



## Nursing Care Plan on Electrolyte Imbalance (Hypokalemia)

Assessment	Diagnosis	Planing	Interventions	Rational	Evaluation
<p><b>Subjective Data:</b></p> <ul style="list-style-type: none"> <li>Sarah states, "I feel muscle weakness, fatigue, and experience palpitations."</li> </ul> <p><b>Objective Data:</b></p> <ul style="list-style-type: none"> <li>Serum potassium level: 2.9 mEq/L (below normal range of 3.5-5.0 mEq/L).</li> <li>Notable muscle weakness and episodes of palpitations observed during the physical assessment.</li> </ul>	<p><b>Electrolyte Imbalance (Hypokalemia)</b> Related to excessive potassium loss due to diuretic use and inadequate dietary intake, as evidenced by serum potassium level of 2.9 mEq/L, muscle weakness, and palpitations.</p>	<p><b>Short-Term Goals:</b></p> <ul style="list-style-type: none"> <li>Sarah will experience a reduction in symptoms such as muscle weakness, fatigue, and palpitations within 48 hours</li> </ul> <p><b>Long-Term Goals:</b></p> <ul style="list-style-type: none"> <li>Sarah will maintain serum potassium levels within the normal range (3.5-5.0 mEq/L) over the next two weeks to promote muscle and cardiac function.</li> </ul>	<ul style="list-style-type: none"> <li><b>Monitor Vital Signs Every 4 Hours.</b></li> <li><b>Administer Potassium Supplements as Prescribed.</b></li> <li><b>Educate Sarah on Dietary Sources of Potassium.</b></li> <li><b>Encourage Fluid Intake According to Patient Tolerance.</b></li> </ul>	<ul style="list-style-type: none"> <li>Monitoring vital signs helps detect early signs of complications, such as arrhythmias or hypotension.</li> <li>Potassium supplementation is essential for correcting hypokalemia and preventing life-threatening complications such as cardiac arrhythmias.</li> <li>Provide a list of potassium-rich foods like bananas, oranges, potatoes, and spinach.</li> <li>Encourage Sarah to drink water regularly, ensuring a balance in fluid intake to prevent dehydration.</li> </ul>	<ul style="list-style-type: none"> <li>Sarah experienced reduction in symptoms such as muscle weakness, fatigue, and palpitations within 48 hours</li> <li>She reported feeling more energetic and was able to ambulate with improved stability as evidence by improved potassium level within two weeks.</li> </ul>

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			<ul style="list-style-type: none"> <li>• <b>Perform Continuous Cardiac Monitoring (ECG).</b></li> <li>• <b>Implement Fall Precautions.</b></li> <li>• <b>Provide Education on Recognizing Signs of Electrolyte Imbalance</b></li> <li>• <b>Educate on Medication Management</b></li> </ul>	<ul style="list-style-type: none"> <li>• Hypokalemia can lead to potentially dangerous cardiac arrhythmias, which can be detected early through continuous ECG monitoring.</li> <li>• Muscle weakness associated with hypokalemia increases fall risk, so fall precautions help prevent injury.</li> <li>• Educating Sarah on symptoms of hypokalemia allows her to seek timely medical help if symptoms recur, promoting self-management.</li> <li>• Ensuring Sarah understands her medications, especially diuretics, helps her adhere to the regimen while recognizing side effects.</li> </ul>	