

Adult/Geriatric Critical Thinking Worksheet

Student Name:

Unit:

Pt. Initials:

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

1. Disease Process & Brief Pathophysiology

A urinary tract infection is an infection that can affect any part of the urinary system. This includes the kidneys, ureters, bladder and urethra. Most infections involve the lower urinary tract; the bladder and urethra. Infection of the bladder is known as cystitis. This type of UTI is usually caused by Escherichia coli. Most commonly found in the gastrointestinal tract. However, sometimes other bacteria are responsible. Infection of the urethra is known as urethritis. This type of infection can occur when GI bacteria spreads from the anus to the urethra. Pyelonephritis is an infection of the kidneys. Bacteria enters your urinary tract through the urethra and can multiply and travel to your kidneys.

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

- Female anatomy (P)
- Sexual Activity
- Birth control
- Menopause (P)
- Urinary tract abnormalities
- Blockages in the urinary tract
- A suppressed immune system
- Catheter use
- A recent urinary procedure

3. Signs and Symptoms

- Strong, persistent urge to urinate
- Burning sensation when urinating
- Passing frequent, small amounts of urine (P)
- Urine that appears cloudy
- Urine that appears red, bright pink or cola-colored
- Strong smelling urine (P)
- Pelvic pain, in women (P)

Pyelonephritis

- Upper back and side pain
- High fever
- Shaking and chills
- Nausea
- Vomiting

Urethritis

- Burning with urination
- Discharge

Cystitis

- Pelvic pressure (P)
- Lower abdomen discomfort(P)
- Frequent, painful urination (P)
- Blood in urine

4. Diagnostic Tests pertinent or confirming of diagnosis

- Urine sample (P)
- Urine culture
- Ultrasound, CT scan (recurrent UTIs)
- Cystoscopy (recurrent UTIs)

5. Lab Values that may be affected

- WBC (P)
- Nitrate

6. Current Treatment

- Antibiotics (P)
- Analgesics (P)
- Increased fluid intake (P)
- Education (P)

7. Focused Nursing Diagnosis:

Impaired urinary elimination

8. Related to (r/t):

Frequent urination, urgency, hesitancy

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

1 . Assess the patient's pattern of elimination

Evidenced Based Practice:

Will provide a foundation for determining appropriate interventions.

2. Palpate the patient's bladder every 4 hours (vitals)

Evidenced Based Practice:

12. Patient Teaching:

1. Instruct patient to wipe front to back to minimize the risk of contamination.

2. Encourage patient to increase fluid intake to decrease the amount of bacteria in the urine.

3. Inform patient to take showers instead of baths, as this can let bacteria enter the urethra.

9. As evidenced by (aeb):

- Dysuria
- Urinary frequency
- Urinary hesitancy

Determine the presence of urinary retention.

3. Encourage patient to void every 2-3 hours.

Evidenced Based Practice:

Prevent the accumulation of urine. Decrease the amount of bacteria.

10. Desired patient outcome:

Patient will achieve normal urinary elimination pattern by 12/18/2020.

13. Discharge Planning/Community Resources:

1. Take medicine as directed.

2. Seek medical attention if urinating very little or not at all.

3. Contact your provider for any questions or concerns,

<https://www.mayoclinic.org/diseases-conditions/urinary-tract-infection/diagnosis-treatment/drc-20353453>

Burchum and Rosenthal. (2019). *Lehne's Pharmacology for Nursing Care*. Elsevier.