

# Adult/Geriatric Critical Thinking Worksheet

**Student Name:** Zandria Farris

**Unit:** S6

**Pt. Initials:**

**Date:** 3/28/2022

## 1. Disease Process & Brief Pathophysiology

Osteoporosis is characterized by reduced bone mass, deterioration of bone matrix, and diminished bone architectural strength. Normal homeostatic bone turnover is altered; the rate of the bone resorption that is maintained by osteoclast is greater than bone formation that is maintained by osteoblast, resulting in a reduced total bone mass.

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

- Aging
- Asian Women
- Caucasian Women
- Diet that is not adequate and balanced
- decreased estrogen at menopause
- Obesity
- ACL injury
- Smoking
- Possible genetic link

## 3. Signs and Symptoms

- Joint Pain
- Deformity
- Systemic

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

Xray

Dual Energy Xray absorptiometry (DEXA)

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

Serum Calcium

Serum Phosphate

Serum Alkaline Phosphate

Urine Calcium excretion

Urinary hydroxyproline excretion

Hematocrit

Erythrocyte sedimentation rate

**6. Current Treatment**

Calcium Supplement

Vitamin D Supplement

Bisphosphonates

Teriparatide

**7. Focused Nursing Diagnosis:**

Impaired physical mobility

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

1 .Assess for fear of falling

**Evidenced Based Practice:**

Self-Reported fear of falling has been shown to be significant more sensitive predictor for fall risk than STRATIFY fall risk assessment tool.

**12. Patient Teaching:**

1. I will encourage the patient to keep her hands free while walking.

2. I will teach the patient to take scheduled pain medications as they are scheduled to better help manage pain.

3. I will teach the patient that upon discharge when she is home to move different positions to minimize pressure injuries. The patient should rotate her

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2. Perform passive ROM exercises at least twice a day unless contraindicated: repeat each maneuver 3 times.

weight from left to right. The patient should also move from her bed to her chair, throughout the day also.

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

Patient stating that she has a pain level of 8 out of 10.

**Evidenced Based Practice:**

Physical rehabilitation interventions were found to be safe, reduced disability, and resulted in few adverse events.

3. Assess home environment for factors that create barriers to physical mobility. Refer to occupational therapy services if needed to assist the client in restructuring home environment and daily patterns.

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

1. I will refer the patient to casemanagement for assist with home health care.

2. I will remind the patient to keep her home clear of fall hazards/risk in her home. Such as throw rugs and cords.

3. I will encourage the patient to keep up to date with her follow up appointments with the doctors and surgeons.

**10. Desired patient outcome:**

Patient will have a pain level of at least a 3 prior to discharge.

**Evidenced Based Practice:**

Use of the home safety self assesment tool to identify fall risk, prevent falls, and improve mobility and function.