

Adult/Geriatric Critical Thinking Worksheet

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Unit: South 9

Pt. Initials: P.H

Date: 3/23/2021

1. Disease Process & Brief Pathophysiology

Coronary artery disease (CAD): This is a type of blood vessel disorder which atherosclerosis is the major cause which is characterized by lipid deposits within the intima of the artery. This is a condition which plaque builds up inside the arteries. Plaque is made up of fat, cholesterol, & other substances found in the blood. Plaque narrows the arteries & reduces blood flow to your heart muscle. This is more likely to form blood clots in your arteries which can partially or completely block blood flow. The endothelium (inner lining of the vessel wall) is nonreactive to platelets & leukocytes. Oxygen-rich blood can't be reached to the heart muscle & can cause angina or a heart attack.

4. Diagnostic Tests pertinent or confirming of diagnosis

- ECG (P)
- Cardiac Catheterization
- Stent (P)
- Chest X-ray (P)
- Exercise stress test
- Coronary angiogram
- Coronary artery calcium scan (P)

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

- age (P)
- gender : female (P)
- genetics
- ethnicity (P)
- high serum lipids (P)
- high blood pressure (P)
- physical inactivites (P)

5. Lab Values that may be affected

- Cardiac troponin (P)
- Myoglobin (P)
- Lipid panel (P)
- CBC (P)
- Basic metabolic panel (P)
- Homocysteine (P)

3. Signs and Symptoms

- anxiety, feeling impending doom (P)
- stress (P)
- Chest pain or discomfort (P)
- shortness of breath
- weakness (P)
- nausea(P)
- cold sweats
- dizziness
- vomiting (P)

6. Current Treatment

- beta-blockers (P)
- balanced nutrition (P)
- exercise (P)
- analgesics
- vasodilators
- angiotension-converting enzyme (ACE) inhibitor (P)
- thrombolytic agent
- calcium channel blocker (P)

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7. Focused Nursing Diagnosis:

- Anxiety

8. Related to (r/t):

- Situational crises, underlying pathophysiological response, negative self talk

9. As evidenced by (aeb):

- Expressed concern regarding changes in life events, increased tension/helplessness, restlessness

10. Desired patient outcome:

- Patient will be able to demonstrate effective coping strategies and problem-solving skills towards her anxiety. This will be accomplished so

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

1 . I will promote expression of feelings and fears from my patient.

Evidenced Based Practice:

To let patient know these are normal reactions so I can reduce tension and facilitate her dealing with her feelings.

2. I will let my patient know about the medical regimen has been designed to limit future attacks and increase cardiac stability.

Evidenced Based Practice:

Encourages patient to increase confidence in medical program and to integrate abilities into perceptions of self.

3. I will use empathy towards my patient and encourage my patient to use positive self talk.

Evidenced Based Practice:

12. Patient Teaching:

1. Teach patient and her family the symptoms of anxiety.

2. Teach patient techniques to self-manage anxiety.

3. Teach patient to visualize the absence of anxiety and instead a successful experience of the situation which will be psychosupportive.

13. Discharge Planning/Community Resources:

1. Let my patient know about community resources in emergency situations such as hotlines, emergency departments, and law enforcement to reduce future behavioral health crises.

2. Let family know to be supportive and encourage there participation for patient to get better.

3. Refer for psychiatric home health care services to reduce symptoms of anxiety.

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that our patient is able to report anxiety so that it will be reduced to a manageable level. This is achievable since I will tell my patient to verbalize awareness of feelings of anxiety and healthy ways to deal with them. The benefit of accomplishing our goal is to help our patient feel much better coping with her anxiety since it can feel overwhelming. This will motivate my patient to deal with difficult challenges. This goal is to be accomplished by March 24th, 2021 @ 2p.m.

Self talk strengthens both actual performance and prospective behavioral intentions.

CITATION SOURCES:

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