Student Name: Airykah Molina _____Unit: _____Pt. Initials: _____Date: 04/02/21_____

Adult/Geriatric Critical Thinking Worksheet

1. Disease Process & Brief Pathophysiology- Cholecystitis is inflammation of the gallbladder. This disease is most often related to obstruction by gallstones. The lodging of stones causes persistent obstruction. The blockage leads to a build-up of bile which triggers inflammatory enzymes. The enzymes response results in inflammation. The inflammation of the gallbladder may be limited to the mucous lining, but can involve the entire gallbladder wall. The gallbladder becomes edematous and hyperemic and may be distended with bile or pus. This alteration will result in scarring of the gallbladder wall. A decrease in overall function will occur if large amounts of the tissue become fibrotic.	**2. Factors for the Development of the Disease/Acute Illness-** Nonmodifiable Risk Factors • Women > 40 • Postmenopausal women on estrogen replacement therapy • Familial tendency • Native American population Modifiable Risk Factors • Younger women on oral contraceptive • Sedentary lifestyle (P) • Obesity (P)	**3. Signs and Symptoms-** • Indigestion • Upper right quadrant pain (P) • Fever (P) • Chills (P) • Jaundice • Palpable gallbladder • Sepsis • Leukocytosis (P) • Amber colored urine (P)
4. Diagnostic Tests pertinent or confirming of diagnosis- • CT scan (P) • History and physical examination (P) • Ultrasound • ERCP • EKG (P) • Percutaneous transhepatic cholangiography • Liver function tests	**5. Lab Values that may be affected-** Lipid profile, CK-MB, Myoglobin, CBC, CRP • Serum bilirubin and amylase • White blood cell count (P) • Serum liver enzymes • Prothrombin levels	**6. Current Treatment:** • Fasting (P) • IV therapy • Antibiotics (P) • Pain medication (P) • ERCP • Gallbladder removal • Drain (P)

7. Focused Nursing Diagnosis: Obesity	**11. Nursing Interventions related to the Nursing Diagnosis in #7:** 1. Communicate to determine patient's level of nutritional knowledge and identify most urgent need **Evidenced Based Practice:** Information about what the patient already knows and what information they lack will help gather addition information that should be provided. Listening to views of the patient enhances trust.	**12. Patient Teaching:** 1. Teach patient ways to maintain satisfactory food intake when eating out 2. Encourage need to continue follow-up care to monitor changes in metabolism that may interfere with weight loss
8. Related to (r/t): Deficient knowledge/lack of interest in learning	2. Provide several different sources of health/fitness information such as book, videos, and groups	3. Teach patient how to count macro molecules to promote healthy intake of crabs, fats, and proteins
9. As evidenced by (aeb): Morbid obesity: BMI 40-44.9	**Evidenced Based Practice:** A variety of access to information will further patient's learning. Participation in a group can provide the patient with support and hope. 3. Assist patient in gradually increasing activities as tolerated and set mutually agreed-on goals	**13. Discharge Planning/Community Resources:** 1. Registered dietician for diet guidance 2. Physical therapy for assistance in appropriate exercise instructions
10. Desired patient outcome: Patient will verbalize understanding the need for lifestyle changes in order to reach healthy weight and control that weight by 1400 on 03/31/21	**Evidenced Based Practice:** Mutually agreed-on goals will promote the adherence to increased activity. As activity increase so will patient tolerance.	3. Respiratory therapy to assess safe tolerance with exertion