- Know what glands secrete which hormones
    - **Thyroid Stimulating Hormone (TSH)- stimulates thyroid activity**
    - **Adrenocorticotropic Hormone (ACTH)- stimulates adrenal activity**
    - **Somatotropin-Growth Hormone (GH)- stimulates growth**
    - **Gonadotropins and Prolactin- female hormones**
    - **Antidiuretic Hormone (ADH)- prevents kidney from excreting urine**
    - **Oxytocin- female hormone**
- Know disease processes that go with these hormones
        - DI
        - SIADH
        - Hypothyroid
        - Hyperthyroid
        - Myxedema Coma
        - Grave's Disease
        - Thyroid Storm
        - Hypoparathyroid
        - Hyperparathyroid
        - Addison's Disease
        - Cushing's Disease
    - Know causes of these disease processes
    - Know the disease processes S/S
- Know the Master Gland
- Electrolyte abnormalities d/t abnormal hormone levels
- Type 1 and type 2 DM
    - Causes
    - Complications
    - S/S
    - Labs
- Kussmaul's Respirations
- Hypoglycemia
    - Complications
    - Treatment
- How to confirm/diagnose Diabetes
- DM diet
    - **Maintain ideal body weight**
    - **40-50% carbs, 25-30% fats**
    - **low fat and low salt diet**
    - **low glycemic index carbs should be included in diet (1-55)**
- Insulin's role in the body
    - **Insulin is a hormone which allows your body to use sugar (glucose) from carbohydrates in the food that you eat for energy. Insulin keeps your blood sugar level from getting too high or too low.**
    - **Pancreas secretes it.**
- Metabolic syndrome and labs
    - **Cluster of conditions that increase the risk of: heart disease, stroke, and diabetes**
    - **If 3 of 5 signs present, metabolic syndrome present:**
        - **Blood pressure > 130/85**

        - **Blood glucose > 100**
        - **Excess fat around waist > 40 men, > 35 women**
        - **Trig level >150 or Cholesterol HDL < 40**
- Types of pressures in the body/bloodstream
- Types of fluids
    - Isotonic
    - Hypertonic
    - Hypotonic
- Fluid overload labs
- Hypervolemia/hypovolemia S/S
- Ways to measure fluid loss or fluid gain
- Electrolytes
    - Lab values
    - S/S
    - Causes of abnormal levels
- ABG values
    - Know how to solve for acid-base imbalances
- Organs involved in acid-base imbalances
- Acid-base imbalances S/S
- Know the ions in acid-base imbalances
- Long-term complications of DM
    - **diabetic foot complication, peripheral neuropathy, poor circulation, suppressed immune response, increased infection susceptibility, can lead to gangrene and amputation, osteomyelitis (bone infection) can also occur**