

Adult/Geriatric Critical Thinking Worksheet

Student Name: Meritt McGehee

Unit:

Pt. Initials:

Date: 11/3/2020

1. Disease Process & Brief Pathophysiology

Alzheimer's: "Although Alzheimer's is age-related, it does not represent the normal process of aging. It occurs with distinctive brain lesions without any certain physiological basis. The brain lesions are neurofibrillary tangles and neurotic plaques that take up space in the brain, replacing normal tissue in the cell body of the neuron" (Swearing & Wright, 2019, p735).

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

There are multiple theories to explain the occurrence of Alzheimer's, including genetic transmission, a decrease in acetylcholine, beta-amyloid activity, Impact of a head injury, mini-strokes, lack of estrogen, amino logic factors, effects of a slow-acting virus, and environmental factors" (Swearing & Wright, 2019, p735).

Age P

Family history

Down Syndrome

Sex (women) P

Past head trauma

Smoking

Obesity

3. Signs and Symptoms

amnesia P

depression P

social withdrawal P

irritability and aggressive P

change in sleeping habits

delusions

agnosia

Incontinent

apraxia

Dysphasia

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4. Diagnostic Tests pertinent or confirming of diagnosis

"Alzheimer's is basically a rule out disorder; the diagnosis is made after family history, laboratory test, and brain imaging eliminate other disorders with similar cognitive defects" (Swearing & Wright, 2019, p736).

5. Lab Values that may be affected

Hyper/Hypoglycemia

Thyroid function: TSH

renal insufficiency: BUN

6. Current Treatment

There is no cure for Alzheimer's, but Cholinesterase inhibitors and Memantine drugs can help with cognitive symptoms. Antidepressants can be used to control behavioral symptoms.

7. Focused Nursing Diagnosis:

Disturbed thought process

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

1 . I will speak to the patient in a soft voice, slowly, and engaging in eye contact.

12. Patient Teaching:

1. I will teach the patient the importance of maintaining a daily routine to help with remembering and decrease daily anxiety.

8. Related to (r/t):

Psychological changes due to Alzheimer's

Evidenced-Based Practice:

"Deliberate communication techniques such as these increase the patient's attention and chance for comprehension. Calm beget calm" (Swearing & Wright, 2019, p739).

2. I will teach the patient to try to avoid crowds because that can be disorienting.

3. I will teach the patient the importance of physical activity to promote a healthy lifestyle and improve mood.

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9. As evidenced by (aeb):

The patient is confused, disoriented, crying, interest, fearful, and combative.

10. Desired patient outcome:

The patient's stress and anxiety levels will decrease.

2. I will play the music that was from the patient's young adult years.

Evidenced-Based Practice:

"Music is a powerful intervention. People who no longer can speak can many times sing. Music can calm an agitated mood and encourage socialization and movement" (Swearing & Wright, 2019, p739).

3. When the patient tells a story, I will take the time to sit and listen to them.

Evidenced-Based Practice:

"As memory continues to fail, patients are unable to reenter the reality of their caregivers. To argue or reason with the patient only causes more anxiety. It is more important to provide an emotional connection with the patient than to correct the details of his or her stories"(Swearing & Wright, 2019, p739).

13. Discharge Planning/Community Resources:

1. When the patient returns home, I will encourage them to participate in socializing activities with friends or family to keep the brain stimulated.

2. If possible, I will see if a family member or caretaker would bathe the patient a few times a week, so the patient is getting proper hygiene care upon returning home.

3. I will make sure the patient's caregiver knows the importance of a schedule adequate rest periods When caring for an Alzheimer's patient.

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Works Cited:

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Swearingen, P. L., & Wright, J. D. (2019). All-in-one care planning: Medical-surgical, pediatric, maternity, and psychiatric nursing care plans. St. Louis, MO: Elsevier.