

## Plan of Care

Signed Sep 8, 2026

### Plan of Care by Melvin K, RN at 9/8/2026 11:10 PM

**Problem: Risk for Fall-Universal**

**Goal: Fall Prevention During Hospitalization-Universal**

**Outcome: Progressing**

**Problem: Chronic Kidney Disease**

**Goal: Maintain best kidney function**

**Outcome: Progressing**

**Goal: Educate about Dialysis**

**Outcome: Progressing**

**Goal: Educate about nutrition for renal disease**

**Outcome: Progressing**

**Goal: Educate about complications of Renal Disease**

**Outcome: Progressing**

**Problem: Cardiac: Heart Failure**

**Goal: Hemodynamic stability will improve by discharge**

Description: Hemodynamic stability will improve by discharge

**Outcome: Progressing**

**Goal: Cardiac arrhythmias will improve or return to baseline by discharge**

Description: Cardiac arrhythmias will improve or return to baseline by discharge

**Outcome: Progressing**

**Problem: Risk for Decreased Mobility**

**Goal: Patient's mobility will be maintained/improved during hospital stay**

**Outcome: Progressing**

**Goal: Mobility Care consults utilized appropriately**

**Outcome: Progressing**

**Goal: Patient mobilizes safely throughout hospitalization**

**Outcome: Progressing**

**Problem: Risk for Fall-Low-IP**

**Goal: Patient will remain free of falls during hospital stay-IP**

**Outcome: Progressing**

**Problem: Knowledge Deficit**

**Goal: Patient/family/caregiver demonstrates understanding of disease process, treatment plan, medications, and discharge instructions**

Description: Complete learning assessment and assess knowledge base.

**Outcome: Progressing**

**Problem: Compromised Skin Integrity**

**Goal: Skin integrity is maintained or improved**

Description: Assess and monitor skin integrity. Identify patients at risk for skin breakdown on admission and per policy. Collaborate with interdisciplinary team and initiate plans and interventions as needed.

**Outcome: Progressing**

**Goal: Fluid and electrolyte balance are achieved/maintained**

Description: Assess and monitor vital signs (orthostatic vitals if applicable), fluid intake and output, urine color, labs, skin turgor, mucous membranes, jugular venous distention, edema, circumference of edematous extremities and abdominal girth, respiratory status, and mental status. Monitor for signs and symptoms of hypovolemia (tachycardia, rapid breathing, decreased urine output, postural hypotension, confusion, syncope). Monitor for signs and symptoms of hypervolemia (strong rapid pulse, shortness of breath, difficulty breathing lying down, crackles heard in lung fields, edema). Collaborate with interdisciplinary team and initiate plan and interventions as ordered.

**Outcome: Progressing**

**Goal: Nutritional status is improving**

Description: Monitor and assess patient for malnutrition (ex- brittle hair, bruises, dry skin, pale skin and conjunctiva, muscle wasting, smooth red tongue, and disorientation). Collaborate with interdisciplinary team and initiate plan and interventions as ordered. Monitor patient's weight and dietary intake as ordered or per policy. Utilize nutrition screening tool and intervene per policy. Determine patient's food preferences and provide high-protein, high-caloric foods as appropriate.

**Outcome: Progressing**

**Problem: Urinary Incontinence**

**Goal: Perineal skin integrity is maintained or improved**

Description: Assess genitourinary system, perineal skin, labs (urinalysis), and history of incontinence to include past management, aggravating, and alleviating factors. Collaborate with interdisciplinary team and initiate plans and interventions as needed.

**Outcome: Progressing**