

- **Concepts of Management - (1)**
 - Delegation and Supervision: Identifying a Task to Delegate to an Assistive Personnel (Active Learning)
 - Ap's can feed patients who do not have a swallowing restriction
 - Ap's can assist with specimen collection
 - Ap's can assist with ambulating
- **Information Technology - (1)**
 - Information Technology: Action to Take When Receiving a Telephone Prescription (Active Learning)
 - When getting a telephone order make sure to use a professional demeanor
 - Use exact, relevant, and accurate information
 - Have all the data ready prior to contacting any member of the interprofessional team
- **Legal Rights and Responsibilities - (1)**
 - Legal Responsibilities: Identifying Torts (Active Learning Template -
 - Assault is the conduct of one person making another person fearful and apprehensive
 - A false imprisonment is a person being confined or restrained against their will
 - The battery is the intentional and wrongful physical contact with a person that involves an injury or offensive contact

Safety and Infection Control

- **Accident/Error/Injury Prevention - (2)**
 - Client Safety: Priority Action When Responding to a Fire (Active Learning Template - Basic Concept, RM Fund 10.0 Chp 12 Client Safety)
 - Fire alarms use the acronym RACE, to begin with rescuing clients in close proximity
 - The next step is A for alarm the system
 - The next step is C to confine the fire by closing the doors
 - Safe Medication Administration and Error Reduction: Client Identifiers (Active Learning Template)
 - Clients identifiers can include a birthdate
 - Client identifier can include an ID photo
 - Client identifier can include an assigned identification number
- **Safe Use of Equipment - (1)**
 - Home Safety: Client Teaching About Electrical Equipment
 - Ensure that electrical equipment is in good repair
 - Ensure electrical equipment is well-grounded
 - Place electrical cords against a wall and behind furniture
- **Standard Precautions/Transmission-Based Precautions/Surgical Asepsis - (3)**
 - Infection Control: Caring for a Client Who Is Immunocompromised
 - A person who is immunocompromised is more at risk for an infection
 - Improper hand hygiene is a risk factor for immunocompromised clients
 - The illness interval stage is when findings specific to the infection occur
 - Medical and Surgical Asepsis: Performing Hand Hygiene
 - Sterile solutions expire after 24 hours of opening

- Place bottle cap face up on a clean nonsterile surface
 - Hold the bottle with the label in the palm of the hand
- Medical and Surgical Asepsis: Preparing a Sterile Field
 - DON sterile gloves
 - Do not place items on the floor
 - Do not turn your back in a sterile field

Health Promotion and Maintenance

- **Aging Process - (1)**
 - Young Adults (20 to 35 Years): Teaching Appropriate Health Promotion Guidelines
 - Young adult's occupational choices relate to high goals
 - Young adults question their ability to parent
 - Young adults leave home and establish an independent living situation
 - **Developmental Stages and Transitions - (1)**
 - Older Adults (65 Years and Older): Identify Expected Changes in Development
 - Expect decreased skin turgor
 - Loose subcutaneous fat
 - Decreased bladder capacity
- **Health Promotion/Disease Prevention - (1)**
 - Hygiene: Bathing a Client Who Has Dementia
 - Never leave clients in a position where an injury can occur
 - Allow rest periods for those who become tired
 - Older adult skin is thinner will not tolerate as much as bathing a younger adults skin
- **Techniques of Physical Assessment - (1)**
 - Vital Signs: Assessing a Client's Blood Pressure
 - The Cuff of the arm should be 40% of the arm circumference
 - Deflate the cuff and wait one minute
 - Release pressure no faster than 2 to 3 mm Hg per second

Psychosocial Integrity

- **Coping Mechanisms - (1)**
 - Coping: Priority Intervention for a Client Who Has a Terminal Illness
 - Be empathetic in communication
 - Identify available community resources
 - Identify client and family strengths and abilities
- **End-of-Life Care - (1)**
 - Grief, Loss, and Palliative Care: Providing End-of-Life Care
 - Provide caring touch
 - Encourage the client to use coping mechanisms that have worked in the past
 - Administer medications that manage pain

Basic Care and Comfort

● Mobility/Immobility - (1)

- Mobility and Immobility: Preventing a Plantar Flexion Contracture
 - Adjustable ankle-foot orthosis
 - Point toes toward the head and then away from the head
 - Rotate feet in circles at the ankles

Non-Pharmacological Comfort Interventions - (2)

- Complementary and Alternative Therapies: Contraindications for Receiving Acupuncture
 - Patients with clotting disorders
 - Patients with cancer
 - Patients who are diabetic
- Pain Management: Suggesting Nonpharmacological Pain Relief for a Client
 - Include relaxation techniques like yoga
 - Imagery is a form that focuses on pleasant thoughts to divert focus
 - If edematous elevate extremities

● Rest and Sleep - (1)

- Rest and Sleep: Identifying Findings That Indicate Sleep Deprivation
 - Inability to concentrate are found in sleep deprivation
 - Irritability are found in sleep deprivation
 - Poor judgment are found in sleep deprivation

Pharmacological and Parenteral Therapies

● Medication Administration - (3)

- Pharmacokinetics and Routes of Administration: Self-Administration of Ophthalmic Solutions (Active Learning Template -
 - Wash hands is an important step
 - Have the client sit upright or lie supine tilt their head slightly and look up at the ceiling
 - Wait 5 minutes before administering other ophthalmic solution
- Pharmacokinetics and Routes of Administration: Teaching About Self-Administration of Clotrimazole Suppositories
 - Insert medication along the posterior wall of vagina
 - Provide peri care is important for suppository
 - Lubricate suppository is important for suppository
- Safe Medication Administration and Error Reduction: Confirming a Client's Identity
 - Client's full name is part of it
 - Name of medication is part of identification
 - Date and time of prescription is part of identification
- **Parenteral/Intravenous Therapies - (2)**
- Intravenous Therapy: Promoting Vein Dilation Prior to Inserting a Peripheral IV Catheter
 - Get warm. When the body is warm, blood flow increases, dilating the veins and making them easier to find and stick.

- Use gravity. Increase blood flow to your arm and hand by letting gravity do the work.
- Hydrate. When the body is properly hydrated, veins become more dilated
- Intravenous Therapy: Recognizing Phlebitis (Active Learning Template - Basic Concept, RM Fund 10.0 Chp 49 Intravenous Therapy)
 - Recognizing Phlebitis it has Edema
 - Recognizing Phlebitis it has Throbbing
 - Recognizing Phlebitis it has burning sensation

Reduction of Risk Potential

- **Changes/Abnormalities in Vital Signs - (1)**
 - Vital Signs: Palpating Systolic Blood Pressure
 - Use a lower extremity if the brachial artery is not accessible.
 - Deflate the cuff and wait 1 min.
 - Close the pressure bulb by turning the valve clockwise until tight

System Specific Assessments - (1)

- Older Adults (65 Years and Older): Expected Findings of Skin Assessment (Active Learning Template - Nursing Skill, RM Fund 10.0 Chp 25 Older Adults (65 Years and Older))
 - Decreased skin turgor, subcutaneous fat, and connective tissue (dermis), which leads to wrinkles and dry, transparent skin
 - Thickening of fingernails and toenails
 - Decreased height due to intervertebral disk changes
- **Therapeutic Procedures - (1)**
 - Gastrointestinal Diagnostic Procedures: Education Regarding Alanine Aminotransferase (ALT) Testing (Active Learning Template - Diagnostic Procedure, RM AMS RN 11.0 Chp 46 Gastrointestinal Diagnostic Procedures)
 - ALT is measured to see if the liver is damaged or diseased.
 - Low levels of ALT are normally found in the blood.
 - the liver is damaged or diseased, it releases ALT into the bloodstream, which makes ALT levels go u

Physiological Adaptation

- **Alterations in Body Systems - (1)**
 - Pressure Injury, Wounds, and Wound Management: Performing a Dressing Change (Active Learning Template - Nursing Skill, RM Fund 10.0 Chp 55 Pressure Injury, Wounds, and Wound Management)
 - Nonadherent material: Does not stick to the wound bed
 - Damp to damp 4-inch by 4-inch dressings: Used to mechanically debride a wound until granulation tissue starts to form in the wound bed. Must keep moist at all times to prevent pain and disruption of wound healing.
 - Self-adhesive, transparent film: A temporary "second skin" ideal for small, superficial wounds
- **Pathophysiology - (1)**
 - Grief, Loss, and Palliative Care: Manifestations of Cheyne-Stokes Respirations (Active Learning Template - System Disorder, RM Fund 10.0 Chp 36 Grief, Loss, and Palliative Care)

- Cheyne-Stokes breathing is an abnormal pattern of breathing commonly seen as patients approach death.
- Patients who experience Cheyne-Stokes breathing will take several breaths followed by a long pause before regular breathing resumes
- These cycles of breathing will become increasingly deeper and can be difficult for family members as they wait for the final breath to come.