

Care Plan for the Patient Suffering with Hyperemesis Gravidarum

Care Plan for _____
Date of admission _____
Weeks gestation at admission _____
Pregnancy number _____
Children at home _____
History of twins: yes / no
Weight at admission: _____ KG
Height _____ CM
BMI _____
Patient reported weight loss _____ or % of pre-pregnancy weight loss _____
Blood Pressure _____ / _____
Ketone level on admission _____
TED Stockings provided? YES / NO

Aims of Care Plan:

1. Reduce nausea and vomiting
2. Reduce presence of ketones and increase hydration
3. Prevent further weight loss
4. Provide emotional and psychosocial support to _____
5. Provide a comfortable environment for _____

Nursing Actions for Care Plan:

1. Reduce Nausea and Vomiting

- ³⁵₁₇ Ensure medication is provided on time to enable stable blood levels of anti-emetics.
³⁵₁₇ Reduce sensory stimulation by providing a side room away from 'smelly areas', if possible, and ensuring staff are quiet and free from perfume whilst providing care.
³⁵₁₇ Provide snacks when required where possible.
³⁵₁₇ Review effectiveness of medication and interventions daily or as required, using MUST or PUQE tool.

2. Reduce Presence of Ketones

- ³⁵₁₇ Provide IV fluids as per prescription. (See Part 2, Chapter 5 for more info)
³⁵₁₇ Warm IV fluids to 37 degrees before administration, if possible. *This is to reduce calorific loss from cold IV fluid administration.*
³⁵₁₇ Encourage oral fluids when they can be tolerated.
³⁵₁₇ Provide information on suitable fluids for pregnancy and tips on getting fluids, for example, via ice lollies.
³⁵₁₇ Monitor ketones as per hospital policy or three times per day.

3. Prevent Further Weight Loss

- ³⁵₁₇ Encourage oral food intake where possible.
³⁵₁₇ Provide information on fortifying food and fluid. (Information available on PSS website and in chapter 6)
³⁵₁₇ Ensure medication regime is controlling vomiting and nutrient loss. Adjust timings to maximise ability to eat at mealtimes.
³⁵₁₇ Provide snacks as and when _____ feels able to eat.

4. Provide Emotional and Psychosocial Support to _____

- ³⁵₁₇ Where available, discuss referral to peri-natal mental health team for support with psychological impact of HG and refer if appropriate.
³⁵₁₇ Provide information about PSS charity and make referral to support network if required.
³⁵₁₇ Ensure _____ has an advocate for ward rounds with doctors if she is struggling with speaking due to nausea and vomiting.
³⁵₁₇ Ensure informed consent is obtained for treatments.
³⁵₁₇ Provide written information about hyperemesis and any treatments or medication.

5. Provide a Comfortable Environment for _____

- ³⁵₁₇ Provide a side room where possible to reduce sensory stimulation such as smell and sound and reduce distress from public vomiting and episodes of incontinence.
³⁵₁₇ Ensure staff are free from perfumes or cigarette smoke.
³⁵₁₇ Provide pressure relieving mattress to reduce the risk of pressure damage from prolonged bed rest.
³⁵₁₇ Ensure vomit bowls and urine samples are removed promptly and adequate empty receptacles provided.