

Adult/Geriatric Critical Thinking Worksheet

Student Name: Brooke Rinehart

Unit: S6

Pt. Initials:

Date: 5/31/2022

1. Disease Process & Brief Pathophysiology

Osteoporosis, is a metabolic bone disorder where the rate of bone resorption accelerates while the rate of bone formation slows down causing in a loss of bone mass. The bones will lose calcium and phosphate and they will become porous, brittle and prone to fractures. Osteoporosis primarily affects the weight bearing bones like the spinal vertebrae, femoral heads, and the pelvis.

4. Diagnostic Tests pertinent or confirming of diagnosis

dual-energy x-ray absorptiometry

BMD testing

lab studies P

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

smoking

age P

negative calcium balance

declining gonadotropin & adrenal function

progressive estrogen deficiency

sedentary lifestyle P

5. Lab Values that may be affected

serum calcium

serum phosphate

serum alkaline phosphatase

urine calcium excretion

hematocrit P

ESR P

3. Signs and Symptoms

fractures P

decreased exercise tolerance

low back pain/ neck pain

kyphosis

decreased calcitonin

decreased estrogen

increased parathyroid hormone

discomfort P

pain P

6. Current Treatment

-ORIF

-medication

-exercise

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7. Focused Nursing Diagnosis:

knowledge deficit

8. Related to (r/t):

medication adherence

9. As evidenced by (aeb):

patient states that she stops taking some of her meds because she doesnt want to take them

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

1 .Help the patient organize a medication schedule for when they go home

Evidenced Based Practice:

This will help the patient acutally take all of their prescribed medications daily

2. Create a calm and preaceful environment for the patient while teaching her about the importance of taking all of her prescribed meds

Evidenced Based Practice:

This will allow the patient to concentrate and focus

3. Help patient integrate taking her medications into her daily life

12. Patient Teaching:

1. Educate the patient about the importance of taking their medications that are prescribed by their doctor.

2. Educate the patient about the importance of ptope nutrition and calcium intake.

3. Educate the patient to limit ADLs that involve lifting, bending, or carrying healvy objects because they can get injured easier because of their osteoporosis.

13. Discharge Planning/Community Resources:

1. Follow up with orthopedic doctor in plainview

2. Contact case management about outpatient physical therapy after discharge.

3. Give the patient a pamphlet about proper use of assistive devices.

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10. Desired patient outcome:

patient will be able to take all scheduled medications by tomorrow 6.1.22 at end of shift.

Evidenced Based Practice:

This will help the patient make learning adjustment to their daily life before leaving the hospital so when they do leave it will be easier to adhere to the medication regimen.