



# SIX-COLUMN NURSING CARE PLAN TEMPLATE

Assessment Data	Nursing Diagnosis	Goals	Nursing Interventions	Rationale	Evaluation
<p><b>Subjective:</b> «I feel tired and dizzy when I stand up.»</p> <p><b>Objective:</b> Blood pressure 92/58 mm Hg, pale skin, heart rate 108 bpm, decreased urine output.</p>	<p><b>Decreased cardiac output</b> related to reduced blood volume <b>as evidenced by</b> hypotension and dizziness.</p>	<p><b>Short-term goal:</b> The patient will maintain a systolic blood pressure above 100 mm Hg within 12 hours.</p> <p><b>Long-term goal:</b> The patient will demonstrate stable hemodynamic status by discharge.</p>	<ol style="list-style-type: none"><li>1. Monitor vital signs and urine output every hour.</li><li>2. Administer prescribed IV fluids and evaluate response.</li><li>3. Encourage slow position changes from lying to sitting or standing.</li><li>4. Educate the patient about fluid intake and signs of dehydration.</li></ol>	<ol style="list-style-type: none"><li>1. Frequent monitoring detects early changes in circulation.</li><li>2. IV fluids restore intravascular volume and improve blood pressure.</li><li>3. Gradual movement prevents sudden drops in blood pressure.</li><li>4. Education promotes self-awareness and prevents recurrence.</li></ol>	<p><b>Outcome:</b> Blood pressure stabilized at 106/64 mm Hg after 6 hours.</p> <p><b>Plan:</b> Continue IV therapy as ordered, encourage oral fluids, and monitor for dizziness during ambulation.</p>

