**Nursing Process Focus:**
**Patients Receiving Potassium Chloride**

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Potential Nursing Diagnoses</th>
</tr>
</thead>
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| Prior to administration:  
- Obtain complete health history including allergies, drug history and possible drug interactions.  
- Assess for presence/history of severe renal disease, hypokalemia, hyperkalemia, dehydration, acidosis or alkalosis, cardiac dysrhythmias. |  
- Risk for Falls, related to adverse reactions to drug  
- Deficient Knowledge (proper use of drug), related to no previous exposure  
- Risk for Impaired Skin Integrity, related to extravasation at IV site  
- Ineffective Therapeutic Regimen Management, related to lack of understanding regarding other medication/food use  
- Impaired Urinary Elimination (decreased urinary output), related to drug side effect |

### Planning: Patient Goals and Expected Outcomes

Patient will:  
- Remain free of physical injury.  
- Demonstrate knowledge of drug therapy, side effects, and adverse reactions.  
- Maintain intact skin integrity.  
- Demonstrate understanding of possible drug interactions.  
- Maintain urinary elimination within normal range.

### Implementation

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<thead>
<tr>
<th>Interventions and (Rationales)</th>
<th>Patient Teaching/Discharge Planning</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Monitor serum potassium levels (indicates effectiveness of therapy.)</em></td>
<td><em>Instruct patient to be aware of symptoms of hyperkalemia: nausea, abdominal cramping, oliguria, weakness, changes in heart rate, numbness or tingling of arms or legs.</em></td>
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<td><em>Monitor kidney function. (Damaged kidneys are unable to excrete normal amounts of potassium, leading to hyperkalemia.)</em></td>
<td><em>Advise patient and caregiver regarding the importance of kidney function tests and of complete disclosure of past medical history.</em></td>
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| *Monitor diet for excessive foods containing potassium. (There is a risk for hyperkalemia resulting in cardiac dysrhythmias. Patient receiving potassium supplements should avoid use of salt substitute since most use potassium in place of sodium.)* | Instruct patient:  
- to avoid use of salt substitute without approval of health care provider.  
- to avoid increasing potassium rich foods while taking a potassium supplement, including bananas, oranges, orange juice, broccoli, carrots, brussel sprouts, etc. |
| *Monitor for overdose. (Patient is at risk for cardiac dysrhythmias.)* | *Advise patient and caregiver that frequent blood studies will be done so early hyperkalemia will be identified.* |

### Evaluation of Outcome Criteria

Evaluate the effectiveness of drug therapy by confirming that patient goals and expected outcomes have been met (see “Planning”).