Adult/Geriatric Critical Thinking Worksheet

Student Name: **Unit:** 3   **Pt. Initials:**   **Date:** 1/13/2021

Brooke Tucker

1. Disease Process & Brief Pathophysiology

Multiple Myeloma

Multiple Myeloma is a blood cancer that is caused by damanged DNA that turns cetain blood cells that are found in the bone marrow (plasma cells) into cancerous cells. These cangerous cells multiply and spread and end up affecting the persons immune system and cause bone destruction.

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

-Believed to be caused by environmental factors and changes in genetic materia

-African American descent=twice the risk

-Men are more likely to get multiple myeloma (p)

-Usually diagnosed at an older age (p)l

3. Signs and Symptoms

Pain/bone pain (p)

Fatigue

Infections (p)

Kidney failure (p)

Easy brusing or bleeding

Mental fogginess or confusion

Excessive thirst

Loss of appetite and weight lossCr

4. Diagnostic Tests pertinent or confirming of diagnosis

CRAB criteria - Calcium elevation, renal dysfunction, Anemia, and bone disease

Blood and urine tests

X-ray

MRI

CT/CAT scan

Bone marrow aspiration and biopsy

Adopted: August 2016

5. Lab Values that may be affected

Elevated calcium

IgG peak greater than 3.5 g/dL or IgA peak greater than 2g/dL

Bone marrow with greater than 30% plasma cells

Hb < 10 g/dL

6. Current Treatment

Stem cell transplants

Immunomodulatory agents

Proteasome inhibitors

HDAC inhibitors

Chemotherapy

Corticosteroids

Radiation

Monoclonal antibodies

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Molecular testing of the tumor

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Surgery

7. Focused Nursing Diagnosis:

Anxiety

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

1 . Using presence, verbilization, and touch with permission to remind patient that they are not alone and shows that the nurse cares

12. Patient Teaching:

1. Tell pt. to ask questions regarding his care so he is fully aware with his treatments and what is going to be done so he is less anxious regarding care.

8. Related to (r/t):

Mild bipolar disorder

Cancer diagnosis

Being in the hospital

Evidenced Based Practice:

This can strengthen the pt./nurse bond and promotes communication

2. Limit caffeine because it can make anxiety symptoms worse

3. limit alcohol/no alcohol because it can increase depression and you may not be able to drink alcohol with some anxiety medications

9. As evidenced by (aeb):

Patient had short responses and wasn't opened to talking much in the beginning.

Pt. stated that he was not happy with the care he received the night before and said he did not feel as though the nurses are capable of caring for him

2. Ask patient "are you feeling anxious right now" if pt. seems anxious

Evidenced Based Practice:

Recognizing when the patient is anxious can help the nurse figure out what may be causing the anxiety and also validates the patients feelings

3. Observe pt.s coping techniques/defense mechanisms

13. Discharge Planning/Community Resources:

 1. Teach pt. how to monitor his condition and when to see healthcare providerV

2. Mindfulness-based stress reduction

3. Relaxation therapy is a great way to manage stress

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Evidenced Based Practice:

10. Desired patient outcome:

By 1/14/21, pt. will be able to recognize and verbalize when he is feeling anxious and will recall what I went over with him to help relieve some of his anxiety.

Nurse should ask questions to help identify the effectiveness of coping strategies that the pt. uses. This can help the nurse contribute to the pt.s care

Citations

What Is Multiple Myeloma? (n.d.). Retrieved from https://www.cancer.org/cancer/multiple-myeloma/about/what-is-multiple-myeloma.html

MULTIPLE MYELOMA DEFINITION AND STATISTICS. (n.d.). Retrieved from https://www.myelomarevealed.com/multiple-myeloma-definition-and-statistics/