# Anemia Nursing Care Plan

| Patient information | | |
|---|---|---|
| Patient name: Michaela Edwards | | Age: 42 |
| Gender: Female | Date of birth: 05/15/1982 | |

**Medical history**

- Diagnosed with iron-deficiency anemia 3 months ago
- History of heavy menstrual bleeding
- No known allergies
- Current medications: Oral iron supplements (ferrous sulfate 325mg twice daily)

**Assessment**

| Subjective | Objective | |
|---|---|---|
| - Patient reports feeling tired and weak "all the time"<br>- Complains of shortness of breath when climbing stairs<br>- Experiences occasional headaches and dizziness<br>- Reports pale skin and brittle nails | **Test/s** | **Result/s** |
| | Hemoglobin | 9.5 g/dL |
| | Hematocrit | 28% |
| | Serum ferritin | 10 ng/mL |
| | Heart rate | 100 bpm |
| | Blood pressure | 110/70 mmHg |

**Nursing diagnosis**

1. Fatigue related to decreased oxygen-carrying capacity of the blood as evidenced by reported tiredness and shortness of breath with exertion
2. Activity intolerance related to imbalance between oxygen supply and demand as evidenced by tachycardia and reported weakness
3. Ineffective tissue perfusion related to decreased hemoglobin concentration as evidenced by pale skin and conjunctiva

| Goals and outcomes | |
|---|---|
| **Long-term** | **Short-term** |
| Patient will demonstrate improved energy levels and reduced fatigue within 4-6 weeks | Patient will verbalize understanding of anemia and its management within 24 hours |
| Patient's hemoglobin and ferritin levels will return to normal range within 3 months | Patient will demonstrate proper technique for taking iron supplements within 48 hours |
| | Patient will report a 25% reduction in fatigue symptoms within 1 week |
| | |

**Nursing interventions**

- Educate patient on anemia, its causes, and management strategies
- Instruct patient on proper administration of iron supplements (e.g., taking with vitamin C, avoiding calcium-rich foods)
- Encourage a diet rich in iron (e.g., lean meats, leafy greens, fortified cereals)
- Teach energy conservation techniques and assist in planning a graduated activity schedule

**Rationale**

- Patient education enhances patient's understanding and promotes adherence to treatment plan
- Proper intake of iron supplements improves iron absorption and effectiveness of supplementation
- Support improvement of iron levels through dietary intake
- Learn to manage fatigue and gradually improve exercise tolerance

**Evaluation**

- Reassess hemoglobin and ferritin levels after 4 weeks of treatment
- Review patient's energy levels and ability to perform daily activities weekly
- Assess patient's understanding of anemia management and adherence to treatment plan at each visit

| Additional notes |
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| Patient expressed concern about dietary changes; referral to dietitian may be beneficial<br>Follow up appointment scheduled with hematologist in 1 month |

| Nurse's information | |
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