

Adult/Geriatric Critical Thinking Worksheet

Student Name: Natalie Martinez

Unit: S10

Pt. Initials:

Date: 1/19/2021

1. Disease Process & Brief Pathophysiology

Cirrhosis is a chronic and irreversible end-stage liver disease, resulting in liver cell death. As cells die, they are replaced with nonfunctioning fibrous tissue. Hepatomegaly results from fibrous tissue, nodules, and fat build-up. Hepatomegaly leads to abdominal distention and shortness of breath due to pressure on the diaphragm. Eventually blood flow to the liver is impaired as the portal vein becomes obstructed. As a result of impaired blood flow, essential functions of the liver become disrupted, including digestion, metabolism, glycogen storage, protein synthesis, blood coagulation, hormone metabolism, fluid and electrolyte balances, and detoxification of chemicals.

Swearingen, P. L., & Wright, J. D. (2019). Chapter 55 / Cirrhosis. In All-in-one nursing care planning resource: Medical-surgical, pediatric, maternity, and psychiatric-mental health (pp. 427-431). St. Louis, MO: Elsevier.

4. Diagnostic Tests pertinent or confirming of diagnosis

Physical exam (P)

Lab tests (P)

Paracentesis (P)

Adopted: August 2016

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

Alcohol abuse (P)

Chronic Viral Hepatitis

Nonalcoholic fatty liver disease

5. Lab Values that may be affected

Bilirubin levels (P)

AST (P)

ALT (P)

Albumin (P)

3. Signs and Symptoms

Jaundice (P)

Pain in upper right abdomen (P)

Ascites (P)

Nausea

Vomiting

Sleepiness (P)

Malaise (P)

6. Current Treatment

Health Promotion / education

Drug therapy: antibiotics, diuretics

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Urine analysis

Na+ (P)

Liver Biopsy

K+ (P)

Ammonia levels (P)

7. Focused Nursing Diagnosis:

Activity Intolerance

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

1 .Assist with ADLs while avoiding patient dependency

12. Patient Teaching:

1. Teach the importance and benefits of eliminating alcohol from diet

2. Vaccines to protect the liver

3. Take medicine exactly as directed

8. Related to (r/t):

Activity Intolerance related to fatigue, lethargy, malaise

Evidenced Based Practice:

Assisting patient allows conservation of energy and by balancing provision of assistance enhances the patient's activity tolerance and self-esteem

9. As evidenced by (aeb):

Activity Intolerance as evidenced by verbal report of fatigue and weakness

2. Have the patient perform the activity more slowly, in a longer time with more rest or pauses

Evidenced Based Practice:

Helps increase the tolerance for the activity

13. Discharge Planning/Community Resources:

1. Provide dietary instructions

2. Advise to weigh self daily and keep a weight log. Notify provider if there is a sudden change in weight

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3. Provide bedpan

3. Refer to Alcoholics Anonymous, counseling, or other support groups

10. Desired patient outcome:

Evidenced Based Practice:

Patient will ambulate to bathroom by January 19th.

use of a bedpan requires less energy expenditure than ambulating to the bathroom