

Question # _____ Student Name: Victoria Gutierrez

Based on the "Topic" and "Subtopic," I missed a question about: Adult Crisis Anxiety & mood disorder

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?)

- 1) Nurse explores the pt's interpretation of events
- 2) Nurse needs to target planning with regard to specific functional abilities
- 3) Nurse reinforce strategies that pt. previously used
- 4) Review and discuss maladaptive strategies to explore their relative benefits and consequences
- 5) Ambivalence or resistance is a normal part of therapy

Question # _____

Based on the "Topic" and "Subtopic," I missed a question about: Techniques Anxiety & Mood disorders

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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?)

- 1) Passive approach is not appropriate
- 2) Catharsis used in crisis intervention
- 3) Clarification helps pt. better understanding of feelings
- 4) Suggestion influences the pt. by pointing out alternatives
- 5) Raising self esteem - nurse should convey the pt. and accepting pt. feelings

Question #	Student Name:
Based on the "Topic" and "Subtopic," I missed a question about: <u>Crisis Characteristics</u>	
<input checked="" 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> <ol style="list-style-type: none"> 1) Successful outcome - realistic perception of the event, adequate situational supports, and adequate coping mechanism 2) Perception of event - realistic to distorted 3) Situational support - all the people who are available that can be depended upon to help during the time of crisis 4) Coping mechanism - acquired through sources such as cultural responses, modeling behavior, and life opportunities 5) Paradigm - effect of balancing factors in a stressful event 	

Question #	
Based on the "Topic" and "Subtopic," I missed a question about: <u>Classification of psychotherapeutic drugs</u>	
<input checked="" 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> <ol style="list-style-type: none"> 1) Benzodiazepine (Lorazepam) - for anxiety, side effect: drowsiness and withdrawal symptoms 2) SSRI (sertraline) - side effects: GI distress, HA, dizziness, sexual dysfunction 3) Atypical antidepressant (Arazodone) - side effects: sleepiness, increased appetite, weight gain, dizziness 4) Lithium must be cautioned about balancing their salt intake, fluid intake, and activity 5) Major guidelines of lithium: helping with the pre-lithium workup, educating the client to maintain stable blood levels and monitor for toxicity 	

Question #

Student Name:

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



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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?)

- 1) Blood-brain barrier allows water, oxygen, carbon dioxide, and alcohol to move between the blood and tissue of the brain
- 2) Parkinsonism resulting from a lack of dopamine in the brain cannot be treated with dopamine because it can not cross the BBB
- 3) Synaptic cleft - space between a synaptic knob and the plasma membrane of a postsynaptic neuron
- 4) Synaptic knob - tiny bulge at the end of the terminal branch of a presynaptic neuron's axon
- 5) Presynaptic neuron-synapse is the place where impulses are transmitted from one neuron to postsynaptic

Question #

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



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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?)

- 1) Lowest side effects profile and at the lowest dose possible should be prescribed
- 2) Strong antipsychotics (Haldol) are less sedating but cause more extrapyramidal reactions
- 3) Person who takes neuroleptics cannot tolerate excess environmental heat due to their effects on thermoregulatory section
- 4) Acute dystonia - abnormal involuntary movement consisting of a slow and continuous muscular contraction
- 5) Akathisia - feeling restless, being unable to hold still

Question #

Student Name:

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

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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?)

- 1) Neuroleptic malignant syndrome is not commonly seen, the most significant side effect in older adults is EPS.
- 2) Acute dystonia is quickly relieved by anticholinergics
- 3) No treatment to reverse tardive dyskinesia
- 4) TD symptoms appear wormlike movements of tongue, grimacing, blinking, frowning, and involuntary eye closure
- 5) Early detection is essential so the health care provider can make prompt changes to psychotic regimen

Question #

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

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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?)

- 1) Tachycardia is the most serious side effect
- 2) Protect clients from falls for the first few weeks because of the hypotensive response
- 3) Contraindicated in clients who have a history of low blood pressure, cardiac irregularities, or heart failure
- 4) Photophobia - encourage client to wear sunglasses outdoors
- 5) Urinary retention - monitor output

Question #	Student Name:
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Based on the "Topic" and "Subtopic," I missed a question about:

Treatment-relevant Dimensions of Schizophrenia

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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?)

- 1) Positive symptoms - hallucinations, delusions, bizarre behavior
- 2) Negative symptoms - flattening affect, unchanged facial expression, decreased spontaneous movements, poor eye contact
- 3) Cognitive symptoms - impairment in memory, disruption in social learning, and inability to reason
- 4) Greater degree of negative and cognitive symptoms the more likely it is for the person to be unable to function on a job.
- 5) Recognition of depression is crucial because it increases the likelihood of suicide and substance abuse

Question #

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

Alterations of thought

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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?)

- 1) Blocking might be caused by the intrusion of hallucinations, delusions, or emotional factors
- 2) Autism occurs when pt. are introspective to the extent that they are distracted from external events
- 3) Ambivalence - two opposite, strong feelings exist simultaneously
- 4) Delusional content often relates to life experience and can include erotomanic, somatic, grandiose, religious, and nihilistic
- 5) Concrete thinking is the inability to conceptualize the meanings of words and phrases

Question #

Student Name:

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



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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?)

- 1) Delusions may be the patient's attempt to understand confusing and distorted experiences
- 2) Talking about the feelings and underlying themes is helpful but extended focus on delusional material is not.
- 3) Never useful to debate or attempt to dissuade the patient from the delusion
- 4) Work with pt. to find out which coping strategies help and how the pt. can make the best use for them
- 5) Focusing on specific reality activities and events occurring in the present helps minimize the focus on delusions

Question #

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



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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?)

- 1) Dementia is a general term use to describe when brain cells die or no longer function
- 2) Alzheimer's disease most common type of dementia
- 3) Multiple factors for AD such as genetics, lifestyle, and environmental. Greatest risk factor is advanced age
- 4) Risk factors in Alzheimer's disease cardiovascular disease, head injury, and traumatic brain injury
- 5) Individuals who suffer brain injury and carry the APOE ε4 are at greater risk

Question #

Student Name:

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

Guidelines for working with patients with Dementia



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

- 1) Two important concept: 1) forget things quickly 2) unable to learn new things
- 2) Calmly diverting the attention somewhere else by gently guiding them to another activity
- 3) Eliminating unrealistic expectation and allowing patient to do as much as is believed by he or she
- 4) Investigate whether any of the problems are present
- 5) Encourage self-care at whatever level that patient can function

Question #

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

Importance of Nurses' Self-care



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

- 1) Compassion fatigue term used to describe a state of burnout and secondary traumatic stress
- 2) Disengagement can occur when perceived stress comes from nurse-physician or nurse-nurse relationship
- 3) Require resiliency skills to better manage the stressor that could contribute to violence
- 4) Nurses need self aware, allowing to identify their own vulnerability
- 5) New graduates and nurses new to unit are most likely to face problems with lateral and horizontal violence

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Use of the self in nursing

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

- 1) Attitude, beliefs, self-esteem, and feelings become a part of therapeutic environment
- 2) Value is reflected in the worth you give to an idea or action
- 3) Not only be informed about healthy practice, but also act as models of healthy living
- 4) Critical thinking - requires to seek and use information, not just recite facts
- 5) Use interpersonal skills to communicate effectively and to establish a caring relationship with patients

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