

Adult/Geriatric Critical Thinking Worksheet

Student Name: Nadia Balderas

Unit:

Pt. Initials:

Date: 3/29/2021

1. Disease Process & Brief Pathophysiology

Hypertension is a disease of vascular regulation resulting from malfunction of arterial pressure control mechanisms (central nervous system, rennin-angiotensinaldosterone system, extracellular fluid volume.) The cause is unknown, and there is no cure. The basic explanation is that blood pressure is elevated when there is increased cardiac output plus increased peripheral vascular resistance.

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

Family history (P)

Age

High salt intake

Low potassium intake

Obesity

Excessive alcohol consumption

Smoking

Stress (P)

3. Signs and Symptoms

There are often no symptoms, as high blood pressure is known as the "silent killer." (P)

Dizziness

Headaches

Facial flushing

Blood spots in the eyes

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4. Diagnostic Tests pertinent or confirming of diagnosis

Ambulatory monitoring (P)

Urinalysis

EKG

Echocardiogram

5. Lab Values that may be affected

Microalbumin

BUN (P)

Creatinine (P)

Potassium

6. Current Treatment

Medication therapy (P)

7. Focused Nursing Diagnosis:

Activity intolerance

8. Related to (r/t):

HTN

9. As evidenced by (aeb):

Generalized weakness

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

1 .Assist patient in performing ADLs

Evidenced Based Practice:

Focuses on ways to conserve energy such as bundling activities and ensuring periods of rest

2. Provide the patient with material to review regarding energy conservation

Evidenced Based Practice:

12. Patient Teaching:

1. . Teach patient to recognize signs of physical overactivity or overexertion.

2. Give patient activity and exercise recommendations.

3. Educate patient of the need of a good diet.

13. Discharge Planning/Community Resources:

1. A referral to a nutritionist. Dietary changes are required.

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Ensures patient understands education related to energy conservation

2. Gradually progress the patient's activity regimen.

3. Teach the patient the need for a good nutritional status.

3. Optimum level of activity attained.

10. Desired patient outcome:

Patient will ambulate by 3/24/2021 by 1400.

Evidenced Based Practice:

Adequate energy is needed for and during activity.

<https://nurseslabs.com/6-hypertension-htn-nursing-care-plans/2/>

<https://labtestsonline.org/conditions/hypertension>

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[https://www.mayoclinic.org/diseases-conditions/
high-blood-pressure/diagnosis-treatment/drc-
20373417](https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/diagnosis-treatment/drc-20373417)

[https://www.heart.org/en/health-topics/high-
blood-pressure/why-high-blood-pressure-is-a-
silent-killer/what-are-the](https://www.heart.org/en/health-topics/high-blood-pressure/why-high-blood-pressure-is-a-silent-killer/what-are-the)