

# Case Study for Dehydration

J. D. is 78-year-old who has been admitted with the following symptoms:

- Confusion
- Slow to respond to questioning
- Generalized weakness
- Decreased skin turgor
- Dry mucous membranes

## Vital signs:

- Blood pressure – 92/63
- Heart rate – 115 and irregular
- Peripheral pulses – weak
- Respiratory rate – 12 per minutes
- Shallow

## Laboratory data:

- Na<sup>+</sup> (sodium) 132 mEq/L
- K<sup>+</sup> (potassium) 2.5 mEq/L

## Background:

- Congestive heart failure
- Chronic diuretic use
- Lives Alone
- One adult child lives in another state

## Nursing Process:

- Assessment
- Analysis > Problem
- Planning
- Implementation
- Evaluation

## Evaluate J.D.'s presentation and electrolyte status.

1. Which physical assessment findings support dehydration?
2. What other factors put J.D. at increased risk for dehydration/fluid imbalance?
3. What are the priority daily assessments that should be included in this plan of care?