

ACTIVE LEARNING TEMPLATE: **Basic Concept**

STUDENT NAME Lay Bayley

CONCEPT Testicular self-exam

REVIEW MODULE CHAPTER \_\_\_\_\_

**Related Content**

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

↓ Report

lumps

Pain

atrophy

enlargement

**Underlying Principles**

↓  
• Assess  
scrotum  
for swelling or  
lumps

- hold penis  
away +  
examine 2  
testicles  
at a time

- index + middle finger  
+ thumb  
feel for nodules,  
swelling, soreness  
Δ in size

**Nursing Interventions**

WHO? WHEN? WHY? HOW?

ACTIVE LEARNING TEMPLATE: **Medication**

STUDENT NAME Laly Bayley

MEDICATION Estrogen

CATEGORY CLASS Hormone

REVIEW MODULE CHAPTER \_\_\_\_\_

**PURPOSE OF MEDICATION**

**Expected Pharmacological Action**

Promote growth + development of female sex organs & maintenance of secondary sex characteristics in women

**Therapeutic Use**

Restore hormonal balance  
Tx hormone-sensitive tumors

**Complications**

- edema, HTN, MI, Thrombembolism
- acne, oily skin, hypercarotenemia (men) ↑ blood sugar
- hypercat, nausea, ↑ wt, amenorrhea, tender breasts, dysmenorrhea, erectile dysfunction
- anaphylaxis, angioedema
- malignancy.

**Contraindications/Precautions**

- hx anaphylaxis
- protein C, S ↓
- Thrombembolic disease, pregnant
- undr vaginal bleeding
- Hx breast CA, hx estrogen-dependent CA

**Interactions**

- Warfarin
- grapefruit
- PO hypoglycemic agents / insulins
- barbiturates, carbamazepine, rifampin
- Smoking
- Erythromycin

**Evaluation of Medication Effectiveness**

- resolve menopausal vasomotor S/S
- ↓ vaginal itching
- ~ normalize estrogen level
- prevent OP

**Medication Administration**

LOW doses!  
PO - w/ meals or right after eating  
1.25ms daily

**Nursing Interventions**

monitor BP  
I & O's → ~~data~~ weekly wt.  
may alter thyroid tests

**Client Education**

- Avoid grapefruit
- dose sched!
- S/Sx edema
- Pamaire tablet in stool is normal

ACTIVE LEARNING TEMPLATE: **Medication**

STUDENT NAME Lay Bayley

MEDICATION Viagra

CATEGORY CLASS Erectile Dysfunction Agent, vasodilator

REVIEW MODULE CHAPTER \_\_\_\_\_

**PURPOSE OF MEDICATION**

**Expected Pharmacological Action**

enhanced effect of nitric oxide  
during sexual stim  
→ ↑ cGMP → smooth muscle → ↑ Blood flow  
erection ←

**Therapeutic Use**

erection  
or  
improved exercise intolerance

**Complications**

hypotension, sudden death, flushing,  
rash, epistaxis, hearing loss, dyspepsia, UTI  
HT, dizziness

**Medication Administration**

50 mg before sex  
25-100 mg max  
don't take 50-100mg  
within 4hr  
of beta blocker

**Contraindications/Precautions**

pulmonary vaso-occlusive disease  
use of nitrates or ticsisat

**Nursing Interventions**

BP + HR  
pulmonary edema

**Interactions**

**NITRATE**  
**Riocisat**  
CYP3A4 inh  
erythromycin  
protein inhibitor antibiotics  
warfarin

**Client Education**

SIC  
? SIC + Rx  
NOT for women  
? erection & loss  
? vision loss

**Evaluation of Medication Effectiveness**

sufficient erection  
improved exercise intolerance.

ACTIVE LEARNING TEMPLATE: **System Disorder**

STUDENT NAME Lacy Bayley

DISORDER/DISEASE PROCESS menopause

REVIEW MODULE CHAPTER \_\_\_\_\_

**Alterations in Health (Diagnosis)**

Permanent cessation of menses

**Pathophysiology Related to Client Problem**

loss of ovarian function

**Health Promotion and Disease Prevention**

Age-related

↓ ovarian production of estrogen.

**ASSESSMENT**

**Risk Factors**

Autoimmune living @ high altitude  
 Fragile X syndrome  
 Turner Syndrome precocious puberty  
 Early menarche smoking  
 Family hx undernutrition

**Expected Findings**

FSH, LH ↑  
 ↓ estrogen  
 thinning of endometrial lining

**SAFETY CONSIDERATIONS**

↑ WB exercise  
 manage wt.  
 vit D.  
 1200mg/day

**Laboratory Tests**

IDx  
 ↑ FSH, ↑ LH  
 ↓ estrogen  
 CT r/o tumor  
 DEXA + bone mineral density

**Diagnostic Procedures**

SIX: joint bone, muscle pt.  
 sleep disturbances +  
 breast tenderness  
 mood change

**PATIENT-CENTERED CARE**

**Nursing Care**

cool environment,  
 avoid hot flash triggers

**Medications**

hormone therapy

**Client Education**

↓ stress  
 wt. management

**Complications**

↑ LDL  
 atherosclerosis  
 CV disease  
 Rapid bone loss  
 ↳ OP

**Therapeutic Procedures**

Cognitive behavioral  
 hypnosis  
 sexual counseling  
 acupuncture

**Interprofessional Care**

Primary provider  
 nutritionist  
 gynecologist