

Student Name: Joel Castillo

Unit: HC5

Pt. Initials: _____

Date: 5-31-22

Adult/Geriatric Critical Thinking Worksheet

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| <p>1. Disease Process & Brief Pathophysiology-</p> <p>In lumbar spinal stenosis, when the nerve roots are under increased pressure in the spinal canal, neural ischemia and defective nerve conduction can occur. In degenerative lumbar spinal stenosis, the redundancy and loosening of yellow ligaments due to the narrowing of the disk space result in the narrowing of space in the spinal canal, which may be accompanied by instability.</p> | <p>2. Factors for the Development of the Disease/Acute Illness-</p> <p>Age 50 or older p Female p spinal trauma BMI smoking DM</p> | <p>3. Signs and Symptoms-</p> <p>Numbness or tingling in a hand, arm, foot or leg p Weakness in a hand, arm, foot or leg Problems with walking and balance p Neck pain Back Pain p Weakness in a foot or leg</p> |
| <p>4. Diagnostic Tests pertinent or confirming of diagnosis-</p> <p>MRI p CT X-Ray Bone Scan</p> | <p>5. Lab Values that may be affected-</p> <p>RBC p WBCs p ALT Total protein p ALP</p> | <p>6. Current Treatment-</p> <p>PT had surgery on T9-T-10 pain medications PT</p> |

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| <p>7. Focused Nursing Diagnosis:</p> <p>Acute Pain</p> | <p>11. Nursing Interventions related to the Nursing Diagnosis in #7:</p> <ol style="list-style-type: none"> ask patient to re-rate acute pain after 30 mins to a hour after medication <p>Evidenced Based Practice: to asses effectiveness of treatment</p> <ol style="list-style-type: none"> reposition the patient to their comfort as well as pursed lip deep breathing exercises | <p>12. Patient Teaching:</p> <ol style="list-style-type: none"> importance of calling before moving but as well promoting independence ensure adequate fluids and fiber to promote nutrition importance of sleep to control pain *ability to cope with pain, speeds healing, can reduce) |
| <p>8. Related to (r/t):</p> <p>recent surgery</p> | <p>Evidenced Based Practice: promote optimal patient comfort and reduce anxiety restlessness</p> <ol style="list-style-type: none"> administer analgesics as prescribed prior to PT | <p>13. Discharge Planning/Community Resources:</p> <ol style="list-style-type: none"> care management: make sure pt has guard rails fall precautions at home refer to social support services: back surgery may make pt feel isolated follow up appointment with doctor to re assess pain and back. |
| <p>9. As evidenced by (aeb):</p> <p>rating pain scale 8 out of 10 on back</p> | <p>Evidenced Based Practice: provide pain relief before exercising and facilitate stress management</p> | |
| <p>10. Desired patient outcome:</p> <p>to decrease pain to 4 by the end of the shift</p> | | |

Citations

Lee, B. H., Moon, S.-H., Suk, K.-S., Kim, H.-S., Yang, J.-H., & Lee, H.-M. (2020). Lumbar Spinal Stenosis: Pathophysiology and Treatment Principle: A Narrative Review. *Asian Spine Journal*, 14(5), 682–693. <https://doi.org/10.31616/asj.2020.0472>