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NUR 391- Clinical
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Alliance University
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NURSING CARE PLAN

Patient Initials: DL

Nursing Diagnosis: Risk for hypothermia related to impaired thermoregulation in neonatal state.

Expected Outcomes	Interventions	Rationales	Evaluation
Parents will be able to maintain newborn temperature within normal limits for 8 hours.	<ol style="list-style-type: none">1. Keep the newborn dry and wrapped properly in a swaddle.2. Provide a warm environment for the newborn.3. Provide education for parents on methods of heat loss.4. Provide heat loss barriers.5. Maintain room temperature at 75 degrees Fahrenheit.6. Check vital signs Q 4-8 hours.	<ol style="list-style-type: none">1. Newborns lose heat rapidly when wet by evaporation.2. Newborns have not acquired sufficient adipose tissue for insulation and lack the ability to shiver in order to warm up naturally.3. Newborns cannot easily adjust to temperature changes, it is important for parents to know the different ways in which heat loss occurs (Conduction, evaporation, radiation and convection) in order to prevent it.4. Adequate clothing, skin to skin contact, blankets and radiant warmers help minimize the risk for hypothermia.5. Maintaining the room at 75 F promotes thermoregulation.6. Vital signs are essential to monitor temperature in	Goal was met, newborn temperature remained at 98F with no S/S of hypothermia. Parents demonstrated understanding of heat loss prevention by prompt diaper changes and adequate swaddling technique within 1 hour of education.

		addition to S/S of hypothermia.	
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Resources

Silvestri, L. A., & CNE, A. E. (2019). Care of the Newborn. In Saunders comprehensive review for the NCLEX-RN examination (8th ed., pp. 810-826). Saunders.