

Adult/Geriatric Critical Thinking Worksheet

Student Name: Nikaele McCoy

Unit:

Pt. Initials:

Date: 2/24/2021

1. Disease Process & Brief Pathophysiology

Aortic Valve Regurgitation is a heart condition where the aortic valve does not close completely during diastole. The partial closure causes blood to leak back into the left ventricle of the heart which over time can cause damage to the tissue and lead to left-sided heart failure. This can have a major effect on the heart pumping blood to the rest of the body efficiently. Aortic Valve Regurgitation can happen suddenly or can happen over time.

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

Rheumatic Fever
Congenital Heart Disease
Endocarditis
Hypertension (P)
Aortic Valve Stenosis (P)
Increased Age (P)

3. Signs and Symptoms

Weakness
Fatigue during increased activity (P)
Swollen ankles and feet (P)
Chest pain/chest tightness (P)
Lightheadedness/fainting (P)
Arrhythmias
Hypertension (P)
Palpitations (P)
Dyspnea (P)
Tachycardia(P)
Murmur
Orthopnea

4. Diagnostic Tests pertinent or confirming of diagnosis

Echocardiogram (P)
Chest radiograph (P)
Cardiac catheterization
Cardiac MRI
Electrocardiogram (P)

5. Lab Values that may be affected

CBC/WBC (P)
BMP (P)
ABG

6. Current Treatment

Diet modifications (P)
Exercise regimen
Medication- Diuretics, ACE inhibitors, Anti-arrhythmic, Beta-blocker, Vasodilator, Anticoagulant (P)
Valve Replacement Surgery (P)

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Exercise/Stress Test (P)

Weight Management (P)

7. Focused Nursing Diagnosis:

Diet

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

1. Teach patient the importance of looking at the Nutrition Facts on the back of food items

12. Patient Teaching:

1. Teach patient simple food swaps to help with transition of diet such as swapping salt for herbs and spices

8. Related to (r/t):

excessive intake of sodium, fat and calories

Evidenced Based Practice:

Patient should be knowledgeable on what to look for on food labels such as caloric intake and saturated fats to successfully cut out undesired foods from diet

2. Teach patient to use smaller plate when eating meals to control portion size

3. Teach patient an occasional treat every so often will not derail healthy meal plan as long as it is done in moderation

9. As evidenced by (aeb):

Patient verbalizes prefers eating out over cooking at home and currently eats out 5x a week

2. Discuss different low-fat protein options such as chicken breast or fish to reduce cholesterol intake

13. Discharge Planning/Community Resources:

1. Provide patient with a meal plan to follow after discharge

Evidenced Based Practice:

The reduction in cholesterol intake is optimal for lowering the risk for heart disease

2. Provide patient with target caloric intake goal per day to meet upon discharge

10. Desired patient outcome:

3. Discuss ways to increase fresh fruit and vegetable options into meals such as fresh blueberries with oatmeal for breakfast

3. Grocery coupon resource list if needed

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Patient will order a heart healthy meal for lunch from the hospital menu by 1500 on 2/24/2021

Evidenced Based Practice: