- Hypertension controlled
- Electrolyte balance maintained
- Diet maintains calories while minimizing tissue catabolism, metabolic acidosis, hyperkalemia, and uremia

Nursing Care Management

Meticulous attention to fluid intake and output is mandatory and includes all of the physical measurements discussed previously in relation to problems of fluid balance. Monitoring fluid balance and vital signs is a continuous process, and observers are constantly on the alert for signs of complications so that appropriate interventions can be implemented. Because these children require intensive observation and often specialized treatment (such as dialysis), they are usually admitted to an intensive care unit in which needed equipment and trained personnel are available (see the Nursing Care Plan box later in this chapter).

Limiting fluid intake requires ingenuity on the part of caregivers to cope with the child who is thirsty. Rationing the daily intake in small amounts of fluid served in containers that give the impression of larger volumes is one strategy. Older children who understand the rationale of fluid limits can help determine how their daily ration should be distributed.

Meeting nutritional needs is sometimes a problem; the child may be nauseated, and encouraging concentrated foods without fluids may be difficult. When nourishment is provided by the IV route, careful monitoring is essential to prevent fluid overload. In addition, nursing measures such as maintaining an optimal thermal environment, reducing any elevation of body temperature, and reducing restlessness and anxiety are used to decrease the rate of tissue catabolism.

The nurse must be continually alert for changes in behavior that indicate the onset of complications. Infection from reduced resistance, anemia, and general morbidity is a constant threat. Fluid overload and electrolyte disturbances can precipitate cardiovascular complications, such as hypertension and cardiac failure. Fluid and electrolyte imbalances, acidosis, and accumulation of nitrogenous waste products can produce