

Adult/Geriatric Critical Thinking Worksheet

<p>1. Disease Process & Brief Pathophysiology-</p> <p>Peripheral Artery disease caused by blockage of the arteries supplying blood to the lower limbs. It starts with a normal the build up of lipids and or fatty substances within the vessel walls which reduce the blood flow so to compensate the arteries dilate to preserve blood flow. In late stages they cannot dilate any further and the plaque continues to build up causing ischemia.</p>	<p>2. Factors for the Development of the Disease/Acute Illness-</p> <ul style="list-style-type: none"> • Increased age over 65 or 50 with atherosclerosis • Hypertension • Dyslipidemia • Cigarette Smoker • Diabetes • Black ethnicity • Obesity • Family History 	<p>3. Signs and Symptoms-</p> <ul style="list-style-type: none"> • Painful cramping in hips, thighs, or calves • Leg numbness or weakness • Coldness in lower extremities • Sores on toes, feet, or legs that won't heal • Color change in legs • Shiny skin on legs • Slower growth of hair and toenails in LE • No or weak pulse in legs • ED
<p>4. Diagnostic Tests pertinent or confirming of diagnosis-</p> <ul style="list-style-type: none"> • Physical Exam • Ankle-brachial index • Ultrasound • Angiography • Blood tests 	<p>5. Lab Values that may be affected-</p> <p>Cholesterol and blood glucose Platelets, RBC</p>	<p>6. Current Treatment-</p> <ul style="list-style-type: none"> • Quit Smoking • Exercise • Healthy diet • Cholesterol lowering medications • Blood presser medications • Blood sugar medications • Medication to prevent blood clots • Angioplasty • Bypass Surgery • Thrombolytic therapy

<p>7. Focused Nursing Diagnosis: Chronic Pain</p>	<p>11. Nursing Interventions related to the Nursing Diagnosis in #7:</p> <ol style="list-style-type: none"> 1. Apply warm washcloths or heating pads to the legs. <p>Evidenced Based Practice: Heat vasodilates so it makes blood flow easier.</p>	<p>12. Patient Teaching:</p> <ol style="list-style-type: none"> 1. Teach about pain medications they can use with these techniques to better control pain. 2. Teach about how heat can help and the benefits to it as well as how it is cost effective. 3. Encourage patient to still be active as much as possible to prevent other complications.
<p>8. Related to (r/t): PAD</p>	<ol style="list-style-type: none"> 2. Plan care activities around periods of greatest comfort whenever possible. 	
<p>9. As evidenced by (aeb): Patient complains of constant pain in his legs.</p>	<p>Evidenced Based Practice: Pain decrease activity.</p> <ol style="list-style-type: none"> 3. Teach patient relaxation techniques, guided imagery, and music therapy. 	
<p>10. Desired patient outcome: Patient will be able to identify, verbalize, and demonstrate three different relaxation or diversional activities to help with pain by end of day 03/30/2022</p>	<p>Evidenced Based Practice: These can reduce muscle tension and stress and can help distract the patient from the pain.</p>	<p>13. Discharge Planning/Community Resources:</p> <ol style="list-style-type: none"> 1. Follow up with your care provider for further treatment. 2. Consult pain management for so type of long-term help, therapy, medication, etc.. 3. Continue to be active, eat properly, and manage your medications to prevent further problems.

<https://www.mayoclinic.org/diseases-conditions/peripheral-artery-disease/symptoms-causes/syc-20350557>

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4463701/#:~:text=Peripheral%20artery%20disease%20\(PAD\)%20is,mortality%20due%20to%20cardiovascular%20events.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4463701/#:~:text=Peripheral%20artery%20disease%20(PAD)%20is,mortality%20due%20to%20cardiovascular%20events.)

<https://pubmed.ncbi.nlm.nih.gov/31002283/>

[https://nurseslabs.com/chronic-pain/#goals and outcomes](https://nurseslabs.com/chronic-pain/#goals_and_outcomes)