

Adult/Geriatric Critical Thinking Worksheet

Student Name: Jennifer Whitworth-King

Unit:

Pt. Initials:

Date: [Click here to enter a date.](#)

1. Disease Process & Brief Pathophysiology

DVT Deep Vein Thrombosis is a manifestation of venous thromboembolism. DVT is developed by venous stasis, coagulated blood when vein damage is present. Venous stasis occurs when the flow of venous blood is slowed or obstructed. This causes viscosity to increase causing the thrombus. Damage to the vein adds to the size of the thrombus making it more difficult to pass.

4. Diagnostic Tests pertinent or confirming of diagnosis

Physical examination P

Ultrasound P

Blood test P

Venography

CT or MRI P

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

Sedentary lifestyle P

surgery or accident

medication

prolonged bedrest

Pregnancy, Birth control Age P

Overweight, obesity P

Smoking

Cancer

Heart failure

Irritable bowel syndrome

5. Lab Values that may be affected

D-dimer testing

Pt and PTT

3. Signs and Symptoms

Swelling in affected leg P

Pain, cramping, soreness P

Red or discolored skin on leg P

Feeling of warmth to extremity P

Blanched P

6. Current Treatment

Blood thinners P

Clot busters P

Filters

Compression stockings

Weight management P

Diabetes management P

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7. Focused Nursing Diagnosis:

Obesity

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

1 .Monitor patient diet, encourage movement, ambulation

Evidenced Based Practice:

2. Serve low fat, diabetic meals. Low fat diet effects outcome

Evidenced Based Practice:

3. Monitor vital signs and respiratory needs and signs of pulmonary embolism

12. Patient Teaching:

1. Teach nutrition and importance of healthy diet
2. Teach importance of physical activity and movement as tolerated
3. Teach importance of taking medication regularly

13. Discharge Planning/Community Resources:

1. Case management to assess need for home health
2. Physical therapy assess need for out patient physical therapy

8. Related to (r/t):

sedentary lifestyle, poor nutrition

9. As evidenced by (aeb):

Patients weight, uncontrolled diabetes

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10. Desired patient outcome:

Patient will continue eating a healthy diet to assist with weight loss. Patient will add physical activity to daily activities to increase movement lowering the risk of DVT by 12/31/20

Evidenced Based Practice:

3. Dietitian assess need for nutritional/ dietary coach