

Imbalanced Nutrition Nursing Care Plan: Balanced nutrition is essential for an individual's health and well-being. Imbalanced nutrition is less than the body's needs and metabolic needs.

An imbalanced nutrition nursing care plan serves as a guide for any healthcare professionals to address the vital issue of nutrition. It is a blueprint for nurses which includes key components like nutritional assessment, risk factors, patient needs, etc. In this care plan, nurses provide care for a patient with nutrition-imbalanced deficits.

What is A Nursing Care Plan For Imbalanced Nutrition?

An imbalanced nutrition nursing care plan is a blueprint for any healthcare professional. This care plan provides a systematic intervention for individuals experiencing imbalanced nutrition. It acts as a roadmap for nurses to navigate the complexities of nutrition.

Imbalanced Nutrition Nursing Care Plan Example

In this part, you will find a detailed overview of a nursing care plan for imbalanced nutrition and its diagnosis.

Example: A 40-year-old man is admitted and appears weak and drowsy. The patient does not eat much food. After a nursing assessment, the patient is diagnosed with impaired nutrition.

01. Assessment

Subjective Data: The patient says "I always feel weak and tired."

Objective Data: The nurse observed that the patient has lost weight and muscle mass due to imbalanced nutrition.

02. Nursing Diagnosis

Imbalanced nutrition is less than body requirements related to the inability to digest food or absorb nutrients because of biological factors.

03. Goal

The patient's nutritional status will be managed to improve overall health and well-being.

04. Nursing Intervention

1. Obtain the baseline body measurements like weight, height, etc.
2. Assess the general condition of the patients.
3. Evaluate the patient's dietary habits and perform a nutrition assessment.
4. Encourage the patient to start a food diary.

05. Rationales

1. Measurement of height and weight allows for calculating the BMI.
2. To address the health conditions that arise from obesity at the same time.
3. Nutritional assessment provides a baseline and exposes problems that help in the care plan.

06. Evaluation

The patient's nutritional status was maintained.

Conclusion

Hope this article on Imbalanced Nutrition Nursing Care Plan is helpful for your recent care plan project. If yes, please share your thoughts or suggestions, don't hesitate to ask us.