

Adult/Geriatric Critical Thinking Worksheet

Student Name: Kelsey de la Rosa

Unit:

Pt. Initials:

Date: 10/15/2020

1. Disease Process & Brief Pathophysiology

Stage IV Metastatic Lung Cancer:

Refers to tumors originating in the lung parenchyma or within the bronchi. It is hypothesized that the repeated exposure to carcinogens, especially cigarette smoke, leads to dysplasia of lung epithelium. This exposure leads to genetic mutations and that affects protein synthesis. This disrupts the cell cycle and promotes carcinogenesis. Stage IV is the most advanced stage of the disease. The cancer has spread or metastasized from the lung to other areas of the body.

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

- Smoking (P)
- Exposure to secondhand smoke (P)
- Previous radiation therapy
- Exposure to radon gas
- Exposure to asbestos and other carcinogens
- Family history of lung cancer

3. Signs and Symptoms

- Cough that does not go away
- Shortness of breath
- Chest pain (P)
- Hoarseness
- Weight loss
- Bone pain (P)
- Headache
- Lumps in or around the neck
- Abdominal pain (P)
- Back pain (P)
- Fatigue
- Loss of appetite
- Numbness
- Jaundice (P)
- Swelling in extremities (P)
- Bloating
- Constipation (P)

4. Diagnostic Tests pertinent or confirming of

Adopted: August 2016

5. Lab Values that may be affected

6. Current Treatment

Student Name: Kelsey de la Rosa

Unit:

Pt. Initials:

Date: 10/15/2020

diagnosis

RBC (P)

Radiation (P)

Xray (P)

WBC (P)

Chemotherapy (P)

CT scan (P)

Platelets

Drug therapy

Sputum Cytology

Hgb (P)

Radiosurgery

Biopsy (P)

Hct (P)

Immunotherapy

RDW (P)

Palliative care

Lymph (P)

Liver enzymes (P)

Bilirubin (P)

Neutrophils (P)

7. Focused Nursing Diagnosis:

Control Acute Pain

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

1 .I performed pain assessment every 2-3 hours in hopes of the patient to have pain lower than 5 on a scale of 0-10.

12. Patient Teaching:

1. Teach patient to stay ahead of their pain. Advise them to not wait until their pain is severe before taking their medication or notifying me their desire for medication- remind them the drug has to have time to be absorbed. Staying on top of their pain

Student Name: Kelsey de la Rosa

Unit:

Pt. Initials:

Date: 10/15/2020

8. Related to (r/t):

Surgical incision (P)

Tissue trauma (P)

Cancer metastasizing (P)

Evidenced Based Practice:

Pain scale of 0-10 represents verbal pain described by patient with 0 being no pain and 10 being worst possible pain. Ask patient to describe pain characteristics and location.

2. I also noted any possible nonverbal, pathophysiological, or psychological pain the patient may be experiencing.

Evidenced Based Practice:

Guarding, fear, anxiety, and grief can be described as other types of pain. Cancer spreading or being alone in the hospital can be some reasons to have these types of pain.

3. I attempted to provide other measures of comfort besides pain medications.

Evidenced Based Practice:

Position change, back rubs, clean linens, listening to patient concerns, and talking about other things besides diagnosis can aid in helping patient get their mind off of their pain.

makes it easier to control

2. Encourage the patient to engage in physical activity. Sitting too long or not participating in small amounts of activity can lead to more pain or make the pain harder to handle.

3. Teach your patient about the effects stress has on pain. An increase in stress can increase pain. Physical stress cannot always be avoided, especially during surgery, but emotional stress can be minimized. Advise your patient to avoid situations, places, and even people that can cause them stress during their road of recovery.

13. Discharge Planning/Community Resources:

1. Pay attention to your body. My patient gradually needs to work up her daily activity tolerance. No strenuous chores at home. And if/when you feel tired it is best to rest.

2. Due to surgery and pain medications constipation can become an issue. My patient should eat fruit, vegetables, and whole grains along with drinking plenty of water to avoid constipation.

3. During cancer treatment, my patient's body is not at its best in fighting off germs. Teach the

9. As evidenced by (aeb):

Patient states feelings of pain (P)

Guarding painful area

Restlessness

Changes in blood pressure (P)

Student Name: Kelsey de la Rosa

Unit:

Pt. Initials:

Date: 10/15/2020

10. Desired patient outcome:

Patient will report low pain levels on a scale of 0-10 within the first two days of her stay. This will be possible because of the appropriate use of her pain medications and other non-medical solutions I will attempt. Unfortunately, my patient's disease is in it's toughest stage, so her pain may remain constant, but our goal is to keep it minimal and controlled so that she may continue with life tasks.

importance of hand hygiene and social distancing in case of other sick people.