

Adult/Geriatric Critical Thinking Worksheet

<p><b>1. Disease Process &amp; Brief Pathophysiology-</b> Pleural effusion is the accumulation of fluid in the pleural space. Fluid enters the pleural space from systemic capillaries in the parietal layer and pulmonary capillaries in the visceral layer. There are two main mechanisms for developing pleural effusion. The first is increased fluid formation. When inflammation occurs in the capillaries, those vessel cells will contract and cause an increase in vascular permeability. This will result in leaking of additional fluid into the pleural space. Additionally, pleural effusion can be caused by decreased pleural fluid clearance. The lymphatic system may have an obstruction or compression and not allow the fluid to properly drain. Pleural effusion will result in restriction of lung expansion.</p>	<p><b>2. Factors for the Development of the Disease/Acute Illness-</b></p> <p style="text-align: center;">Nonmodifiable Risk Factors</p> <ul style="list-style-type: none"> <li>• Leaking from other organs</li> <li>• Cancer</li> <li>• Autoimmune disease</li> <li>• Pulmonary embolism</li> </ul> <p style="text-align: center;">Modifiable Risk Factors</p> <ul style="list-style-type: none"> <li>• Infections</li> </ul>	<p><b>3. Signs and Symptoms-</b></p> <ul style="list-style-type: none"> <li>• Dyspnea (P)</li> <li>• Sharp, non-radiating chest pain</li> <li>• Cough (P)</li> <li>• Decreased movement of the chest on affected side</li> <li>• Dullness to percussion (P)</li> <li>• Decreased breath sounds over affected area (P)</li> </ul>
<p><b>4. Diagnostic Tests pertinent or confirming of diagnosis-</b></p> <ul style="list-style-type: none"> <li>• Chest X-ray (P)</li> <li>• CT Scan</li> <li>• Ultrasound</li> <li>• Pleural fluid analysis (P)</li> </ul>	<p><b>5. Lab Values that may be affected-</b> Lipid profile, CK-MB, Myoglobin, CBC, CRP</p> <ul style="list-style-type: none"> <li>• ABG's</li> </ul>	<p><b>6. Current Treatment:</b></p> <ul style="list-style-type: none"> <li>• Thoracentesis (P)</li> <li>• Treatment of underlying cause</li> <li>• Chemical pleurodesis</li> <li>• Chest tube</li> <li>• Pleural drain</li> </ul>

<p><b>7. Focused Nursing Diagnosis:</b> Impaired Gas Exchange</p>	<p><b>11. Nursing Interventions related to the Nursing Diagnosis in #7:</b></p> <ol style="list-style-type: none"> <li>1. I will frequently assess the patient for symptoms of hypoxia and report significant findings</li> </ol>	<p><b>12. Patient Teaching:</b></p> <ol style="list-style-type: none"> <li>1. Teach patient signs of hypoxia and importance of reporting changes if able</li> </ol>
<p><b>8. Related to (r/t):</b> Decreased lung expansion</p>	<p><b>Evidenced Based Practice:</b></p> <p>Restlessness, anxiety, tachycardia, and changes in mental status are indication of hypoxia. May signal impending respiratory compromise and require immediate intervention.</p> <ol style="list-style-type: none"> <li>2. Elevate patient HOB to 30-45 degree angle</li> </ol>	<ol style="list-style-type: none"> <li>2. Encourage patient to always calls for assistance to perform activities of daily living due to possible onset of hypoxia or SOB</li> <li>3. Teach the patient the benefits of sitting up as much as possible to enhance lung expansion</li> </ol>
<p><b>9. As evidenced by (aeb):</b> Patient has oxygen saturation of 91% on RA Patient experiences SOB on exertion</p>	<p><b>Evidenced Based Practice:</b></p> <p>Position provides comfort and allows for full lung expansion of unaffected lung, as well as adequate expansion of the chest wall and diaphragm</p> <ol style="list-style-type: none"> <li>3. Encourage patient to practice deep breathing exercises.</li> </ol>	<p><b>13. Discharge Planning/Community Resources:</b></p> <ol style="list-style-type: none"> <li>1. Respiratory therapy for possible oxygen therapy</li> <li>2. Case management for appropriate equipment</li> </ol>
<p><b>10. Desired patient outcome:</b> Patient will improve gas exchange by 1400 on 03/24/21</p>	<p><b>Evidenced Based Practice:</b></p> <p>Deep breathing promotes full lung expansion</p>	<ol style="list-style-type: none"> <li>3. Home health for assistance with home modifications to meet needs of altered physical strength due to SOB</li> </ol>

