# IM5 (Pediatrics) Critical Thinking Worksheet

**Patient Age:** 14yo **Patient Weight:** 40 kg 40

| **Student Name:** Marissa Hernandez | **Unit:** PICU **Pt. Initials:** NA | **Date:** Click here to enter a date. 6/8/2021 |
|---|---|---|
| **1. Disease Process & Brief Pathophysiology (Identify Key Concepts to Your Patient and Include Reference):**<br>Anorexia nervosa<br>An eating disorder defined by a refusal to maintain a minimally normal body weight and by severe weight loss in the absence of obvious physical causes. This disorder has social, psychologic, behavioral, culture, and physiologic components.<br>Wong's essentials of pediatric nursing | **2. Factors for the Development of the Disease/Acute Illness:**<br>• Gender: female (P)<br>• picky eating in early childhood<br>• personality: perfectionism, anxiety(P), obsessive<br>• competitive athletics<br>• academically high achievers<br>Wong's essentials of Pediatric nursing | **3. Signs and Symptoms:**<br>• severe weight loss (P)<br>• Secondary amenorrhea<br>• primary amenorrhea<br>• sinus bradycardia (P)<br>• low body temp<br>• hypotension (P)<br>• intolerance to cold<br>• dry skin & brittle nails<br>• lanugo hair<br>• thinning hair<br>• muscle wasting (P)<br>• fatigue, lightheaded<br>Wongs essentials of Pediatric nursing |
| **4. Diagnostic Tests Pertinent or Confirming of Diagnosis:**<br>"<br>• Based on clinical manifestations and conformity to criteria established by American Psychiatric Association"<br>• History & physical<br>• bone density study | **5. Lab Values That May Be Affected:**<br>• Na - hyponatremia<br>• $K^+$ - hypokalemia<br>• urea - low<br>• LFT<br>• Phosphate<br>• CBC to eval. for anemia<br>• ESR<br>• CRP<br>• Calcium low (P)<br>• magnesium<br>• phosphorus<br>• BUN<br>• creatinine<br>• urinalysis | **6. Current Treatment (Include Procedures):**<br>• Daily weight<br>• VS Q4<br>• Has to drink 64 oz of water - encouraging oral fluid intake<br>• constant observer<br>• strict meal times - 30 mins to eat, observed for 30 mins after meal, can't go to bathroom for 1 hour after meal.<br>• Snacks between each meal |

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| INTAKE/OUTPUT | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **PO/Enteral Intake** | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | Total |
| PO Intake | NA | NA | 500 | 500mL | | | | | | | | | 500mL |
| Intake – PO Meds | | | | | | | | | | | | | NA |
| Enteral Tube Feeding | | | | | | | | | | | | | NA |
| Enteral Flush | | | | | | | | | | | | | NA |
| Free Water | | | | | | | | | | | | | NA |
| | | | | | | | | | | | | | |
| **IV INTAKE** | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | Total |
| IV Fluid NA | | | | | | | | | | | | | NA |
| IV Meds/Flush NS | 15mL | | | | | | | | | | | | 15mL |
| | | | | | | | | | | | | | |
| **OUTPUT** 0600 | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | Total |
| Urine 350 | [illegible]mL | | | 300 | | | | | | | | | 650 |
| # of immeasurable | | | | | | | | | | | | | NA |
| Stool | | | | | | | | | | | | | NA |
| Urine/Stool mix | | | | | | | | | | | | | NA |
| Emesis | | | | | | | | | | | | | NA |
| Other | | | | | | | | | | | | | NA |

| Children's Hospital Early Warning Score (CHEWS)<br>(See CHEWS Scoring and Escalation Algorithm to score each category) | |
|---|---|
| Behavior/Neuro | Circle the appropriate score for this category:<br>(0) 1 2 3 |
| | |
| Cardiovascular | Circle the appropriate score for this category:<br>(0) 1 2 3 |
| | |
| Respiratory | Circle the appropriate score for this category:<br>(0) 1 2 3 |
| Staff Concern | 1 pt - Concerned |
| Family Concern | 1 pt – Concerned or absent |
| **CHEWS Total Score** | |
| CHEWS Total Score | Total Score (points) (0)<br>Score 0-2 (Green) – Continue routine assessments<br>Score 3-4 (Yellow) – Notify charge nurse or LIP, Discuss treatment plan with team, Consider higher level of care, Increase frequency of vital signs/CHEWS/assessments, Document interventions and notifications<br>Score 5-11 (Red) – Activate Rapid Response Team or appropriate personnel per unit standard for bedside evaluation, Notify attending physician, Discuss treatment plan with team, Increase frequency of vital signs/CHEWS/assessments, Document interventions and notifications |

Student Name: Marissa Hernandez Unit: PICU Pt. Initials: _____ Date: 6/8/21

## Pediatric Medication Worksheet – Current Medications & PRN for Last 24 Hours

Allergies: NKDA

| Generic Name | Pharmacologic Classification | Therapeutic Reason | Dose, Route & Schedule | Therapeutic Range? Is med in therapeutic range? If not, why ? | IVP – List solution to dilute and rate to push. IVPB – concentration and rate of administration | Adverse Effects | Appropriate Nursing Assessment, Teaching, Interventions (Precautions/Contraindications, Etc.) |
|---|---|---|---|---|---|---|---|
| Fluoxetine (Prozac) | Anti-depressants | For anxiety | 10mg, PO daily | Y | N/A | insomnia, N/V/D, HA; anorexia; nervousness, dizziness, rash; constipation | 1. Teach pt. to report HA<br>2. Teach pt. to report if has S/S constipation<br>3. Teach pt. to report N/V/D<br>4. intervention - Observe site for rash |
| Sodium chloride (NS flush) | Flush | Sodium replacement | 10 mL flush | Y | 0.9% NS Flush flushed with 10mL due to blood backing up | fluid overload, electrolyte imbalance - if given continuously, Pain @site | 1. Teach pt. to report pain @ inj. site<br>2. Teach pt. S/S of fluid overload<br>3. Intervention - observe site for rxn<br>4. Teach pt./encourage fluid intake |
| | | | | | | | 1.<br>2.<br>3.<br>4. |
| | | | | | | | 1.<br>2.<br>3.<br>4. |
| | | | | | | | 1.<br>2.<br>3.<br>4. |

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## Pediatric Medication Worksheet – Current Medications & PRN for Last 24 Hours

Allergies: NKDA

| Primary IV Fluid and Infusion Rate (ml/hr) | Circle IVF Type | Rationale for IVF | Lab Values to Assess Related to IVF | Contraindications/Complications |
|---|---|---|---|---|
| N/A | Isotonic/ Hypotonic/ Hypertonic | N/A | N/A | N/A |

| Generic Name | Pharmacologic Classification | Therapeutic Reason | Dose, Route & Schedule | Therapeutic Range? Is med in therapeutic range? If not, why? | IVP – List diluent solution, volume, and rate of administration<br>IVPB – List concentration and rate of administration | Adverse Effects | Appropriate Nursing Assessment, Teaching, Interventions (Precautions/Contraindications, Etc.) |
|---|---|---|---|---|---|---|---|
| Calcium Carbonate | Calcium replacement → Antacids | → Calcium replacement | ~~1000mg~~ 200mg ~~chew~~ PO Daily @ 0900 | Y | N/A | hypercalcemia, hypercalciuria, nephrolithiasis, constipation, nausea, hypo-magnesemia | 1. Teach S/s of hypercalcemia & to report<br>2. Teach to report if nauseated<br>3. Teach to report constipation S/S<br>4. Teach pt. S/s of hypomagnesemia |
| Zinc Sulfate | Zinc replacement → Sulfate | → Zinc replacement | 50 mg PO daily @ 0900 | Y | N/A | HA, N/V, appetite decreased, abd. cramps, gastritis, diarrhea, diaphoresis | 1. Teach pt. to report HA<br>2. Teach pt. to report abd. cramps<br>3. Teach pt. to report any N/V/D<br>4. Teach pt. to call for help before getting up especially if dizzy |
| ~~Multivitamin + minerals~~ iron/minerals/ multivitamins | multivitamin Preparations | nutrients/ Vitamins Supplement | 1 tab PO daily @0900 | Y | N/A | Constipation, diarrhea, upset stomach | 1. Teach pt. to report constipation<br>2. Intervention - admin a stool softener<br>3. Teach pt. to report upset stomach<br>4. Teach pt. to report diarrhea |
| Phosphates (K+Na) Powder packet | Phosphate replacement → Potassium replacement → Sodium replacement | → → → | 1 packet PO BID | Y | dissolve in 75mls of water | HA, dizziness, muscle cramps | 1. Teach pt to report HA<br>2. Teach pt. to report dizziness<br>3. Teach pt. to call for help before getting up<br>4. Teach pt. to report muscle cramps |
| Docusate sodium | Laxative, surfactant | Treat constipation | 50mg PO daily | Y | N/A | diarrhea, abd. cramps, throat irritation, rash, electrolyte ~~disorders~~ disorders | 1. Teach pt. to report diarrhea<br>2. Teach pt. to report throat irritation<br>3. Teach pt. to drink fluids - electrolytes<br>4. Teach pt to report abd. cramps |

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## GENERAL APPEARANCE

**Appearance:** ☐ Healthy/Well Nourished ☒ Neat/Clean ☒ Emaciated ☐ Unkept
**Developmental age:**
☒ Normal ☐ Delayed

## NEUROLOGICAL

**LOC:** ☒ Alert ☐ Confused ☐ Restless ☐ Sedated ☐ Unresponsive
**Oriented to:**
☒ Person ☒ Place ☒ Time/Event ☒ Appropriate for Age
**Pupil Response:** ☒ Equal ☐ Unequal ☒ Reactive to Light ☐ Size 4
**Fontanel:** (Pt < 2 years) ☐ Soft ☐ Flat ☐ Bulging ☐ Sunken ☐ Closed NA
**Extremities:**
☒ Able to move all extremities ☒ Symmetrically ☐ Asymmetrically
Grips: Right 5 Left 5
Pushes: Right 5 Left 5
S=Strong W=Weak N=None
**EVD Drain:** ☐ Yes ☒ No Level _____
**Seizure Precautions:** ☐ Yes ☒ No

## RESPIRATORY

**Respirations:** ☒ Regular ☐ Irregular ☐ Retractions (type) N/A ☐ Labored
**Breath Sounds:**
Clear ☒ Right ☒ Left
Crackles ☐ Right ☐ Left
Wheezes ☐ Right ☐ Left
Diminished ☐ Right ☐ Left
Absent ☐ Right ☐ Left
☒ **Room Air** ☐ **Oxygen**
**Oxygen Delivery:**
☐ Nasal Cannula: N/A L/min
☐ BiPap/CPAP: N/A
☐ Vent: ETT size N/A @ _____ cm
☐ Other: N/A
**Trach:** ☐ Yes ☒ No
Size N/A Type NA
Obturator at Bedside ☐ Yes ☒ No
**Cough:** ☐ Yes ☒ No ☐ Productive ☐ Nonproductive
**Secretions:** Color N/A Consistency N/A
**Suction:** ☐ Yes ☒ No Type N/A
**Pulse Ox Site** R index finger
**Oxygen Saturation:** 100%

## CARDIOVASCULAR

**Pulse:** ☒ Regular ☐ Irregular ☒ Strong ☐ Weak ☐ Thready ☐ Murmur ☐ Other _____
**Edema:** ☐ Yes ☒ No Location _____ ☐ 1+ ☐ 2+ ☐ 3+ ☐ 4+
**Capillary Refill:** ☒ < 2 sec ☐ > 2 sec
**Pulses:**
Upper R 3+ L 3+
Lower R 3+ L 3+
4+ Bounding 3+ Strong 2+ Weak 1+ Intermittent 0 None

## ELIMINATION

**Urine Appearance:** Yellow/clear
**Stool Appearance:** brownish/green
☐ Diarrhea ☒ Constipation ☐ Bloody ☐ Colostomy

## GASTROINTESTINAL

**Abdomen:** ☒ Soft ☐ Firm ☐ Flat ☐ Distended ☐ Guarded
**Bowel Sounds:** ☒ Present X 4 quads ☒ Active ☐ Hypo ☐ Hyper ☐ Absent
**Nausea:** ☐ Yes ☒ No
**Vomiting:** ☐ Yes ☒ No
**Passing Flatus:** ☐ Yes ☒ No
**Tube:** ☐ Yes ☒ No Type N/A
Location N/A Inserted to N/A cm
☐ Suction Type: NA

## NUTRITIONAL

**Diet/Formula:** peds diet eating disorder
**Amount/Schedule:** breakfast, snack, lunch, snack, dinner, snack
**Chewing/Swallowing difficulties:**
☐ Yes ☒ No

## MUSCULOSKELETAL

☐ Pain ☐ Joint Stiffness ☐ Swelling ☐ Contracted ☐ Weakness ☐ Cramping ☐ Spasms ☐ Tremors
**Movement:**
☐ RA ☐ LA ☐ RL ☐ LL ☒ All
**Brace/Appliances:** ☒ None
Type: _____

## MOBILITY

☒ Ambulatory ☐ Crawl ☐ In Arms ☐ Ambulatory with assist _____
Assistive Device: ☐ Crutch ☐ Walker NA ☐ Brace ☐ Wheelchair ☐ Bedridden

## PSYCHOSOCIAL

**Social Status:** ☒ Calm/Relaxed ☐ Quiet ☒ Friendly ☒ Cooperative ☐ Crying ☐ Uncooperative ☐ Restless ☐ Withdrawn ☐ Hostile/Anxious
**Social/emotional bonding with family:**
☒ Present ☐ Absent

## IV ACCESS

**Site:** L AC 22g ☐ INT ☐ None
☐ Central Line
Type/Location: _____
**Appearance:** ☒ No Redness/Swelling ☐ Red ☐ Swollen ☐ Patent ☐ Blood return
**Dressing Intact:** ☒ Yes ☐ No
**Fluids:** no fluids running

## SKIN

**Color:** ☐ Pink ☐ Flushed ☐ Jaundiced ☐ Cyanotic ☐ Pale ☒ Natural for Pt
**Condition:** ☒ Warm ☐ Cool ☐ Dry ☐ Diaphoretic
**Turgor:** ☒ < 5 seconds ☐ > 5 seconds
**Skin:** ☒ Intact ☐ Bruises ☐ Lacerations ☐ Tears ☐ Rash ☐ Skin Breakdown
Location/Description: NA
**Mucous Membranes:** Color: pink
☒ Moist ☐ Dry ☐ Ulceration

## PAIN

**Scale Used:** ☒ Numeric ☐ FLACC ☐ Faces
**Location:** NA
**Type:** Pt. says has no pain
**Pain Score:**
0800 1 1200 N/A 1600 N/A

## WOUND/INCISION

☒ **None**
**Type:** _____
**Location:** _____
**Description:** _____
**Dressing:** _____

## TUBES/DRAINS

☒ **None**
☐ **Drain/Tube**
Site: _____
Type: _____
Dressing: _____
Suction: _____
Drainage amount: _____
Drainage color: _____

Covenant School of Nursing
Instructional Module 5
Pediatric Assessment Tool