

Case Study for Older Adult Care (Dehydration)

J. D. is 88-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⁺ (sodium) 150 mEq/L (high)
- K⁺ (potassium) 5.2 mEq/L (high)

Nursing Care Plan (nursing process)

Initial Assessment:

Analysis > Problem:

Desired Outcomes:

Interventions/assessments

Evaluation