

Main Category: Management of Care

Subcategory: Legal Rights and Responsibilities

Topic: Legal Responsibilities: Teaching About Examples of Negligence

- Professional negligence is the failure of a person who has professional training to act in a reasonable and prudent manner.
- Nursing students face liability if they harm clients as a result of their direct actions or inaction.
- It is important to document care that is provided.

Main Category: Safety and Infection Control

Subcategory: Accident/Error/Injury Prevention

Topic: Medical and Surgical Asepsis: Caring for a Client Who Has a Latex Allergy

- Asepsis is the absence of illness-producing micro-organisms.
- Before performing any task or procedure that requires aseptic technique, health care team members must check for latex allergies.
- If the patient has a latex allergy, the team must use latex free gloves, equipment, and supplies.

Topic: Mobility and Immobility: Planning Care for a Client Who Has Hemiplegia

- Immobility can be temporary, permanent, sudden onset, or slow onset.
- Movement depends on an intact skeletal system, skeletal muscles, and nervous system.
- Body mechanics involve coordination between the musculoskeletal and nervous systems and the use of alignment, balance, gravity, and friction.

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

Topic: Infection Control: Identifying When to Use a Face Shield for Performing Client Care

- Pathogens are the micro-organisms or microbes that cause infections.
- A nurse uses infection control practices to break the chain and thus stop the spread of infection.
- If splashing or spraying is a possibility, wear full face protection.

Subcategory: Use of Restraints/Safety Devices

Topic: Client Safety: Alternatives to Restraints

- Safety is freedom from injury. Providing for safety and preventing injury are major nursing responsibilities.
- Use risk assessment tools to evaluate clients and their environment for safety.
- Restraints should never interfere with treatment.

Main Category: Basic Care and Comfort

Subcategory: Elimination

Topic: Urinary Elimination: Techniques for Promoting Urination

- The primary organs of urinary elimination are the kidneys, with the nephrons performing most of the functions of filtration and elimination.
- Most adults produce 1,000 to 2,000 mL/day of urine.
- Remove and control barriers to patient toileting.

Subcategory: Rest and Sleep

Topic: Rest and Sleep: Promoting Adequate Rest for a Client Who Has Pneumonia

- Help clients establish and follow a bedtime routine.
- Consult the provider about trying sleep-promoting over-the-counter products.
- Limit fluids 2 to 4 hr before bedtime.

Main Category: Pharmacological and Parenteral Therapies

Subcategory: Pharmacological Pain Management

Topic: Pain Management: Assessing a Client's Pain Level

- Providers rely on both the client's self-report and objective observations.
- Pain intensity is often measured using scales such as the Numerical Rating Scale.
- The client's pain should be characterized to get a full understanding for the provider.

Main Category: Reduction of Risk Potential

Subcategory: System-Specific Assessments

Topic: Head and Neck: Assessment of the Thyroid Gland

- An average-size thyroid gland is not visible.
- Instructing the client to take a sip of water and feeling the thyroid gland as it moves up with the trachea.
- Palpating the thyroid gland on both sides of the trachea for size, masses, and smoothness.

Subcategory: Therapeutic Procedures

Topic: Chronic Obstructive Pulmonary Disease: Preoperative Teaching About Using an Incentive Spirometer

- Focus on demonstrating proper technique and emphasizing benefits.
- Ensure the patient inflates their lungs fully.
- Incentive spirometers help prevent collapsed lung tissue and pneumonia.

Main Category: Physiological Adaptation

Subcategory: Alterations in Body Systems

Topic: Airway Management: Nasotracheal Suctioning Technique

- Suction orally, nasally, or endotracheally when clients have early signs of hypoxemia.
- Obtain baseline breath sounds and vital signs before beginning suction.
- Use a flexible catheter and lubricate the distal 6 to 8 cm with water-soluble lubricant.

Topic: Pressure Injury, Wounds, and Wound Management: Assessment of Wound Healing

- Wounds are a result of injury to the skin.
- A pressure injury is a specific type of tissue injury from unrelieved pressure, usually over bony prominences, that results in ischemia and damage to underlying tissue.
- Increased age delays healing.

Subcategory: Fluid and Electrolyte Imbalances

Topic: Electrolyte Imbalances: Expected Findings for a Client Who Has Hypocalcemia

- Electrolytes are minerals that have an electric charge and are present in all body fluids.
- Monitoring laboratory values can help in identifying any electrolyte imbalances.
- Hypocalcemia can cause numbness and tingling, muscle spasms, and positive Chvostek's sign.

Main Category: Clinical Judgement

Subcategory: Take Actions

Topic: Fluid Imbalances: Nursing Actions for a Client Who Reports Abdominal Pain

- Excessive GI loss such as vomiting, nasogastric suctioning, and diarrhea can contribute to hypovolemia.
- Always observe for nausea and vomiting.

- Dehydration is a lack of fluid in the body, from insufficient intake or excessive loss.

Subcategory: Analyze Cues

Topic: Postoperative Nursing Care: Caring for a Client Who is Postoperative

- Postoperative patients are at risk for respiratory compromise, impaired healing, infection, and fluid overload.
- BMI greater than 30 can impair wound healing.
- Encourage the client to ask for pain medication before pain gets severe.

Subcategory: Prioritize Hypotheses

Topic: Client Safety: Nursing Process: Prioritizing Client Care

- Nurses perform ongoing planning throughout the provision of care.
- Nurses must set priorities depending on the client's needs.
- Nurses utilize a priority setting when they identify a preferential order of client problems.