

Adult/Geriatric Critical Thinking Worksheet

Student Name: Jeremiah Segura

Unit: S7

Pt. Initials:

Date: 12/13/2020

1. Disease Process & Brief Pathophysiology

Liver metastases are cancerous tumors that have spread (metastasized) to the liver from another part of the body. These tumors can appear shortly after the original tumor develops, or even months or years later. Common organ affected first is the Colon. As the cancer cells spread, the liver is the next organ that is affected. On a cellular level, hepatocytes are the main cells affected when it comes to this cancer due to them being located in the liver.

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

When it comes to developing this form of Cancer. 70% of liver metastases cases are derived from people who had colon cancer. When this form of cancer continues to grow, other body parts become affected. Unfortunately there is no cure for this cancer if it spreads to a certain point, therefore this disease progresses due to it being left untreated. However, if the cancer is detected early, certain treatments are put in place in order to stop the growth of this cancer.

3. Signs and Symptoms

- an overall feeling of weakness and poor health (P)
- loss of appetite
- weight loss (P)
- fever
- fatigue (P)
- bloating (P)
- itching
- swelling of the legs (edema) (P)
- yellowing of the skin or whites of the eyes (jaundice)

4. Diagnostic Tests pertinent or confirming of diagnosis

- blood tests- certain levels of the CBC will be affected and out of normal range (P)
- imaging tests (P) - Tumors will show up on the imaging of x-rays
- biopsy (P)- cancer cells will be displayed with the observation of a microscope

7. Focused Nursing Diagnosis:

- Pt has weakness due to inability to move extremities regularly (P)
- Pt legs appear swollen due to edema located on the legs (P)
- patient is experiencing fatigue due to the lack of oxygen the pt is receiving (P)
- The patient has appears bloated due to impaired liver function

5. Lab Values that may be affected

CBC- hemoglobin levels will be low due to poor perfusion (P)

Liver enzyme tests- Abnormally high enzyme levels can indicate there has been injury to cells in the liver.

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

- 1 .Using the Incentive Spirometry every hour or two

Evidenced Based Practice:

This practice lets the nurse assess the volume of input and output the patient is exerting when breathing. While it helps the nurse assess, the

6. Current Treatment

Surgery to remove the metastases may be an option if there are a small number of tumors in the liver and they are not in areas that would affect normal liver function.

Ablation, a thin needle is put into the tumor. The treatment (such as a high energy current) is passed through the needle to destroy the cancer cells.

if there are a small number of metastases, a specialized procedure called stereotactic radiosurgery may be used.

a procedure can be done to block the blood supply to the cancer. This is called embolization.

12. Patient Teaching:

1. Teach patient proper breathing techniques via IS. This will allow adequate oxygen consumption (P)
2. Teach patient the importance of elevating legs to decrease edema (P)
3. Teach patient the importance of not consuming alcohol or any activities that pertain to liver injury

8. Related to (r/t):

Pt weakness with the inability to move derives from the fatigue that the patient has. Fatigue is a common symptom that is resulted from poor perfusion. When an individual has poor perfusion, they tend to get tired often due to the lack of oxygen certain organs are receiving. With these nursing interventions. This will help boost O2 levels in which will result in a decrease in fatigue

9. As evidenced by (aeb):

When it comes to evidence of poor perfusion, one can come to this conclusion with lab results. hemoglobin levels will be low and if they are low, oxygen isnt being supplied properly to your organs. This can cause other problems such as fatiuge and weakness in certain extermities.

patient also gains adequate inhalation of oxygen to supply her body with. Using the IS is very crucial when maintaing great breathing technique.

2. Help amubulate the patient regulary (P)

Evidenced Based Practice:

immobility causes poor perfusion and an increase in fatigue. Regulating basic movement allows great perfusion for organs to receive oxygen from circulating blood. This will also decrease fatigue in the patient as well.

3. Elevating legs for edema (P)

Evidenced Based Practice:

When the legs are elevated, this causes the blood flow of the legs to be regulated slower than usual. This causes the edema to be reduced in the legs because the reatined fluid can be circulated less in

due to a decrease in liver function

13. Discharge Planning/Community Resources:

1. Ensure the patient has a grasp of the importance of adequate ambulatory movements for adequate perfusion.

2. Gather all important doctor visits that the patient needs to attend to in order to keep a constant status on the growth of the cancer

3. Provide patient with modifications with their life style to avoid the worsening of their liver since damage to the liver can make symptoms become

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10. Desired patient outcome:

the legs causing the swelling to go down

worse over time.

- To improve the patient's quality of life by providing interventions to ease pain.

- To increase O2 saturation levels to allow better perfusion to organs

- To give patient an understanding about interventions to help with better perfusion to ease the fatigue