

1. Disease Process & Brief Pathophysiology

Pleural Effusion is an excessive accumulation of fluid in the pleural space caused by increased pressure in the blood vessels or a low blood protein count. It may be related to disorders of the lung or pleura. Pleural Effusion indicates an imbalance between pleural fluid formation and removal. Heart failure is the most common cause.

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

Smoking ; drinking alcohol ; heart failure – p ; bacterial pneumonia ; hypothyroidism

3. Signs and Symptoms

Chest pain ; dry, nonproductive cough ; dyspnea ;

4. Diagnostic Tests Pertinent or confirming of diagnosis

Chest x-ray ; CT scan ; chest ultrasound ; bronchoscopy

5. Lab values that may be affected

LDH ; RBC ; WBC ; ADA

6. Current Treatment

Fluid restriction of 1200 ml/day, nasal cannula 3L

7. Focused Nursing Diagnosis:

Impaired nutritional status

8. Related to (r/t):

Not wanting to eat and confusion

9. As evidenced by (aeb):

Patient eats very little or not at all. Patient uses visual cues such as nodding head to refuse food.

10. Desired Patient Outcome:

Patient will be willing to eat more and finish one of the food items on the food trays, even if it's just a single serving of pudding by 01/26/21.

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

1. Assess source of refusal of foods.

Evidence Based Practice:

Discovering why the patient does not want to eat could help him eat more as the problem could be as simple as catering to the pt's preferences.

2. Stay with patient and help patient eat.

Evidence Based Practice:

Offering to help the patient eat may make him more likely to eat if he had assistance.

3. Discuss with the HCP about providing appetite stimulating drugs to the patient.

Evidence Based Practice:

Since the patient does not want to eat, adding appetite stimulating drugs might give the patient that boost to eat more.

12. Patient Teaching:

1. Teach the patient the importance of having a balanced diet and nutrition

2. Encourage patient to try to have meals with family as it could promote better eating habits

3. Inform patient of the pros and cons to not eating on a regular basis

13. Discharge Planning/Community Resources:

1. Diet teaching

2. Case manager to assess the need for home health services

3. Follow-up examination of patient's eating habits

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Porcel, J., & Light, R. (2006, April 01). Diagnostic Approach to Pleural Effusion in Adults. Retrieved January 25, 2021, from <https://www.aafp.org/afp/2006/0401/p1211.html>

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