

Remediation Adult Health II

Management of Care (2 items)

Case Management (1 item)

Diabetes Mellitus Management: Teaching About Blood Glucose Monitoring (RM AMS RN 11.0 Chp 82 Diabetes Mellitus Management, Active Learning Template: Diagnostic Procedure)

- Glycosylated hemoglobin is used to evaluate treatment effectiveness and compliance
- Use the correct code number in the meter to match the strip bottle number when using a self-monitored blood glucose at home.
- Perform appropriate hand hygiene before using a self-monitor blood glucose to check your levels

Referrals (1 item)

Heart Failure and Pulmonary Edema: Identifying Indications for a Referral for Cardiac Rehabilitation (RM AMS RN 11.0 Chp 32 Heart Failure and Pulmonary Edema, Active Learning Template: System Disorder)

- Consult cardiology and pulmonary services to help manage heart failure patients.
- Consult respiratory services so they can provide inhalers, breathing treatments, and suctioning for the airway management.
- If client has prolonged weakness and needs assistance with increasing level of activity the nurse should reach out to the cardiac rehabilitation services.

Safety and Infection Control (6 items)

Accident/Error/Injury Prevention (2 items)

Middle and Inner Ear Disorders: Interventions for Client Who Has Ménière's Disease (RM AMS RN 11.0 Chp 13 Middle and Inner Ear Disorders, Active Learning Template: Basic Concept)

- Monitor functional ability and balance.
- Collaborate with home health to assess home and safety and fall risks, as needed.
- Assist with ENG and caloric testing as needed.

Preoperative Nursing Care: Identifying Allergic Cross-Reactivity (RM AMS RN 11.0 Chp 95 Preoperative Nursing Care, Active Learning Template: Basic Concept)

- Allergies to banana or kiwi can indicate the client is at risk for a reaction to latex
- Allergy to eggs and soybeans oil is contraindications to the use of propofol for anesthesia.
- Allergies to shellfish can result in a reaction to povidone-iodine.

Handling Hazardous and Infectious Materials (2 items)

Cancer Treatment Options: Caring for a Client Who Is Receiving Internal Radiation Therapy (RM AMS RN 11.0 Chp 91 Cancer Treatment Options, Active Learning Template: System Disorder)

- Eat several small meals a day if better tolerated.
- Eat low-fat dry foods and avoid drinking liquids during meals can prevent nausea.
- Some antiemetics can provide prophylactic treatment if given before meals.

Cancer Treatment Options: Nursing Care for a Client Who Is Receiving Internal Radiation Therapy (RM AMS RN 11.0 Chp 91 Cancer Treatment Options, Active Learning Template: Therapeutic Procedure)

- Help patient manage fatigue by scheduling activities with rest periods in between and using energy-saving measures.
- Monitor for radiation injury to skin and mucous membranes.
- Do not remove or wash off radiation tattoos used to guide therapy.

Standard Precautions/Transmission-Based Precautions/Surgical Asepsis (2 items)

Cancer Treatment Options: Interventions for a Client Who Has Neutropenia (RM AMS RN 11.0 Chp 91 Cancer Treatment Options, Active Learning Template: System Disorder)

- Monitor temperature, WBC, and ANC.
- Monitor skin and mucous membranes for infection.
- Report a fever greater than 37.8 C to the provider immediately.

HIV/AIDS: Teaching Home Care (RM AMS RN 11.0 Chp 86 HIV/AIDS, Active Learning Template: System Disorder)

- Practice good hygiene and frequent hand hygiene to reduce the risk of infections.
- Avoid crowded areas or traveling to countries with poor sanitation.
- Avoid raw foods and undercooked foods.

Health Promotion and Maintenance (1 item)

Health Promotion/Disease Prevention (1 item)

Heart Failure and Pulmonary Edema: Instructions for Home Care (RM AMS RN 11.0 Chp 32 Heart Failure and Pulmonary Edema, Active Learning Template: System Disorder)

- Use techniques to promote effective breathing techniques.
- Understand prescribed medications and how to administer them.
- Report swelling of feet or ankles or any shortness of breath or angina.

Psychosocial Integrity (1 item)

Mental Health Concepts (1 item)

Alzheimer's Disease: Assessing a Client's Abstract Thinking (RM AMS RN 11.0 Chp 8 Alzheimer's Disease, Active Learning Template: System Disorder)

- Encourage the client and family to participate in an AD support groups.
- Provide cognitive stimulations by offering varied environmental stimulations.
- Use short directions when explaining an activity or care the client needs, such as bath.

Basic Care and Comfort (3 items)

Mobility/Immobility (1 item)

Musculoskeletal Trauma: Preventing Complications (RM AMS RN 11.0 Chp 71 Musculoskeletal Trauma, Active Learning Template: Therapeutic Procedure)

- Immobilize the injury to prevent further injury from occurring.
- Assess neurovascular status of the affected body part every hour for 24 hours and every 4 hours after that.
- Ensure that weights are hanging freely and are not resting on the floor

Nutrition and Oral Hydration (2 items)

Cancer and Immunosuppression Disorders: Caring for a Client Receiving Radiation (RM Nutrition 7.0 Chp 16 Cancer and Immunosuppression Disorders, Active Learning Template: System Disorder)

- Eat more on days when feeling better.
- Consume nutritional supplements that are high in protein and/or calories as between-meal snacks.
- Increase protein and caloric content of foods.

Polycystic Kidney Disease, Acute Kidney Injury, and Chronic Kidney Disease: Low-Potassium Food Sources (RM AMS RN 11.0 Chp 59 Polycystic Kidney Disease, Acute Kidney Injury, and Chronic Kidney Disease, Active Learning Template: Basic Concept)

- Implement potassium, phosphate, sodium, and magnesium restrictions, if prescribed.
- Potassium rich foods to avoid → Bananas, oranges, apricots, sweet potatoes, peas, and cucumbers.
- Restrict fluid intake, if prescribed.

Pharmacological and Parenteral Therapies (3 items)

Adverse Effects/Contraindications/Side Effects/Interactions (1 item)

Diabetes Mellitus Management: Medication to Withhold Prior to CT Scan with Contrast Media (RM AMS RN 11.0 Chp 82 Diabetes Mellitus Management, Active Learning Template: Medication)

- Stop medication for 24 to 48 hours before any type of elective radiographic test with iodinated contrast dye and restart 48 hours after → can cause lactic acidosis due to acute kidney injury
- Monitor significance of gastrointestinal (GI) effects → flatulence, anorexia, nausea, vomiting
- Monitor for lactic acidosis → especially in clients who have kidney disorders or liver dysfunction.

Blood and Blood Products (1 item)

Blood and Blood Product Transfusions: Treatment for Circulatory Overload (RM AMS RN 11.0 Chp 40 Blood and Blood Product Transfusions, Active Learning Template: Therapeutic Procedure)

- Slow or stop the transfusion depending on the severity of manifestations.
- Position the client upright with feet lower than the level of the heart.
- Administer oxygen, diuretics, and morphine as prescribed.

Expected Actions/Outcomes (1 item)

Pituitary Disorders: Medications Causing Increased Risk for Diabetes Insipidus (RM AMS RN 11.0 Chp 77

Pituitary Disorders, Active Learning Template: Medication)

- Taking lithium carbonate or demeclocycline → increased risk for DI
- Head injury, tumor or lesion, surgery or irradiation near or around the pituitary gland, or infection → increases risk for DI

- Nephrogenic Diabetes Insipidus (DI) is the type of DI that is caused by adverse medications effects → Lithium Carbonate, Demeclocycline

Reduction of Risk Potential (7 items)

Laboratory Values (2 items)

Acid-Base Imbalances: Interpreting ABGs (RM AMS RN 11.0 Chp 45 Acid-Base Imbalances, Active Learning Template: Diagnostic Procedure)

- pH less than 7.35 → acidosis, greater than 7.45 → alkalosis
- PaCO₂ → respiratory; less than 35 → alkalosis, greater than 45 → acidosis
- HCO₃ → metabolic; less than 22 → acidosis, greater than 26 → alkalosis

Diabetes Mellitus Management: Evaluating Glycemic Control (RM AMS RN 11.0 Chp 82 Diabetes Mellitus Management, Active Learning Template: System Disorder)

- Glycosylated hemoglobin (HbA1c) → evaluates effectiveness and compliance of treatment → indicated glucose level for the past 120 days.
- An acceptable reference range of HbA1c for patients who have diabetes can be 6.5% to 8%.
- The target goal of HbA1c level for diabetics is less than 7%.

Diagnostic Tests (1 item)

Principles of Antimicrobial Therapy: Intervention for Suspected Septicemia (RM Pharm RN 8.0 Chp 43 Principles of Antimicrobial Therapy, RM Pharm RN 8.0 Chp 43 Principles of Antimicrobial Therapy v2, Active Learning Template: System Disorder)

- Preventative measures for preventing infection
- Use antimicrobials for patients who have prosthetic heart valves prior to dental or other procedures.
- Use antimicrobials for individuals who have recurring urinary tract infections.

Potential for Alterations in Body Systems (1 item)

Head Injury: Monitoring Neurological Status (RM AMS RN 11.0 Chp 14 Head Injury, Active Learning Template: System Disorder)

- Maintain cervical spine stability until cleared by an x-ray.
- Use the Glasgow Coma Scale to determine the level of consciousness.
- Report presences of CSF from nose or ears to the provider.

Potential for Complications of Diagnostic Tests/Treatments/Procedures (2 items)

Cancer Disorders: Monitoring a Client Who Has Chronic Lymphocytic Leukemia (RM AMS RN 11.0 Chp 92 Cancer Disorders, Active Learning Template: System Disorder)

- Monitor for evidence of infection.
- Monitor for manifestations that stem from the immune response.
- Monitor for jaundice, abdominal pain, and liver enlargement.

Seizures and Epilepsy: Planning Care for a Client Who Has Status Epilepticus (RM AMS RN 11.0 Chp 6 Seizures and Epilepsy, Active Learning Template: System Disorder)

- Maintain an airway, provide oxygen, establish IV access, perform ECG monitoring, and monitor pulse oximetry and ABG results.
- Administer diazepam or lorazepam IV push followed by IV phenytoin or fosphenytoin.
- Provide immediate treatment to prevent permanent loss of brain function and death.

System Specific Assessments (1 item)

Inflammatory Disorders: Assessing a Client Who Has a Friction Rub (RM AMS RN 11.0 Chp 34 Inflammatory Disorders, Active Learning Template: Nursing Skill)

- Auscultate heart sounds → listen for friction rub
- Review ABGs, SaO₂, and chest x-ray results → monitor vital signs
- Administer oxygen

Physiological Adaptation (11 items)

Alterations in Body Systems (1 item)

Head Injury: Responding to Change in Level of Consciousness (RM AMS RN 11.0 Chp 14 Head Injury, Active Learning Template: System Disorder)

- Explain to the patient the actions that are being taken and why → hearing is the last sense affect
- Provide adequate fluids to maintain cerebral perfusion and to minimize cerebral edema → increase cerebral edema can affect LOC
- Monitor fluid and electrolyte values → imbalance can cause decreased LOC

Fluid and Electrolyte Imbalances (1 item)

Electrolyte Imbalances: Treatment for Hypokalemia (RM AMS RN 11.0 Chp 44 Electrolyte Imbalances, Active Learning Template: Therapeutic Procedure)

- Encourage foods high in potassium → avocados, broccoli, dairy products, dried fruit
- Provide oral potassium medications.
- IV potassium supplementation can be given → max 10 mEq/L with a concentration of no more than 1 mEq/L.

Illness Management (3 items)

Burns: Care of a Client Following an Explosion (RM AMS RN 11.0 Chp 75 Burns, Active Learning Template: System Disorder)

- Remove clothing or jewelry that might conduct heat.
- Apply cool water soaks or run cool water over injury → do not use ice
- Flush chemical burns with a large volume of water.

Cancer Treatment Options: Prioritizing Care for a Group of Clients (RM AMS RN 11.0 Chp 91 Cancer Treatment Options, Active Learning Template: Basic Concept)

- Educate client about cancer and treatments.
- Provide psychological support to the client to facilitate coping with diagnosis and body image changes.
- Assist the client to develop strategies to compensate for complications caused by cancer.

Hemodialysis and Peritoneal Dialysis: Indications of Peritonitis (RM AMS RN 11.0 Chp 57 Hemodialysis and Peritoneal Dialysis, Active Learning Template: System Disorder)

- Cloudy or opaque effluent → earliest indication
- Fever, purulent drainage, redness → other manifestations
- Also, can be accompanied by swelling

Hemodynamics (2 items)

Anemias: Manifestations of Anemia (RM AMS RN 11.0 Chp 41 Anemias, Active Learning Template: System Disorder)

- Pallor
- Fatigue, somnolence, and headache
- Numbness and tingling of extremities.

Hemodynamic Shock: Client Positioning (RM AMS RN 11.0 Chp 37 Hemodynamic Shock, Active Learning Template: Therapeutic Procedure)

- Hypotension → place client flat with legs elevated to increase venous return
- Hypovolemic shock → replace volume before moving or allowing patient to sit or stand
- Hemodynamic shock → Patient laying on back during intubation

Medical Emergencies (1 item)

Hypertension: Actions for Hypertensive Crisis (RM AMS RN 11.0 Chp 36 Hypertension, Active Learning Template: System Disorder)

- Recognize manifestations → severe headache, extremely high BP, blurred vision, dizziness, disorientation, epistaxis
- Administer IV antihypertensive therapies → nitroprusside, nicardipine, labetalol
- Monitor BP every 5 to 15 minutes.

Unexpected Response to Therapies (2 items)

Blood and Blood Product Transfusions: Monitoring for Transfusion Reaction (RM AMS RN 11.0 Chp 40 Blood and Blood Product Transfusions, Active Learning Template: Therapeutic Procedure)

- Assess vital signs.
- Educate patient to report any feelings of chills, low-back pain, nausea, anxiety, and an impending sense of doom.
- As soon as reaction is suspected → STOP the infusion.

Peripheral Vascular Diseases: Postoperative Care Following Arterial Revascularization Surgery (RM AMS RN 11.0 Chp 35 Peripheral Vascular Diseases, Active Learning Template: System Disorder)

- Monitor for pain → severe pain due to reestablishment of blood flow
- Monitor blood pressure
- Maintain adequate circulation in the repaired artery → monitor distal pulses

Pathophysiology (1 item)

Peripheral Vascular Diseases: Caring for a Client Who Has Venous Insufficiency (RM AMS RN 11.0 Chp 35 Peripheral Vascular Diseases, Active Learning Template: System Disorder)

- Elevate legs for at least 20 minutes, four to five times a day
- Elevate legs above the heart when in bed.
- Educate → avoid crossing legs, wearing constrictive clothing, or stockings