

## Adult/Geriatric Critical Thinking Worksheet

**Student Name:** Breann Ybarra

**Unit:** S4

**Pt. Initials:** B.E

**Date:** 10/14/2020

### 1. Disease Process & Brief Pathophysiology

Heart failure often develops after other conditions have damaged or weakened your heart. However, the heart doesn't need to be weakened to cause heart failure. It can also occur if the heart becomes too stiff. In heart failure, the main pumping chambers of your heart (the ventricles) may become stiff and not fill properly between beats. In some cases of heart failure, your heart muscle may become damaged and weakened, and the ventricles stretch (dilate) to the point that the heart can't pump blood efficiently throughout your body. <https://www.mayoclinic.org/diseases-conditions/heart-failure/symptoms-causes/syc-20373142>

### 4. Diagnostic Tests pertinent or confirming of diagnosis

Chest X-ray(P)

Blood test(P)

ECG(P)

Echocardiogram

CT scan

Stress test

Myocardial biopsy

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

Coronary artery disease (P)

Diabetes

Valvular heart disease

Obesity

Irregular heartbeats(P)

Tobacco use

High blood pressure(P)

### 5. Lab Values that may be affected

BNP

CBC(P)

CMP(P)

BUN (P)

Cardiac enzyme (Troponin)

### 3. Signs and Symptoms

SOB

Edema(P)

Rapid or Irregular heart beat (P)

Chest pain (P)

Fatigue and weakness(P)

Perisistant cough or wheezing

Increased need to urinate

Lack of appetite and nausea

### 6. Current Treatment

Drug therapy- ACE inhibitors, Beta blockers, Diuretics (P)

Surgery: pacemaker placement (P)

Weight management/exercise

Alcohol/nicotine education

Reduce stress/anxiety (P)

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**7. Focused Nursing Diagnosis:**

Pain

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

1. I will reposition patient in bed

**Evidenced Based Practice:**

Finding positions in bed of comfort allows patients with back pain to safely increase their movement.

2. I will offer a warm compress for pain.

**Evidenced Based Practice:**

Warm compresses can help by reducing blood flow to a particular area and can temporarily reduce nerve activity, which can relieve pain.

3. I could also use interventions such as distraction, relaxation and even breathing techniques to help ease the patients pain.

**Evidenced Based Practice:**

There are a number of non pharmacologic interventions that can help cope with pain. They can be used on their own or in combination with

**12. Patient Teaching:**

1. Follow a heart healthy diet

2. Teach that CHF is a chronic disease that will require long treatment

3. Teach patient to stay ahead of the pain, notify nurse at onset of pain and reposition frequently.

**13. Discharge Planning/Community Resources:**

1. Make and keep follow up appointments to better under the direction the disease process is going.

2. Cardiac rehabilitation if available

3. Teach the importance of having family support as the disease progresses.

**8. Related to (r/t):**

Immobility

**9. As evidenced by (aeb):**

Patient complained of a pain level of 7 in her lower back.

**10. Desired patient outcome:**

Patient will choose her comfort function goal on a scale of 0-10 and be able to perform desired activities at a pain level less than or equal to the her goal by end of shift on 10/14/2020 at 1400.

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drug therapy.