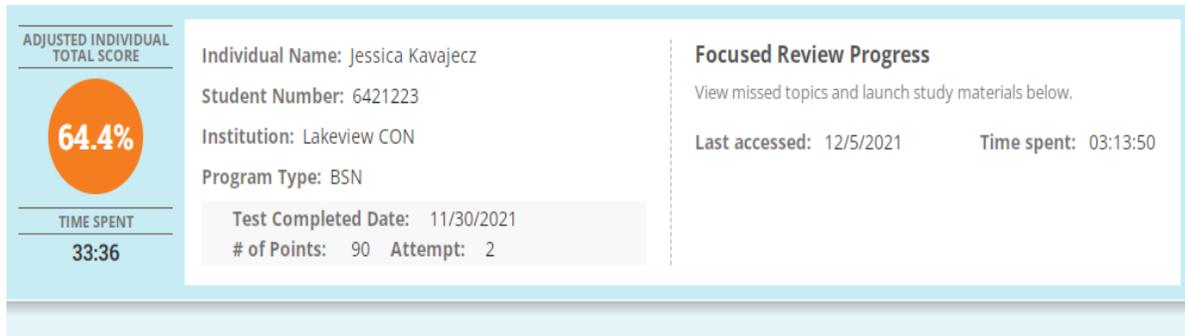


Adult health III- remediation. Proof of time (3 hours) below.

Individual Performance Profile

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🔗 Score Explanation



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.

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.

2. Health Screening

- As patients age, eyes go through changes—each patient needs eye screenings.
- Common eye changes include presbyopia, watery eyes, cataracts, and floaters.
- Cataracts are cloudy lenses in the eye. This causes blurry vision for the patient.

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.

Basic care and comfort

1. Elimination

- Eye irrigation may be used in patients who have disorders of the eye or eyelid.
- Open the patients' eye using your index finger and thumb—holding the solution ½ inch away from the eye.
- It is important for the nurse to use proper hand hygiene to reduce substances going into the patient's eye.

2. 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.

3. Non-Pharmacological Comfort Interventions

- Non-pharmacological comfort measures include guided imagery, distraction, and heat/cold packs.
- If pain medication is already given, and the patient does not feel 100% relief, these measures can be used.
- The nurse can use distraction by telling a story or asking the patient questions.

4. Nutrition and Oral Hydration

- 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 Therapies

1. Blood and Blood Products

- Blood products are primed with 0.9% sodium chloride.
- The nurse needs to stay with the patient for the first 30 minutes after the infusion begins.
- An anaphylactic reaction includes wheezing, dyspnea, chest tightness, cyanosis, and hypotension.

2. Expected Actions/Outcomes

- Epidural anesthesia is used for patients who are in labor for pain relief.
- This is an injection in the spinal cord.
- Adverse effects include low blood pressure, itchy skin, and loss of bladder control.

3. Medication Administration

- Nitroglycerin is used to treat angina or chest pain.
- In chronic stable exertion angina, nitroglycerin dilates vein and decreases venous return or preload, which DECREASES cardiac oxygen demand.
- Adverse effects: headache, orthostatic hypotension, tachycardia, and tolerance.

Reduction of risk potential

1. Laboratory Values

- A nurse needs to know normal/abnormal lab values in order to treat the patient.
- Some lab values could be a major red flag towards that patient's condition and the physician would need notified and tests may need to be ran.
- Medications can cause an alteration in lab values and that needs to be assessed.

2. Potential for Complications of Diagnostic Tests/Treatments/Procedures

- 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.

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.