.</p>		<p><b>Energy Management</b>                      Assess client's ability to perform normal tasks and ADL's                      Monitor vital signs during and after activity                      Encourage activity as tolerated, rest as needed                      Administer Whole blood as indicated</p>	
	<p><b>Imbalanced nutrition: Insufficient</b>  <b>Related factors:</b>                      Inability to ingest food /fluid  <b>Symptoms / Risk factors:</b>                      Weight loss                      Poor muscle tone                      Sore, inflamed buccal cavity  <b>Outcome / Goal:</b>                      Patient will maintain balanced intake and output</p>		<p><b>Nutrition Management</b>                      Assess overall nutritional status and history                      Monitor intake / output _____                      Consult a dietitian                      Suggest 4 to 5 small meals per day and plenty of fluid intake &gt; 2000ml                      Antifungal or anesthetic mouthwash, if indicated</p>	
	<p><b>Constipation/Diarrhea</b>  <b>Related factors:</b>                      Drug therapy side effects                      Decreased dietary intake, changes in digestive processes  <b>Symptoms / Risk factors:</b>                      Changes in frequency, characteristics, and amount of stool                      Nausea, vomiting, decreased appetite                      Reports of abdominal pain, urgency, cramping  <b>Outcome / Goal:</b>                      Establish return to normal patterns of bowel functioning.</p>		<p><b>Bowel Management</b>                      Determine stool color, consistency, frequency, and amount.                      Auscultate bowel sounds.                      Monitor intake and output                      Encourage fluid intake of 2,500 to 3,000 mL/day</p>	
	<p><b>Risk for infection</b>  <b>Related factors:</b>                      Inadequate primary defenses.  <b>Symptoms / Risk factors:</b>                      Increased environmental exposure to pathogens  <b>Outcome / Goal:</b>                      Achieve timely wound healing</p>		<p><b>Infection Protection</b>                      Keep the client in a private room, if possible                      Use proper hand washing techniques before and after giving care to client                      Provide meticulous skin, oral, and perianal care                      Promote adequate fluid intake.                      Obtain specimens for culture and sensitivity, as indicated</p>	
	<p><b>Deficient knowledge</b>  <b>Related factors:</b>                      Unfamiliarity with disease and treatment                      Lack of recall  <b>Symptoms / Risk factors:</b>                      Inaccurate follow through of instruction                      Increase in anxiety level                      Multiple questions  <b>Outcome / Goal:</b>                      Patient verbalize understanding of disease and procedure</p>		<p><b>Teaching: Disease Process</b>                      Assess knowledge of the disease and treatment                      Identify possible etiologies, as appropriate                      Discuss effects of anemias on preexisting conditions                      Patient education:Disease process,Diet,Medication effects and Exercise</p>	