

# Adult/Geriatric Critical Thinking Worksheet

**Student Name:** Faith Lane

**Unit:** S5

**Pt. Initials:**

**Date:** 1/11/2022

### 1. Disease Process & Brief Pathophysiology

Acute renal failure is caused by a number of factors and depending on the reason, impacts the body in different ways. The most common cause is impairment of nephron tubes, more specifically thickening of the proximal tubules in the outer medulla of kidney. The thickening and impairment of the tubules causes blockage, which does not allow the kidneys to function and filter fully.

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

- Age >75
- Hypertension- P
- Sepsis
- Diabetes- P
- CHF
- Nephrotoxic Medication- P

### 3. Signs and Symptoms

- Decreased urine output
- Fluid retention- P
- SOB
- Fatigue- P
- Confusion
- Nausea

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

Urinalysis- P

Blood Cultures- P

Kidney ultrasound

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

Creatinine (high)- P

BUN (high)- P

Hemoglobin- P

Hemocrit- P

Calcium- P

Potassium- P

GFR

Protein positive in urine- P

**6. Current Treatment**

Hemodialysis- P

Tight fluid control- P

Kidney friendly diet- P

Medication to control potassium levels

**7. Focused Nursing Diagnosis:**

Anxiety

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

1 .Educate patient with accurate information and answer any questions they have.

**12. Patient Teaching:**

1. Teach patient about a kidney friendly diet and how it can impact treatment, knowing they have some control of their treatment can lower stress.

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

New diagnosis and complicated treatment

**Evidenced Based Practice:**

Providing patients with accurate information about their disease, prognosis and outcomes significantly reduced their anxiety and increased empowerment

2. Teach patient that their concerns are completely normal to have.

3. Teach patient coping mechanisms to help lower their anxiety.

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

High heart rate, telling me she is "nervous" multiple times, and fidgeting with her fingers often.

**2.** Be empathetic when talking with the patient and listen to all of their concerns.

**Evidenced Based Practice:**

The way a nurse interacts with a client influences his or her quality of life. Providing psychological and social support can reduce the symptoms and problems associated with anxiety

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

**1.** Connect patient with a support group for anxiety.

**2.** Explain how out patient dialysis will work, and ensure they have a way to and from the clinic to receive their treatment.

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**10. Desired patient outcome:**

Have posture, facial expressions, gestures, and activity levels that reflect decreased distress before she is discharged from the hospital.

3. Use massage therapy to help lower anxiety.

3. Connect patient with resources that can help pay for their new and expensive treatment.

**Evidenced Based Practice:**

The use of massage therapy has been shown to markedly reduce psychological stress and anxiety.

Sources:

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