

Adult/Geriatric Critical Thinking Worksheet

Student Name: Berenice Villarreal

Unit: S10

Pt. Initials: JR

Date: 12/15/2021

1. Disease Process & Brief Pathophysiology

Congestive Heart Failure is a physiologic state in which the heart cannot pump enough blood to meet the body's metabolic needs following any structural or functional impairment of ventricular filling or ejection of blood.

Heart failure results from changes in the systolic or diastolic function of the left ventricle. The heart fails when, because of intrinsic disease or structural, it cannot handle a normal blood volume or, in the absence of disease, cannot tolerate a sudden expansion in blood volume. Heart failure is a progressive and chronic condition(Wycliff et al., 2021)

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

- Altered myocardial contractility
- Alterations in rate, rhythm, electrical conduction
- Structural changes (e.g., valvular defects, ventricular aneurysm)
- Poor cardiac reserve
- Side effects of medication
- Generalized weakness.(Wycliff et al., 2021)

3. Signs and Symptoms

- Dyspnea on exertion (P)
- Pulmonary congestion, pulmonary crackles
- Cough that is initially dry and nonproductive
- Frothy sputum that is sometimes blood-tinged(P)
- Inadequate tissue perfusion
- Weak, thready pulse
- Tachycardia
- Oliguria, nocturia
- Fatigue(P)
- Congestion of the viscera and peripheral tissues
- Edema of the lower extremities(P)
- Enlargement of the liver (hepatomegaly)
- Anxiety(P)
- Anorexia, nausea
- Weakness
- Weight gain (fluid retention)(P)(Wycliff et al., 2021)

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4. Diagnostic Tests pertinent or confirming of diagnosis

Blood tests(P)

Chest x-ray(P)

ECG

Stress test

CT scan

MRI

Coronary angiogram(2021)

5. Lab Values that may be affected

BUN and creatinine

AST

LDH

ANP

BNP

CTA Chest (P)(Wycliff et al., 2021)

6. Current Treatment

ACE Inhibitors

Beta Blockers(P)

Diuretics(P)

Coronary Heart Surgery (P)(2021)

7. Focused Nursing Diagnosis:

Decreased Cardiac output(Wycliff et al., 2021)

8. Related to (r/t):

Altered contractility(Wycliff et al., 2021).

9. As evidenced by (aeb):

Changes to heart rate and stroke volume(Wycliff et al., 2021)

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

1 .I will check O2 sats before and after ambulation(Wycliff et al., 2021)

Evidenced Based Practice:

Altered O2 sats are early signs of decreased cardiac output(Wycliff et al., 2021)

2. I will observe pt for understanding and compliance of medical diagnosis(Wycliff et al., 2021)

12. Patient Teaching:

1. Teach ways to cope with anxiety(Wycliff et al., 2021)

2. Discuss the importance of following a healthy lifestyle(Wycliff et al., 2021)

3. Educate about low sodium diet(Ackley & Ladwig, 2008)

13. Discharge Planning/Community Resources:

1. Discharge information must be comprehensive to the patient and caregiver(Ackley & Ladwig, 2008)

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Evidenced Based Practice:

Promotes cooperation of patient in medical situation(Wycliff et al., 2021)

2. Insure pt has adequte equipment to treat condition(Ackley & Ladwig, 2008)

3. I will position patient in semi-fowlers(Wycliff et al., 2021)

3. Teach stress reduction(Ackley & Ladwig, 2008)

10. Desired patient outcome:

Patient understands and explains precautions to take care of cardiac disease by 12/15/21 at 1100.

Evidenced Based Practice:

Reccommended to reduce preload(Wycliff et al., 2021)