

Adult/Geriatric Critical Thinking Worksheet

Student Name: Marisol Espinosa

Unit:

Pt. Initials:

Date: 10/113/2020

1. Disease Process & Brief Pathophysiology

CHF occurs when the heart is unable to pump enough blood to meet the body's demands. It's caused by cardiac disease that impairs the right and/or left ventricle's ability to fill with or eject blood. There is a decrease in muscle contractility. Preload or left atrial filling pressure is increased resulting in pulmonary congestion and dyspnea. There is an increase in systemic vascular resistance, which can reduce cardiac output. Heart rate is generally increased. HF can disturb the kidney, weakening its ability to excrete sodium from the body and triggering mechanisms that cause water retention (volume overload). Hypervolemia is a medical condition where there is too much fluid in the blood. Primary salt and water, resulting in weight gain

4. Diagnostic Tests pertinent or confirming of diagnosis

EKG(p)

Chest x-ray(p)

blood tests(p)

Echocardiogram(p)

Stress test

Cardiac catheterization

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

(P)Coronary artery disease,(P)myocardial infraction,(P)rhythm disturbances, valvular disease, (P)Hypertension, and (p)cardiomyopathy

5. Lab Values that may be affected

Serum electrolytes

ABGs

BUN

Cardiac enzymes

CBC (WBCs, RBCs, Hgb, Hct)

Digoxin level

Labs: Troponin(P)-0.051

3. Signs and Symptoms

(p)shortness of breath, (p)fatigue, (p)weakness, (p)orthopnea, wheezing, (p)irregular or rapid heart rate, (p)sudden weight gain,(p)lower extremity edema, abdominal distention,(p) dyspnea on exertion,(p)extreme generalized edema/swelling of skin

6. Current Treatment

(p)Medications and life style changes such as heart healthy diet and exercise- Cardiac AHA

Carafate,coreg,eliquis,entresto, and furosemide(p)

Student Name: Marisol Espinosa

Unit:

Pt. Initials:

Date: 10/113/2020

7. Focused Nursing Diagnosis:

(p)Impaired gas exchange

8. Related to (r/t):

(p)Shortness of breath due to CHF, inadequate oxygen supply in cardiac tissue

9. As evidenced by (aeb):

(p)Alveolar capillary membrane changes, Fluid collection/shifts into interstitial space

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

1 .administer supplemental oxygen as indicated

Evidenced Based Practice:

increases alveolar oxygen concentration, which may reduce tissue hypoxemia

2. monitor and calculate 24 hour intake and output (I&O) balance

Evidenced Based Practice:

diuretic therapy may result in sudden increase in fluid loss

3. Instruct pt in effective coughing and deep breathing, can also use the spirometer 10x every hour

Evidenced Based Practice:

clears airways and facilitates oxygen

12. Patient Teaching:

1. Informed the pt of keeping their blood pressure low by getting up and walking down the hall three times a day. (Don't push yourself, do what you can)

2. Taking medications as prescribed to improve their hearts ability to pump blood, (the benefits of taking their meds, briefly explain that it can increase them to feel better)

3. Teach the pt the importance of following fluid restrictions (the more fluid you carry in your blood vessels, the harder your hearts has to pump excess fluid through the body)

13. Discharge Planning/Community Resources:

1. Encourage the pt to consume less sodium and eat foods high in fiber. They can do this by reading the label or if access to the internet choosemyplate.org, also can give them a colorful pamphlet of heart healthy foods to choose from

2. Exercise outside by walking around your house one time in the morning and one time in the evening, if too much then half way until you're

Student Name: Marisol Espinosa

Unit:

Pt. Initials:

Date: 10/113/2020

10. Desired patient outcome:

delivery, reducing the development of hypoxia

comfortable walking around completely

(P) Participate in treatment regimen within level of ability/ situation, consume a heart healthy diet three times a day with healthy snacks in between. Take slow deep breaths and exhale when feeling short of breath

3. Encourage the pt to stop smoking, give them a pamphlet on the benefits of leaving tobacco, or if possible go to a group meeting with others who are needing to drop tobacco as well. Talking about coping with their new life changes can help.

Citation for Critical Paper

Beckerman, James. "Congestive Heart Failure: Symptoms, Causes, Treatment, Types, Stages." WebMD, WebMD, 22 Aug. 2020, www.webmd.com/heart-disease/guide-heart-failure.