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Score: 80.8%

Level: 3

Main Category: Management of Care

Subcategory: Advocacy

Topic: Therapeutic communication

- Intrapersonal communication is self-talk; interpersonal communication is talk with others
- Personal space is a non-verbal component of communication
- Email communication can become part of a patient's medical record

Main Category: Safety and Infection Control

Subcategory: Standard precautions/Transmission-based precautions/Surgical asepsis

Topic: Infection control

- Patients in isolation can experience loneliness
- Reverse isolation requires positive airflow of 12 or more air exchanges per hour
- Consider anything taken into an isolation room as contaminated and handle appropriately

Main Category: Health Promotion and Maintenance

Subcategory: Health screening

Topic: Head and neck

- Weber test involved placing a tuning fork against the top of the head
- Rinne test involves a tuning fork against the mastoid and then holding it near the ear
- Whisper test involves occluding an ear and whispering something to the patient with your mouth obscured

Main Category: Psychosocial Integrity

Subcategory: Stress management

Topic: Complementary and alternative therapies

- Humor can be a type of alternative therapy
- Music and art therapy can distract patients from their pain and allow them to express their emotions
- Progressive relaxation involves tensing and relaxing specific muscle groups

Main Category: Basic Care and Comfort

Subcategory: Elimination

Topic: Urinary elimination

- Average bladder capacity is 250-450ml
- Phenazopyridine turns urine orange, amitriptyline turns urine green-blue, levodopa darkens urine, and riboflavin turns urine neon yellow
- Incontinence can be reversed to a certain degree in some patients

Subcategory: Nonpharmacological comfort interventions

Topic: Complementary and alternative therapies

- Categories of CAM are whole medical systems (complete systems outside western medicine), biological and botanical therapies (herbal supplements, vitamin and mineral supplements), body based and manipulative methods (massage, chiropractic, acupuncture), mind-body therapies (acupuncture, breathwork, meditation, yoga), energy therapies (reiki, magnet therapy), and movement therapies (Pilates, dance therapy)
- Aloe helps with wound healing, garlic is an anticoagulant, ginger is an antiemetic, and valerian helps with sleep
- It is important to ask about any herbal remedies the patient may be taking

Subcategory: Personal hygiene

Topic: Grief, loss, and palliative care

- Health care proxy is another name for power of attorney
- Encourage someone experiencing loss to share memories of the deceased
- Palliative care is focused on helping a patient live with an incurable disease, hospice is for people who have 6 months or less to live

Main Category: Pharmacological and Parenteral Therapies

Subcategory: Expected actions/outcomes

Topic: Safe medication administration and error reduction

- A patient can be identified by things like a phone number or photo ID
- Assess the patient first if a med error happens
- Avoid abbreviations when writing prescriptions

Main Category: Physiological Adaptation

Subcategory: Alterations in Body Systems

Topic: Chest tube insertion and monitoring

- Water seals allow air to exit the pleural space during exhalation and stops air from entering the lungs with inhalation
- Indications for a chest tube include pneumo/hemothorax, postop drainage, pleural effusion, and pulmonary empyema
- To remove air, the tip of the chest tube is placed at the apex of the lung. To remove fluid, it's placed at the base of the lung

Subcategory: Fluid and electrolyte imbalances

Topic: Electrolyte imbalances

- Calcium is important for cardiac, neuromuscular, and endocrine systems as well as bone formation and blood clotting
- Hypocalcemia presents as numbness and tingling, muscle spasms, hyperactive DTRs, and positive Chvostek's and trousseaus sign
- Hypercalcemia presents as decreased reflexes, bone pain, dysrhythmias, confusion, weakness, and decreased LOC

Main Category: Clinical Judgment

Subcategory: Recognize cues

Topic: Airway management

- SpO2 only measures accurately above 70%
- Use the lowest amount of O2 as possible to keep patient above 95%
- Humidified oxygen helps mobilize and break up secretions

Subcategory: Prioritize hypotheses

Topic: Patient safety

- Seizure precautions include having an IV in place
- Do not put anything in a patient's mouth aside from an airway during status epilepticus
- Loosen clothing during seizure

Subcategory: Generate solutions

Topic: Pressure injury, wounds, and wound management

- RYB. Red-cover, Yellow-clean, Black-debride
- When weighing dressing for drainage, 1g=1ml of fluid
- High protein diet to encourage wound healing

Subcategory: Take actions

Topic: Airway management

- Specific positions can be employed to drain specific parts of the lungs
- Minimize dust in the room for patients with tracheostomies

- Allow at least one minute between suctioning passes

Topic: Urinary elimination

- Urinary diversions include continent and incontinent versions
- Childbirth and gravity weaken pelvic floor muscles leading to stress incontinence
- Older patients have a decreased bladder capacity