

Adult/Geriatric Critical Thinking Worksheet

Student Name: Mackenzie Martin

Unit:

Pt. Initials:

Date: 10/10/2020

1. Disease Process & Brief Pathophysiology

CVAs (cerebrovascular accidents) or strokes occur when there is an insufficient amount of blood reaching the tissues in the brain due to a build up of plaque. This build up of plaque can cause complete or partial obstruction of blood flow. Obstructions can also be caused by blood clots and other objects travelling through the circulatory system. During this time, the cells in the tissues of the brain are receiving inadequate amounts of oxygen, which results in cell death. This can have severe detrimental effects on speech, vision, gait, and sensation in the extremities and face.

4. Diagnostic Tests pertinent or confirming of diagnosis

CT Scan (P)

MRI (P)

EEG

EKG (P)

MR Angiogram

Carotid Ultrasound

TCD

CTA (P)

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

Overweight (P)

Sedentary lifestyle

Drug abuse and tobacco use (P)

Hypertension (P)

High cholesterol

Diabetes (P)

Family history of cerebrovascular accidents (P)

5. Lab Values that may be affected

WBC (P)

RBC (P)

HGB (P)

BUN

HCT (P)

GFR

Albumin

MPV (P)

3. Signs and Symptoms

Difficulty speaking or understanding speech (P)

Tingling or a loss of sensation in the extremities or face (P)

Impaired vision

Severe headache

Difficulty ambulating (P)

6. Current Treatment

IV medication

Antiplatelet medications

Physical activity and ambulation

Weight management

Diabetes management

Cessation of drug and tobacco use

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7. Focused Nursing Diagnosis:

Decreased mobility

8. Related to (r/t):

Weak/restless legs - requires assistance walking and getting around

9. As evidenced by (aeb):

Patient cannot walk or get up easily on own. Patient cannot get up to use the restroom independently and relies on briefs to have a BM.

10. Desired patient outcome:

Patient will be able to ambulate more frequently

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

1. Assess how often to ambulate the patient and assist with ambulating the patient. Set a realistic distance for the patient to ambulate.

Evidenced Based Practice:

Since pt is not able to walk independently, assisting with ambulating will significantly increase the physical activity pt is getting.

2. Assist the patient with using the bedside commode.

Evidenced Based Practice:

Helping the patient to use the bedside commode will give the pt increased physical activity and a sense of independence.

3. Perform ROM activities on extremities (specifically legs) as tolerated.

12. Patient Teaching:

1. Encourage the patient to request assistance when needing to use the restroom.

2. Teach the patient the importance of physical activity and ambulating in order to get blood flowing and work out the muscles.

3. Encourage the patient to request assistance with ambulation when they feel they can tolerate it.

13. Discharge Planning/Community Resources:

1. Physical activity teaching

2. Case management to see if patient qualifies for home health if patient lives alone

3. If patient lives with family, educate family members on how they can safely assist with ambulation and physical activity

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and get more overall physical activity by 10/7/2020
in order to help with decreased mobility.

Evidenced Based Practice:

Performing range of motion activities will work out
the muscles in the extremities and keep the
muscles from becoming weak.

