

COMMON LONG TERM CARE PATHOLOGIES

CONDITION	DESCRIPTION	CAUSE	S/S	INTERVENTIONS
Alzheimer's/Dementia	Irreversible & progressive brain disease	Abnormal amyloid protein processing leading to neuron degeneration, atrophy of the hippocampus, & neuron loss	<ul style="list-style-type: none"> • ↓episodic & semantic memory • visuospatial change • confusion • denial • altered reality • inattention • ↓time/place awareness • apraxia • motor dysfunction 	<ul style="list-style-type: none"> • acknowledge frustrations & redirect • provide limited choices • yes/no ?'s • allow plenty of time • prevent falls • lock hazards, doors, & stairs • ID
Atherosclerosis	Narrowing of the vessels due to plaque build-up in arteries ↑ risk for other CV diseases	Family Hx, smoking, HTN, DM - all ↑ risk due to damaging endothelium which ↑ inflammation & causes atheroma (fat) to build up & calcify	<ul style="list-style-type: none"> • ↑ C-reactive protein • fatty streaks on endothelium • fatigue • dyspnea • angina • MI/CVA • TIA • aneurysms • peripheral vascular disease • bowel infarction 	<ul style="list-style-type: none"> • educate on risk factors • ↓sodium, ↓fat, ↓calorie, ↑fibre diet • lifestyle changes • educate on nitro • monitor for chest pain & importance of med compliance
Atrial fibrillation	'Fluttering' of the atrium that causes only partial filling of the ventricles at the end of diastole	Disorganized depolarization & contraction of atrium - signals ventricle contraction before recovery	<ul style="list-style-type: none"> • palpitations • fatigue • dyspnea • (pre) syncope • irregular pulse especially w/ ↑ HR • murmur • Variable S1 volume 	<ul style="list-style-type: none"> • anticoagulants • INR monitoring (warfarin) • kidney function (apixiban) • digoxin level monitoring • patient education • adequate O₂ perfusion • embolism prevention • self-monitoring pulse
Benign Prostatic Hyperplasia	Enlarged prostate that compresses the urethra making urination difficult	Ageing & ↑ testosterone leads to hyperplasia of the prostate. The prostate is enclosed in fibromuscular tissue so it grows inward.	<ul style="list-style-type: none"> • urinary retention • feeling of retention • ↑frequency • nocturia • straining • weak stream 	<ul style="list-style-type: none"> • α-1 blocker (tamsulosin) • NSAIDs • bladder training • caffeine avoidance • adequate fluid intake • monitor for S/S of UTI • catheterization (if needed)
Cancer	Uncontrollable cell growth & mutation that competes with & kills healthy tissue	Genetics, environment, chemicals, smoking, radiation - many different ways to alter DNA of cells causing cancer	<ul style="list-style-type: none"> • changes in bowel/bladder • unhealing sores • lumps or thickening • dysphagia • wart/mole changes • unexplained anemia • sudden weight loss • fatigue 	<ul style="list-style-type: none"> *depends on type & location* • chemo • surgery • radiation • stem cells • bio therapy • hormone therapy • adjunct treatment • palliative
Cachexia	'Wasting' disease characterized by extreme & unintentional weightloss	>5% weight loss <12m with, ↑activity & ↓appetite - usually complicated by other conditions & both physical/mental factors.	<ul style="list-style-type: none"> • ↓muscle strength • fatigue • anorexia • ↓fat index • anemia • ↓albumin • ↑ serum inflammatory markers 	<ul style="list-style-type: none"> • daily fluid & electrolyte monitoring • daily weights & tracking • depression assessment • calorie tracking • encourage socialization • physiotherapy/exercise
Congestive Heart Failure	The inability of the heart to meet the dem&s of the body	COPD, atherosclerosis, CAD, MI, sev. anemia, adverse events from drugs, ↑dem&s (hyperthy & sepsis), ↓contractility (anemia, block, asphyxia), ↑volume (edema, fluid overload)	<ul style="list-style-type: none"> *Left sided* • pulmonary edema • cardiomegaly • pleural effusion • S3/4 • diaphoretic • tachycardic • tachypnea • cool limbs • crackles • ↓systolic BP & pulse pressure • ↓urine • ↓LOC *Right-sided* • jugular vein distention • peripheral pitting edema • RUQ pain • 'stiff' lungs • ascites 	<ul style="list-style-type: none"> • S/S of respiratory distress • ↑HOB & legs • ECG • strict I/Os • daily weight • slow position change • TED socks • close electrolyte & H/H monitoring • fluid restrictions • med compliance • prevent infection • ↓cardiac dem&s • ↑calorie & ↓sodium
Chronic Kidney Disease	5 stages of permanent damage caused by long term damage	↑age, poorly (un)controlled diabetes or hypertension, & poorly (un)controlled autoimmune disease	<ul style="list-style-type: none"> • ↓urine output • ↑serum waste & electrolytes • metabolic acidosis (↓pH) • headache • ringing in the ears • crackles • JVD • bounding pulse • anemia • arrhythmias 	<ul style="list-style-type: none"> • daily weight • NO NSAIDs, milk of mag, nephrotoxic antibiotics, or CT contrast • dialysis • transplant • renal diet (⊘ sodium, ⊘ potassium, ↓phosphorous, ↓protein)

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<p>Chronic Obstructive Pulmonary Disease</p>	<p>Includes asthma, chronic bronchitis, & emphysema</p>	<p>Long term destruction of the lung tissue from smoking, age, environment, & disease leading to \uparrowO₂, air trapping, & \uparrowCO₂</p>	<ul style="list-style-type: none"> •long expiration •rapid & shallow breath •barrel chest (emphysema) •circumoral cyanosis (bronchitis) •dyspnea •pursed lip breathing •weak •fatigue •chronic cough w/sputum •tripod 	<ul style="list-style-type: none"> •<input type="checkbox"/> opioids (\uparrowCNS) •<input type="checkbox"/> benzos (\uparrowCNS) •small frq meals •take it easy b/f & a/f meals •avoid gassy foods •importance of vaccines •humidifier •dilator before steroid •huff cough •NO hyperoxygenation (88-92%)
<p>Cerebrovascular Accident</p>	<p>AKA ischemic stroke - sudden & complete loss of brain function from no blood supply TIA-partial occlusion & passes (precursor)</p>	<p>Clot, aneurysm, or narrow vessels completely stopping blood flow to the brain & causing permanent impairment. \uparrowrisk w/HTN, uncontrolled DM, & smoking.</p>	<ul style="list-style-type: none"> •hemiparesis (unilaterally weak) •thunderclap headache •impaired speech •face/smile droop •\downarrowimpulse control •behaviour change •visuospatial change •autonomic dysfunction •abn PEERLA 	<ul style="list-style-type: none"> •911/code •thrombolytic (tPA w/ in 4.5h) •blood thin •ICP management •\uparrowHOB •NPO till screen & swallow •patient education for vision loss •seizure precaution •cluster care to prevent sensory overload •transfer toward strong side •promote independence •yes/no ?s •transfer belt always
<p>Diabetes Mellitus</p>	<p>Insufficient insulin production to meet body requirements in metabolizing sugar</p>	<p>Genetics impacts both. Developed insulin resistance or insufficiency from lifestyle/obesity (T2) or autoimmune (T1) where there is little to no insulin production.</p>	<ul style="list-style-type: none"> •polydipsia •polyuria •polyphagia •hypoglycemia (shakes, confusion, weak) •hyperglycemia (fruity breath, \uparrowBP, LOC change) •kidney disease •slow healing •infection susceptibility •cataracts 	<ul style="list-style-type: none"> •<input type="checkbox"/> smoking •medication compliance •BG monitor •carb & calorie counting •monitor feet care •patient education for BG monitoring, insulin, S/S of hyper/hypoglycemia •\uparrowfibre
<p>Hyperlipidemia</p>	<p>Too many lipids (fats) in the blood which \uparrowrisk for clots, heart disease, & hypertension</p>	<p>\uparrowfat diet, inactivity, family Hx, diabetes, & age</p>	<ul style="list-style-type: none"> •peripheral pain •sudden & severe headache •unilateral weakness/tingling •partial vision loss •difficulty with verbal expression •S/S of MI •angina 	<ul style="list-style-type: none"> •healthy sleep schedule •med compliance •diet & lifestyle changes •stress reduction •<input type="checkbox"/> smoking & alcohol
<p>Hypertension</p>	<p>BP >140/90 & is the most important modifiable factor for stroke prevention & causes long term organ damage</p>	<p><u>*Primary (idiopathic)*</u> age, family Hx, african decent, smoking, stress, HLD, \uparrowsalt, \uparrowpotassium <u>*Secondary*</u> CVD, renal disorder, endocrine disease, pregnant, meds</p>	<ul style="list-style-type: none"> •vision change •dizzy •tinnitus •headache •facial flushing •\uparrowHR •chest pain •epitaxis 	<ul style="list-style-type: none"> •\downarrowstress •\downarrowsodium, fat, & cholesterol diet •BP both standing & lying •weight loss •encourage activity •avoid constipation •never skip/abruptly stop meds •wrap legs in occurrence of hypotensive crisis
<p>Hypothyroid</p>	<p>\downarrowbody metabolism because of \downarrowsecretion of hormones from thyroid</p>	<p>Pituitary dysfunction, Hashimoto's, iodine deficiency, thyroidectomy, lithium, radiation, scleroderma, lymphoma</p>	<ul style="list-style-type: none"> •\downarrowHR •infertility/heavy menses/inferile •depression •cramps, joint pain, & \downarrowtone •cardiomegaly/HF •alopecia •\uparrowTSH •weight gain & edema •goiter •cold intolerance •fatigue •constipated •orbital edema •dry skin •\downarrowbody temp 	<ul style="list-style-type: none"> •monitor VS •med compliance •patient education •\downarrowcalorie, cholesterol, & fat •keep warm •cardiac & respiratory support •monitor for constipation •monitor for vision changes
<p>Myocardial Infarction</p>	<p>Localized ischemia to the myocardial tissue from an occluded coronary artery</p>	<p>Complete (STEMI) or semi (NSTEMI) occluded artery causing atrophy from smoking, substance abuse, poor diet, sedentary lifestyle, & family Hx</p>	<ul style="list-style-type: none"> •\uparrowC-reactive protein •\uparrowWBC •\uparrowtroponin •chest pain •impending doom •acute pulm edema •dyspnea •oliguria •altered mental status •hypoxia •abd pain & indigestion (women) 	<ul style="list-style-type: none"> •oxygen •morphine •nitroglycerin •aspirin •semifowlers •close VS monitoring •monitor I/O •maintain IV access •bedrest •monitor fluid intake •lifestyle changes
<p>Osteoarthritis</p>	<p>\downarrowbone mass & demineralization causing prous bones that are easily broken</p>	<p>Menopause, smoking, calcium deficit, inactivity, family Hx, white & asian, \uparrowage</p>	<ul style="list-style-type: none"> •normally asymptomatic •kyphosis •\downarrowheight •pelvic or hip oain •difficulty balancing •back pain with little activity •easy fractures 	<ul style="list-style-type: none"> •balanced diet •Vit D supplement •\uparrowcalcium intake •regular weightbearing exercise •fall prevention •encourage ambulation •firm mattress •avoid caffeine & coffee •\uparrowfluid intake •\uparrowprotein, calorie, Vit C/D, & iron diet

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<p>Parkinson's</p>	<p>Movement disorder caused by the progressive death of neurons - resulting in ↓dopamine & ↑acetylcholine</p>	<p>Genetics, oxidative stress, bad immune system, abn protein processing, environmental factors, dopamine depleting drugs</p>	<ul style="list-style-type: none"> ●lewey body deposits ●dementia & cognitive impairment ●bradykinesia ●hypokinesia ●'pill rolling' ●cogwheel rigidity ●dystautonmia ●psychiatric change ●shuffling ●tremors at rest 	<ul style="list-style-type: none"> ●long term levidopa/carbidopa ●physical & occupational therapy ●neurologic assess ●swallowing ●↑fluids ●monitor for constipation ●avoid food ↑VitB6 ●avoid MAOIs ●low heel shoes ●↑calorie, protein, & fibre soft diet
<p>Rheumatoid Arthritis</p>	<p>Inflammatory disease of the synovial joints that destroys & erodes both cartilage & bone</p>	<p>Genetics & environmental triggers (infection, smoking, hormones) immune response & enzymes break down cartilage</p>	<ul style="list-style-type: none"> ●bilateral swelling ●palpable effusion ●joint deformity ●↑stiffness ●↑CRP ●↓mobility ●pain ●fever ●weightloss ●raynouds ●sensory changes ●fatigue 	<ul style="list-style-type: none"> ●NSAIDs ●salicylates ●comfort control ●anti-inflammatories ●encourage verbalization of pain ●compliance to treatment ●ID environment triggers ●encourage independence ●monitor for systemic change & infection
<p>Sepsis</p>	<p>Life threatening dysfunction from the response to infection</p>	<p>Pathogen, immunosuppression, ↑virulence, vulnerable site, ↑innate immune response, organ dysfunction</p>	<ul style="list-style-type: none"> ●fever ●tachypnea ●altered LOC ●hypotension ●↓PaCO₂ ●↓MAP <65 ●↑INR/pTT ●↑creatinine ●↑bilirubin ●↑lactate >2 ●thrombocytopenia 	<ul style="list-style-type: none"> ●look for positive blood culture ●antibiotics ●diagnostic imaging ●closely monitor VS ●strict I/O ●monitor for clots ●monitor for hepatic abn ●infection control ●manage fever
<p>Urinary Tract Infection</p>	<p>Infection of the urethra & bladder</p>	<p>Immunocompromised, incontinent, catheter, female, age, diabetes, stones, retention, trauma, or fecal matter colonize the epithelial tissue with bacteria. Upper UTI's are very dangerous.</p>	<ul style="list-style-type: none"> ●delerium ●↑frequency ●↑urgency ●dysuria ●fever ●malaise ●↑WBC ●tender suprapubic area ●positive culture ●cloudy & foul urine 	<ul style="list-style-type: none"> ●obtain specimen for C&S ●antibiotics ●non-opioid analgesics for pain ●↑fluid intake ●monitor I/O ●avoid caffeine & alcohol ●cranberry supplements/juice ●no spermicides, douching, scented products, bubble baths, synthetic cloth ●patient education