

Adult health II- ATI remediation

Management of care

1. Advocacy

- Nurses are responsible for patient advocacy. Not all patients can advocate for themselves in all situations.
- A nurse acts as a patient advocate by reviewing their medications for any contraindications or mistakes.
- A nurse can act as a patient advocate by going over consent, medication, and the plan of care. The nurse is advocating for their patients always!

2. Referrals

- When a patient is in the hospital, many different people are seeing them depending on their diagnosis. For example, Physical therapy, occupational therapy, social work, etc.
- If a patient had osteomyelitis, they would be referred to orthopedics or even physical therapy.
- If a patient was diagnosed with diabetes, they may be referred to a nutritionist or a diabetic counselor.

Safety and infection control

1. Accident/error/injury prevention

- Halos are devices that are used for patients who have undergone a spinal cord injury. It is important to never try to lift a patient up by grabbing the halo.
- The halo is left in place for 6-12 weeks. This allows the ligaments to heal.
- Nurses can help prevent injury by instilling fall precautions. Fall precautions include yellow wrist bands and socks. Floor mats can also be used.

2. Handling Hazardous and Infectious Materials

- Brachytherapy is a type of radiation treatment for cancer that places the radiation inside the woman. When caring for a patient undergoing brachytherapy the nurse needs to wear protection to protect against radiation.
- When encountering blood or needles, they need to be placed in certain containers. (sharps).
- Proper identification needs to be posted on patient room doors and given in report. For example, if a patient has C.Diff, this needs to be passed down and posted.

3. Standard Precautions/Transmission-Based Precautions/Surgical Asepsis

- If a patient is neutropenic, they need to be in a private room. They also need to be educated on avoiding big crowds.
- If a patient has gastroenteritis, they need to try and prevent hypokalemia by eating potassium rich foods. Antidiarrheal medications also need to be given.

- To maintain a sterile field, sterile gloves must be worn. The nurse's gown can not touch the sterile field.

Health Promotion and maintenance

1. Health Promotion/Disease Prevention

- To prevent a UTI, you need to wipe from front to back, avoid scented products, and void before/after intercourse.
- To prevent disease, ensuring vaccinations are up to date is important.
- Annual screenings like breast/testicular exams are also part of health promotion.

Psychosocial integrity

1. Coping mechanisms

- As a nurse, being a support to the patient can help them cope. Knowing you're there to help can reduce anxiety.
- Positive coping mechanisms can include exercise, therapy, and interacting with others.
- Dealing with emotions "head on" can help the patient cope.

2. Mental health concepts

- If a patient is suspected to be under the influence of alcohol the CIWA (Clinical Institute Withdrawal Assessment for Alcohol) will be used.
- If a patient has mental health issues or substance abuse issues, therapy will be suggested.
- Care for a patient with mental health issues will be different. Different assessments will be performed.

Basic care and comfort

1. Mobility/immobility

- A proper diet with protein and carbs can help promote musculoskeletal disorders. A proper diet promotes healing.
- If a patient has a cast, the nurse needs to assess the skin around it and pain level.
- Skin integrity is important if a patient is immobile.

2. Nutrition and oral hygiene

- If a patient has a burn injury, they need a diet high in vitamin C, zinc, and protein to promote healing.
- Oral care needs to be provided in patients daily to promote overall health.
- It is important to reduce the risk of hypokalemia, hypocalcemia, and other electrolyte disturbances.

Pharmacological and parenteral therapy

1. Parenteral/Intravenous Therapies

- Parenteral and IV therapy is used in patients that are not receiving enough nutrients.
- IV therapy and parenteral therapy can help correct electrolyte disturbances.
- The amount of time that the patient is on IV and parenteral therapy depends on the nutritional status of the patient.

2. Total parenteral nutrition

- Complications of TPN symptoms include tachycardia, hypotension, increased breathing, decreased urine output, and an elevated temperature.
- Total parenteral nutrition can be short or long-term depending on the patient's nutritional status.
- TPN is given to patients that need nutritional support.

Reduction of risk potential

1. Potential for Alterations in Body Systems

- Diarrhea can cause dehydration in patients (which is an alteration in body systems).
- If a patient has a bowel obstruction, a nasogastric tube may need to be placed.
- Alterations in body systems can cause alterations in skin integrity.

2. Potential for Complications from Surgical Procedures and Health Alterations

- Signs and symptoms of peritonitis include abdominal pain, tenderness, bloating, fever, nausea, vomiting, loss of appetite, and rigidity.
- After surgery, it is important to assess the patient's airway. Maintaining the patient's airway is priority.
- Infection is a huge risk after surgery as well as blood clots.

3. System specific assessments

- If a patient was admitted for an abdominal issue (small bowel obstruction, diarrhea, etc.) it would be important to focus on the abdominal assessment.
- If a patient has just had surgery, it is important to assess for complications.
- If a patient was to come into the ED with an allergic reaction, assessing the airway would be priority.

4. Therapeutic procedures

- If a patient is admitted to the hospital with cystic fibrosis, chest physiotherapy would be done as a therapeutic procedure.
- Therapeutic procedures can be done to reduce stress like music therapy and guided imagery.
- If a patient had fluid on their lungs or abdomen, a procedure would be done to take the fluids off.

Physiological adaptation

1. Alterations in body systems

- When a patient is going to have a thoracentesis, pressure needs to be applied to the site.
 - Peritoneal dialysis is when excess fluid is removed, electrolyte disturbances are corrected, and toxins are removed.
 - Chest tubes are placed between your ribs and the pleural space. This is done to remove excess fluid/drainage.
- 2. Fluid and electrolyte imbalances**
- Manifestations of sodium imbalance include nausea, vomiting, headache, confusion, restlessness, irritability, and fatigue.
 - If a patient has an electrolyte imbalance, fluids and medications will be given.
 - A potassium imbalance can cause dysrhythmias.
- 3. Hemodynamics**
- Manifestations of anemia including weakness, fatigue, irregular heartbeats, dizziness, and easy bruising.
 - A patient with anemia will need to be on iron supplements and an altered diet.
 - If a dysrhythmia is suspected (complication from anemia) the patient will be on continuous cardiac monitoring.
- 4. Illness management**
- If a patient has type 1 diabetes, they will be on a medication that replaces anti diuretic hormone.
 - If a patient has HIV, it is important that they practice safe sex.
 - A patient who has HIV/AIDS will be on retroviral therapy.
- 5. Medical emergencies**
- Signs and symptoms of compartment syndrome include pain, redness, numbness, tingling, and tenderness.
 - Compartment syndrome needs to be treated immediately to help keep the leg mobile.
 - Electrocardiograms can help identify a medical emergency.
- 6. Pathophysiology**
- Signs and symptoms of asthma include wheezing, coughing, shortness of breath, chest tightness, and pain.
 - Asthma is treated with bronchodilators, steroids, inhalers, and by avoiding triggers.
 - Avoiding triggers like pollen, animals that shed, and smoking can help reduce the risk of having an asthma attack.
- 7. Unexpected Response to Therapies**
- When the patient is receiving a blood transfusion, the nurse needs to stay with the patient for 15 minutes.
 - Vital signs need to be taken before the blood transfusion, during, and after.
 - Peripheral vascular disease can be prevented by early ambulation, blood thinners, and avoiding smoking.

