

## Adult/Geriatric Critical Thinking Worksheet

**Student Name:** Caroline Dikes

**Unit:** HC5

**Pt. Initials:** RS

**Date:** 3/30/21

### 1. Disease Process & Brief Pathophysiology

Non-epileptic form seizures (NES) are manifested as an appearance of seizure activity, without any usual electrical activity in the brain. These seizures are usually caused by a history of trauma, panic attacks, emotional or mental pain, or a heart condition that causes syncope. The symptoms of NES often mirror that of a generalized epileptic seizure or a partial seizure.

### 4. Diagnostic Tests pertinent or confirming of diagnosis

Electroencephalogram (EEG) monitoring is the definitive diagnosis for epilepsy. It records electrical activity in the brain and identifies abnormalities and spikes. (P)

Labs may be ordered to determine an underlying condition such as diabetes mellitus

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

#### Modifiable:

Uncontrolled diabetes or metabolic disorder

#### Non modifiable:

Heart condition that causes syncope

Emotional/mental pain

History of being bullied

Anxiety

History of trauma (often sexual abuse)

Major accident

### 5. Lab Values that may be affected

Lab values may show underlying condition such as diabetes mellitus

High levels of interleukin (1L) and tumor necrosis factor (TNF) indicates inflammation as driving source of seizure activity

### 3. Signs and Symptoms

(will often mimic those of a generalized epileptic or partial seizure)

Convulsions (P)

Making loud or crying noises

jerky/rhythmic twitching (P)

Loss of consciousness (P)

Biting of the tongue

Loss of bladder control

Staring spell

Confusion

### 6. Current Treatment

Administration of Valproic Acid (not effective for non-epileptic seizures but they are administering this to the patient while she is being monitored) (P)

Continuous EEG monitoring (P)

Psychotherapy

Cognitive behavioral therapy

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Referral to a psychologist for further diagnosis and treatment

**7. Focused Nursing Diagnosis:**

Ineffective coping

**8. Related to (r/t):**

Non-epileptic form seizure activity presumably due to anxiety

**9. As evidenced by (aeb):**

Reported and witnessed manifestations of seizure like activity without abnormalities in brain waves as monitored by EEG

**10. Desired patient outcome:**

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

1. Implement verbal and nonverbal therapeutic communication (empathy, active listening, and silence) to allow patient and/or family to express emotions.

**Evidenced Based Practice:**

Using therapeutic communication such as empathy, active listening, and silence have been proven to improve patient outcomes.

2. Provide information and thorough teaching about care before it is performed.

**Evidenced Based Practice:**

An important need for patients is to understand care being given and have a sense of comfort through this knowledge.

3. Provide mental and physical activities within the client's ability. (reading, TV, crafts, walking)

**Evidenced Based Practice:**

**12. Patient Teaching:**

1. Teach patient and mother problem solving. Have them work together by listing problems and causes, advantages and disadvantages of the options.

2. Teach relaxation techniques.

3. Teach importance of participating in enjoyed activities, or perhaps finding new hobbies to look forward to.

**13. Discharge Planning/Community Resources:**

1. Refer to psychiatric counselor for evaluation and talk therapy or cognitive behavioral therapy.

2. Counsel patient regarding options for community support groups.

3. Counsel patient regarding availabilities of educational tools (internet, books) for self-help use after returning home.

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Patient's mom will be able to teach back effective coping strategies by time of discharge. 3/30/21.

Finding activities the patient can enjoy to pass the time in the hospital and to feel more comfortable may allow them to trust the providers and express themselves.

### Resources

Ackley, B. J., Ladwig, G. B., Flynn, M. M. B., Martinez-Kratz, M. R., & Zanotti, M. (2020). *Nursing diagnosis handbook: an evidence-based guide to planning care*. Elsevier.

*Non-Epileptic Seizures* . Cedars Sinai . (n.d.). Retrieved from <https://www.cedars-sinai.org/health-library/diseases-and-conditions/n/non-epileptic-seizures.html#:~:text=Some%20people%20experience%20symptoms%20similar,stress%20or%20a%20physical%20condition.>

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