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# Nutritional intake below current needs Eating-disorder medical support

Mental Health Nursing | Focused diagnosis-based template

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Fictional educational example. Individualize using verified patient findings, authorized treatment and current local protocols. No real patient record or observed outcome is claimed.

## Clinical assessment

Subjective: Fear of weight gain, fatigue and anxiety around meals.

Objective findings and required checks: Medical stability, hydration and nutritional risk require specialist assessment.

Physical examination and investigations: Review observations, weight trajectory, ECG, electrolytes, glucose and individualized psychiatric assessment.

Supply actual values, units, timing and trends during supervised application. Do not invent missing clinical data.

## Clinical focus and pathophysiology

Eating-disorder medical support: Restriction and malnutrition can affect cardiac, endocrine and metabolic function; refeeding needs supervision.

## Medical / surgical management

Use a specialist nutrition and monitoring plan, compassionate boundaries and psychological support.

## Illustrative drug and treatment study



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| Medicine / treatment | Purpose | Nursing checks |
| --- | --- | --- |
| Prescribed electrolyte or vitamin replacement | Correct defined deficits within the refeeding plan | Monitor laboratories and cardiac status |
| prescribed psychiatric medicine | Treat selected associated symptoms | Review nutritional and cardiac safety. |

Treatment examples are not a prescription. Verify the authorized product, dose, route, timing, contraindications and current local product information.



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# Focused nursing-problem template

Nursing diagnoses use original clinical problem wording. They are not the licensed NANDA-I classification. Verify any formal label or code against your institution's licensed current edition; select actual or risk diagnoses only when supported by assessment.

Context task: Establish the immediate clinical priorities and verify the baseline before assuming a diagnosis.

Set individualized measurable targets and an exact review time. Select actual or risk statements only when supported by assessment.

| Assessment: subjective / objective | Nursing diagnosis: original problem wording | Short- and longer-term goals | Nursing interventions with rationale | Evaluation |
|---|---|---|---|---|
| Ask: Ask about usual diet, recent intake, weight change and food access. Assess: Assess growth or weight trends, intake record and relevant nutritional findings. | Nutritional intake below current needs. Possible factors: poor appetite, increased requirements or feeding difficulty. Validate against the patient's assessment. | Short-term: At the next patient-specific reassessment: Tolerates the agreed nutrition plan without new complications. Longer-term: Before the clinically approved transition or agreed follow-up: Explains the individualized meal or feeding plan and follow-up arrangements. | 1. Assess nutritional risk and confirm swallowing safety and any fasting order. Rationale: The appropriate feeding route depends on clinical safety. 2. Offer suitable small meals or prescribed feeds with dietitian input when indicated. Rationale: Individualized support improves intake and nutrient adequacy. 3. Monitor tolerance, weight or growth and metabolic findings where required. Rationale: Progress and complications guide adjustment of support. 4. Use a specialist nutrition and monitoring plan, compassionate boundaries and psychological support. Rationale: Restriction and malnutrition can affect cardiac, endocrine and metabolic function; refeeding needs supervision. The condition-specific plan addresses the underlying problem while response is monitored. | Record the baseline and reassessed finding, the time and whether this goal is met, partly met or not met. If not met, reassess causes and revise or escalate. Do not record an unobserved improvement. |



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## Apply this template

Complete with verified data: assessment cues; supported actual problem or risk; measurable outcome and review time; selected authorized interventions and rationale; observed response and next action.

Subjective / objective cues: _____

Patient-specific target and review time: _____

Evaluation evidence and next action: _____



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## Health education and continuing care

Explain supervised nutrition, follow-up and support without weight stigma or unsupervised dietary targets.

Transition only after clinical readiness is confirmed. Reconcile medicines, check access and caregiver support, and document who will review the patient and when.

## Urgent warning signs

**Syncope, arrhythmia, severe electrolyte disturbance, rapid deterioration or self-harm risk requires urgent care.**

## Evaluation and conclusion

For each goal, document met, partly met or not met using observed evidence and the review time. Reassess and revise if progress is inadequate. Individual assessment, prioritized care and coordinated review guide this topic.

## Quick Revision

- Restriction and malnutrition can affect cardiac, endocrine and metabolic function; refeeding needs supervision.
- Priority concerns: Nutritional intake below current needs.
- Syncope, arrhythmia, severe electrolyte disturbance, rapid deterioration or self-harm risk requires urgent care.
- Explain supervised nutrition, follow-up and support without weight stigma or unsupervised dietary targets.

**Exam / viva: What assessment evidence supports this problem, and what measurable result would demonstrate improvement?**

## References

Nursing Fundamentals, 2e - Ernstmeyer & Christman (editors), Open RN / WisTech Open, 2024
https://wtcs.pressbooks.pub/nursingfundamentals/

Nursing Mental Health and Community Concepts, 2e - Open RN / WisTech Open, 2025
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