

While on quarantine on December 16, 2020 I was assigned a case study involving a patient with an appendicitis that ruptured. I have never experienced this nor did I know much about what the appendix was for or how this inflammation comes about. After reading the patient's case and researching about appendicitis I learned quite a bit about it. In the beginning of this assignment, I felt intrigued to learn about Appendicitis and to get another chance to get more familiar with navigating a patient's chart and prepare myself for one of the most important steps in nursing, which is reviewing the patient's chart with all the history and information that can be crucial to the critical thinking process a nurse has to have to provide the upmost care and advocating for the patient. If I make sure to fully analyze a patient's chart, I can maybe catch some vital information that could aid in reason for complaint/ admission diagnosis. As I looked through the patient's chart, I saw where the patient eats spicy foods and I thought maybe this had something to do with the appendicitis. After researching this though, there were no indications that spicy foods aided in the cause of appendicitis so as I continued to research, I learned even more fascinating things about the appendix. I learned that there were no adverse effects to removing the appendix which makes me wonder why we have one in the first place, the researchers do not have a known reason for an appendix, just a few guesses of what it may be used for but not crucial to our health and possibly just a nuisance to us if it gets blocked off and becomes inflamed. A lot of dr.'s will actually go ahead and remove it if in the abdominal cavity for any other surgical reason to avoid any possible future appendix inflammation that may or may not ever happen. That really made me wonder what the point of an appendix was for even more. I also learned that tumors, a fecalith, or even fruit seeds can cause the blockage in the appendix resulting in multiplying bacteria which then causes inflammation. I was shocked when I read about seeds being a culprit because I swallow watermelon seeds all the time! Apparently, they do not always digest and filter out right and end up stuck in the appendix. I used to only eat the white seeds from the watermelon because I was told those do not hurt you but to make sure to spit out the black ones. Then as I got older, I remember hearing that it is actually beneficial to eat even the black seeds of a watermelon. After doing some research on appendicitis for this case study I was able to put some of these tales to rest. It is beneficial to eat the watermelon seeds because they are dense in nutrients and although they are not digested completely, they usually pass through the digestive system normally without any trouble but there are times that they can get lodged in the appendix causing a blockage and eventually appendicitis. After learning this information, I think I will continue to eat the watermelon seeds! This experience taught me how important it is to research instead of going off what I hear through the grapevine and this also attest to the importance of thoroughly researching a patient's chart and applying evidence-based information to aid in the critical thinking to best take care of a patient and the problem at hand. I will make sure in my future nursing career that I not only look through the entirety of the patient's charting but to research anything I question or need more of an understanding about in order to broaden my critical thinking skills and advocate for my patients.

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