

Adult/Geriatric Critical Thinking Worksheet

Student Name: Joann Mapes

Unit:

Pt. Initials:

Date: 10/10/20
Click here to enter a date

1. Disease Process & Brief Pathophysiology

Pulmonary embolism occurs when deep venous thrombi detach and embolize to the pulmonary circulation. This blockage can cause damage to the lungs and low blood oxygen levels.

4. Diagnostic Tests pertinent or confirming of diagnosis

- blood tests
- CXR
- Ultrasound
- CT pulmonary angiography
- V/Q scan
- pulmonary angiogram
- MRI
- Echocardiogram (P)

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

- Venous stasis
- ~~Hyper~~ - Immobilization (P)
- Surgery and Trauma
- Pregnancy
- Drug abuse
- Smoking
- COPD
- Thrombocytosis
- Obesity (P)
- Varicose veins
- Venous pacemakers
- Inflammatory bowel disease

5. Lab Values that may be affected

- Troponin
- BNP
- D-dimer

3. Signs and Symptoms

- SOB (P)
- Chest pain
- cough (P)
- tachycardia (P)
- dizziness (P)
- excessive sweating
- fever
- clamminess

6. Current Treatment

- high doses of Lovenox

Tarbox, A. and Swaroop, M. (2013, Jan-Mar). Pulmonary Embolism. Retrieved from www.ncbi.nlm.nih.gov/pmc/articles/PMC3645123/#_afn_section_title

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7. Focused Nursing Diagnosis:

Deficient knowledge
of condition

8. Related to (r/t):

Unfamiliarity w/
disease and prevention

9. As evidenced by (aeb):

lack of follow-through
with preventative measures
and several questions
about new medications

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

1. Gauge pt understanding
of causes and treatment
of PE.

Evidenced Based Practice: DVT requires
preventative effort to reduce
risk of recurrence.

2. Teach risk of ~~etc~~ razors
and electric toothbrush
while on Lovenox.

Evidenced Based Practice: Help to
reduce risk of bleeding

3. Wearing properly sized
compression stockings as
indicated.

Evidenced Based Practice: Pt w/ DVT
are at high risk for
recurrence and need to
understand importance of
compression devices.

12. Patient Teaching:

1. Teach about anticoagulant
medication safety

2. Teach importance of
mobility

3. Teach importance of
reaching a healthy body
weight

13. Discharge Planning/Community Resources:

1. 30 min. of walk, most days

2. Schedule f/u appt for
lab work

3. make a medication list
for pt w/ list of common
food/drug interactions

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10. Desired patient outcome:

patient will maintain O_2 sat $>90\%$.

patient will do appropriate exercise 3x weekly

patient will reduce risk of recurrence