

Adult/Geriatric Critical Thinking Worksheet

Student Name: Brenley Irvin

Unit:

Pt. Initials:

Date: 3/25/2021

1. Disease Process & Brief Pathophysiology

Hypervolemia

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

Compromised regulatory mechanisms P

Missed dialysis P

Renal insufficiency P

3. Signs and Symptoms

Intake exceeds output P

BP changes P

Edema

Shortness of breath

Decreased Hgb or Hct P

4. Diagnostic Tests pertinent or confirming of diagnosis

Physical examination P

Blood test for sodium levels P

Focused lung assessment

5. Lab Values that may be affected

Hgb P

Hct P

Potassium P

6. Current Treatment

Low potassium diet P

Dialysis as scheduled P

Anti-hypertensive P

Potassium removing agent P

Diuretics as prescribed

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7. Focused Nursing Diagnosis:

Hypertension

8. Related to (r/t):

Excessive fluid around the heart

9. As evidenced by (aeb):

Blood pressure greater than 140/90

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

1 .Check presence and quality of peripheral and central pulses

Evidenced Based Practice:

Pulses in legs and feet can be diminished indicating vasoconstriction

2. Auscultate heart sounds

Evidenced Based Practice:

S4 heart sound is common in severely hypertensive patients

3. Provide calm, restful surroundings and minimize environmental activity

12. Patient Teaching:

1. Teach importance of not smoking

2. Teach indicators that need medical assistance (shortness of breath, exercise intolerance, dyspnea)

3. Teach patient about blood pressure medications and when to take them

13. Discharge Planning/Community Resources:

1. Make sure pt has a way to get medications that may be needed

2. Support groups

3. Set up transportation for pt if necessary

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10. Desired patient outcome:

Pt's blood pressure remains below 140/90

Pt's heart rate remains 60-100 bpm

Pt has urine output greater than or equal to 30 mL/
hour

Evidenced Based Practice:

Helps lessen sympathetic stimulation and promote relaxation.