

Question #	Student Name: Cynthia Rodriguez
Based on the "Topic" and "Subtopic," I missed a question about: Weight gain during pregnancy	
<input type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
<p>List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)</p> <ul style="list-style-type: none"> ■ low pre-pregnancy weight is associated with preterm labor ■ Approx 80,000 add. calories are needed for energy ■ Aspartame and women w/phenylketonuria can result in fetal brain damage, since they lack the enzyme to metabolize aspartame ■ 71g of protein is recommended in second trimester ■ 1920 to 2400ml of fluids should be consumed daily (mostly water) <p>Maintaining a proper diet depending on age and pre pregnancy weight for each patient.</p>	

Question #	
Based on the "Topic" and "Subtopic," I missed a question about: Fundal Height	
<input type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
<p>List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)</p> <ul style="list-style-type: none"> ■ Full bladder during measurement can be off by 3cm ■ ↓ fundal height can indicate IUGR ■ ↑ can indicate multifetus or polyhydramnios ■ upper curve of fundus is not included in the measurement ■ Same person to examine is preferred during visits <p>properly measure fundus, cm should be same as gestational age.</p>	

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Based on the "Topic" and "Subtopic," I missed a question about: Multifetal pregnancy	
<input type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)	
<ul style="list-style-type: none"> ☑ fundal height is often 4cm larger than expected ☑ with twins, blood volume increases 500ml more than single ☑ w/greater blood volume, ↑ workload of the heart. ☑ Respiratory difficulty increases b/c of the overdistended uterus ☑ Compression of the bowel causes constipation & hemorrhoids <p>Teaching the pt signs of preterm labor and also how the multi fetus demands can be demanding on her body.</p>	

Question #	
Based on the "Topic" and "Subtopic," I missed a question about: Prolapsed Umbilical Cord	
<input type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)	
<ul style="list-style-type: none"> ☑ Cord can be occult (hidden) ☑ most common to see frank (visible) prolapse after ROM ☑ contributing factors = long cord, breech presentation ☑ if cervix isn't fully dilated = c-section promptly done ☑ knee chest position relieves pressure with gravity <p>Ongoing assessment is critical, prolapsed cord can cause fetal hypoxia, CNS damage, possible death</p>	

Question #	Student Name: <i>Cynthia Rodriguez</i>
Based on the "Topic" and "Subtopic," I missed a question about: <i>measures to relieve pressure on prolapsed cord</i>	
<input type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
<p>List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Oxygen 8 to 10 L/min <input checked="" type="checkbox"/> tocolytic = ↓ contractions → more oxygen to baby <input checked="" type="checkbox"/> Warm, saline moistened towel on cord <input checked="" type="checkbox"/> Cooling can cause vasospasm within cord <input checked="" type="checkbox"/> prompt delivery <p><i>Prompt recognition and actions are important to infant's survival</i></p>	

Question #	
Based on the "Topic" and "Subtopic," I missed a question about: <i>Pregnancy & HIV</i>	
<input type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
<p>List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> C-section vs vaginal birth is dependent on viral load <input checked="" type="checkbox"/> viral load of 1000 or > = C-section <input checked="" type="checkbox"/> < 1000 @ 36 wks = vaginal birth acceptable <input checked="" type="checkbox"/> Avoid Fetal scalp electrode, could transfer virus <input checked="" type="checkbox"/> After initial bath, baby can then be w/mom <p><i>HAART during pregnancy is needed regardless of CD4 cell counts</i></p>	

Question #	Student Name: <i>Cynthia Rodriguez</i>
Based on the "Topic" and "Subtopic," I missed a question about: <i>Preeclampsia w/Severe Features</i>	
<input type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
<p>List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Abnormal lab results → low platelet count, elevated liver enzymes, elevated creatinine <input checked="" type="checkbox"/> increased risk for seizures <input checked="" type="checkbox"/> monitor closely for magnesium sulfate toxicity <input checked="" type="checkbox"/> monitor signs of ↑ or ↓ peripheral tissue perfusion <input checked="" type="checkbox"/> pulmonary edema could occur <p style="text-align: center;"><i>maintain bedrest and pt safety. Dark, quiet environment, emergency drugs/equipment</i></p>	

Question #	
Based on the "Topic" and "Subtopic," I missed a question about: <i>Physical assessment of Newborn</i>	
<input type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
<p>List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> normal head circumference 33-35 cm <input checked="" type="checkbox"/> birth weight 2700-4000 g (6-9 lbs) <input checked="" type="checkbox"/> loss of 10% birth weight in first week <input checked="" type="checkbox"/> regain weight 10-14 days depending on feedings <input checked="" type="checkbox"/> blood pressure 45/41 mm in arm or calf <p style="text-align: center;"><i>obtaining measurements after birth are important b/c weight loss is rapid and molding of infants head changes</i></p>	

Question #	Student Name: <i>Cynthia Rodriguez</i>
Based on the "Topic" and "Subtopic," I missed a question about: <i>Neurologic problems in neonate</i>	
<input type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
<p>List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Monitor degree of alertness, drowsiness, and irritability <input checked="" type="checkbox"/> Is infant awoken by noise <input checked="" type="checkbox"/> Stimuli elicit response <input checked="" type="checkbox"/> periods of deep/light sleep <input checked="" type="checkbox"/> infant comforted by soothing techniques <p>— Infants behavior is important indicator of neurological problems.</p>	

Question #	
Based on the "Topic" and "Subtopic," I missed a question about: <i>Signs of respiratory distress</i>	
<input type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
<p>List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> tachypnea <input checked="" type="checkbox"/> grunting <input checked="" type="checkbox"/> nasal flaring <input checked="" type="checkbox"/> intercostal retractions <input checked="" type="checkbox"/> stridor <input checked="" type="checkbox"/> abnormal breath sounds <input checked="" type="checkbox"/> cyanosis <input checked="" type="checkbox"/> pallor <p>— Wheezes, ^{persistent} crackles, and stridor should be reported immediately</p> <p>— crackles after birth may indicate areas of atelectasis, normal transition</p>	

Question #	Student Name: <i>Cynthia Rodriguez</i>
Based on the "Topic" and "Subtopic," I missed a question about: <i>Thermoregulation support</i>	
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List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)	
<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Hypothermia raises infants metabolic rate & O₂ consumption <ul style="list-style-type: none"> - can worsen resp. issues <input checked="" type="checkbox"/> place infant in warmer, dry quickly <input checked="" type="checkbox"/> dry head well (1/4 of BSA) <input checked="" type="checkbox"/> drying stimulates crying which creates lung expansion <input checked="" type="checkbox"/> Cap should not be worn while in radiant warmer <ul style="list-style-type: none"> - slows transfer of heat to baby <p>- Delaying 1st bath allows the baby's temp to stabilize 36.5° to 37°c</p>	

Question #	<i>Postpartum Care - Vaginal</i>
Based on the "Topic" and "Subtopic," I missed a question about: <i>birth</i>	
<input type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)	
<ul style="list-style-type: none"> <input checked="" type="checkbox"/> monitor lochia (color, amount) <input checked="" type="checkbox"/> count sanitary pads if lochia is heavy <input checked="" type="checkbox"/> palpate fundus for tone and location <input checked="" type="checkbox"/> I & O's, prevent bladder distention <input checked="" type="checkbox"/> comfort measures ↓ edema (peri care) <p>Education on peri care and monitor for any foul discharge or bright red blood.</p>	

Question #	Student Name: <i>Cynthia Rodriguez</i>
Based on the "Topic" and "Subtopic," I missed a question about: <i>excessive bleeding postpartum</i>	
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List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)	
<ul style="list-style-type: none"> <input checked="" type="checkbox"/> BP is not always reliable indicator <input checked="" type="checkbox"/> 30% to 40% blood loss BP will have significant drop <input checked="" type="checkbox"/> monitor for hypovolemic shock <input checked="" type="checkbox"/> always check pt's buttocks w/peri pad <input checked="" type="checkbox"/> if back isn't checked, excessive bleeding can go undetected <p>Fourth stage of labor is designed to provide prompt identification of excessive bleeding.</p>	

Question #	
Based on the "Topic" and "Subtopic," I missed a question about: <i>Hypovolemic shock</i>	
<input type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)	
<ul style="list-style-type: none"> <input checked="" type="checkbox"/> peri pad is soaked within 15 mins <input checked="" type="checkbox"/> light headed "seeing stars" <input checked="" type="checkbox"/> gasping for air <input checked="" type="checkbox"/> skin turns ash or gray <input checked="" type="checkbox"/> pulse ↑ BP ↓ <p>4 T's are important and administering blood products *indwelling catheter to monitor kidney perfusion</p>	

Question # Student Name: Cynthia Rodriguez

Based on the "Topic" and "Subtopic," I missed a question about:

postpartum / bladder / contraction

I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content

List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- ☑ full bladder interferes with contraction and may lead to hemorrhage.
 - ☑ fundus above umbilicus or on one side = full bladder (right)
 - ☑ First 2 voids measured 300-400 mL
 - ☑ palpate fundus to confirm firmness
 - ☑ mom can walk to restroom. Make sure she sits on side of the bed and move legs around b/t ambulation
- document measurements & observe ambulation

Question #

Based on the "Topic" and "Subtopic," I missed a question about:

~~hematomas~~

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List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- ☑ occur when bleeding into loose connective tissue occurs while overlying tissue remains intact.
 - ☑ vacuum extractors or forceps cause blood vessel injury in spontaneous deliveries
 - ☑ hematomas in vagina or retroperitoneal areas cannot be seen
 - ☑ produce deep, severe unrelieved pain and pressure
 - ☑ discolored bulging mass
- Sensitive to touch