

# Adult/Geriatric Critical Thinking Worksheet

**Student Name:** Ami Rojas

**Unit:** S10

**Pt. Initials:**

**Date:** 12/15/2021

## 1. Disease Process & Brief Pathophysiology

Hypothyroidism- This is an Autoimmune disease

The thyroid gland is an important organ that regulates metabolism. The thyroid gland makes two forms of thyroid hormone – thyroxine (T4) and triiodothyronine (T3). Hypothyroidism is when the thyroid gland is not making enough of these hormones. Hypothyroidism affects the whole body and may cause a variety of symptoms. Having too little thyroid hormone can affect the whole body. The body's normal rate of functioning slows, causing mental and physical sluggishness. Symptoms may vary from mild to severe.

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

- (p) Being female
- (p) being older than 60
- exposure to radiation in the neck
- prior thyroid surgery
- having family history
- (p)having an autoimmune disease
- recent pregnancy
- (p) consuming significant amounts of iodine through food or medication.
- (p) smoking

## 3. Signs and Symptoms

- (p) fatigue
- (p) constipation
- (P) dry skin
- (p) weight gain- abdomen area mainly
- (p) muscle weakness
- increased sensitivity to cold
- (p)hoarseness
- puffy face
- (p) feeling depressed

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

(p)Medical history and physical

Radioiodine uptake test ( nonblood test)

Thyroid scan

Thyroid ultrasound

T4 test

T3 test

TSH levels- the main one

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

(p)CBC

(p)Tsh

thyroid antibody

T3

T3RU

T4

(p)WBC

**6. Current Treatment**

(p) levothyroine

(p) celexa (for depression)

(p) protonix ( for gastric acid)

(p) thaimine ( for Vitamin B comlex)

diet (eat more foods with fiber)

thyroidectomy

**7. Focused Nursing Diagnosis:**

Obesity

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

Pt weight gain.

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

**1** .I will carry out and review daily food diary and calorie intake for my pt.

**Evidenced Based Practice:**

My pt will get a visual picture and a realistic picture of how many calories to injust to promote weight loss.

**12. Patient Teaching:**

**1.** I will print out paper work for outside resources for my pt to take home discussing better eating habits.

**2.** I will teach my pt what foods will help with constipation such as eating foods with high fiber so she doesn't feel bloated.

**3.** I will offer my pt strategies to get her family more involed with making better health choices.

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**2.** I will discuss how my pt feels when consuming too much to eat.

such as; family dinners where they try new foods (healthier) and also researching new recipes that can substitute for an unhealthy meal they eat.

**Evidenced Based Practice:**

This will help my pt identify eating to satisfy hunger or eating to satisfy an emotional feeling.

**3.** I will consult a dietician to promote healthy eating for my pt.

**Evidenced Based Practice:**

This will help my pt find substitutions in the food choices she makes during the day.

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

Pt stated " I feel bloated most of the time"

**10. Desired patient outcome:**

My goal for my pt is for her to agree to try healthier eating habits by 12/16/2021 at 1500

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

**1.** I will provide a resource for a dietician for my pt. To help with calorie intake to lose weight.

**2.** My pt will receive a printed document on which foods are high in fiber.

**3.** I will give my pt resources for other people who are looking to lose weight. ( a support group)