

Question #	Student Name: <u>Kaitlyn Diaz</u>
Based on the "Topic" and "Subtopic," I missed a question about: <u>Lochia</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> <ul style="list-style-type: none"> <li>• Important Assessments include the amount, color, and odor of lochia.</li> <li>• While assessing lochia the nurse will also assess vaginal discharge while palpating or massaging the fundus to determine the amount and the number and size of any clots expressed.</li> <li>• A constant trickle, dribble, or oozing of lochia indicates excessive bleeding and requires immediate attention.</li> <li>• Excessive lochia in the presence of a contracted uterus suggests lacerations of the birth canal. The healthcare provider must be notified so that lacerations can be located and repaired.</li> <li>• The odor of lochia is usually described as "fleshy," "earthy," or "musty." A foul odor suggest endometrial infection.</li> <li>• Signs for infection include maternal fever, tachycardia, uterine tenderness, and pain.</li> </ul>	

Question #	
Based on the "Topic" and "Subtopic," I missed a question about: <u>Maintaining Uterine Tone</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> <ul style="list-style-type: none"> <li>• A major intervention to alleviate uterine atony and restore uterine muscle tone is stimulation by gently massaging the fundus until firm. <ul style="list-style-type: none"> <li>• Fundal massage can cause a temporary increase in the amount of vaginal bleeding seen as pooled blood leaves the uterus.</li> <li>• Palpating fundus of uterus during postpartum period, upper hand is cupped over fundus; lower hand dips in above symphysis pubis and supports uterus while it is massaged gently.</li> <li>• If the nurse explains the purpose of fundal massage as well as the causes and dangers of uterine atony, the patient will likely be more cooperative.</li> <li>• Teaching the woman to massage her own fundus enables her to maintain some control and decreases her anxiety.</li> </ul> </li> </ul>	

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

## Signs of Respiratory Distress



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?)

- Signs of respiratory distress can include nasal flaring, intercostal or subcostal retractions (in-drawing of tissue between the ribs or below the rib cage), or grunting with respirations.

- Suprasternal or subclavicular retractions with stridor or grunting most often represent an upper airway obstruction.

- A respiratory rate of less than 30 or greater than 60 breaths/minute with the infant at rest must be evaluated.

- The respiratory rate of the infant can be slowed, depressed or absent as a result of the effects of analgesics or anesthetics administered to the mother during labor and birth.

- Tachypnea can result from inadequate clearance of lung fluid, or it can be an indication of newborn respiratory distress syndrome.

Tachypnea can be the first sign of respiratory, cardiac, metabolic, or infectious illnesses.

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