### Phenylketonuria (New Diagnosis) Care Plan

**Problem:** Knowledge deficit due to new diagnosis of Phenylketonuria (PKU)

**Goal:**
1. To stabilize Phenylalanine levels
2. Establish special feeding regime (diet for life)
3. Provide emotional support and educate parents.

#### Nursing Care

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
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<tbody>
<tr>
<td>1.</td>
<td>Record and document baseline T. P. R. Monitor twice daily / daily / 4 hourly or more frequently as condition dictates. Report any deviations from normal to Metabolic team.</td>
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<td>2.</td>
<td>Assist with initial blood work up. Record results in blood flow chart. Send blood for Pterin defect (co-factor to enzyme) ________ (insert date) prior to commencing new diet regime. Note: For same day results ensure sample is received in the Laboratory by 10am. Ensure lab form is correctly labelled ‘For Phe / Tyr’. Micro tubes are available from St. Brigid’s Ward and Laboratory Stores. Ensure Metabolic Investigation Lab form is used. Tubes must be filled completely.</td>
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<td>3.</td>
<td>Monitor Phenylalanine levels daily or ________ (insert frequency) as otherwise directed by Metabolic Team. Take Phenylalanine samples via heel prick before a.m. feed. Note: For same day results ensure sample is received in the Laboratory by 10am. Ensure lab form is correctly labelled ‘For Phe / Tyr’. Micro tubes are available from St. Brigid’s Ward and Laboratory Stores. Ensure Metabolic Investigation Lab form is used. Tubes must be filled completely.</td>
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<td>4.</td>
<td>Administer synthetic feed _______________ (name of formula). Refer to Daily Diet Sheet for direction re. prescribed volume. Check all feeds and volumes with a second staff member prior to administration.</td>
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<td>5.</td>
<td>Introduce Natural Protein ________________ (insert name baby formula) when Phenylalanine level is ________mmols/l as directed by Consultant. Bottle feeding: Offer ___________ (name formula feed) first followed by ___________ (name synthetic feed). Breast feeding: Offer synthetic feed followed by breast feed. Liaise daily with dietitian re. adjustment of feed volume in response to Phenylalanine levels. Refer to Daily Diet Sheet for direction.</td>
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<td>6.</td>
<td>Record Intake and Output.</td>
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<td>7.</td>
<td>Weigh weekly while in hospital to ensure adequate protein for growth and development is been delivered in diet.</td>
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<td>8.</td>
<td>Commence Parental Education Programme in liaison with Metabolic Nurse Specialist and Dietetic Team re. Condition, Implications of Non-compliance, Diet, Diet recipes, Blood sampling etc.</td>
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**Parents will be encouraged to take blood samples outside routine times to develop competence. Family will be encouraged to take early morning samples. Parents will assist with preparing feeds and feeding. Parents will receive written information on PKU.**