

## **Management of Care**

- Certified nurse-midwife: Collaborates with one or more providers to deliver care to maternal-newborn clients and their families.
- It is within CNA scope to obtain vital signs
- Social workers give information and assistance about hospice care for clients.
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- Analysis/data collection requires nurses to look at the data and recognize patterns or trends.
- Nurses perform or delegate interventions and are accountable for them.
- Remember Maslow's hierarchy(From bottom to top !!) Physiology, safety and security,love and belonging. self-esteem and self-actualization.

## **Legal Responsibilities**

- Critical thinking requires lifelong learning and ability to acquire relevant experiences that can be reflected on continuously to improve nursing judgement.
- Arthritis,osteoporosis and fall affect older adults mobility
- avoid meal time interruptions
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- Factors that influences older adults abilities to function-Overall health, the number of stressors, lifelong mental well-being.
- encourage bed-rest patients to perform antiembolic exercises every 1 to 2 hours to promote venous return and reduce the risk of thrombus formation.
- Sequential pressure devices promote venous return in the deep veins of the legs and thus help prevent thrombus formation.
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- Stasis of secretions and decreased and weakened respiratory muscles, resulting in atelectasis and hypostatic pneumonia.
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- Aloe:Wound healing, Echinacea:Enhances immunity, Garlic: Inhibits platelet aggregation, Ginger: Antiemetic, Ginkgo biloba:Improves memory, Ginseng:Increases physical endurance, Valerian:Promotes sleep, reduces anxiety
- Music or art therapy: Provides distraction from pain and allows the client to express emotions; earphones improve concentration.
- Acupressure is a body-based therapy because it focuses specifically on body structures and systems.
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- A fluid bolus is a large amount of IV fluid to give in a short time, usually less than 1 hr. A fluid bolus rapidly replaces fluid loss from dehydration, shock, hemorrhage, burns or trauma.
- A disadvantage to IV bolus is that circulatory fluid overload is possible if the volume of the solution is large or the infusion rate is rapid.
- When giving an IV bolus administer medication directly into the peripheral IV or access port to achieve an immediate medication level in the bloodstream.
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- Extrapyramidal symptoms :Abnormal body movements, tremors, rigidity, restlessness, acute dystonia, drooling,agitation, shuffling gait.
- Nephrotoxicity: Primarily the result of antimicrobial agents and NSAIDS.
- Administer diphenhydramine for mild rashes and hives and decrease angioedema and urticaria and provide epinephrine for severe allergic reactions to prevent death.
- consuming foods with tyramine while taking MAOIs can lead to hypertensive crisis.
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- Unconscious patients: Position the client's head on the side to reduce mouth care for a client who is unconscious. Brush the client's teeth at least twice a day.
- the client who had DM should wash their feet with lukewarm water and dry the feet thoroughly. The client should use moisturizing lotions not between toes to help keep the skin smooth and supple.
- brush the dentures with a toothbrush and denture cleaner.
  - o Negligence—a nurse fails to implement safety measures for a client who is a fall risk
  - o Malpractice (Professional Negligence)—a nurse gives a large dose (overdose) of medication due to an error in calculation.
- Quasi-intentional Torts
  - o Breach of confidentiality—nurse releases medical diagnosis to the press
  - o Defamation of character—nurse tells coworker they believe client is cheating on their spouse.
- The expected reference range is 95% to 100%. Acceptable levels range from 91% to 100% some illness states can allow for 85% to 89%. readings less than 90% reflect hypoxemia.
- Values can be slightly lower for older adults or clients who have dark skin.
- Provide oxygen therapy at the lowest liter flow that can correct hypoxia.

## **Safety and Infection Control**

### **Performing the Weber's Test**

- Rinne test
  - o Place vibrating tuning fork against mastoid bone
  - o Have client indicate when they can no longer hear the sound
    - Length of time represents bone conduction.
  - o Next move in front of ear canal

- o When they can no longer hear it (the length of time) represents air conduction.
  - Expect air to be longer than bone (2:1).
- Weber test
  - o Place vibrating tuning fork on top of client's head
  - o Is the sound better in the right ear, left ear, or equal in both?
  - o Should hear equally well in both ears (negative Weber test)

### **Infection Control: Caring for a Client who is Immunocompromised (Allogeneic HSC Transplant)**

- A protective environment is an intervention not a type of precaution (contact, droplet, or airborne).
  - o Private room
  - o Positive airflow 12 or more exchanges/hr
  - o HEPA filter for incoming air
  - o Mask for client when out of room.

### **Health Promotion and Maintenance**

#### **Assessing Visual Acuity Using a Snellen Chart**

- Client stands 20 feet from the chart
- Evaluate both eyes together then each separately, with and without any corrective interventions
- Cover opposite eye when needed
- Ask client to read smallest line of visible print.
- The first number of the line is distance in feet where you can still see
- Second number distance at which a visually impaired eye can read from 30 feet

### **Psychosocial Integrity**

#### **Grief, Loss, Palliative Care: Providing End of Life Care**

##### **Order of operations when preparing the body**

- o Maintain privacy
- o Remove all tubes (unless organs are to be donated, or is a medical examiner's case)
- o Remove all personal belongings to be given to the family
- o Cleanse, align body supine with pillow under head, arms with palms down outside sheet/blanket, dentures in, eyes closed.
- o Apply fresh linens with absorbent pads.
- o Brush or comb hair and replace any hairpieces
- o Remove extra supplies, equipment, and solid linens.
- o Dim lights and minimize noise.

- o Ask family if they want to visit with the client/body; respect their decision
- o After viewing, apply ID tags
- o Complete documentation

## **Pharmacological and Parenteral Treatments**

### **Pharmacokinetics and Routes of Administration: How to Self-Administer Clotrimazole Suppositories**

- Can use modified lithotomy or dorsal recumbent position.
- Medications with a high therapeutic index (TI) have a wide safety margin, so no need to perform routine blood level monitoring.
- Insert along posterior wall of vagina
  - o 3-4 in. for suppositories, 2-3 in. for creams, jellies, foams.
- Instruct client to remain supine for at least 5 min.

## **Reduction of Risk Potential**

### **Vitals Signs: Palpating SBP**

- Only “true” vital signs are temperature, pulse, respiration, and BP.
- Expected reference range for an adult client’s pulse is 60-100 beats/min, although slightly more or less is acceptable given overall patient’s health.
- The pulse deficit is the difference between the apical and radial rates.
  - o Dysrhythmias can produce a pulse at the apical site without one at the radial point.
  - o Apical site—5<sup>th</sup> intercostal space at the left mid-clavicular line. If irregular or client takes CV medications, count for a full minute.

### **Urinary Elimination: Selecting a Coude Catheter**

- Catheters come in a variety of sizes
  - o Kids—8-10 Fr
  - o Women—14-16 Fr
  - o Men—16-18 Fr
- One reason for catheterization is to obtain a sterile specimen for culture and sensitivity analysis to better treat a UTI.
- The catheter should be cleaned at least 3 times a day and after defecation.

## **Physiological Adaptation**

### **Coping: Priority Intervention for a Client with a Terminal Illness**

- To aid in wound healing and prevent skin breakdown you need to provide adequate hydration (at least 2500 mL/day) and sufficient amounts of protein and calories (meat, fish, poultry, eggs, dairy products, beans, nuts, whole grains).
- Isotonic solutions are the preferred agent for cleaning wounds.
- A hydrocolloid dressing is occlusive and swells when exposed to exudate or fluids.

- o Made out of gelatin and pectin, seals off the wound's surface to help fight infection and keep the area from drying out.

### **Grief, Loss, and Palliative Care: Providing End-of-Life Care**

- Grief is the inner emotional response to loss and is exhibited through thoughts, feelings, behaviors. Bereavement includes grief and mourning (visible display of loss).
- Advance directives include a living will and health care proxy.
  - o A living will outlines a client's wishes regarding health care and resuscitation efforts in the event of an emergency when they can't speak for themselves.
  - o A health care proxy appoints someone else to make decisions once the individual can no longer do it for themselves.
- The Kubler-Ross Model outlines steps in the process of grief. Everyone goes through them differently, some people may skip a step.
  - o Denial—difficulty believing the situation
  - o Anger—no one target, directed everywhere
  - o Bargaining—trying to make a deal with God or some entity to get more time or a cure
  - o Depression—abnormally sad regarding situation, can't break out of it.
  - o Acceptance—Plans for the future and moving forward