

N431 Adult Health II
Proctored ATI Remediation Template

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Main Category: Management of Care

Subcategory: Advocacy

Topic: Health care delivery systems

- Health care systems include the clients who participate, the settings in which health care takes place, the agencies that regulate health care, and the mechanisms that provide financial support
- Values are personal beliefs about ideas that determine standards that shape behavior.
- Nurses are accountable for practicing nursing within the confines of the law to shield themselves from liability; advocate for clients' rights; provide care that is within the nurse's scope of practice; discern the responsibilities of nursing in relationship to the responsibilities of other members of the health care team; and provide safe, proficient care consistent with standards of care

Subcategory: Referrals

Topic: Musculoskeletal trauma

- Encourage the client to use joint-saving measures (good body mechanics, labor-saving devices)
- Teach the client about joint protection: using large joints rather than small ones, using two hands to hold objects, bending the knees when reaching down rather than bending the waist
- Do not squeeze bacterial lesions but remove the crusty exudate so the antibacterial topical medication can penetrate into the lesion

Main Category: Safety and Infection Control

Subcategory: Accident/Error/Injury Prevention

Topic: Preoperative Nursing Care

- Preoperative care takes place from the time a client is scheduled for surgery until care is transferred to the operating suite
- Medical history, surgical history, tolerance of anesthesia, medication use, complementary

or alternative practices (herbals), psychosocial history, cultural considerations, substance use (including tobacco), social support systems, occupation, and perceptions and knowledge about surgery.

- Verify that the informed consent is accurately completed, signed, and witnessed

Topic: Spinal Cord Injury

- Report of neck or back pain.
- Report of lack of sensation of dermatomes below the level of the lesion.
- Spinal cord injuries (SCIs) involve the loss of motor function, sensory function, reflexes, and control of elimination. Injuries in the cervical region result in quadriplegia: paralysis/paresis of all four extremities and trunk

Subcategory: Handling Hazardous and Infectious Material

Topic: Cancer treatment options

- Cancer treatment is based on the cell of origin of the cancer. When metastasis occurs, treatment is still based on the primary tumor origin even though the malignancy is located elsewhere in the body.
- Cancer treatment options focus on removing or destroying cancer cells and preventing the continued abnormal cell growth and differentiation.
- Adjuvant treatment is what is given in addition to the primary treatment standard, and can include hormone, radiation, and targeted therapies; immunotherapy; and chemotherapy.

Subcategory: Standard Precautions/ Transmission Based-precautions/ Surgical Asepsis

Topic: Gastrointestinal Diagnostic procedures

- Involve endoscopes and x-rays to visualize parts of the gastrointestinal system and to evaluate gastrointestinal contents.
- Monitor vital signs and respiratory status. Maintain an open airway until the client is awake.
- Gastrointestinal therapeutic procedures nurses should be knowledgeable about include enteral feedings, total parenteral nutrition (TPN), abdominal paracentesis, nasogastric decompression, bariatric surgeries, and ostomies

Main Category: Health Promotion and Maintenance

Subcategory: Health Promotion/ Disease prevention

Topic: HIV/AIDS

- HIV targets CD4+ lymphocytes, also known as T-cells or T-lymphocytes. T-cells work in concert with B-lymphocytes. Both are part of specific acquired (adaptive) immunity

- HIV is found in feces, urine, tears, saliva, cerebrospinal fluid, cervical cells, lymph nodes, corneal tissue, and brain tissue, but epidemiologic studies indicate that these are unlikely sources of infection.
- Manifestations of acute HIV infection can include the following: fever, night sweats, chills, headaches, muscle aches, sore throat, and rash. The findings are temporary and resolve with the client returning to previous level of health

Main Category: Psychosocial Integrity

Subcategory: Coping Mechanisms

Topic: Amputations

- Amputations can be elective due to complications of peripheral vascular disease and arteriosclerosis, congenital deformities, chronic osteomyelitis, or malignant tumor; or traumatic due to an accident
- The higher the level of amputation, the greater the amount of effort that will be required to use a prosthesis. The level of the amputation is determined by the presence of adequate blood flow needed for healing
- Significant changes to body image occur after an amputation and should be addressed during the perioperative and rehabilitative phases.

Subcategory: Mental Health concepts

Topic: Preoperative Nursing care

- Preoperative care takes place from the time a client is scheduled for surgery until care is transferred to the operating suite.
- Outpatient or ambulatory surgery generally is an elective surgery that is not considered acute (cataract removal, hernia repair).
- Preoperative care includes a thorough assessment of the client's physical, emotional, and psychosocial status prior to surgery.

Subcategory: Support System

Topic: Alzheimer's Disease

- Alzheimer's disease (AD) is a nonreversible type of dementia that progressively develops over many years
- Dementia is defined as multiple cognitive deficits that impair memory and can affect language, motor skills, and/or abstract thinking.
- AD is characterized by memory loss, problems with judgment, and changes in personality. As the disease progresses, severe physical decline occurs along with deteriorating cognitive functions

Main Category: Basic Care and Comfort

Subcategory: Mobility/Immobility

Topic: Mobility/ Immobility

- Mobility is freedom and independence in purposeful movement. Mobility refers to adapting to and having self-awareness of the environment.
- Immobility is the inability to move freely and independently at will. The risk of complications increases with the degree of immobility and the length of time of immobilization.
- **Body mechanics** involves coordination between the musculoskeletal and nervous systems, and the use of alignment, balance, gravity, and friction.

Subcategory: Non-Pharmacological Comfort Interventions

Topic: Arthroplasty

- Arthroplasty refers to the surgical removal of a diseased joint due to osteoarthritis, osteonecrosis, rheumatoid arthritis, trauma, or congenital anomalies, and replacement with prosthetics or artificial components made of metal (stainless steel, titanium) and/or plastic.
- Total knee arthroplasty involves the replacement of the distal femoral component, the tibia plate, and the patellar button. Total knee arthroplasty is a surgical option when conservative measures fail.
- Total hip arthroplasty involves the replacement of the acetabular cup, femoral head, and femoral stem.

Subcategory: Nutrition and Oral Hydration

Topic: Burns

- Dry heat, moist heat, direct contact with hot surfaces, chemicals, electricity, and ionizing radiation can cause burns, which result in cellular destruction of the skin layers and underlying tissue.
- In addition to destruction of body tissue, a burn injury results in the loss of temperature regulation, sweat and sebaceous gland function, and sensory function.
- Inhalation damage findings include singed nasal hair, eyebrows, and eyelashes; sooty sputum; hoarseness; wheezing; edema of the nasal septum; and smoky smelling breath.

Main Category: Pharmacological and Parenteral Therapies

Subcategory: Adverse Effects/Contraindications/Side Effects/ Interactions

Topic: Diabetes Mellitus management

- Diabetes mellitus type 1 cannot be prevented. Lifestyle modifications can reduce the risk of diabetes mellitus type 2, and minimize the risk of complications for clients who develop diabetes mellitus.
- Therapy can range from a single daily injection containing an intermediate- to long-acting insulin, to two injections daily with combination insulins, to an intense regime of a basal insulin dose and subsequent injections for meal intake and glucose levels.
- Teach the client manifestations of hyperglycemia (hot, dry skin, and fruity breath) and measures to take in response to hyperglycemia.

Subcategory: Medication Administration

Topic: Stroke

- Strokes, also known as cerebrovascular accidents or brain attacks, involve a disruption in the cerebral blood flow secondary to ischemia, hemorrhage, brain attack, or embolism.
- Hemorrhagic occurs secondary to a ruptured artery or aneurysm. The prognosis for a client who has experienced a hemorrhagic stroke is poor due to the amount of ischemia and increased ICP caused by the expanding collection of blood.
- Monitor vital signs every 1 to 2 hr. Notify the provider immediately if blood pressure exceeds a systolic greater than 180 mm Hg or a diastolic greater than 110 mm Hg. This can indicate the client is experiencing an ischemic stroke.

Subcategory: Parenteral/ Intravenous Therapies

Topic: Intravenous therapy

- Intravenous therapy involves administering fluids via an IV catheter to administer medications, supplement fluid intake, or give fluid replacement, electrolytes, or nutrients.
- The provider prescribes the type of IV fluid, the volume to infuse, and either the rate at which to infuse the IV fluid or the total amount of time it should take to infuse the fluid. The nurse regulates the IV infusion, either with an IV pump or manually, to be sure to deliver the right amount.
- Give the medication the pharmacist mixed in a large volume of fluid (500 to 1,000 mL) as a continuous IV infusion, such as potassium chloride and vitamins

Main Category: Reduction of Risk Potential

Subcategory: Diagnostic Tests

Topic: Electrocardiography and dysrhythmia monitoring

- Cardiac electrical activity can be monitored by using an electrocardiogram (ECG). The heart's electrical activity can be monitored by a standard 12-lead ECG (resting ECG), ambulatory ECG (Holter monitoring), continuous cardiac monitoring, or by telemetry.
- An artificial pacemaker is a battery-operated device that electrically stimulates the heart when the natural pacemaker of the heart fails to maintain an acceptable rhythm.
- Invasive cardiovascular procedures are indicated after noninvasive interventions have been tried, such as diet, exercise, and medications.

Subcategory: Laboratory Values

Topic: Acute respiratory disorders

- The airway structures permit air to enter and provide for adequate oxygenation and tissue perfusion. Common acute and chronic disorders affect these airway structures.
- A nursing priority for clients who have acute respiratory disorders is to maintain a patent airway to promote oxygenation.
- Encourage rest (8 to 10 hr/day) and increased fluid intake (at least 2,000 mL/day).

Topic: Postoperative nursing care

- A client who is stable and able to breathe spontaneously is discharged to a postsurgical unit or home if an outpatient surgical procedure was performed.
- Postoperative care is usually provided initially in the PACU, where skilled nurses who are certified in advanced cardiac life support can monitor a client's recovery from anesthesia. In some instances, a client is transferred from the operating suite directly to the intensive care unit.
- Upon receiving a client from the operating suite, immediately perform a full body assessment with priority given to airway, breathing, and circulation.

Subcategory: System Specific Assessment

Topic: Ingestion, Digestion, Absorption, and metabolism

- Metabolism is the sum of all chemical processes that occur on a cellular level to maintain homeostasis.
- Energy nutrients are metabolized to provide carbon dioxide, water, and adenosine triphosphate (ATP).
- The liver removes nitrogen from amino acids, and the remaining product is converted to glucose or fat for energy. Body cells first use available ATP for growth and repair, then use glycogen and stored fat.

Main Category: Physiological Adaptation

Subcategory: Hemodynamics

Topic: Anemias

- Low amount of circulating RBCs, Hgb concentration, or both. It is an indicator of an underlying disease or disorder
- Iron-deficiency anemia due to inadequate intake is the most common cause of anemia in children, adolescents, and pregnant clients.
- Schilling test measures vitamin B₁₂ absorption with and without intrinsic factor. It is used to differentiate between malabsorption and pernicious anemia.

Topic: Electrocardiography and dysrhythmia monitoring

- Effect on the rate and rhythm of the heart: bradycardia, tachycardia, heart block, premature beat, flutter, fibrillation, or asystole.
- Cardiac dysrhythmias are a primary cause of death in clients suffering acute MI and other sudden death disorders.
- Risks for heart disease, hypertension, dysrhythmias, and atherosclerosis increase with age.

Subcategory: Illness Management

Topic: Cancer treatment options

- Examine the client's mouth several times a day, and inquire about the presence of oral lesions.
- Avoid using glycerin-based mouthwashes or mouth swabs for client care. Nonalcoholic, anesthetic mouthwashes are recommended.
- Understand how to prevent injury when ambulating (wear closed-toes shoes, remove tripping hazards in the home) and apply cold if injury occurs.

Topic: HIV/AIDS

- Manifestations of acute HIV infection can include the following: fever, night sweats, chills, headaches, muscle aches, sore throat, and rash. The findings are temporary and resolve with the client returning to previous level of health.
- This stage is marked by a rapid rise in the HIV viral load, decreased CD4+ cells, and increased CD8 cells.
- Encourage the client to maintain up-to-date immunizations, including yearly seasonal influenza and pneumococcal polysaccharide vaccine.

Topic: Brain Tumors

- A secondary classification, supratentorial tumors, occur in the cerebral hemispheres above the tentorium cerebelli. Those below the tentorium cerebelli, such as tumors of the brainstem and cerebellum, are classified as infratentorial tumors.
- Brain tumors occur in any part of the brain, occupy space within the skull, and are classified according to the cell or tissue of origin.
- Cerebral tumors Brain tumors apply pressure to surrounding brain tissue, resulting in

decreased outflow of cerebrospinal fluid, increased intracranial pressure, cerebral edema, and neurologic deficits are the most common.

Subcategory: Medical Emergencies

Topic: Musculoskeletal Trauma

- A fracture is a break in a bone secondary to trauma or a pathological condition. Fractures caused by trauma are the most common type of bone fracture. Pathological fractures can be caused by metastatic cancer, osteoporosis, or Paget's disease.
- Deformity: Internal or external rotation of extremity, shortened extremity, visible bone with open fracture, asymmetrical appearance of the affected limb (compared to the other side of the body).
- Splints can support fractured/injured areas until casting occurs and swelling is decreased. Casting is then used for post-paralysis injuries to avoid joint contracture.