



## Phenylketonuria (New Diagnosis) Care Plan

<b>Problem:</b> Knowledge deficit due to new diagnosis of Phenylketonuria (PKU)	<b>S/N Sig:</b>	<b>Date:</b> _____ <b>Planned by:</b> _____	<b>Problem No:</b> 52
<b>Goal:</b> 1) To stabilize Phenylalanine levels 2) Establish special feeding regime (diet for life) 3) Provide emotional support and educate parents.			
<b>Nursing Care</b>		<b>Self/ family care</b>	<b>Date and sign / countersign any changes</b>
<ol style="list-style-type: none"> <li>1. 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.</li> <li>2. Assist with initial blood work up. Record results in blood flow chart. Send blood for Pterin defect (co-factor to enzyme) _____ (<i>insert date</i>) prior to commencing new diet regime.</li> <li>3. Monitor Phenylalanine levels daily or _____ (<i>insert frequency</i>) as otherwise directed by Metabolic Team.            Take Phenylalanine samples via heel prick before a.m. feed.  <b>Note: For same day results ensure sample is received in the Laboratory. by 10am.</b>  <b>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.</b> </li> <li>4. Administer synthetic feed _____ (<i>name of formula</i>). Refer to Daily Diet Sheet for direction re. prescribed volume. Check all feeds and volumes with a second staff member prior to administration.</li> <li>5. Introduce Natural Protein _____ (<i>insert name baby formula</i>) when Phenylalanine level is _____ mmols/l as directed by Consultant.  <b>Bottle feeding:</b> Offer _____ (<i>name formula feed</i>) first followed by _____ (<i>name synthetic feed</i>).  <b>Breast feeding:</b> 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.         </li> <li>6. Record Intake and Output.</li> <li>7. Weigh weekly while in hospital to ensure adequate protein for growth and development is been delivered in diet.</li> <li>8. 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.</li> <li>9. Complete Patient Discharge plan.</li> </ol>		<p>Parents will be encouraged to take blood samples outside routine times to develop competence. Family will be encouraged to take early morning samples.</p> <p>Parents will assist with preparing feeds and feeding.....</p> <p>Parents will receive written information on PKU.</p>	