

Adult/Geriatric Critical Thinking Worksheet

<p>1. Disease Process & Brief Pathophysiology-</p> <p><u>Cervical Myelopathy:</u> This condition results from a compression of the spinal cord in your neck. This often caused by the narrowing of the spaces within your spinal canal and or the spinal nerve root passages in your neck. When narrowing occurs your spinal cord or nerves may become compressed putting pressure, stress and also risk of pinching the nerve.</p>	<p>2. Factors for the Development of the Disease/Acute Illness:</p> <ul style="list-style-type: none"> • 50 years or older (P) • Spinal trauma (P) • Spinal infections • Radiation therapy • Underlying autoimmune disease: <ul style="list-style-type: none"> ○ Rheumatoid arthritis • Central disc herniations 	<p>3. Signs and Symptoms:</p> <ul style="list-style-type: none"> • Neck pain (P) • Weakness in the arms and hands (P) • Numbness or tingling in the arms and hands • Poor coordination of the hands (P) • Difficulty handling small objects (P) • Loss of urinary or bowel control • Difficulty walking (P)
<p>4. Diagnostic Tests pertinent or confirming of diagnosis:</p> <ul style="list-style-type: none"> • CT myelogram • X-ray • MRI 	<p>5. Lab Values that may be affected:</p> <ul style="list-style-type: none"> • WBC • Platelet count 	<p>6. Current Treatment:</p> <ul style="list-style-type: none"> • Ambulate ad lib with device / PT assist • Gabapentin medication for nerve pain • Enoxaparin to prevent blood clot formation due to partial immobility • HTN medications <ul style="list-style-type: none"> ○ Beta blockers ○ Calcium channel blockers

<p>7. Focused Nursing Diagnosis:</p> <ul style="list-style-type: none"> Impaired physical mobility 	<p>11. Nursing Interventions related to the Nursing Diagnosis in #7:</p> <p>1. Perform and assist with full ROM exercises on upper extremities using slow, smooth movements.</p> <p>Evidenced Based Practice: <i>Enhances circulation, restores and maintains muscle tone and joint mobility.</i> <i>(Nurselabs)</i></p>	<p>12. Patient Teaching:</p> <ol style="list-style-type: none"> Ambulate or ROM. Encouraging movements to increase muscle strength and coordination. Foods that have high source of protein such as lean meats, poultry, fish and dairy products. Medication adherence, do not stop taking HTN meds even if you feel better, take it as prescribed to your doctor.
<p>8. Related to (r/t):</p> <ul style="list-style-type: none"> Compression of the spinal cord 	<p>4. Perform and assist with hand therapy using a stress ball or a rolled towel. Let the patient do at least 10 squeezes prior holding an object. For example, med cup or spoon and fork.</p> <p>Evidenced Based Practice: <i>This practice can encourage strengthening muscle tone and creating a muscle memory coordination to contract for a grip.</i></p>	
<p>9. As evidenced by (aeb):</p> <ul style="list-style-type: none"> Patient's difficulty handling small objects like med cups, spoon and fork. 	<p>3. Let the patient hold an empty med cup until she is able to hold it still. Switch it to the cup with meds in it while also guarding the cup not to tip off and fall.</p> <p>Evidenced Based Practice: <i>To encourage independence in taking her medications.</i></p>	<p>13. Discharge Planning/Community Resources:</p> <ol style="list-style-type: none"> Set up referrals for financial services in regards to medication bills Refer to a social worker for physical therapy consult Refer to a home health care service
<p>11. Desired patient outcome:</p> <ul style="list-style-type: none"> Patient is able to hold spoon and fork without spilling the food by discharge. <p>DATE: May 31, 2022</p>		

Work Citation

Cervical myelopathy: Discoveries paving the way to better care - Mayo Clinic. (2020, August 3). Mayo Clinic. <https://www.mayoclinic.org/medical-professionals/neurology-neurosurgery/news/cervical-myelopathy-discoveries-paving-the-way-to-better-care/mac-20488590>

Myelopathy. (2021, August 8). Johns Hopkins Medicine. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/myelopathy>

Vera, M. B. (2022, March 18). *12 Spinal Cord Injury Nursing Care Plans.* Nurseslabs. <https://nurseslabs.com/12-spinal-cord-injury-nursing-care-plans/>