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Nursing care plan for pyelonephritis

Increase fluids as ordered.Adequate fluid intake at 2 liters per day will help with urine dilution, promote renal blood flow, reduce bladder irritation, and flush bacteria from the urinary tract. Encourage increased fluid intake.Adequate fluid intake is encouraged in patients with pyelonephritis, as this condition is characterized by excessive urine production due to infection and inflammation of the kidneys. Assess the patient's urinary symptoms.Proper assessment of urinary symptoms can help diagnose pyelonephritis. What are the common symptoms of pyelonephritis? In 2025, nurses… Read more: How to Practice Gratitude in Nursing 2025The information on this website is for general informational purposes only and is provided without any representations or warranties of any kind. Patients with mild symptoms are treated with antibiotics for 7 to 14 days in an outpatient setting while patients with severe symptoms require hospitalization and IV antibiotic therapy. Published on August 11, 2022 Pyelonephritis is a bacterial infection of the kidneys, usually caused by a urinary tract infection that has spread to the kidneys.The nursing diagnosis is essential to identify the patient's needs and to develop a comprehensive care plan.Pyelonephritis is a serious condition that can cause permanent kidney damage and sepsis.The most common cause of pyelonephritis is the bacterium Escherichia coli, which is found in the digestive system and can enter the urinary tract.Symptoms of pyelonephritis include fever, chills, back pain, and frequent urination.Diagnostic tests and procedures for pyelonephritis include urinalysis, blood tests, and imaging studies.Nursing diagnosis is a process used to identify the patient's health problems, prioritize them, and develop a plan of care.Accurate nursing diagnosis for pyelonephritis patients is crucial to ensure appropriate care.The following are the most common nursing diagnoses for pyelonephritis patients:Patients with pyelonephritis are vulnerable to infection and require protection from environmental and internal stressors.Interventions for ineffective protection include:Hand hygiene educationEncourage fluid intakeEncourage rest and limit activityPatients with pyelonephritis may experience severe pain in the flank or lower back area.Interventions for acute pain include:Administer pain medication as orderedApply heat or cold therapyTeach relaxation techniquesPatients with pyelonephritis are at risk of developing sepsis, a potentially life-threatening complication.Interventions for risk of infection include:Monitor vital signsAdminister antibiotics as orderedProvide wound care as neededPatients with pyelonephritis may have a decreased appetite, leading to inadequate nutritional intake.Interventions for imbalanced nutrition include:Monitor and record patient's weight and nutritional intakeEncourage small, frequent mealsProvide nutritional supplements as neededPatients with pyelonephritis may experience urinary incontinence due to increased urinary urgency and frequency.Interventions for risk of urinary incontinence include:Encourage regular toiletingProvide assistance with toileting as neededOffer incontinence products as neededNursing interventions are actions taken by nurses to achieve the desired patient outcomes.The following are nursing interventions for pyelonephritis patients:Hand hygiene education to reduce the risk of infectionEncourage fluid intake to maintain hydration and reduce the risk of dehydrationEncourage rest and limit activity to conserve energy and reduce the risk of complicationsAdminister pain medication as ordered to relieve painApply heat or cold therapy to alleviate discomfortTeach relaxation techniques to reduce tension and promote relaxationMonitor vital signs, including temperature, heart rate, and blood pressure, to detect signs of infectionAdminister antibiotics as ordered to treat the infectionProvide wound care as needed to prevent infectionMonitor and record patient's weight and nutritional intake to identify the patient's nutritional statusEncourage small, frequent meals to help maintain adequate nutritional intakeProvide nutritional supplements as needed to address any nutritional deficienciesEncourage regular toileting to promote normal bladder functionProvide assistance with toileting as needed to ensure patient safety and reduce the risk of fallsOffer incontinence products as needed to maintain patient comfort and dignityNursing diagnosis is crucial to provide individualized care to patients with pyelonephritis and prevent complications.It is essential to develop a comprehensive care plan that includes appropriate nursing interventions and ongoing assessment and evaluation.By following these guidelines, nurses can provide effective care to pyelonephritis patients and improve their outcomes.Deep Breathing for Stress Relief: A Comprehensive GuideThe Role of Music in Nurse Wellness: Harmonizing Stress Relief and ResilienceThe Importance of Boundaries in Nursing: Protecting Well-Being and Ensuring Quality CareThe Benefits of Massage Therapy for Nurses 2025How to Create a Relaxing Home Environment for Nurses 2025How to Stay Hydrated During Long Shifts 2025The Benefits of Aromatherapy for Nurses 2025How to Manage Compassion Fatigue in Nursing 2025The Benefits of Journaling for Nurses 2025How to Practice Gratitude in Nursing 2025Practicing gratitude is a powerful tool for enhancing personal well-being and fostering a positive work environment—two elements that are especially crucial in the demanding field of nursing. Belyayeva M, Jeong JM. The patient should be instructed to urinate after sexual activity, wipe front to back after bathroom use, and clean the perineal area daily to avoid infections of the urinary tract. Regular physical exams, urinalysis, and other tests should be conducted to assess the effectiveness of the interventions. 11th Edition, Mariann M. Educate the patient about the disease process, prognosis, and treatment regimen.Patient education is vital to ensure understanding of the disease process and prevention. Monitor the effects of current medications.Certain medications like diuretics and cardiac medications can affect the patient's fluid and electrolyte balance. 1. Patient will report satisfactory pain control at a level of less than 3 on a scale of 0-10. In: StatPearls [Internet]. Assess for dysuria or burning with urination. Tenderness and discomfort upon percussion on these areas can also indicate infection or inflammation. Assess intake, output, and signs of dehydration.Hyperthermia can result in dehydration. 1. Nursing Diagnosis: Risk for Electrolyte Imbalance Compromised regulatory mechanism Disease process Inflammatory process Inability of the kidneys to filter effectively Renal dysfunction Symptoms of condition Alterations in urination A risk diagnosis is not evidenced by signs and symptoms as the problem has not yet occurred. Inquire about intake and appetite.Pyelonephritis commonly causes anorexia and may even cause nausea and vomiting if severe, disrupting intake. Assess the patient's elimination patterns.The patient's elimination patterns can offer insight into causes of infection such as incontinence, delayed urination, or incomplete urination. Nursing Diagnosis: Impaired Urinary Elimination Kidney infection and inflammation Weakened bladder muscles Anatomic obstruction Urinary hesitancy Urinary retention Urinary incontinence Urinary urgency Dysuria Frequent voiding Nocturia Patient will achieve a normal urinary elimination pattern, as evidenced by the absence of urinary frequency, urgency, and hesitancy. Available from: Lewis's Medical-Surgical Nursing. Facilitate a comfortable voiding position, making use of urinals or bedpans as needed.Discomfort can affect the patient's elimination patterns. Bladder training helps in reducing urine leakage and a sense of urgency by increasing the amount of fluid the bladder holds and the time between emptying of the bladder. It is vital to closely monitor and observe the patient for signs and symptoms of septic shock to prevent further decline in the patient's intravascular volume. Ultrasound tests and CT scans may be done to determine structural abnormalities, renal abscesses, renal scarring, impaired renal function, or obstructions. Assess for signs of hyperthermia.Assess signs and symptoms of hyperthermia including weakness, tachycardia, headache, irritability, and malaise to determine potential complications or deterioration. Acute Pyelonephritis. Patient will maintain vital signs and cardiac rhythm within normal limits. Educate the patient and family about symptoms of electrolyte alterations.Hyponatremia is common in pyelonephritis, and this is typically manifested as muscle cramps, lethargy, nausea, and altered mental status, while hyperkalemia manifests as restlessness, muscle weakness, and diarrhea. 1. Children and infants are at a higher risk of experiencing severe effects of dehydration, infection, and electrolyte abnormalities. What types of interventions are used to treat pyelonephritis? Nursing Diagnosis: Hyperthermia Inflammatory process secondary to pyelonephritis Infectious process secondary to pyelonephritis Increased body temperature above the normal range Chills Warm, flushed skin Diaphoresis Tachycardia Tachypnea Patient will maintain core body temperature within the normal range. Assess the patient's hygiene practices.Inquire about the patient's understanding of hygiene in relation to urinary elimination. Adequate fluid intake helps with fluid replacement and prevents dehydration. Patient will experience cessation of symptoms such as fever, diarrhea, and vomiting. Contents Pyelonephritis is a serious form of urinary tract infection (UTI) which affects the upper urinary system, including the kidneys. Check for distention with a bladder scanner.This can help determine bladder distention or incomplete emptying after urination. In addition, fluids should be given to help with hydration, and nutritional supplements may be beneficial in maintaining good nutrition and energy levels. Monitor for complications.Pyelonephritis can result in urosepsis which is characterized by bacteriuria and bacteremia. The overall goal of nursing care for pyelonephritis is to increase the patient's comfort and reduce their risk for complications. Nursing Diagnosis: Deficient Fluid Volume Excessive fluid loss Disease process Diuretic effect Inflammatory process Insufficient fluid intake Inadequate knowledge of fluid needs Symptoms of the disease process Altered mental status Altered skin turgor Decreased or increased urine output Decreased blood pressure Dry skin Dry mucous membranes Increased heart rate Increased body temperature Thirst Loss of appetite Weakness Diarrhea Vomiting Nausea Fever Chills Patient will maintain blood pressure, body temperature, and heart rate within normal limits. Older adults are at a higher risk of experiencing concerning symptoms from fluid volume deficit, such as mental status changes and decompensation to other organ systems. The website and its content are subject to change without notice. An increase or decrease in urine output can indicate kidney injury, infection, or inflammation, further complicating hypovolemia and dehydration. Encourage the patient to avoid urinary tract irritants.Sodas, spices, tea, alcoholic beverages, and coffee are considered urinary tract irritants and should be avoided. Pyelonephritis can be categorized as acute or chronic. Assess and monitor the patient's urine characteristics.Urine characteristics like dark, concentrated urine with a strong odor signal hypovolemia, developing dehydration, and progression of the disease. Other nursing diagnoses include pain, as a result of the inflammation and irritation caused by the UTI, and risk for infection, due to the potential introduction of infections from the lower urinary tract. Urinalysis and urine culture tests are indicated when pyelonephritis is suspected and may show bacteriuria, pyuria, and hematuria. Medical-Surgical Nursing: Concepts for Interprofessional Collaborative Care. Early identification of signs and symptoms of hypovolemia and dehydration (headaches, restlessness, thirst, and inability to concentrate) can help initiate prompt intervention to prevent further complications. Encourage the patient to void frequently.Frequent voiding will help to empty the bladder, avoiding bladder distention, reducing urine stasis, preventing reinfection, and lowering bacterial count. Appropriate diagnosis and interventions, including the use of antibiotics, hydration and educational techniques, will help reduce the discomfort of the infection and prevent its recurrence. FAQs What is pyelonephritis? Pyelonephritis is a serious form of urinary tract infection (UTI) which affects the upper urinary system, including the kidneys. Assess the flanks and costovertebral angle (CVA).Enlargement, asymmetry, redness, and edema of the flank area can indicate inflammation. Copyright © 1994-2022 by WebMD LLC. Impaired urinary elimination can be a result of sensory impairment, physical abnormality, or a secondary cause of another disorder. Donna D. Symptoms of the disease, including diarrhea, vomiting, fever, and frequent urination, also contribute to electrolyte abnormalities. Always seek the advice of a qualified healthcare provider with any medical questions.By using this website, you agree to the terms of this disclaimer. Encourage adequate fluid intake.Adequate fluid intake will help prevent dehydration, which is precipitated by the increase in body temperature. 4. Harding, RN, PhD, FAADN, CNE. Prevent further fluid loss.Patients who exhibit fever, vomiting, or diarrhea require antipyretics, antiemetics, and antidiarrheals to prevent further fluid loss. Therefore, clinicians must maintain a high index of … Healthcare professionals must be mindful of the important components of nursing care for the patient with acute pyelonephritis. Instruct the patient to void every 2-3 hours.This will help to empty the bladder and prevent the buildup of urine. Assess the patient's neurologic status and level of consciousness.Imbalances in electrolytes like sodium, potassium, magnesium, and calcium can cause neurological symptoms like seizures, confusion, muscle weakness, cramps, and tetany. Patient will maintain vital signs within normal limits. The use of fluids is important for preventing dehydration due to the frequent urination associated with the UTI, and education about proper hygiene techniques can help reduce recurrence. Administer antibiotic therapy as ordered.Antibiotic therapy is indicated for patients with pyelonephritis to help clear out infection and inflammation in the urinary system, reducing the risk for electrolyte imbalances as the kidneys can return to their normal filtration functions. Rationales The primary rationale for using medications to treat pyelonephritis is to reduce bacterial infection and improve symptoms. Control symptoms through antipyretics, antiemetics, antidiarrheals, and electrolyte replacement therapy. 5. 3. Encourage increased fluid intake.Adequate fluid intake promotes hydration, increases urine production, and flushes out bacteria from the urinary tract system. Common symptoms can include nausea, vomiting, fever, and abdominal pain, with more severe cases leading to more serious symptoms such as confusion, extreme fatigue and even seizures. Administer antipyretic medications as indicated.Antipyretic medications reduce prostaglandin synthesis to lower body temperature. Assess the patient's description of pain.Pain associated with pyelonephritis may be described as heaviness, pressure, or discomfort of the back, abdomen, or flank area with or without radiation to the groin. Assess for signs of hypovolemia and dehydration.Pyelonephritis is associated with excessive urine production due to infection and inflammation of the kidneys. Elsevier, Inc. Administer medications as indicated.Antibiotics are prescribed to treat the infection. Measure intake and output accurately.A record of the patient's intake and output can help determine changes in urine characteristics (amount and concentration), which can indicate the progression of pyelonephritis. What is the overall goal of nursing care for pyelonephritis? Maintain bed rest.Adequate rest allows the reduction of metabolic demands and oxygen consumption, resulting in a decrease in body temperature. Nurses support patients with pyelonephritis by providing accurate information about individualized treatment plans including medications, nutrition, and fluid therapies. Fever or hyperthermia is a common symptom of pyelonephritis. 6. Additionally, it is necessary to take into consideration the signs and symptoms of pyelonephritis and assess the severity of the UTI. Specifically, outcomes should include the promotion of healthy hydration, reduction of pain and discomfort, promotion of wound healing, augmenting body defenses, and increasing patient knowledge about the condition. Patients with incontinence issues can be hesitant to drink enough which creates an environment for dehydration and urinary infection. Assess and monitor the patient's vital signs.Fluid volume deficits can alter the patient's vital signs causing tachycardia, tachypnea, hypotension, and an increase or decrease in temperature. Frequent potassium and sodium level evaluation is necessary to monitor the progression of the disease and provide prompt interventions to balance electrolytes. The triad signs of this acute infection include fever, costovertebral angle pain, and nausea and vomiting, though these may not occur in all patients or all together. Patients may be hesitant to void due to pain but should be educated on these reasons. Do not induce shivering as this is the body's attempt to increase temperature. The patient may describe suprapubic symptoms of heaviness, pressure, or discomfort. Nursing care plans for pyelonephritis should include both medical and psychological treatments, as well as lifestyle modifications to lessen symptoms and prevent the recurrence of this medical condition. Alleviate symptoms.Pyelonephritis can cause fever, chills, diarrhea, and vomiting, leading to dehydration and alterations in electrolytes. Nurses are vital in educating patients on how to prevent a recurrence of pyelonephritis. Serum kidney tests like BUN and creatinine can help determine worsening or improving kidney function. Pyelonephritis: Kidney infection. Pyelonephritis is caused by bacteria that trigger infection and inflammation in the kidneys. Nursing interventions are aimed at prevention. Monitor laboratory tests as indicated.Urinalysis indicating pyelonephritis will show a positive leukocyte esterase, presence of white blood cells, bacteria, and occasional protein and red blood cells. The common signs and symptoms of this condition include: Flank pain Dysuria Polyuria Urinary urgency Urinary frequency Malaise Fever Nausea and vomiting Complications of pyelonephritis include kidney failure and renal scarring. Once the nurse identifies nursing diagnoses for pyelonephritis, nursing care plans help prioritize assessments and interventions for both short and long-term goals of care. National Kidney and Urologic Diseases Information Clearinghouse. It is vital to review and monitor the patient's medication regimen so changes can be initiated to prevent further decline in electrolyte balance. This can happen in patients with pyelonephritis due to symptoms of the condition such as frequent urination, a strong, persistent urge to urinate, and urinary hesitancy. Patient will establish lifestyle techniques to prevent urinary infections. Kidney problems like pyelonephritis cause a decline in kidney function and increase the risk of developing electrolyte imbalances. Hyperkalemia can cause life-threatening cardiac arrhythmias, tachypnea, decreased heart rate, and weak pulses. 2020. As a compensatory mechanism, the kidneys tend to produce more urine which can cause deficient fluid volume and dehydration. Patient will remain free from any signs and symptoms of dehydration, including dry skin, dry mucous membranes, and altered mental status. The most distinctive symptoms of acute pyelonephritis include pain in the back or flank area. Assess and monitor vital signs.Changes in vital signs including tachycardia and hypertension indicate progression of hyperthermia. A urine culture will help identify specific organisms that are causing the infection. Acute pyelonephritis is referred to as an active bacterial infection of the kidneys while the chronic type is repeated infection in the upper urinary tract caused by structural deformities, obstruction, reflux, or urinary stasis. Available from: Bono MJ, Reygaert WC, Doerr C. Monitor the patient's intake and output.Urine output is an accurate indicator of fluid balance. Nursing Diagnosis: Acute Pain Inflammation and infection of the urinary tract Reports of pain/burning/discomfort when urinating Dysuria Polyuria Facial grimace Guarding behavior Spasm in the bladder and lower back Patient will verbalize an absence of flank pain and dysuria. Acute Pyelonephritis. Assess and monitor the patient's electrolyte levels.Pyelonephritis often causes hyponatremia and hyperkalemia. Thorough initial assessment, accurate diagnosis and timely … Nursing care plans for pyelonephritis should include both medical and psychological treatments, as well as lifestyle modifications to lessen symptoms and prevent the recurrence of this … Pyelonephritis Nursing Diagnosis including causes, symptoms, and 5 detailed nursing care plans with interventions and outcomes. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. The most common interventions for pyelonephritis will rely on the administration of antibiotics to reduce the bacterial infection, as well as other medications to reduce its symptoms. Stress the importance of completing antibiotic therapy to prevent antibiotic resistance and reinfection. It is important to closely monitor the patients during their treatment to ensure that the medications are working correctly and that the patient is responding positively to the treatment plan. Interventions The most common interventions for pyelonephritis will rely on the administration of antibiotics to reduce the bacterial infection, as well as other medications to reduce its symptoms. Signs and symptoms of dehydration include thirst, poor skin turgor, dry oral membranes, weak and fast pulse, decreased urine output, and increased urine concentration. Additionally, teaching the patient proper hygiene and sanitation techniques will help to reduce the risk of UTI recurrence. What type of evaluations are conducted when treating pyelonephritis? This can be caused by an obstruction in the bladder or urethra, as well as by bacteria entering the body through an infection in the lower urinary tract. Changes in urine odor and color may also indicate bacteriuria. Assess and monitor the patient's vital signs.Since patients with pyelonephritis are at risk for developing electrolyte imbalances like hyperkalemia, it is crucial to assess and monitor their vital signs. Nursing Diagnosis The primary nursing diagnosis for pyelonephritis includes fluid and electrolyte imbalances, due to increased fluid loss and risk of dehydration. Assist the patient in using non-pharmacologic techniques for pain management.Alternative therapies like positioning, heat, relaxation, and guided imagery can help decrease pain, offer distraction, and promote comfort for the patient. Pyelonephritis can become life-threatening if untreated and bacteria spreads to the bloodstream causing sepsis. Urinary Tract Infection (Nursing) [Updated 2021 Jun 23]. Encourage adequate fluid intake as indicated.Adequate fluid intake of about 6-8 glasses of water is essential in patients with pyelonephritis as it can help flush bacteria out of the urinary system and prevent dehydration. Use of the website and its information is at your own risk.This website contains links to other sites, which are not under our control and for which we are not responsible.We make every effort to keep the website running smoothly, but cannot be held responsible for technical issues beyond our control.The information provided on this website is not intended as a substitute for professional medical advice. 2. Evaluation It is important to closely monitor the patients during their treatment to ensure that the medications are working correctly and that the patient is responding positively to the treatment plan. Outcomes The overall goal of nursing care for pyelonephritis is to increase the patient's comfort and reduce their risk for complications. Escherichia coli is considered the most common organism causing pyelonephritis. Nursing care plan for adhd Nursing care plan for anaphylaxis Nursing care plan for intellectual disability Nursing care plan for rhabdomyolysis Nursing care plan for migraine Nursing care plan for aortic valve replacement Nursing care plan for influenza Nursing care plan for influenza Nursing care plan for rheumatoid arthritis Nursing care plan for bronchitis Nursing care plan for psoriasis Nursing care plan for arthritis Pyelonephritis is an infection of the kidneys and is most commonly caused by a bacterial infection of the lower urinary tract. [Updated 2021 Jul 10]. 9th Edition. Antipyretics like acetaminophen are prescribed to help reduce fever and pain. If you do not agree with these terms, please do not use the website.Acute pyelonephritis is complex, and there is no consistent set of signs and symptoms that is both sensitive and specific for the diagnosis. Infants may manifest feeding difficulties, fever, and vomiting. Surgical interventions like pyelolithotomy, nephrectomy (for severe cases), or ureteral diversion may be indicated to correct structural issues, drain abscesses, or remove an obstruction. Provide a tepid sponge bath as neededA sponge bath with tepid water will reduce fever by dilating the superficial blood vessels, ultimately releasing heat and lowering body temperature. Assessment When assessing a patient with pyelonephritis, it is important to examine their medical history and check for any related conditions. Conclusion Pyelonephritis is a serious form of UTI, and requires nursing care to properly manage and treat it. Common manifestations of pyelonephritis include dysuria, polyuria, frequency, and urgency. Offer urinary devices frequently for the patient who cannot communicate to support urination. 2018. Administer intravenous fluid therapy as indicated.For severe cases of pyelonephritis, the patient may need to be admitted to the hospital with intravenous fluid replacement to resolve deficient fluid volume and prevent dehydration. Ignatavicius, MS, RN, CNE, ANEF. In the following section, you will find nursing care plan examples for pyelonephritis.

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