

Adult/Geriatric Critical Thinking Worksheet

<p>1. Disease Process & Brief Pathophysiology- Lung cancer begins in the lungs due to abnormal cells that cluster together to form a tumor. The cancer cells that grow, grow without order or control and destroy the healthy lung tissue. The tumors that grow are called malignant tumors and when they are spread, they prevent the organs of the body from functioning normal. It is hypothesized that repeated exposure to carcinogens, cigarette smoke in-particular, leads to dysplasia of lung epithelium. If the exposure continues, it leads to genetic mutations and affects protein synthesis. This leads to disruption of the cell cycle and promotes carcinogenesis Lung cancer is the most commonly diagnosed cancer worldwide, and responsible for the most cancer-related deaths.</p>	<p>2. Factors for the Development of the Disease/Acute Illness-</p> <ul style="list-style-type: none"> • Smoking (P) • Exposure to second-hand smoke • Radon gas exposure • Asbestos exposure • Exposure to other carcinogens • Arsenic in drinking water • Air quality • Previous radiation to lungs • Family history • E-cigarettes 	<p>3. Signs and Symptoms-</p> <ul style="list-style-type: none"> • Consistent cough (P) • Coughing up blood/rust-colored sputum • Chest pain (P) • Hoarseness (P) • Loss of appetite (P) • Unexplained weight loss • Shortness of breath (P) • Feeling tired or weak (P) • Bronchitis and pneumonia • New onset of wheezing
<p>4. Diagnostic Tests pertinent or confirming of diagnosis-</p> <ul style="list-style-type: none"> • Chest x-ray (P) • CT Scan • MRI scan • PET scan 	<p>5. Lab Values that may be affected-</p> <ul style="list-style-type: none"> • CBC (P) • CMP (P) • ABGs • Sputum culture 	<p>6. Current Treatment-</p> <ul style="list-style-type: none"> • Surgery • Chemotherapy (P) • Radiation therapy • Drug therapy

<p>7. Focused Nursing Diagnosis:</p> <ul style="list-style-type: none"> • Fear/anxiety 	<p>11. Nursing Interventions related to the Nursing Diagnosis in #7:</p> <ol style="list-style-type: none"> 1. Acknowledge the reality of the patient's fears/concerns and encourage patient to express their feelings. E/B support may enable the patient to begin understanding the reality of the cancer. <p>Evidenced Based Practice:</p>	<p>12. Patient Teaching:</p> <ol style="list-style-type: none"> 1. Encourage patient and wife to talk to a spiritual counselor to express their concerns during times of anxiety and fear. Let patient know that it is not healthy to keep feelings inside 2. Instruct patient allow time for rest periods. Let patient and wife know that relaxation can improve the ability to cope with cancer.
<p>8. Related to (r/t):</p> <ul style="list-style-type: none"> • Change in health status 	<ol style="list-style-type: none"> 2. Provide opportunities for questions and answer with honesty. Make sure I and care providers use terms that will be understood. E/B will establish trust and reduce misunderstanding of any new information. 	<ol style="list-style-type: none"> 3. Teach patient that exercise such as light walking can become a regular workout routine to help lower anxiety.
<p>9. As evidenced by (aeb):</p> <ul style="list-style-type: none"> • Patient physically incapable of another round of chemotherapy 	<p>Evidenced Based Practice:</p> <ol style="list-style-type: none"> 4. Provide physical comfort for patient. E/B it is difficult to be comfortable with emotional issues while experiencing persistent physical pain. 	<p>13. Discharge Planning/Community Resources:</p> <ol style="list-style-type: none"> 1. Relaxation training 2. Cognitive behavior therapy 3. Counseling

10. Desired patient outcome:

- Patient will be able to acknowledge fears and concerns and verbalize knowledge of the situation by 1/14/2021 at 1800.

REFERENCES

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How to Detect Non-small Cell Lung Cancer: Lung Cancer Tests. (n.d.). Retrieved January 17, 2021, from <https://www.cancer.org/cancer/lung-cancer/detection-diagnosis-staging/how-diagnosed.html>