

Student Name: Lillian Nguyen

HESI Exam name <u>Maternity</u>	Total time spent in Remediation:
------------------------------------	----------------------------------

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

Based on the essential packet name and excerpts, I missed a question about  
Post Partum - Vital Signs

<p>List five or more bullet points with your "take-aways" from this packet.</p> <p>(What is most important for you to remember as you prepare for the NCLEX and future patient care?)</p> <p>Identify VS that may indicate emergency/need Attention fast.</p>	<ul style="list-style-type: none"> <li>• All vitals will be slightly heightened after birth (normal).</li> <li>• BUBBLE I&amp;B utilized to assess post partum.</li> <li>• All VS elevated but ↓BP may indicate hemorrhage</li> <li>• BP higher than 140/90 on <u>TWO</u> occasions may indicate preeclampsia</li> <li>• Orthostatic hypotension may be common after birth.</li> </ul>
---	--

Based on the essential packet name and excerpts, I missed a question about  
Post Partum - Fundus

<p>List five or more bullet points with your "take-aways" from this packet.</p> <p>(What is most important for you to remember as you prepare for the NCLEX and future patient care?)</p> <p>• Prioritize firm fundus &amp; uterine function.</p>	<ul style="list-style-type: none"> <li>• Soft/Boggy fundus, nurse is called to massage/stimulate the uterus to help contract.</li> <li>• If fundus soft when massage is stopped, continue massage, pressure, &amp; notify HCP &amp; start oxytocin.</li> <li>• When massaging, once fundus firm, apply pressure to expel clot.</li> <li>• The uterus can only contract once free of clots</li> <li>• Supporting lower uterine segment prevents uterine inversion!</li> </ul>
---	--

Student Name: Lillian Norman

HESI Exam name

Maternity

Total time spent in Remediation:



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

Based on the essential packet name and excerpts, I missed a question about

Newborn - Wong's

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?)

- Avoid stressing baby closing heat (quick clusters)
- Assess abnormalities in VS, skin, head, eyes, ears, nose, mouth/throat, neck, chest, lungs, heart, abdomen, genitalia, and extremities
- if head is 4cm larger than crown - rump for several days = hydrocephalus is considered
- Axillary temp preferred newborns
- Marked head lag is seen in neonates with down syndrome

Based on the essential packet name and excerpts, I missed a question about

Newborn Wong's - reflexes

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?)

- Moro - sudden jarring extension or abduction & disappears after 3-4 mo. (startle)
- Tonic - where neck is turned, arm & leg extend on that side & opposite flexes.
- Dance - if sole touches hard surface, reciprocal flex and extension.
- Crawl - on abdomen, infant makes crawling movements
- Most reflex disappear 3-4 months, or 3-6 weeks

Student Name:

HESI Exam name	Total time spent in Remediation:
----------------	----------------------------------

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

Based on the essential packet name and excerpts, I missed a question about

Newborn — Thermoregulation

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?)

- Hypothermia raises infant metabolic rate & O<sub>2</sub>, worsening respiratory problems.
- Dry infant especially y head, ↑ stimulation which ↑ crying, ↑ temp.
- hypothermia may cause hypoglycemia causing neuro problems.
- Heat loss by evaporation, conduction, convection, and radiation.
- Keep infant warm and dry to prevent complications.

Based on the essential packet name and excerpts, I missed a question about

Newborn — Cephalhematoma & hyperbilirubin

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?)

- Cephal takes 2-3 wks to heal. - caused by pressure during birth.
- Cephal are at risk for jaundice.
- Assess for ↑ bili by pressure at bony area and bilirubinometry.
- if tCB is < 12mg/dL, serum check is done.
- stooling helps rid the bilirubin.
- ↑ bili more common in late preterm infants.

Student Name:

HESI Exam name <i>Maternity</i>	Total time spent in Remediation:
<input type="checkbox"/> I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content	
Based on the essential packet name and excerpts, I missed a question about <i>intrapartum - Amniotic fluid</i>	
<p>List five or more bullet points with your "take-aways" from this packet.</p> <p>(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>• Monitor for umbilical cord prolapse when membrane rupture.</li> <li>• monitor fetal HR &amp; contractions especially after ROM.</li> <li>• infection risk ↑ after ROM.</li> <li>• Assess amniotic fluid for color, odor, and meconium.</li> <li>• large - 2100 mL, mod - 500-1000 mL, scant is trickle.</li> </ul>

Based on the essential packet name and excerpts, I missed a question about <i>intrapartum - labor support</i>	
<p>List five or more bullet points with your "take-aways" from this packet.</p> <p>(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>• Teaching breathing and relaxation techniques aide birth.</li> <li>• Follow comfort measures for comfortable birth.</li> <li>• Obtain permission before touching.</li> <li>• Counterpressure reduces back pain.</li> <li>• Hypertesthesia may increase as labor progresses.</li> </ul>

Student Name:

HESI Exam name <i>Maternity</i>	Total time spent in Remediation:
------------------------------------	----------------------------------

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

Based on the essential packet name and excerpts, I missed a question about

*Intrapartum*

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?)

- Assess for increasing pre-eclampsia signs. Blood vision, proteinuria, headaches, HTN.
- Ca gluconate / CaCl on hand as mag toxicity antidote.
- Preeclampsia can cause IUGR, abnormal FHR, preterm birth, and Placental abruption.
- Create calm environment to reduce stress.

Based on the essential packet name and excerpts, I missed a question about

*IV Calculations - Rate to mL/hr*

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?)

100mg / 100mL  
infuse @ 25mg/hr

$$\frac{100\text{mg}}{100\text{mL}} \times \frac{25\text{mg}}{\text{mL}} = \frac{2500}{100} = 25\text{ mL/hr}$$

2mg / 250 , infuse @ 5mg/min  
60min = 1 hr

$$5\text{mg/min} \times 60\text{min/hr} = 300\text{mg/hr}$$

$$\frac{300}{1000} = 0.3\text{mg}/2\text{mL} \times \frac{300\text{mg}}{250} = 36\text{ mL/hr}$$

Student Name:

HESI Exam name	Total time spent in Remediation:
----------------	----------------------------------

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

Based on the essential packet name and excerpts, I missed a question about

## Maternal Transition Phase

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?)

- Cervix is 8-10cm
- Bloody show ↑
- Fetal descent may cause leg tremors, nausea, vomiting.
- ↑ irritability + loss of control.
- Help pt blow outward as premature bearing is occurring

Based on the essential packet name and excerpts, I missed a question about

## Post Partum

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?)

- Explain procedure for rationale = reducing anxiety
- Knees flexed + supine relaxes abs + ↑ fundus accuracy
- Uterus will respond to tactile stimulation to control bleeding.
- Beware of uterine inversion risk, prevent by pressure on lower segment
- U↑ means above uterus, ↓ means below.

Student Name:

HESI Exam name	Total time spent in Remediation:
----------------	----------------------------------

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

Based on the essential packet name and excerpts, I missed a question about

Newborn - Wong's

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?)

- Provide nonthemic and nonstimulation,
- Start w/ non-invasive: lungs, heart, abdomen auscultation.
- Reflex testing - last, most disturbing
- Utilize parents to talk/soothe infant.
- Pacifier or gloved finger to soothe.

Based on the essential packet name and excerpts, I missed a question about

NB - Wong's - skin

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?)

- Ecchymoses by birth trauma
- Erythema toxicum - 24-48hr & resolve days after
- Mongolian spots - irregular deep blue pigmentation insaural/gluteal regions
- stork bite - flat, deep pink on nape of neck, eyelid, glabella, or upper lip.
- 2 & 3rd day pink, flaky, dry.

Student Name:

HESI Exam name	Total time spent in Remediation:
----------------	----------------------------------

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

Based on the essential packet name and excerpts, I missed a question about

Wong - reflexes - NB

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?)

- Red reflex is infants open eyes in sitting position.
- \* Nurse alert - absence of red reflex.
- Blinking or corneal reflex - infant blinks at bright light or object approach
- Palmar grasp  $\approx$  < 3mo
- Babinski - stroking sole upward to cause hyperextension & dorsiflex

Based on the essential packet name and excerpts, I missed a question about

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?)

(This section is currently blank for student input.)