

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
 - Ensure medication is provided on time to enable stable blood levels of anti-emetics.
 - 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.
 - Provide snacks when required where possible.
 - Review effectiveness of medication and interventions daily or as required, using MUST or PUQE tool.

2. Reduce Presence of Ketones

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

3. Prevent Further Weight Loss

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

4. Provide Emotional and Psychosocial Support to

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

5. Provide a Comfortable Environment for.....

- 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.
- Ensure staff are free from perfumes or cigarette smoke.
- Provide pressure relieving mattress to reduce the risk of pressure damage from prolonged bed rest.
- Ensure vomit bowls and urine samples are removed promptly and adequate empty receptacles provided.