

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME Chloe Sylvester

CONCEPT testicular self exam

REVIEW MODULE CHAPTER _____

Related Content

(E.G., DELEGATION,
LEVELS OF PREVENTION,
ADVANCE DIRECTIVES)

Underlying Principles

- perform in warm environment
- identify normal structures in order to find abnormalities
- notify provider if so

Nursing Interventions

WHO? WHEN? WHY? HOW?

- monthly
- palpate scrotum

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME Chloe Sylvester
 DISORDER/DISEASE PROCESS menopause

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
menopause

Pathophysiology Related to Client Problem
absent menstrual cycle
↓ ovarian function

Health Promotion and Disease Prevention
nutritional diet,
maintain active lifestyle, sleep

ASSESSMENT

Risk Factors
female, ↑ age

Expected Findings
 • joint pain
 • hot flashes
 • irritability
 • insomnia

Laboratory Tests
 • FSH + LH

Diagnostic Procedures

SAFETY CONSIDERATIONS

- ↑ vit. D and Ca
- psychosocial support

PATIENT-CENTERED CARE

Nursing Care
psychosocial support
education

Medications
vit supplement
Ca supplement
estrogen

Client Education
 • nutrition + supplements

Therapeutic Procedures
estrogen therapy

Interprofessional Care
OBGYN
PCP

Complications
↓ libido
↑ weight
osteoporosis
depression
♥ changes

ACTIVE LEARNING TEMPLATE: *Medication*

STUDENT NAME Chloe Sylvester

MEDICATION estrogen

REVIEW MODULE CHAPTER _____

CATEGORY CLASS hormone

PURPOSE OF MEDICATION

Expected Pharmacological Action
controls release of gonado-tropin releasing hormone

Therapeutic Use
↓ LH and FSH
hypoestrogenism

Complications
vaginal bleeding, pain in breast, headache, ↑ BP

Medication Administration
0.3-1.25 mg/day PO
or
2.5-7.5 mg/day PO

Contraindications/Precautions
PE, DVT, pregnant, breast CA, abnormal vaginal bleeding

Nursing Interventions
monitor BP
daily weight

Interactions
anticoagulants
herbal: estrogenic properties
↳ ex: red clover

Client Education
avoid smoking
report pregnancy
report sx of allergic rxn
self breast exams

Evaluation of Medication Effectiveness
relief of menopause sx
↓ FSH + LH