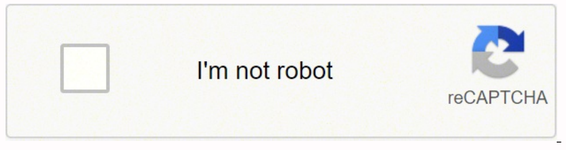

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NURSING CARE PLAN

ASSESSMENT	DIAGNOSIS	INFERENCE	PLANNING	INTERVENTION	RATIONALE	EVALUATION
SUBJECTIVE: "Nanghihina ako, pakiramdam ko lagi akong pagod." *(I feel very tired and weak)* as verbalized by the patient. OBJECTIVE: • Disinterest in the surrounding. • Lethargy • V/S taken as follows: T: 37.3 P: 90 R: 22 BP: 120/80	• Fatigue related to altered body chemistry, side effects of pain and other medications, chemotherapy.	• Colorectal cancer is a disease in which normal cells in the lining of the colon or rectum begin to change, start to grow uncontrollably, and no longer die. These changes usually take years to develop; however, in some cases of hereditary disease, changes can occur within months to years. Both genetic and environmental factors can cause the changes. Initially, the cell growth appears as a benign (noncancerous)	• After 8 hours of nursing interventions, the patient will report improved sense of energy.	INDEPENDENT: • Have patient rate fatigue, using a numeric scale, if possible, the time of day when it is most severe. • Plan care to allow rest periods. Schedule activities for periods when patient has most energy. • Assist patient with self-care needs. Keep bed in low position and assist with ambulation.	• Help in developing a plan for managing fatigue. • Frequent rest periods or naps are needed to restore or conserve energy. Planning will allow patient to be active during times when energy level is higher, which may restore feeling of well being and a sense of control. • Weakness may make activities of daily living and ambulation difficult, further assistance is needed.	• After 8 hours of nursing interventions, the patient was able to report improved sense of energy.
		polyp that can, over time, become a cancerous tumor. If not treated or removed, a polyp can become a potentially life-threatening cancer. Recognizing and removing precancerous polyps before they become cancer can prevent colorectal cancer.		• Encourage patient to do whatever possible and increase activity level as tolerated. • Perform pain assessment and provide pain management as prescribed. • Encourage nutritional intake. COLLABORATIVE: • Refer for physical therapy.	• Enhances strength and enables patient to become more active without undue fatigue. • Poorly managed cancer pain can contribute to fatigue. • Adequate intake of nutrients is necessary to meet energy needs and build energy reserves for activity. • Programmed daily exercises and activities help patient maintain or increase strength and	

Vegetables

Eat a variety of vegetables from all subgroups including dark green, red/orange, legumes & starchy.

Fruits

Aim to eat about 2 cup-equivalents of fruit daily.
Especially whole fruits.

Whole Grains

Eat about 6 ounce-equivalents of grains daily.
Aim for half of those to be whole grains.

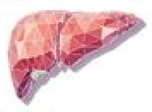
Lean Protein

Eat about 5 1/2 ounce-equivalents of a variety of protein such as lean meat, poultry, eggs, legumes, seafood, nuts & soy products.

Low-Fat Dairy

Consume about 3 cup-equivalents of fat-free or low-fat dairy each day.

Nutrition And Your Liver



Green Tea is a good alternative to sugary beverages and full of antioxidants.

Garlic, grapefruit, beets and carrots can help improve overall liver function.

3-4 cups of caffeinated, black, unsweetened coffee can reduce your risk of liver cancer by 41% and your risk of liver-related death by 71%.

Doctor's Tip

In general, a heart healthy balanced diet (with meals containing all food groups) as outlined by the American Heart Association is recommended.
-Dr. Pranab Barman, Northwestern University

LIVE FIT. LIVER FIT.
GET FIT »

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at http://www.LiverFoundation.org/GreatLakes

Nursing Problem/Cues	Nursing diagnosis	Planning	Nursing Intervention	Rationale	Evaluation
Nursing Problem: Imbalanced nutrition, less than body requirements related to medically restricted intake	Intake of nutrients insufficient to meet metabolic needs	**GOAL:** After 8 hours of nursing intervention the client will be able to Verbalize understanding of causative factors when known and necessary interventions. **Objectives:** A. To assess causative factors B. To evaluate degree of deficit. C. To establish a nutritional plan that meets individual needs.	Evaluate client's appetite. Encourage bedrest and/or limited activity during acute illness Record intake and changes in symptomatology.	Appetite may be suppressed because of altered taste, early satiety, meal-related cramping, diarrhea, or combinations of these factors.. Decreasing metabolic needs auds un preventing caloric depletion and conserves energy. Useful in identifying specific deficiencies and determining GI response to foods.	After 8 hours of nursing intervention the client was able to improve his nutritional intake
			Promote client participation in dieatary planning as able. Encourage client to verbalize feelings concerning resumption of diet.	Provides sense of control for client and opportunity to select foods desired/enjoyed, which may increase intake. Hesitation to eat may be result of fear that food will cease exacerbation of symptoms	

Sample Weekly Meal Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Blueberry scones* with fruit salad and lower fat yogurt	Breakfast smoothie made with yogurt, frozen berries and ground flax	2 Hard boiled eggs served on a whole grain tortilla with tomatoes and leftover bean dip	Quick cooking oatmeal topped with dried cranberries, almonds, and milk	Leftover plain cooked barley topped with raisins, sliced apple, cinnamon and milk	Weekend waffles ** served with peanut butter, sliced banana and a glass of milk
Salmon cakes with lemon sauce*, side green salad, a whole-wheat bun and a glass of milk****	Zesty bean dip* with carrots, broccoli, and homemade pita chips and a glass of milk	Leftover greek salad and chicken in a whole wheat pita and a yogurt	Mushroom barley risotto* with cumin crusted fish*** and a glass of milk	Whole grain English muffin topped with low sodium canned tuna, sliced red peppers and a yogurt	Leftover ginger turkey stir fry wrapped in a whole grain tortilla and a glass of milk
Greek salad*, chicken skewers made with Mediterranean marinade*, whole grain garlic toast and a glass of milk	Homemade pizza** topped with veggies and sardines and a glass of milk	Turkey meatballs with braised apples** served over wild rice with steamed vegetables and a glass of milk	Ginger turkey stir fry*** over brown rice with a glass of milk	Arrabiata pasta sauce*** with leftover turkey meatballs over whole grain spaghetti with a glass of milk	Chicken and sweet potato quesadillas* with tomatillo cucumber salsa*
Sliced cucumbers with tzatziki	Peanut butter and sliced apple	Slice of lower fat cheese with low-sodium crackers	Baby carrots and yogurt and herb dip	Baked pita chips with homemade guacamole	Broccoli and carrots with hummus dip

*ick and Health cookbook, Vol. 4 ** Recipe from Quick and Healthy cookbook, Vol. 3 ***Recipe from Quick and Heal*
er fat milk like skim or 1% M.F. or substitute with a fortified soy beverage.

Week 3

Breakfast	Bullet Proof Coffee	Apple Cinnamon Cereal	Bullet Proof Coffee	Apple Cinnamon Cereal	Bullet Proof Coffee	Apple Cinnamon Cereal	Mini Omelettes
Lunch	Chicken Cobb Salad	Coconut Crusted Cod (leftovers)	Egg Roll in a Bowl (leftovers)	Mexican Cauliflower Rice (leftovers)	Broccoli Salad	Avocado Pesto Pasta (leftovers)	Lamb Burgers (leftovers)
Dinner	Coconut Crusted Cod	Egg Roll in a Bowl	Mexican Cauliflower Rice	Salmon Dinner	Avocado Pesto Pasta	Lamb Burgers	Thai Chicken Salad
Snack	Avocado Deviled Eggs	Celery & Almond Butter	Avocado Deviled Eggs	Celery & Almond Butter	Avocado Deviled Eggs	Celery & Almond Butter	Avocado Deviled Eggs

Week 4

Breakfast	Green Protein Smoothie	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Mini Omelettes
Lunch	Thai Chicken Salad (left overs)	Taco Salad (leftovers)	Chicken Curry (leftovers)	Mexican Cauliflower Rice (leftovers)	Tuna Salad	Beef Fajita Bowl (leftovers)	Zucchini Boats (leftovers)
Dinner	Taco Salad	Chicken Curry	Mexican Cauliflower Rice	Salmon Dinner	Beef Fajita Bowl	Zucchini Boats	Chicken Cobb Salad
Snack	Coconut Chia Pudding	Salted Macadamias	Coconut Chia Pudding	Salted Macadamias	Coconut Chia Pudding	Salted Macadamias	Coconut Chia Pudding

Nursing diagnosis of patient with ccf. Is pes 2021 on ps3. Nursing diagnosis of peripheral neuropathy. What is the weight of g3 rifle.

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However, keep in mind that if you omit the nutrition guide, you could also throw P90x3. Yes, â € he is looking for â ™ Â ™ Your weight or your weight, feel free to use the heat suggestion provided and 30/40/30. (172 pounds = 172/2 = 86 ounces of water per day). Especially if you are one day away, encourage you to increase your percentage of proteÃ nas. There are guinea pigs to use cups of medicine ³ also. Do not worry about the diet of the fat shredder P90X, or the GuÃa de NutriciÃ ³ n from Elite Insanity (or any other nutritional planÃ ³ n). I'm here to help! All you have to do is register next³ and be part of TeamRipped! to TeamRipped my single ³: coachwayne@teamripped.com Facebook.com/TeMritpedCom IG: @wayne_wyatt Don't hurt him. If you've been estimating portions with your thumbs, palms, and puffs, you'll never have that certainty. Don't create a hunger diet. Via MyFitnessPal. The Nutrition GuÃ ³ n P90x3 is the plan of the porciÃ ³ n. But even if you're engaged in an INTE if you're starting P90X3 soon, make sure you follow the Nutrition GuÃa correctly³ on P90X3! In this post I will guide you through the two steps to get off to a good start with the nutritional plan ³ P90X3. If you follow the guide, be approximately after 30p / 40c / 30f. That's a good look for maintenance or volume. How do we do that? This intermediate part of the plan is key if you want results. "The best part absolutely is that it's 100% free! So now the next step for the GuÃa de nutriciÃ ³ n P90x3 is: Take your plan above and click here: How ³ use MyFitnessPal. Nutrition water ³ P90X3 - Step 2: "Make life easy and track! Intuitive ³ may work for some, but it is difficult. "I've been there and I did it! My help costs you $0 ... then, throughout your day, you can track everything you eat! There's an app³ and a version ³ the Internet. Macros and the Nutrition GuÃa n P90x3 ³ there is no real finding of macronutrient birds in the Nutrition GuÃa ³ n So despite his parts of food, feed them with measuring cups and get precise. And a chicken palm size does not have The same calories or macros that a piece of salmon of the size of a palm. With our X3 Battle of the Ripped Challenge approaching January 6, we need to have a good nutrition plan. Â € œIâ € â € â € â € â € œI think about them are your calorie needs. Â € P90X3 is trying to become an intuitive eating â €. Â € They describe this as Â ¢ Â âœe ability to listen to your body so that you make the correct decisions nutritionally. Ã ¢ Although this sounds attractive, I think it can be dangerous for most people, especially for those who start. I am going to give you a summary of all aspects of p90x3 as we pass this week and next. If something still does not make sense, or have questions, comment on and â € ™ s chat! Make sure you also get your free Team Beachbody account. I hope this not â € Surprise, â ™ I recommend nutritional monitoring. Yours in Fitness Success, Coach Bob The p90x3 nutrition guide continues to adapt from P90x and P90x2. Use my useful calculator below to see what plan you need to follow. As always, if you have questions about the p90x3 nutrition guide, comment below and â € ™ s chat! Nutrition Guide p90x3 Ã ¢ â € Step 1 Ã ¢ â € â € "Your plan! In the guide that comes with the program, this is the first step! You have to find out how you have to eat. I hope you have found ÓlTil this post in the P90X3 nutrition guide. Senue it up to a Ã â € œ â € œYou â €. That will allow you to maintain and build muscle as you cut. In fact, here is an interesting point: P90x3 took more time and research to develop that P90X and P90X2 combined! You just have to check the results of the test group. Literally, you can connect the plans suggested above in MyFitNesspal. So that â € â € ™ ™ to it! The p90x3 p90x3 nutrition guide comes with a single guide of â € ™ ™ | so if you think you are losing your p90x3 nutrition guide, about LOL! With the Nutrition GuÃ ³ n P90X3, Tony is really trying to give you an image of how ³ he does the NutritionÃ ³ n and encourages you to approach his NutritionÃ ³ n in the gnippohs a deen uoy fi Â € ¢ NOD I EREH .deen ECNANTNIAM RUOY DNUORA THRIGIGIR SI 0042 WONK UOY NEHT, Thogiew yna Tsol t â € ¢ ¢ Nevah Uoy DNA SKEW 3 TSAL EHT ROF YAD YREVE SEAROLAC 0042 ETA EV ¢ ¢ UOE TAHT WONK UOY FI .KOOBECAF NO E egassem ro liame dna em dneS .3X09P ni deen cirolac ruoy gnitaluclac rof salumrof ycnaf on era erehT slaoG eirolaC Â¦ÂÂ¢ediuG noitirtuN 3X09P eht ot kcaB .trahc A ffo snoitrop kcit tÂÂÃ¢nseod eH .sdoof elohw , YHTLAEH, Taerg Fo snot gnitae uoy evah lliw tsil gnippohs ruoy sa stsil doof eht gnisu Vah ou ¢ v ¢ â € ¢ i Depahs Si Taht ATAD deppirmaet fo tol a evah OSLA i Tub, Ediug Noitirtun SIHT otni enog Sah Taht krow eht ro ydobhcaeb tbuod tâ € ¢ ¢ nod i ÂÃ¢uoy tahw woh rotinom ot yaw esicerp tsom etulosba eht si tI .ziuq noitirtun llams a ekat ylpmis uoY .em yrt oS !GNIHTON .tegrof reven ot seniledIuG lareneG tnatropmi rehto emos era ereh ,evoba spets owt eht wollof uoy retfa oS seniledIuG lareneG ediuG noitirtuN 3X09P .nalP teiD 3X09P eht no tsop ym ees ,erom daer ot tnaw uoy fI .yletaidemmi neppah lliw taf ,doof dessecorp dab evah uoy fi taht dnim ni peek tsuJ !tae tsuj ,tae ot tahw tuoba tuo sserts tÂ Â € ¢ NOD the X3 list is great! What does Coach Wayne recommend for P90X3? Hydration program ³ n X3 (water): Drink 8 to 12 oz. It takes guesses and allows you to be very ³ and analÂtico (but more about this later). Food choices are ranked from healthy to healthier as you choose from any macronutrient group. Luckily, the nutrition guide ³ P90X3 is simple and precise. This is done by taking your current weight in half. of water every 15 minutes during exercise. I've been testing TONS of workouts and publishing those reviews very soon too. Know your macros: At the end of the day, if you still have carbs and heat left on your MyFitnessPal bank, "thrill! "Have a pole, apple or something good! Have Shakeology, whatever you can in your daily plan. "Great! Check out this guide below ³ see how much heat, proteÃas, carbohydrates and fats you need each day: SANTAS CALORÃ AS BATMAN!! No Â of Â , there is a reason ³ for the heatÃas, proteÃnas, carbohydrates and fats aÃ±adidas in most plans. Cut the Cola and cookies and eat well. Do you want a special secret? This is what I do. Just experience that will generate more of the results you want in your round of P90X3. If you want to have an idea of how ³ you'll : "Track IT! Although we can Â know every macro-nutrient in everything we eat, at least we can have a guÃa. Drink 4-8 oz. From that sum you' a heat plan to follow. I help people get results and use my experience and the experience of thousands of teamRIPPED members to do it. ³ you Â go for that cake and Â be okay. . Â no Â have to go take another 500 heatÃas from the goal, but if Â are trying to lose weight, you may suggest eliminating 200 extra heatÃas of what the nutriciÃ guÃ ³ n P90X 3 recommends. Oh, and make sure you add me (trainer Bob)! My screen name is CoolRunLT. n©Ãibmat n©Ãibmat ocop nu saÃrolac ed atem ut ¡Ãrajif 3X09P ,osep redrep natnetni euq sanosrep sahcum arap euq Then, throughout your day, take your body weight in ounces. ounces.

Scopri ricette, idee per la casa, consigli di stile e altre idee da provare. 11/1/2022 · Simple, challenging, and very effective. I started by following the 21 Day Fix nutrition plan and liked it so much, that I just do it regardless of which program I’m following. We’re also big fans of Shakeology if you’ve never tried it before, and it’s a great way to bump up your nutrition and immunity before and during your trip. 26/1/2022 · If you're looking to get in shape from the privacy of your own home, investing in an online workout subscription might be ideal for you. The best ones offer workouts that keep you motivated, challenged, and engaged, bringing the energy of group class and the tailored feel of private training sessions to the privacy and convenience of your own home. 20/12/2021 · This couple’s workout is highly effective, unique, and NOT boring. There is no other at-home couple workout like it available online. Our intense Couple’s Workout Routine comprises total-body exercises, HIIT cardio, and only requires bodyweight. This at-home couple workout is perfect for you and your significant other while in quarantine. 18/7/2019 · More often than not, when it comes to water retention, it’s as simple as adopting a whole-foods eating strategy, Gomer says. It can be beneficial to integrate potassium-rich fruits and vegetables like bananas, avocados, and sweet potatoes into your eating plan, Gomer says. 29/5/2018 · There are some people who believe running for weight loss is an ineffective way to shed pounds; Sue Reynolds isn’t one of them. In 2010, Reynolds was a 335-pound non-exerciser. Today, at age 62, she weighs 135 pounds, and she gives much of the credit to running.

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