

# Adult/Geriatric Critical Thinking Worksheet

**Student Name:**

**Unit:**

**Pt. Initials:**

**Date:** [Click here to enter a date.](#)

**1. Disease Process & Brief Pathophysiology**

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

**3. Signs and Symptoms**

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

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

**6. Current Treatment**

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**7. Focused Nursing Diagnosis:**

knowledge deficit/ ineffective coping

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

Disease process of COPD and pneumonia

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

Patient states, "Why can't I still smoke?"  
While also having a bag of salty chips in their pocket despite being on a low sodium diet and being stubborn in their old ways of life.

**10. Desired patient outcome:**

Patient will be able to explain and understand the risks of smoking and a poor diet while having a chronic lung condition and infection by 12/9/21 at 0830.

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

**1. Educate on the safety of O2 usage**

**Evidenced Based Practice:**

-understanding the risk you take while using an open flame or etc. while on oxygen is key to establish safe use and preventing further harm to the patient

**2. Provide resources such as support groups to help smoking cessation**

**Evidenced Based Practice:**

Support groups have been known to make the patient feel less isolated and alone and it tends to improve their condition or issue.

**3. Include the patient in creating the teaching plan**

**Evidenced Based Practice:**

-goal setting allows the learner to know what will be discussed and expected during the teaching.

**12. Patient Teaching:**

1. Educate on the importance of a good diet and eating small frequent meals high in protein and carbs

2. Educate on resources for coping skills with COPD

3. Educate on the effects of smoking while having COPD

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

1. Contact social worker for at home oxygen therapy

2. Contact dietary to go over COPD nutrition needs

3. Counselor for any uneasy feelings about this sudden change of lifestyle