

Adult/Geriatric Critical Thinking Worksheet

Student Name: Malia Bates

Unit:

Pt. Initials:

Date: 1/13/21

1. Disease Process & Brief Pathophysiology

CHF- Congestive Heart failure

Can be caused by a variety of abnormalities including pressure and volume overload, loss of muscle. In the usual form of heart failure, the heart muscle has reduced contractility.

Cellular changes in heart failure include myocyte hypertrophy, abnormalities in calcium homeostasis, excitation-contraction coupling, cross-bridge cycling, and changes in the cytoskeletal architecture.

4. Diagnostic Tests pertinent or confirming of diagnosis

Blood tests, Chest X-ray, (p)Echocardiogram (ECG)

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

coronary artery disease, heart attack, (p) high blood pressure. Heart failure is most common in people over (p) 65, (p) African Americans, & (p) women

5. Lab Values that may be affected

B-type natriuretic peptide (BNP) or N-Terminal pro-BNP

These measure the concentration of the hormone produced by the left ventricle (the main pumping chamber of the heart)

3. Signs and Symptoms

(p)Shortness of Breath, (p)water retention, swollen feet

6. Current Treatment

(p) diuretics, (p) beta blockers, ACE inhibitors, spironolactone, digoxin. (p) May have to take multiple treatments

Student Name: Malia Bates

Unit:

Pt. Initials:

Date: 1/13/21

7. Focused Nursing Diagnosis:

the patients was experiencing shortness of breath when admitted. She wasn't in any pain, but is a smoker.

8. Related to (r/t):

the patients shortness of breath could have been related to CHF or the fluid buildup around their heart and lungs.

9. As evidenced by (aeb):

The ECHO showed the fluid and when you listened to the lower lobes, you could hear the gurgling, swooshing of the fluid.

10. Desired patient outcome:

Cessation smoking

Pt maintains an effective breathing pattern

Pts respiratory rate remains in normal range

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

1 . Encourage frequent rest periods and teach patient to pace activity and do diaphragmatic pursed-lip breathing

Evidenced Based Practice:

2. Will help pt not get so out of breath when creating rest periods

Evidenced Based Practice:

3. Activities can worsen SOB. Ensure the pt rest between each strenuous activity.

Evidenced Based Practice:

4. Pursed-lip breathing relaxes the muscles and increases the pts oxygen level

12. Patient Teaching:

1. The importance of taking medications

2. Teach pt about performing relaxation techniques

3. Encourage small frequent meals

13. Discharge Planning/Community Resources:

1. Pamphlet of what to do if a person has a severe breathing problem

2. A class to help stop smoking

3. send them home with an spirometer