

N444 Concept Synthesis
Proctored ATI Remediation Template

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Main Category: Management of Care

Subcategory: Assignment, delegation, and supervision

Topic: Leading and managing client care: delegating to assistive personnel

- Essential to know the scope of practice for both registered nurses and assistive personnel before delegating (Holman et al., 2019).
- Before delegating, assess the competency of the assistive personnel (Holman et al., 2019).
- While tasks can be delegated, the ultimate responsibility for patient care remains with the RN (Holman et al., 2019).

Subcategory: Case management

Topic: Coordinating client care: planning care for a client following a stroke

- Conduct regular neurological assessments to monitor the client's level of consciousness, motor and sensory function, speech and language abilities, and cognitive function (Holman et al., 2019).
- Ensure the client receives adequate nutrition and hydration to support recovery and prevent complications such as aspiration pneumonia (Holman et al., 2019).
- Provide communication support for clients with speech and language deficits, such as aphasia or dysarthria (Holman et al., 2019).

Subcategory: Client rights

Topic: Coordinating client care: client right to leave against medical advice

- Before a client decides to leave AMA, healthcare providers should ensure that they understand the risks and benefits of both staying for treatment and leaving against medical advice (Holman et al., 2019).
- Healthcare providers should document the client's decision to leave AMA, including any discussions that took place, the risks that were explained, and the client's understanding of those risks (Holman et al., 2019).
- Healthcare providers should take the time to educate the client about their condition, treatment options, and the importance of following medical recommendations (Holman et al., 2019).

Subcategory: Confidentiality/ information security

Topic: Professional practice: addressing a breach of client confidentiality

- Upon discovering the breach, take immediate action to stop the unauthorized disclosure and limit its impact (Holman et al., 2019).
- Inform the affected clients or patients about the breach in a timely and transparent manner (Holman et al., 2019).
- Express sincere apologies to the affected individuals for the breach of their confidentiality (Holman et al., 2019).

Main Category: Safety and Infection Control

Subcategory: accident/ error/ injury prevention

Topic: mobility and immobility: preventing contractures

- Observe for contractures (Holman et al., 2019).
- Maintain or regain body alignment and stability, decrease skin and musculoskeletal system changes, achieve full or optimal ROM, and prevent contractures (Holman et al., 2019).
- (Holman et al., 2019).

Topic: Mycobacterial, fungal, and parasitic infections: verification of rifampin prescription

- Rifampin is bactericidal because of inhibition of protein synthesis (Holman et al., 2019).
- Rifampin is a broad spectrum antibiotic effective for gram positive and gram-negative bacteria (Holman et al., 2019).

- Rifampin is given in combination with at least one other antituberculosis medication to help prevent antibiotic resistance (Holman et al., 2019).

Subcategory: emergency response plan

Topic: security and disaster plans: determining priority client to discharge during a disaster

- Assess the medical stability of each client to determine if they are medically fit for discharge (Holman et al., 2019).
- Evaluate the availability of resources such as hospital beds, medical supplies, and staffing levels (Holman et al., 2019).
- Assess the availability of appropriate discharge destinations, such as shelters, healthcare facilities, or the clients' homes (Holman et al., 2019).

Subcategory: ergonomic principles

Topic: ergonomic principles: evaluating teaching

- Ergonomics is a science that focuses on the factors or qualities in an object's design or use that contribute to comfort, safety, efficiency, and ease of use (Holman et al., 2019).
- The center of gravity is the center of a mass (Holman et al., 2019).
- Weight is a quantity of matter on which the force of gravity acts (Holman et al., 2019).

Subcategory: reporting of incident/ event/ irregular occurrence/ variance

Topic: information technology: teaching about incident reports

- Incident reports should be completed as soon as possible after the incident occurs (Holman et al., 2019).
- Incident reports is a non-punitive and intended to improve patient safety and quality of care (Holman et al., 2019).
- Incident reports are documentation tools used to report any unexpected or adverse events, errors, near misses, or unsafe conditions that occur in the healthcare setting (Holman et al., 2019).

Subcategory: standard precautions/ transmission- based precautions/ surgical asepsis

Topic: epidemiology and communicable diseases: nationally notifiable infectious disease

- Epidemiology is used to monitor disease trends (Holman et al., 2019).
- Epidemiology relies on statistical evidence to determine the rate of spread of disease and the proportion of people affected (Holman et al., 2019).
- Individuals can be carriers of disease and not have active infections (Holman et al., 2019).

Main Category: Health Promotion and Maintenance

Subcategory: ante/ intra/ postpartum and newborn care

Topic: postpartum disorders: assessing for uterine atony

- Postpartum disorders are unexpected events or occurrences that can happen during the postpartum period (Holman et al., 2019).
- Uterine atony results from the inability of the uterine muscle to contract adequately after birth (Holman et al., 2019).
- Ensure that the urinary bladder is empty (Holman et al., 2019).

Subcategory: Health promotion/ disease prevention

Topic: aggregates in the community: recommended health screenings for young adult made clients

- Aggregates are groups that have a common characteristic (Holman et al., 2019).
- Males should be screened for digital rectal exam and prostate specific antigen testing (Holman et al., 2019).
- Aggregates receive services from community health nurses (Holman et al., 2019).

Topic: Neurocognitive disorders: risk factors for Alzheimer's

- Advancing age is the most significant risk factor for Alzheimer's disease (Holman et al., 2019).
- Genetics, family history, TBI, female gender, and cardiovascular diseases are all risk factors (Holman et al., 2019).
- Exposure to environmental toxins or pollutants may contribute to the development of Alzheimer's disease (Holman et al., 2019).

Subcategory: health screening

Topic: health promotion of infants: findings to report

- The head circumference for a full-term newborn should be between 33 and 35 cm (Holman et al., 2019).
- The crown to rump length is 31 to 35 cm (Holman et al., 2019).
- Infant size is tracked using weight, height, and head circumference measurements (Holman et al., 2019).

Main Category: Psychosocial Integrity**Subcategory: behavioral interventions****Topic: anxiety disorders: identifying mild anxiety**

- Normal anxiety is a healthy response to stress that is essential for survival (Holman et al., 2019).
- Anxiety levels can be mild, moderate, severe, or panic (Holman et al., 2019).
- Mild anxiety symptoms consist of restlessness, increased motivation, and irritability (Holman et al., 2019).

Topic: group and family therapy: identifying characteristics of a therapeutic group

- Therapy is an intensive treatment that involved open therapeutic communication with participants who are willing to take part in therapy (Holman et al., 2019).
- The group leader uses therapeutic communication to encourage group work toward meeting goals (Holman et al., 2019).
- Group characteristics can vary depending on the health care setting (Holman et al., 2019).

Topic: psychotic disorders: initiating plan of care for a client who has schizophrenia

- Planning care for a patient with schizophrenia involves a comprehensive, multidisciplinary approach aimed at managing symptoms, promoting functional independence, and improving quality of life (Holman et al., 2019).
- Collaborate with a psychiatrist or healthcare provider to develop an appropriate medication regimen to manage symptoms of schizophrenia (Holman et al., 2019).
- Conduct a thorough assessment of the patient's physical health, mental status, and psychosocial functioning to identify their needs, strengths, and goals (Holman et al., 2019).

Subcategory: cultural awareness/ cultural influences on health**Topic: suicide: priority finding for a client who has major depressive disorder**

- Suicide is the intentional act of killing oneself (Holman et al., 2019).
- Suicidal ideation occurs when a client is having thoughts about committing suicide (Holman et al., 2019).
- Untreated depression is a significant risk factor for suicide (Holman et al., 2019).

Subcategory: Mental health concepts**Topic: depressive disorders: teaching about depression for a group of older adult clients**

- Depression is very common among clients above the age of 65 (Holman et al., 2019).
- It is important to differentiate between early dementia and depression (Holman et al., 2019).
- Depression is a mood disorder that is a widespread issue, ranking high among causes of disability (Holman et al., 2019).

Topic: trauma and stressor related disorders: expected findings of posttraumatic stress disorder

- Clients can develop a trauma or stressor related disorder following exposure to extreme stress (Holman et al., 2019).
- Posttraumatic stress disorder is exposure to traumatic events that causes anxiety, detachment, and other manifestations about the event for longer than 1 month following the event (Holman et al., 2019).
- The nurse should recognize occupations that have a high incidence of PTSD (Holman et al., 2019).

Subcategory: family dynamics**Topic: baby friendly care: preparing a preschooler for a new sibling**

- Bonding and integration of an infant into the family structure should start during pregnancy and continue into the fourth stage of labor throughout hospitalization (Holman et al., 2019).

- Before the baby arrives, talk to the older sibling about what to expect and involve them in the preparation (Holman et al., 2019).
- Read books about becoming a big brother or sister, show them ultrasound images of the baby, and discuss the changes that will happen once the baby comes home (Holman et al., 2019).

Subcategory: sensory/ perceptual alterations

Topic: Psychotic disorders: responding to delusions of grandeur

- Grandeur is a belief that they are all powerful and important (Holman et al., 2019).
- Approach the client in a calm and non-threatening manner (Holman et al., 2019).
- Acknowledge the client's feelings and experiences without necessarily affirming the content of their delusions (Holman et al., 2019).

Subcategory: substance use and other disorders and dependencies

Topic: substance use and addictive disorders: identifying manifestations of opioid withdrawal

- Withdrawal manifestations of opioids begin with sweating and rhinorrhea progressing to piloerection, tremors, and muscle spasms (Holman et al., 2019).
- Withdrawal is very unpleasant but not life threatening (Holman et al., 2019).
- Fever, diarrhea, insomnia, weakness, and pupil dilation are also symptoms of withdrawal (Holman et al., 2019).

Topic: substance use and addictive disorders: stimulant withdrawal

- The CNS stimulation seen in some CNS stimulants is dependent on the area of the brain and spinal cord affected (Holman et al., 2019).
- Many people experience significant tiredness and lack of energy during stimulant withdrawal (Holman et al., 2019).
- Feelings of sadness, hopelessness, and low mood are common during withdrawal from stimulants (Holman et al., 2019).

Main Category: Basic Care and Comfort

Subcategory: elimination

Topic: dermatitis and acne: caring for an infant who has diaper dermatitis

- Diaper dermatitis is a common skin condition of the pediatric population (Holman et al., 2019).
- It can be caused by detergents, soaps, or chemicals (Holman et al., 2019).
- Remove any soiled diaper as soon as possible to avoid further irritation (Holman et al., 2019).

Topic: gastrointestinal disorders: dietary teaching for a client who has Crohn's disease

- Crohn's disease and ulcerative colitis are chronic inflammatory bowel disease (Holman et al., 2019).
- Manifestations include nausea, vomiting, abdominal cramps and weight loss (Holman et al., 2019).
- Nutrition therapy is focused on providing nutrients in forms that the client can tolerate (Holman et al., 2019).

Subcategory: nutrition and oral hydration

Topic: nasogastric intubation and enteral feedings: providing teaching about gastrostomy tube feedings

- Nasogastric intubation is the insertion of a nasogastric tube to manage gastrointestinal dysfunction and provide enteral nutrition (Holman et al., 2019).
- Enteral feeding is a method of providing nutrients to clients who cannot consume foods orally but whose GI tract is functioning (Holman et al., 2019).
- There are multiple formulas for patients and depends on the nutrients the patient needs (Holman et al., 2019).

Topic: renal disorders: dietary teaching for a client who has chronic kidney disease

- Reduce sodium intake to help control blood pressure and fluid retention (Holman et al., 2019).
- Limit protein intake to reduce the workload on the kidneys and minimize waste production (Holman et al., 2019).
- Avoid high-potassium foods such as bananas, oranges, tomatoes, potatoes, and avocados (Holman et al., 2019).

Topic: sources of nutrition: dietary teaching about heme iron for a client who has anemia

- Red meat, poultry, fish, and shellfish are all good food examples rich in heme iron (Holman et al., 2019).
- heme iron is a type of iron found in animal-based foods and is more easily absorbed by the body compared to non-heme iron (Holman et al., 2019).
- Combining heme iron-rich foods with sources of vitamin C can further enhance iron absorption in the body (Holman et al., 2019).

Subcategory: personal hygiene

Topic: grief, loss, and palliative care: teaching postmortem care

- After postmortem care is completed, the client's family becomes the nurse's primary focus (Holman et al., 2019).
- Elevate the client's head of bed to prevent facial discoloration (Holman et al., 2019).
- Provide care with respect and compassion while attending to the desires of the client and family per their cultural, religious, and social practices (Holman et al., 2019).

Main Category: Pharmacological and Parenteral Therapies

Subcategory: adverse effects/ contraindications/ side effects/ interactions

Topic: airflow disorders: identifying an adverse effect of a medication to treat bacterial pneumonia

- Antibiotics are the cornerstone of treatment for bacterial pneumonia (Holman et al., 2019).
- Encourage the patient to drink plenty of fluids to prevent dehydration and help loosen mucus secretions (Holman et al., 2019).
- Supplemental oxygen may be necessary for patients with severe pneumonia or respiratory distress to ensure adequate oxygenation (Holman et al., 2019).

Topic: chronic neurologic disorders: identifying an adverse effect of levodopa/ carbidopa

- Levodopa crosses the blood brain barrier (Holman et al., 2019).
- Levodopa/ carbidopa is the most effective for PF treatment, but the beneficial effects diminish by end of year 5 (Holman et al., 2019).
- The adverse effects of this medication include nausea, vomiting, and drowsiness (Holman et al., 2019).

Topic: medications affecting blood pressure: contraindications to nonselective beta blockers

- Do not stop taking beta blockers abruptly (Holman et al., 2019).
- Nonselective beta blockers are contraindicated in clients who have asthma, bronchospasms, and heart failure (Holman et al., 2019).
- It is also contraindicated in clients who AV block and sinus bradycardia (Holman et al., 2019).

Topic: medications affecting coagulation: contraindications for aspirin

- Aspirin inhibits platelet aggregation and can prolong bleeding time, increasing the risk of bleeding, and should be avoided in individuals with bleeding disorders (Holman et al., 2019).
- Individuals with severe liver disease or kidney disease may have impaired drug metabolism and clearance, increasing the risk of toxicity (Holman et al., 2019).
- Aspirin is contraindicated in individuals with active peptic ulcer disease or a history of gastrointestinal bleeding (Holman et al., 2019).

Subcategory: medication administration

Topic: depressive disorders: dietary restrictions for a client taking phenelzine

- Clients taking phenelzine should avoid high tyramine foods (Holman et al., 2019).
- They should also avoid consuming foods that are spoiled, overripe, or improperly stored, as they may contain higher levels of tyramine (Holman et al., 2019).
- Follow a balanced and varied diet that includes a variety of fresh, whole foods while avoiding or limiting high-tyramine foods (Holman et al., 2019).

Subcategory: pharmacological pain management

Topic: pain management: identifying safe pain management measures for a client who is in active labor

- Providing emotional support, encouragement, and physical comfort measures by a doula, partner, or trained healthcare professional can help reduce the perception of pain and improve coping during

labor (Holman et al., 2019).

- Applying gentle massage or firm pressure to specific areas, such as the lower back or hips, can provide relief (Holman et al., 2019).
- Immersion in warm water, such as a bathtub or shower, can help relax muscles, reduce pain, and promote relaxation during labor (Holman et al., 2019).

Main Category: Reduction of Risk Potential

Subcategory: laboratory values

Topic: acid base imbalances: evaluating ABG results

- Acid base balance is maintained by chemical, respiratory, and kidney function (Holman et al., 2019).
- Full compensation occurs when the pH level of the blood returns to normal (Holman et al., 2019).
- To maintain adequate ABGs, encourage a healthy diet and physical activity (Holman et al., 2019).

Topic: bacterial, viral, fungal, and parasitic infections: reportable laboratory result of a school age child

- Pathogens are the microorganisms or microbes that cause infections (Holman et al., 2019).
- Virulence is the ability of a pathogen to invade the host and cause disease (Holman et al., 2019).
- Bacteria is the most common type of pathogen (Holman et al., 2019).

Subcategory: potential for alterations in body systems

Topic: cardiovascular disorders: manifestations of rheumatic fever

- Rheumatic fever is an inflammatory disease that can develop as a complication of untreated or inadequately treated streptococcal throat infection, particularly group A Streptococcus (Holman et al., 2019).
- Rheumatic fever often presents with a fever, which may be low-grade or high-grade, depending on the severity of the inflammation (Holman et al., 2019).
- Joint pain, chest pain, SOB, fatigue, and palpitations are also manifestations of rheumatic fever (Holman et al., 2019). (Holman et al., 2019).

Subcategory: potential for complications from surgical procedures and health alterations

Topic: gastrointestinal structural and inflammatory disorders: priority manifestations of gastroesophageal reflux

- GER occurs when gastric contents reflux back up into the esophageal mucosa (Holman et al., 2019).
- Gastroesophageal reflux disease is tissue damage from GER (Holman et al., 2019).
- Manifestations include spitting up, forceful vomiting, failure to thrive, respiratory problems and apnea (Holman et al., 2019).

Subcategory: therapeutic procedures

Topic: preoperative nursing care: reducing the risk of complications intraoperatively

- Conduct a thorough preoperative assessment to identify and address any pre-existing medical conditions (Holman et al., 2019).
- Ensure effective communication and coordination among members of the surgical team, including surgeons, anesthesiologists, nurses, and support staff (Holman et al., 2019).
- Use appropriate positioning devices, padding, and supports to maintain alignment and stability throughout the procedure (Holman et al., 2019).

Main Category: Physiological Adaptation

Subcategory: alterations in body systems

Topic: diabetes mellitus management: caring for a client who is hypoglycemic

- Be familiar with the signs and symptoms of hypoglycemia, which can include sweating, trembling, confusion, dizziness, hunger, irritability, and weakness (Holman et al., 2019).
- Offer the client a fast-acting source of carbohydrates to raise their blood sugar quickly (Holman et al., 2019).
- Once the client's blood sugar begins to rise, encourage them to eat a snack or meal containing a combination of carbohydrates, protein, and fat to help stabilize their blood sugar levels (Holman et al., 2019).

Topic: medical conditions: priority nursing intervention for magnesium toxicity

- Magnesium sulfate is the medicine choice for prophylaxis or treatment to depress the CNS and prevent seizures (Holman et al., 2019).
- Manifestations for toxicity include absence of patellar deep tendon reflexes, urine output less than 30 ml/hr, and decreased LOC (Holman et al., 2019).
- The antidote for toxicity is calcium gluconate (Holman et al., 2019).

Subcategory: fluid and electrolyte imbalances

Topic: fluid imbalance: expected findings for fluid volume deficit

- Always monitor for magnesium sulfate toxicity which could look like absence of patellar deep tendon reflex, low urine output, decreased LOC, and cardiac dysrhythmias (Holman et al., 2019).
- If toxicity is suspected, immediately stop infusion (Holman et al., 2019).
- Administer the antidote which is calcium gluconate (Holman et al., 2019).

Subcategory: hemodynamics

Topic: cardiovascular diagnostic and therapeutic procedures: caring for a client who has a pulmonary arterial catheter

- Arterial lines are placed in the radial, brachial, or femoral artery (Holman et al., 2019).
- Arterial lines are not used for IV fluid administration (Holman et al., 2019).
- The pulmonary artery catheter is inserted into a large vein and threatened through the right atria and ventricle into a branch of the PA (Holman et al., 2019).

Topic: stroke: caring for a newly admitted client

- Stroke involves a disruption in the cerebral blood flow secondary to ischemia, hemorrhage, brain attack, or embolism (Holman et al., 2019).
- Monitor vital signs every 1 to 2 hours after a stroke (Holman et al., 2019).
- Monitor the client's temperature because an increased temperature can mean increased intracranial pressure (Holman et al., 2019).

Subcategory: illness management

Topic: acute respiratory disorders: caring for a client who has pneumonia

- Conduct a thorough assessment of the client's respiratory status, including monitoring vital signs, auscultating lung sounds, assessing oxygen saturation, and evaluating for signs of respiratory distress such as increased work of breathing or use of accessory muscles. (Holman et al., 2019).
- Conduct a thorough assessment of the client's respiratory status, including monitoring vital signs, auscultating lung sounds, assessing oxygen saturation, and evaluating for signs of respiratory distress such as increased work of breathing or use of accessory muscles (Holman et al., 2019).
- Encourage adequate fluid intake to prevent dehydration and help loosen respiratory secretions (Holman et al., 2019).

Topic: cancer and immunosuppression disorders: caring for a client who has stomatitis

- Teach client to use soft toothbrushes for oral care (Holman et al., 2019).
- Provide pain relief measures to alleviate discomfort associated with stomatitis (Holman et al., 2019).
- Encourage the client to maintain good oral hygiene to prevent infection and promote healing (Holman et al., 2019).

Topic: medications for psychotic disorders: reportable finding for a client who has schizophrenia

- Schizophrenia spectrum disorders are the primary reason for the administration of antipsychotic medications (Holman et al., 2019).
- First generation antipsychotics is the primary medicine which the prototype is chlorpromazine (Holman et al., 2019).
- Other examples of first-generation antipsychotics include haloperidol, fluphenazine, loxapine, and thiothixene (Holman et al., 2019).

Subcategory: pathophysiology

Topic: skin infections and manifestations: identifying manifestations of Lyme disease

- Lyme disease is a tick-borne illness caused by the bacterium *Borrelia burgdorferi* (Holman et al., 2019).
- A characteristic bullseye rash that typically appears at the site of the tick bite (Holman et al., 2019).

- Flu like symptoms may occur in the early localized stage (Holman et al., 2019).

Main Category: Clinical Judgment

Subcategory: analyze cues

Topic: medical conditions: identifying finding consistent with preeclampsia and HELLP syndrome

- HELLP syndrome is a variant of GH in which hematologic conditions coexist with severe preeclampsia involving hepatic dysfunction (Holman et al., 2019).
- HELLP syndrome is diagnosed by laboratory tests, not clinically (Holman et al., 2019).
- Findings associated with HELLP are headache, nausea, blurred vision, and flashing lights (Holman et al., 2019).

Subcategory: prioritize hypotheses

Topic: medical conditions: identifying prenatal complications the client is at greatest risk of developing

- Gestational diabetes mellitus is a common prenatal complication, and the risk factors include obesity, age over 35, family history, and diabetes (Holman et al., 2019).
- Preterm risk factors multiple gestation, uterine/cervical abnormalities, infections, maternal smoking, substance abuse, and inadequate prenatal care (Holman et al., 2019).
- Preeclampsia is also another prenatal complication and the risk factors associated with the disease include first pregnancy, multiple gestation (twins, triplets), obesity, pre-existing hypertension, diabetes, kidney disease (Holman et al., 2019).

Subcategory: generate solutions

Topic: medical conditions: planning care for a client based on manifestations

- Planning care for a client based on manifestations involves developing a comprehensive care plan tailored to address the client's specific needs and symptoms (Holman et al., 2019).
- begin by conducting a thorough assessment of the client, including a review of their medical history, current symptoms, vital signs, and relevant diagnostic test results (Holman et al., 2019).
- Clearly identify the client's manifestations or symptoms that require attention (Holman et al., 2019).

Subcategory: take actions

Topic: medical conditions: implementing priority interventions

- Begin by identifying and prioritizing the client's care needs based on the urgency and importance of each intervention (Holman et al., 2019).
- Consider the client's condition, vital signs, symptoms, and potential for deterioration when determining priorities. (Holman et al., 2019).
- Work collaboratively with other members of the healthcare team (Holman et al., 2019).

Subcategory: evaluate outcomes

Topic: medical conditions: determining if recent findings indicate therapeutic management

- Review any recent assessments, diagnostic tests, laboratory results, vital signs, and other relevant data pertaining to the client's condition (Holman et al., 2019).
- Analyze the data and trends identified in the recent findings to identify any abnormalities, deviations from baseline, or signs of deterioration (Holman et al., 2019).
- Consider the client's preferences, values, beliefs, and treatment goals when determining the most appropriate therapeutic management approach (Holman et al., 2019).

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