

Adult/Geriatric Critical Thinking Worksheet

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Unit: 10

Pt. Initials:

Date: 8/12/2016

1. Disease Process & Brief Pathophysiology

Three main disease mechanisms for Osteomyelitis:

1) Vascular/neurologic osteomyelitis is caused from poor blood flow common with people who have diabetes and lowered immune systems.

2) Spread of a contagious infection from a contaminated surgical site such as joint replacements. P

3) Bacteria in the bloodstream that goes to the bone and stays and grows in the bone

Brief Pathophysiology

An infection that cuts off blood vessels in a certain area and spreads and causes the bone to die, the infection may spread through the bone causing a wound in the area that may release draining from the infection.

4. Diagnostic Tests pertinent or confirming of diagnosis

CT scan(Computerized tomography)P

MRI(Magnetic resonance imaging)P

X-rays

Bone Biopsy

Adopted: August 2016

2. Factors for the Development of the Disease/Acute Illness

Kidney failure/ problems P

Smoking P

Elderly P

Sever bone fractures

Deep puncture wound

Surgery to repair broken bones

Replace worn joints P

Circulation disorders P

Use of IV lines and/ catheters

Use of Illicit drugs

Suppressed Immune system P

5. Lab Values that may be affected

Blood cultures (Gram Stain)P

WBC (White Blood Count)P

ESR (Erythrocyte Sedimentation Rate)

CRP (C-Reactive Protein)

3. Signs and Symptoms

PFever P

Pain in the infected area P

Warmth in the infected area

Swelling in the infected area

Fatigue P

Redness on the infected area

Nausea P

Malaise P

Chills

Excessive sweating

6. Current Treatment

Amputation

Restore Blood flow

Remove any foreign object

Remove diseased bone

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draining the infected area

Intravenous antibiotics(Cefazolin Sodium)P

Oral medications after antibiotics

7. Focused Nursing Diagnosis:

Pain

8. Related to (r/t):

related due to inflammation

9. As evidenced by (aeb):

Patient complaining of pain a 10 out of 1-10, 10 being the highest pain.

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11. Nursing Interventions related to the Nursing Diagnosis in #7:

1 .Apply waffle mattress to bed

Evidenced Based Practice:

This helps relieve pressure on lower back and helps prevent bedsores.

2.

Promoting relaxation exercises (incentive spirometer) and self independence as in brushing teeth, sitting up in bed and feeding self.

Evidenced Based Practice:

Focusing on a relaxation exercise helps distract the patient from their pain and helps promote blood flow.

Encouraging self independence helps the patient feel

12. Patient Teaching:

1. How to use Incentive Spirometer

-Sit up

-place mouthpiece in your mouth then breathe out completely and breathe in for as long as you can

-remove mouth piece

- Breathe normally

2. Teach patient to pump their feet by flexing to promote bloodflow .

3. Teach patient the importance of repositioning due to comfort and prevent bed

13. Discharge Planning/Community Resources:

1. Ensure he has access/funding to antibiotic medication

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selfassured.

2. Teach patient the importance of eating healthy and daily light exercise

3. Providing a soothing environment with soft music and dim lights.

3. Assisting patient with obtaining right medical equipment such as a walker and bedside commode.

10. Desired patient outcome:

Patient will be in tolerable/controlled pain within 48 hours.

Evidenced Based Practice:

Helps the patient calm down and relax.

Citation: Questions 1-6

Cleveland Clinic.(2017,November 28).Osteomyelitis.<https://columbiacollege-ca.libguides.com/apa/websites>

Citation: Question 11

Stanford Health Care.(n.d.)Treatment for Pain.<https://stanfordhealthcare.org/medical-conditions/pain/pain/treatments.html>