

## **Nursing Care Plan: Risk for Impaired Liver Function**

*Risk for Impaired Liver Function*, as evidenced by a chronic Hepatitis C medical diagnosis.

**Primary Goal: Promote palliative care of the liver, decreasing “wear & tear” of the liver.**

### A. Knowledge: Disease Process (NOC 1803)

1. Teaching: Disease Process (NIC 5602)
  - a. Describe the Hepatitis C disease process
  - b. Educate patient on chronic liver disease process
  - c. Instruct patient on signs & symptoms to report to their health care provider
2. Physician Support (NIC 7710)
  - a. Review the client’s records for evidence of HAV & HBV immunity status
  - b. Discuss with physician the need for HAV/HBV vaccination to prevent further viral infections
3. Risk Identification (NIC 6610)
  - a. Discuss lifestyle choices and changes that can prevent further liver complications
  - b. Identify agency/community resources to assist client in decreasing risk factors
  - c. Initiate referrals to health care personnel/agencies as appropriate

### B. Health Promotion Behavior (NOC 1602)

1. Health Education (NIC 5510)
  - a. Discuss the concept of “Liver Wellness” for routine body functioning
  - b. Educate patient on the “Palliative Care” concept
  - c. Determine current health knowledge and lifestyle behaviors
  - d. Determine family, friend, and community support available for healthy behavior choices
2. Medication Management (NIC 2380)
  - a. Review all prescription medications patient is on
  - b. Determine if patient is taking medications as prescribed
  - c. Determine if any prescriptions are hepatic toxic
  - d. Determine if anything else can be scripted for the same therapeutic effect, that is not hepatic toxic
  - e. Determine if dosing times can be adjusted so everything doesn’t hit the liver at one time
  - f. Determine what over the counter (OTC) medications patient is using
  - g. Determine if any of the OTC medications are hepatic toxic
  - h. Determine if any other OTC can be used that is not hepatic toxic
  - i. Determine if patient is using OTC medications as indicated by manufacturer
3. Nutrition Counseling (NIC 5246)
  - a. Determine patients food intake and eating habits
  - b. Review any herbal supplements patient may be taking
  - c. Determine if herbal supplements being taken are hepatic toxic IE: Kava, Valerian Root, Sassafras...
  - d. Review vitamin supplements patient may be taking
  - e. Determine if vitamin supplement dosage can be hepatic toxic IE: Excess vitamin A, D, and Niacin
  - f. Review patients use of mineral supplements
  - g. Caution patient that an excess daily iron intake can contribute to fibrosis
  - h. Review patients daily water intake
  - i. Instruct patient that their daily water intake need is: weight in lbs. divided by 2 = oz /day needed

4. Sleep Enhancement (NIC 1850)
  - a. Determine patients sleep pattern
  - b. Instruct patient they need 7-9 hours sleep/night
  - c. Instruct patient to avoid bedtime food/beverages that interfere with sleep IE: Caffeine and Sugar
  - d. Determine the effects of patient medications on sleep
  - e. Adjust medication schedule to support patient sleep cycle

C. Risk Control (NOC 1902)

1. Substance Use Prevention (NIC 4500)
  - a. Determine patients use of alcohol/illegal drugs
  - b. Ascertain from patient why they use alcohol or illegal drugs
  - c. Instruct patient that any alcohol use is a cofactor in the rate of progression of liver disease
  - d. Instruct patient that any illegal drug use can be a cofactor in the rate of progression of liver disease
  - e. Assist patient to identify alternate coping/pleasure/social mechanisms
2. Teaching: Safe Sex (NIC 5622)
  - a. Ascertain from patient if their sexual habits include high risk activities
  - b. Educate patient regarding the hepatic toxic effect of HIV
  - c. Instruct patient on the use of effective barrier protection
  - d. Discuss with patient ways to convince sexual partners to use appropriate barrier protection

**Secondary Goal: Monitor patient for signs & symptoms of liver dysfunction.**

A. Personal Health Status (NOC 2006)

1. Laboratory Data Interpretation (NIC 7690)
  - a. Monitor sequential test results for trends or gross changes
    - 1). Liver Function Tests (ALT/AST/GGT/Bili): Increase with impaired liver function
    - 2). Platelet Count: Increase with impaired liver function
    - 3). PT/INR: Increase with impaired liver function
    - 4). Albumin: Decrease with impaired liver function
  - b. Compare laboratory data with other diagnostic tests
  - c. Ensure the correct type and integrity of blood specimens
  - d. Analyze whether laboratory results are consistent with patient behavior and clinical status
2. Physician Support (NIC 7710)
  - a. Report sudden changes in laboratory data to physician immediately
  - b. Report critical values (as determined by institution) to physician immediately
  - c. Report onset of any Jaundice to physician immediately
  - d. Report changes in patient status as appropriate
    - 1). Onset or increase in bleeding gums
    - 2). Increased bleeding time with everyday cuts/scrapes
    - 3). Increased fatigue