

## Adult/Geriatric Critical Thinking Worksheet

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**Unit:** CMC

**Pt. Initials:**

**Date:** 3/29/2022

### 1. Disease Process & Brief Pathophysiology

CAD is characterized by plaque buildup in the arteries. The plaque is made of cholesterol buildup which causes the arteries to become narrower overtime. This process is known as atherosclerosis.

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

overweight, physical inactivity P, unhealthy eating P, smoking tobacco P, hypertension P, family history

### 3. Signs and Symptoms

angina, chest pain, weakness P, light-headedness, nausea, cold sweat P, SOB P, pain or discomfort in the arms or shoulder

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

EKG P, echocardiogram P, exercise stress test, chest x-ray, cardiac catheterization, coronary angiogram, coronary arter calcium scan

### 5. Lab Values that may be affected

HDL, LDL, triglycerides, lipoprotein, CRP, troponin

### 6. Current Treatment

statins P, ACE inhibitors P, aspirin, beta blockers, calcium channel blockers,s ranolazine, nitroglycerin

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**7. Focused Nursing Diagnosis:**

pt is experiencing acute pain

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

increases cardiac workload

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

reports of pain varying in duration, intensity, and how often it occurs

**10. Desired patient outcome:**

The patient will demonstrate pain relief evidenced by stable vitals and reported pain relief.

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

1 .I will provide light meals to the patient

**Evidenced Based Practice:**

the workload on the heart increases when digestion is taking place which can place a strain on the heart.

2. i will review the importants of smoking cessation with the patient

**Evidenced Based Practice:**

Reiterated knowledge about risk factors represents an opportunity for behavioral and lifestyle changes with increased chances of compliance

3. discuss steps to follow if anginal attacks take place

**Evidenced Based Practice:**

being knowledgeable about how to react during an anginal attack will not only help lower fear but will keep heart rate from rising due to fear.

**12. Patient Teaching:**

1. I will teach the patient to raise the head of the bed if the are short of breath

2. I will teach the patient to report pain in the jaw, neck, shoulder, and arm.

3. I will teach the patient about smoking cessation and the negative effects smoking has on CAD

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

1. Consult homehealth for possible use of oxygen at home

2. cardiac rehabilitation can help safely strengthen the heart

3. limit sodium intake to prevent spikes in blood pressure

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