

## Adult/Geriatric Critical Thinking Worksheet

**Student Name:** Hunter Thompson

**Unit:** S10

**Pt. Initials:** FR

**Date:** 4/3/2021

### 1. Disease Process & Brief Pathophysiology

Thrombocytopenia- A condition in which the body destroys its own platelets making you have a low platelet count. Fewer than 150,000 platelets per microliter of circulating blood is considered Thrombocytopenic.

-Vessels aren't able to form clumping in the blood making it easier to bleed out.

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

Low Platelet Count (P)

Certain medications

Bone marrow disorder such as Leukemia

Immune system problems

### 3. Signs and Symptoms

Petechiae (red splotching rash under skin) (P)

Easy bruising (P)

Uncontrolled bleeding

Developing a rash or reddish-purple spots, usually in lower extremities (P)

Bleeding of the nose or gums

Blood in urine/stool

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

CBC- under 150,000 (P)

Peripheral Blood Smear

Comprehensive Metabolic Panel

Bone Marrow Test

Molecular Testing

**5. Lab Values that may be affected**

CBC (P)

WBC

RBC (P)

H&H

Hgb (P)

Plt count (P)

MPV (P)

RDW (P)

**6. Current Treatment**

Lexiscan (stress test) (P)

Lab testing (P)

**7. Focused Nursing Diagnosis:**

Labored breathing/Shortness of breath

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

Thrombocytopenia

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

1 .Elevate to Semi-Fowlers position

**Evidenced Based Practice:**

The position is preferred as an option to combat respiratory distress syndrome since it allows for better chest expansion and improves breathing by facilitating oxygenation.

**12. Patient Teaching:**

1. Use an incentive spirometer at home to promote lung health.

2. Try and become more active such as walking around more frequently to strengthen lungs.

3. Change diet, SOB often occurs in people with unhealthy diets.

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

Shortness of breath

**10. Desired patient outcome:**

Patient will be able to reach 2500 while using the Incentive Spirometer by 1500 on 4/1/21.

Citations:

Using an INCENTIVE Spirometer: Medlineplus medical encyclopedia. (n.d.). Retrieved April 04, 2021, from <https://medlineplus.gov/ency/patientinstructions/000451.htm>

[Http://ppahs.org/2017/02/patient-ambulation-a-key-metric-to-improved-health/](http://ppahs.org/2017/02/patient-ambulation-a-key-metric-to-improved-health/). (n.d.). Retrieved April 04, 2021, from <https://medlineplus.gov/ency/patientinstructions/000451.htm>

[Https://www.topregisterednurse.com/fowlers-position/#:~:text=%20Besides%20creating%20more%20comfort%20for%20the%20patient%2C,Improved%20breathing%3B%205%20Relaxed](https://www.topregisterednurse.com/fowlers-position/#:~:text=%20Besides%20creating%20more%20comfort%20for%20the%20patient%2C,Improved%20breathing%3B%205%20Relaxed)

**2.** Use of Incentive Spirometry (Pulmonary rehabilitation)

**Evidenced Based Practice:**

By using the incentive spirometer every 1 to 2 hours, or as instructed by your nurse or doctor, you can take an active role in your recovery and keep your lungs healthy.

**3.** Help ambulate as tolerated

**Evidenced Based Practice:**

Ambulation is necessary to improve joint and muscle strength, as well as prevent pressure ulcers during extended bed rest. It is a critical factor in improving patient well-being while in hospital, as well as reducing total length of stay.

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

**1.** Tell patient to take home oxygen and monitor O2 saturation while using O2 as needed

**2.** Send patient home with an Incentive spirometer for lung rehabilitation

**3.** Do not smoke while experiencing SOB or while using oxygen therapy.

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%20abdominal%20muscles.%20More%20. (n.d.).