

Alliance University  
Cheryl Phenicie School of Nursing  
**NURSING CARE PLAN**

Student's Name: Sunita Paltoo

Nursing Diagnosis:

**P - Risk for hypothermia**

**R/T - Lack of thermal regulation due to neonatal state  
(evaporation, conduction, convection, radiation)**

**S**

Patient's Initials: TE

Date: 01/27/23

Admitting Diagnosis: Newborn

Expected Outcomes	Nursing Intervention	Rationales	Evaluation
The mother demonstrates three methods on how to prevent hypothermia throughout hospital stay.	1. Educate parents on methods of heat loss 2. Change wet or dirty diaper/clothing. 3. Maintain proper room temperature 75F 4. Teach parents how to properly swaddle newborn. 5. Ask the parents to demonstrate swaddle technique. 6. Check vital signs every 4-8 hours.	1. Parent are aware preventative methods of heat loss. 2. Prevent evaporation method that lead to heat loss. 3. Controlling environmental temperature will aide in with regulating newborn temperature. 4. Swaddle techniques help keep newborn heat in place 5. Demonstration displays comprehension of proper swaddle technique 6. Checking vitals will keep us inform of newborn's temperature.	Goal met, mother demonstrated proper swaddling technique within 2 hours of teaching session. Parents were able to teach back proper diaper changes and correctly monitoring infants temperature with a tympanic reader. Newborn maintain temperature 98.4F 11:30a throughout 8hr shift 1/27/23 with no signs or symptoms of hypothermia.

**Reference:**

Doenges, M. E., Moorhouse, M. F., & Murr, A. C. (2014). Nursing care plans: Guidelines for individualizing client care across the life span. F.A. Davis.