



Individual Performance Profile

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ADJUSTED INDIVIDUAL TOTAL SCORE  50.0% TIME SPENT 27:55	Individual Name: Alfonso A Crane Student Number: CR8794437 Institution: Lakeview CON Program Type: BSN Test Completed Date: 4/25/2022 # of Points: 60 Attempt: 1	Focused Review Progress View missed topics and launch study materials below. Last accessed: 4/27/2022 Time spent: 04:04:17										
<table border="1"> <thead> <tr> <th>Proficiency Level</th> <th colspan="2">Mean</th> <th colspan="2">Percentile Rank</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Below Level 1</td> <td style="text-align: center;">National 66.7%</td> <td style="text-align: center;">Program 66.9%</td> <td style="text-align: center;">National 10</td> <td style="text-align: center;">Program 10</td> </tr> </tbody> </table>			Proficiency Level	Mean		Percentile Rank		Below Level 1	National 66.7%	Program 66.9%	National 10	Program 10
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Management of Care

Client Rights

- Advocacy: Support and defend clients' health, wellness, safety, wishes, and personal rights, including privacy.
- Responsibility: Willingness to respect obligations and follow through on promises.
- Confidentiality: Protection of privacy without diminishing access to high-quality care.

Continuity of Care

- Autonomy: The right to make one's own personal decisions, even when those decisions might not be in that person's own best interest.
- Beneficence: Action that promotes good for others, without any self-interest.
- Veracity: A commitment to tell the truth.

Information Technology

- The chart or medical record is the legal record of care.
- The medical record is a confidential, permanent, and legal document that is admissible in court. Nurses are legally and ethically responsible for ensuring confidentiality.
- Nurses document the care they provide as documentation or charting, and it should reflect the nursing process.

Safety and Infection Control

Accident/Error/Injury Prevention

- Complete a fall-risk assessment for each client at admission and at regular intervals.
- Be sure the client knows how to use the call light (by giving a return demonstration), that it is in reach, and to encourage its use.
- Place clients at risk for falls near the nurses' station.

Safe Use of Equipment

- Review oxygen safety measures. Because oxygen can cause material to combust more easily and burn more rapidly, the client and family must be provided with information on use of the oxygen delivery equipment and the dangers of combustion.
- Most food poisoning occurs because of unsanitary food practice. Perform hand hygiene before, during, and after food preparation, avoiding cross-contamination of equipment and foods, and cleaning food preparation surfaces well.
- Ensure that electrical equipment is in good repair and well grounded.

Standard Precautions/Transmission-Based Precautions/Surgical Asepsis

- Asepsis is the absence of illness-producing microorganisms. Hand hygiene is the primary reason for this.
- Surgical asepsis refers to the use of precise practices to eliminate all microorganisms from an object or area and prevent contamination.
- Protective clothing:
 - Use masks, gloves, gowns, and protective eyewear to help control the contact and spread of microorganisms to staff and clients.

Use of Restraints/Safety Devices

- Use risk assessment tools to evaluate the client and their environment for safety.
- Seizure precaution:
 - Make sure rescue equipment is at the bedside, including oxygen, an oral airway, suction equipment, and padding for the side rails. Clients at high risk for generalized seizures should have a saline lock in place for immediate IV access.
- Restraints should:
 - Never interfere with treatment.
 - Restrict movement as little as is necessary.
 - Fit properly and be as discreet as possible.
 - Be easy to remove or change.

Health Promotion and Maintenance

Developmental Stages and Transitions

- Expected growth and development
 - Physical Development
 - Cognitive Development
 - Psychosocial Development
 - Self-concept development
 - Social development
- Immunizations
 - Against diphtheria, tetanus, pertussis, varicella, seasonal influenza, herpes zoster, and pneumococcal infections
 - Against Hep A & B
- Nutrition
 - GI alterations
 - Metabolic rates and activity decline as individuals age

Health Promotion/Disease Prevention

- Health Promotion
 - Cardiovascular diseases
 - Factors affecting mobility
 - Mental health disorders
 - Other disorders
- Cardiovascular diseases
 - Coronary artery disease
 - Hypertension
- Factors affecting mobility
 - Arthritis
 - Osteoporosis
 - Falls
- Mental health disorders
 - Depression
 - Dementia
 - Suicide
 - Alcohol use disorder
 - Tobacco use disorder

Health Screening

- Health Screenings
 - Annual screenings
 - Periodic screenings
- Annual Screenings
 - Hearing
 - Fecal occult blood test

- Digital rectal and prostate-specific antigen (males)
- DXA scanning for osteoporosis
- Eye examination for glaucoma and other disorders
- Periodic screenings
 - Mental health screening for depression
 - Cholesterol and diabetes screening every 3 years

Techniques of Physical Assessment

- Know the four techniques of a physical assessment, in order:
 - Inspection
 - Palpation
 - Percussion
 - Auscultation
- Abdominal assessment using the four techniques, in order:
 - Inspection
 - Auscultation
 - Percussion
 - Palpation
- Four techniques explained:
 - Inspection
 - Visual examination of the client.
 - Palpation
 - Pressing fingers against the client's body to feel for edema, masses, areas of pain.
 - Percussion
 - Tapping the client's body to hear resulting sounds – this can determine the presence of air, solid masses, or fluid affecting the organs.
 - Auscultation
 - Listening to an area of the body using a stethoscope.

Psychosocial Integrity

Coping Mechanisms

- Coping describes how an individual deals with problems – illness and stress related. It is the behavioral and cognitive efforts of an individual to manage stress.
- Factors influencing an individual's ability to cope include the number, duration, and intensity of stressors; the individual's past experiences; the current support system; and available resources.
- Coping strategies are unique to an individual and can vary greatly with each stressor.

Basic Care and Comfort

Elimination

- Urinary elimination is a precise system of filtration, reabsorption, and excretion. These processes help maintain fluid and electrolyte balance while filtering and excreting water-soluble wastes.
- The primary organs of urinary elimination are the kidneys, with the nephrons performing most of the functions of filtration and elimination.
- Interventions, such as surgery, immonilirt, medications, and therapeutic diets, can affect urinary elimination.

Mobility/Immobility

- Immobility can be the following:
 - Temporary
 - i.e. Following knee surgery
 - Permanent
 - i.e. Paraplegia
 - Sudden onset
 - i.e. A fractured arm and leg following a motor-vehicle crash
 - Slow onset
 - i.e. Multiple sclerosis
- Body mechanics involves coordination between the musculoskeletal and nervous systems, and the use of alignment, balance, gravity, and friction.
- Factors affecting mobility:
 - Alterations in muscles
 - Injury to the musculoskeletal system
 - Poor posture
 - Impaired central nervous system
 - Health status and age

Non-Pharmacological Comfort Interventions

- Promoting venous return
 - Antiembolic stockings
 - SCD
 - Positioning techniques
 - ROM exercises
- Applications of heat and cold
 - Heat application
 - Moist
 - Dry
 - Cold application
 - Moist
 - Dry

- Preventing skin breakdown
 - Identify clients at risk for pressure injury developments.
 - Reposition every 1 to 2 hours.
 - Provide clients who are sitting in a chair with a device to decrease pressure.

Rest and Sleep

- The sleep cycle consists of three stages of:
 - Non-rapid eye movement (NREM) sleep
 - Rapid eye movement (REM) sleep
- Sleep duration
 - Infants and toddlers
 - 9-15 hr/day
 - Adolescents
 - 9-10 hr/day
 - Adults
 - 7-8 hr/day
- Common sleep disorders
 - Insomnia
 - Sleep apnea
 - Narcolepsy
 - Hypersomnolence disorder

Pharmacological and Parenteral Therapies

Medication Administration

- Know the rights of safe medication administration:
 - Right client
 - Right medication
 - Right dose
 - Right time
 - Right route
 - Right documentation
 - Right client education
 - Right to refuse
 - Right assessment
 - Right evaluation
- Perform hand hygiene before and after entering the client's room
- Certain medications need additional information before administering:
 - i.e. Taking vital signs before administering cardiac medications

Parenteral/Intravenous Therapies

- Using the nursing process to aid in therapies:
 - Assessment
 - Diagnosis
 - Planning
 - Implementation
 - Evaluation
- Parenteral therapies include:
 - Intravenous

- Intramuscular
- Subcutaneous
- The benefits of parenteral therapy include:
 - First-pass metabolism avoidance
 - Better bioavailability
 - Reliable dosage

Reduction of Risk Potential

Changes/Abnormalities in Vital Signs

- Monitoring vital signs can help determine if the client is experiencing any complications due to medications
- Vital signs to observe is client who has a possible bleed include:
 - Increased heart rate
 - Decreased blood pressure
- Certain medications need additional information before administering, such as vital signs

Potential for Complications of Diagnostic Tests/Treatments/Procedures

- Complications require notification of the provider and documentation.
- Use new tubing and catheters for restarting IV infusions after detecting complications.
- Use extreme caution and observe for adverse reactions or complications, such as redness, burning, or increasing pain.

System Specific Assessments

- Integumentary
 - Decreased skin turgor, subcutaneous fat, and connective tissue which leads to wrinkles and dry, transparent skin.
 - Thinning and graying of hair, as well as a more sparse distribution.
- Neurologic
 - Slower reaction time.
 - Decreased touch, smell, and taste sensations.
- Genitourinary
 - Decreased bladder capacity.
 - Decline in estrogen or testosterone production.

Physiological Adaptation

Alterations in Body Systems

- Wound healing and management
 - Inflammatory stage

- Proliferative stage
 - Begins with the injury and lasts 3 to 6 days
- Maturation or remodeling stage
 - Lasts the next 3 to 24 days
 - Occurs on or about day 21 and involves the strengthening of the collagen scar and the restoration of a more normal appearance.
- Healing process
 - Primary intention
 - Secondary intention
 - Tertiary intention
- Factors affecting wound healing
 - Age
 - Overall wellness
 - Decreased leukocyte count
 - Infection
 - Some medications
 - Anti-Inflammatory and antineoplastic
 - Malnourished clients
 - Obesity
 - Smoking

Pathophysiology

- Grief is the inner emotional response to loss and is exhibited through thoughts, feelings, and behaviors.
- Kubler-Ross Model:
 - Denial
 - Anger
 - Bargaining
 - Depression
 - Acceptance
- Nursing Interventions
 - Facilitate mourning
 - Interprofessional collaboration