

Adult/Geriatric Critical Thinking Worksheet

Student Name: Victoria Paredez

Unit: S7

Pt. Initials: BD

Date: 12/8/2020

1. Disease Process & Brief Pathophysiology

Metastatic Liver CA with Lung and Bone mets

The liver, one of the largest organs of the body, helps break down fats, synthesize proteins, and aides in digestion and detoxification. Cancerous cells can travel throughout the body via the lymph or blood vessels and invade new tissues or organs in a process called metastasis. Metastatic Liver cancer is an advanced stage in which the disease started in another part of the body but has traveled and invaded the liver.

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

Age: 63+ years old[P], Male gender: men are more likely to develop (2:1), Race: Asian Americans, Pacific Islanders; Hepatitis B, Hepatitis C infection; Obesity, Heavy alcohol use (cirrhosis of the liver), Smoking[P], long term use of anabolic steroids, chronic exposure to arsenic, long term exposure to aflatoxins, exposure to vinyl chloride and thorium dioxide, metabolic diseases, Diabetes Mellitus, family history, Primary cancer diagnosis [P (breast + ovarian cancer)]

3. Signs and Symptoms

Abdominal pain [P], pain occurring in right shoulder blade or in upper abdomen[P], loss of appetite[P], weight loss [P], nausea, abdominal swelling, yellowing of skin and eyes, fatigue [P], weakness, unexplained fever

4. Diagnostic Tests pertinent or confirming of diagnosis

Biopsy, Bone scan, CT scan[P],MRI, PET scan[P], lab tests

5. Lab Values that may be affected

ALT,AST, ALP, Bilirubin, PT, BUN[P], Creat, WBC, plt[P], calcium[P], cholesterol

6. Current Treatment

Chemoembolization, targeted therapy, palliative care, hospice[P]

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7. Focused Nursing Diagnosis:

Impaired comfort

8. Related to (r/t):

metastatic liver cancer

9. As evidenced by (aeb):

disturbed sleep pattern, irritability, and inability to relax

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

1. The student nurse will properly position patient and encourage patient to practice deep breathing

Evidenced Based Practice:

positioning properly may promote comfort and ensure good circulation. Deep breathing facilitates expansion of abdomen and decrease pain. (ackley, pg 211)

2. The student nurse will teach and encourage the patient to use relaxation techniques to reduce pain, anxiety, depression, and fatigue

Evidenced Based Practice:

relaxation training is effective for decreasing pain intensity, anxiety, depression, and fatigue in patients with chronic musculoskeletal pain. (ackley, pg 211)

12. Patient Teaching:

1. Techniques to use when patient is uncomfortable, including guided imagery, music therapy, prayer, and relation techniques

2. Teach patient and family about the goal of hospice: to keep the patient comfortable while stopping treatment

3. Importance of deep breathing and positioning to promote comfort and decrease pain

13. Discharge Planning/Community Resources:

1. case management to set up hospice care

2. pain/comfort control

3. resources for family members to help cope with hospice decision

10. Desired patient outcome:

Patient will be able to identify atleast 3 strategies to improve and/or maintain acceptable comfort level by 12/9/2020

3. The student nurse will provide simple massages, provide empathetic care, and manipulate the environment as necessary to improve comfort

Evidenced Based Practice:

hand massage is helpful for reducing comfort and anxiety and promoting relaxation and sleep.
(ackley, pg 211)

REFERENCES:

Markman, M. (Ed.). (2020, November 5). Metastatic Liver Cancer. Retrieved December 11, 2020, from <https://www.cancercenter.com/cancer-types/liver-cancer/types/metastatic-liver-cancer>

Alteri, R. (Ed.). (2019, April 1). Liver Cancer. Retrieved December 11, 2020, from <https://www.cancer.org/cancer/liver-cancer/detection-diagnosis-staging/how-diagnosed.html>