

Adult/Geriatric Critical Thinking Worksheet

Student Name: Ashlyn Lutrick	Unit: South 6 Pt. Initials:	Date: March 22, 2022
1. Disease Process & Brief Pathophysiology Osteoarthritis- Osteoarthritis (OA) is a complex disease whose pathogenesis includes the contribution of biomechanical and metabolic factors which, altering the tissue homeostasis of articular cartilage and subchondral bone, determine the predominance of destructive over productive processes.	2. Factors for the Development of the Disease/Acute Illness <ul style="list-style-type: none"> - older age - sex (women predomenently) - joint injuries - repeated stress on joints - genetics - bone deformities - metabolic diseases (diabetes, hemochromatosis) 	3. Signs and Symptoms <ul style="list-style-type: none"> - pain - stiffness - tenderness - loss of flexibility - grating sensation - bone spurs - swelling
4. Diagnostic Tests pertinent or confirmation of diagnosis <ul style="list-style-type: none"> - MRI - x ray - blood tests - joint fluid analysis 	5. Lab Values that may be affected <ul style="list-style-type: none"> - CBC - WBC - platelets - ESR 	6. Current Treatment <ul style="list-style-type: none"> - physical therapy - abductor pillow - Adjust the elevation of your bed to easily get out of the bed - prophylactic for DVT - vitamins - spiritual counseling - nutrition (high protein diet) - medications - joint replacement

Student Name: Ashlyn Lutrick	Unit: South 6	Pt. Initials:	Date: March 22, 2022
7. Focused Nursing Diagnosis: Activity Intolerance	11. Nursing Interventions related to the Nursing Diagnosis in #7: 1. Access the physical activity level and mobility of my patient.	12. Patient Teaching: 1. Teach the patient it is okay to take breaks between ADL's if they can't do them all at one time.	
8. Related to (r/t): <ul style="list-style-type: none"> - osteoarthritis - high fracture - old age 	Evidenced Based Practice: Provides baseline information for formulating goals for the patient. 2. Refrain from performing nonessential activities or procedures.	2. Teach the patient the importance of eating a balanced diet to help with his healing. 3. Teach the patient about osteoarthritis and therapeutic ways to help relieve pain. Such as hot showers/baths in the morning, and icing throughout the day.	
9. As evidenced by (aeb): <ul style="list-style-type: none"> - extreme stiffness in left leg - little physical activity 	Evidenced Based Practice: Patients with limited activity tolerance need to prioritize important tasks first. 3. Instruct the patient to work on walker techniques Evidenced Based Practice:	13. Discharge Planning/Community Resources: 1. Contact case management to evaluate the need for additional help at home(handrails, ramps, etc) 2. Contact Case Management for additional help to pay for assistive devices. 3. Provide the patient with physical exercise places	

Student Name: Ashlyn Lutrick	Unit: South 6	Pt. Initials:	Date: March 22, 2022
10. Desired patient outcome: By discharge, my patient will be able walk to the bathroom and back on their own with only the help of a walker.	This will help the patient be able to ambulate safely, so they can get around their house safely.		they can attend to help with the hip replacement and osteoarthritis.

References:

G;, I. F. L. (n.d.). *The pathophysiology of osteoarthritis*. Aging clinical and experimental research. Retrieved March 29, 2022, from <https://pubmed.ncbi.nlm.nih.gov/14703002/>

Mayo Foundation for Medical Education and Research. (2021, June 16). *Osteoarthritis*. Mayo Clinic. Retrieved March 29, 2022, from <https://www.mayoclinic.org/diseases-conditions/osteoarthritis/diagnosis-treatment/drc-20351930>

Mayo Foundation for Medical Education and Research. (2021, June 16). *Osteoarthritis*. Mayo Clinic. Retrieved March 29, 2022, from <https://www.mayoclinic.org/diseases-conditions/osteoarthritis/symptoms-causes/syc-20351925>