Patient: J.R.V.M.P Age: 20 years old Medical Dx: Dehydration

NUTRITIONAL CARE PLAN

Gender: Female

| Assessment | Nursing Diagnosis | Intervention/ Implementation | Rationale | Monitoring and Evaluation |
|---|---|---|--|--|
| Client Hx: N/A Subjective Data: Patient has stated "permi rake uhawen, naga dry akeng lips ug akeng skin". Objective Data: Vital Signs BP: 90:60 mmHg T: 37.1 Degree Celcius RR: 15 cycles/min. PR: 96 bpm SPO2: 95%SpO2 Anthropometrics: Ht: 150cm Wt: 53kg | Risk of Dry Mouth n't dehydration as evidenced by the appearance of dry lips, dry skin, and thirst. | Intervention: Encourage the pt to increase fluid intake. Instruct pt to perform regular oral care. Provide pt with lip balm or petroleum jelly to keep their lips moisturized. If pt is in an environment with low humidity, recommend using a humidifier to add moisture to the air. Educate the pt on the importance of maintaining adequate fluid intake. If pt's condition does not improve or worsens, consult with the | Proper hydration is essential to maintain the body's fluid balance and prevent dehydration, which can lead to dry mouth. Good oral hygiene helps prevent further dryness and discomfort of the oral mucosa. Lip balm helps prevent and alleviate dry, chapped lips. Moisturized lips contribute to the | Continuously monitor the pt's oral and skin condition, focusing on signs of dryness and dehydration, such as dry lips, dry oral mucosa, and dry skin. To Evaluate the effectiveness of the implemented interventions in maintaining oral and skin hydration and managing dry mouth symptoms. Assess the pt's perception of thirst regularly. Review the pt's hydration status based on changes in oral and skin conditior |

| including intravenous (IV) hydration if severe dehydration if severe dehydration if severe dehydration is suspected. Food Nutrition Related HX: (Dietary) Usual intake: Diet high in protein and low carbohydrate Daily amount of water intake (22 oz). Once a week eat sugar/ sweeteners. Meals only lunch and dinner. Physical Activity: Moderate walking Including intravenous (IV) hydration if severe dehydration is suspected. Short-term goals: After 30 mins. Of discussion about the risk for dry mouth, pt will be able to verbalize understanding of risk factors. After 30 mins. of environment, reducing the risk of dry mouth and dry skin. After 30 mins. of environment, reducing the risk of dry mouth and dry skin. Preducation empowers the pt to take an active role in their care. Understanding the importance of hydration and the consequences of expectation increase ambient moisture, which can prevent excessive environment, stable. Keep a detailed reconstantion of saliva and maintain a more confortable environment, reducing the risk of dry mouth and dry skin. After 30 mins. of environment, reducing the risk of dry mouth and dry skin. In just 3 days after the admission, the pt will report the form damage to two first and the consequences of hydration and the consequences of hydration and the consumer and the consequences of hydration and | BMI: 23.6 | healthcare provider for | pt's overall | thirst level, and fluid |
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Public Health And Nutritional Care

Sari Edelstein

Public Health And Nutritional Care:

Public Health Nutrition Judith L. Buttriss, Ailsa A. Welch, John M. Kearney, Susan A. Lanham-New, 2017-04-11 In this second edition of the bestselling title from the acclaimed Nutrition Society Textbook series Public Health Nutrition has been extensively revised to ensure that it reflects the latest evidence based knowledge and research Ground breaking and comprehensive in both its scope and approach Public Health Nutrition has been fully updated by an expert editorial team to cover the most recent changes in the field It now offers a structured overview of the subject s core concepts and considers public health nutrition tools and the application of intervention strategies Divided into five key sections Public Health Nutrition contains a wealth of information including Public health nutrition concepts and assessment tools and their application in light of the latest evidence Case studies to illustrate how best to apply the theory and evidence to policy and practice An examination of nutrition throughout the lifecycle and the relationship between diet and disease including in relation to obesity diabetes cancer as well as mental health The impact of environmental factors on public health Public health strategies policies and approaches With a clear and concise structure Public Health Nutrition is an essential purchase for students of nutrition dietetics and other healthcare areas as well as an invaluable practical guide for health professionals working within public health A supporting companion website featuring multiple choice short answer and essay style questions is available at www wiley com go buttriss publichealth Public Health Nutrition Michael J. Gibney, Barrie M. Margetts, John M. Kearney, Lenore Arab, 2013-03-19 As an academic subject nutrition has grown enormously in recent years and with it the need for specialist textbooks on the subject In response to this need a decision was taken by The Nutrition Society to produce a ground breaking series of four textbooks of which Public Health Nutrition is the third The books in the series Provide students with the required scientific basis in nutrition in the context of a systems and health approach Enable teachers and students to explore the core principles of nutrition and to apply these throughout their training to foster critical thinking at all times Each chapter identifies the key areas of knowledge that must be understood and also the key points of critical thought that must accompany the acquisition of this knowledge Are fully peer reviewed to ensure completeness and clarity of content as well as to ensure that each book takes a global perspective and is applicable for use by nutritionists and on nutrition courses throughout the world Public Health Nutrition is an essential purchase for students majoring in nutrition and dietetics Public health nutrition as a subject is growing immensely in importance taking into account the real potential to reduce the burden of non communicable chronic disease through diet Professionals in nutrition dietetics food science medicine community health care and many related health care areas will all find much of great use within the book s covers Libraries in all universities medical schools and establishments teaching and researching in these subject areas should have several copies on their shelves OTHER BOOKS IN THE NUTRITION SOCIETY TEXT BOOK SERIES Introduction to Human Nutrition ISBN 0 632 05624 X Nutrition Metabolism ISBN 0 632 05625 8 Clinical Nutrition ISBN 0 632 05626 6

Community and Public Health Nutrition Sari Edelstein, 2022-03-22 Updated with the latest data in the field Community and Public Health Nutrition Fifth Edition explores the complex multifaceted array of programs and services that exist in the United States today that are dedicated to bettering population and community health through improved nutrition The Fifth Edition explores the subject by first considering how nutrition fits into public health practice and then by examining policymaking assessment and intervention methods special populations food security and program management

Nutrition in Public Health Sari Edelstein, 2017-02-25 Thoroughly revised and updated Nutrition in Public Health explores the complex multifaceted array of programs and services that exist in the United States today that are dedicated to bettering population health through improved nutrition The Fourth Edition explores the subject by first considering how nutrition fits into public health and then by examining policymaking assessment and intervention methods special populations food security and program management Nutrition in Public Health Sari Edelstein, 2010-10-22 Health Sciences Professions Nutrition in Public Health Edelstein, 2017-02-25 Thoroughly revised and updated Nutrition in Public Health explores the complex multifaceted array of programs and services that exist in the United States today that are dedicated to bettering population health through improved nutrition The Fourth Edition explores the subject by first considering how nutrition fits into public health and then by examining policymaking assessment and intervention methods special populations food security and program management Nutrition in Public Health Arlene Spark, Lauren M. Dinour, Janel Obenchain, 2015-09-22 This second edition of a bestseller Nutrition in Public Health Principles Policies and Practice focuses on the role of the federal government in determining nutrition policy and influencing practice Beginning with an overview of public health principles the book examines the application of nutritional policy to dietary guidance health Nutrition in Promoting the Public's Health Mildred Kaufman, 2007 Continuing advances in the science of nutrition promot and the study of infectious disease require that nutritionists be skilled in the behavioral sciences and social marketing in order to impact the preventable etiologies of obesity and chronic diseases Add to that a new understanding of the social and environmental effects on health and illness that will further require nutritionists to expand their expertise and assume new roles in the generation of public policy affecting all areas of society This important new book covers all aspects of developing and delivering nutrition related services in the community Grounded in the science of nutrition it offers simple practical quidance and tools for nutritionists whether working in clinical or public health venues to develop and implement effective public nutrition programs Each chapter begins with reader objectives and ends with Points to Ponder and a listing of helpful websites Public Health Reports ,1983 **Public Health Nutrition** M. Margaret Barth, Ronny Bell, Karen Grimmer, 2020-06-15 Public Health Nutrition is a comprehensive practice based textbook for graduate and upper undergraduate students and community nutrition and public health professionals It provides readers with the principal understanding of how improving access to healthy foods at individual local regional and global levels as well as improving

food security and sustainability can improve community health and combat noncommunicable diseases infectious diseases hunger and malnutrition obesity social injustice and debilitating food environments Across diverse communities this book not only directs readers attention towards key public health nutrition related challenges that affect rural and urban populations across the globe it also adds critical thinking exercises cases and engaging discussion topics to advance application of evidence based practice in the real world Using an interprofessional approach and supported with evidence based research in public health nutritional science and behavioral economics this textbook covers how to plan health promotion programs and interventions in diverse communities how to analyze and influence food policy sustainability and security initiatives and how to address cultural competency nutritional monitoring professional development and many other practice based skills out in the field All chapters are complete with learning objectives detailed case studies discussion questions learning activities for beyond the classroom and a review of core topics covered Essential for public health students studying nutrition public policy social work and other health science related areas the book presents a strategic context to real world initiatives while employing an interprofessional outlook to tackle public health nutrition issues Key Features Addresses key public health nutrition related challenges in working with rural urban global and culturally and geographically diverse communities to improve outcomes Utilizes interprofessional and evidence based approaches to food and water systems food security and food sovereignty Includes coverage of important trends such as telehealth mHealth collaborative grantsmanship and innovative communication strategies Highlights the aims of Healthy People 2030 Feed the Future and Sustainability Development Goals Fosters skills and builds competencies related to community health needs assessment problem solving and critical thinking systems thinking evidence based public health practice and leadership Features case studies suggested learning activities reflection questions an extensive glossary and more in all chapters Includes a full range of instructor ancillaries including an Instructor's Manual PowerPoints Test Bank Image Bank and Syllabus Purchase includes access to the ebook for use on most mobile devices or computers

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