

### **Management of Care (1 item)**

- **Establishing Priorities (1 item) Multiple Sclerosis: Priority Action for a Client During an Initial Visit (RM AMS RN 11.0 Chp 10 Multiple Sclerosis) Active Learning Template: System**
  - Discuss coping mechanisms and sources of support – family, friends, spiritual figures, support groups
  - Encourage fluid intake and other measures to decrease the risk of developing a UTI. Assist with bladder elimination: intermittent self-catheter
  - Plan for disease progression and provide community resources or referrals such as OT or PT and educate the patient on assistive devices.

### **Disorder Safety and Infection Control (3 items)**

- **Accident/Error/Injury Prevention (1 item) Spinal Cord Injury: Caring for a Client Who Has a Spinal Cord Injury (RM AMS RN 11.0 Chp 16 Spinal Cord Injury) Active Learning Template: System Disorder**
  - Monitor respiratory status as first priority!
  - Provide oxygen and assist with intubation and mechanical ventilation if necessary
  - The client may be NPO for several days. Regulation of fluid balance and nutritional support is necessary. Provide adequate fluid intake for the client to prevent urinary calculi and bladder infections and maintain soft stools.
- **Handling Hazardous and Infectious Materials (2 items) Cancer Treatment Options: Caring for a Client Who Has a Sealed Radiation Implant (RM AMS RN 11.0 Chp 91 Cancer Treatment Options) Active Learning Template: Therapeutic Procedure**
  - Diet: Avoid spicy, salty, acidic foods. Try eating foods that are cold rather than hot
  - Gently wash the skin over the irradiated area with mild soap and water and dry using patting motions. The hand is preferred over a washcloth.
  - Do not remove the markings or apply powders, deodorants, or perfume. Do not expose to heat and wear soft clothing.
- **Cancer Treatment Options: Caring for a Client Who Is Receiving Brachytherapy (RM AMS RN 11.0 Chp 91 Cancer Treatment Options) Active Learning Template: Therapeutic Procedure**
  - Place the client in a private room with the door closed as much as possible
  - Limit visitors 30 minutes and have them maintain a distance of 6 feet apart
  - Individuals who are pregnant or trying to conceive should not enter the client's room
  - Keep bed linens and dressings in the client's room until the radiation source is removed, to ensure it is not lost in trash or laundry.

### **Health Promotion and Maintenance (1 item)**

- **Immunizations: Recommended Vaccinations for Older Adult Clients (RM AMS RN 11.0 Chp 85 Immunizations) Active Learning Template: Growth and Development**

- o Meningococcal vaccine for older adults over 55 years of age
- o Zoster vaccine recommended as a one-time dose for all older adults over 60
- o 65 and older should get pneumococcal vaccine

### **Basic Care and Comfort (4 items)**

- **Mobility/Immobility (1 item) Stroke: Caring for a Client Who Has Left-Sided Hemiplegia (RM AMS RN 11.0 Chp 15 Stroke) Active Learning Template: System Disorder**
  - o Have the client sit upright and swallow with the head slightly flexed
  - o Place food in the back of the mouth on the unaffected side
  - o Thin water and juice, nectar like soups or mechanically altered food choices
- **Non-Pharmacological Comfort Interventions (1 item) Pain Management: Use of Nonpharmacological Methods of Pain Relief (RM AMS RN 11.0 Chp 4 Pain Management) Active Learning Template: Basic Concept**
  - o Mind body practices
    - Yoga, chiropractic manipulation
  - o Cognitive approaches
    - Meditation, distraction
  - o Natural products
    - Herbs, oils
- **Elimination (1 item) Disorders of the Eye: Priority Action for Eye Irrigation (RM AMS RN 11.0 Chp 12 Disorders of the Eye) Active Learning Template: Therapeutic Procedure**
  - o Check the pH if it's indicated
  - o Use a basin to catch irrigation solution and an assistant to irrigate the eye
  - o Do not stream into the cornea directly
- **Nutrition and Oral Hydration (1 item) Heart Failure and Pulmonary Edema: Dietary Teaching About Sodium Restrictions (RM AMS RN 11.0 Chp 32 Heart Failure and Pulmonary Edema) Active Learning Template: System Disorder**
  - o Low in sodium
  - o Fluid restrictions
  - o Low saturated food

### **Pharmacological and Parenteral Therapies (2 items)**

- **Adverse Effects/Contraindications/Side Effects/Interactions (1 item) Medications Affecting Blood Pressure: Client Teaching Regarding ACE Inhibitors (RM Pharm RN 8.0 Chp 20 Medications Affecting Blood Pressure) Active Learning Template: Medication**
  - o Reduce production of angiotensin II by blocking the conversion of angiotensin I to angiotensin II and increasing levels of bradykinin
  - o Effects include vasodilation, excretion of sodium and water
  - o If a cough occurs, they may need to discontinue the medication

- **Pharmacological Pain Management (1 item) Osteoarthritis and Low-Back Pain: Planning Pain Relief for a Client Who Has Osteoarthritis (RM AMS RN 11.0 Chp 72 Osteoarthritis and Low-Back Pain) Active Learning Template: System Disorder**
  - Heating pads can promote comfort
  - Cold therapy can reduce inflammation for 20 minutes on
  - When lying down, put a small pillow under the head and neck or use the Williams herniation for acute lower back pain
    - Sit in recliner with legs elevated and the head

### **Reduction of Risk Potential (2 items)**

- **Potential for Complications of Diagnostic Tests/Treatments/Procedures (1 item) Seizures and Epilepsy: Planning Care for a Client Who Has Status Epilepticus (RM AMS RN 11.0 Chp 6 Seizures and Epilepsy) Active Learning Template: System Disorder**
  - Administer diazepam or lorazepam IV push followed by IV phenytoin
  - Maintain airway and provide oxygen
  - Establish IV access and continuous ECG monitoring
- **Therapeutic Procedures (1 item) Amputations: Postoperative Interventions to Prevent Complications (RM AMS RN 11.0 Chp 69 Amputations) Active Learning Template: Therapeutic Procedure**
  - Wrap the residual limb using elastic bandages in a figure eight
    - This is to reduce edema by preventing restriction of blood flow
  - Relief from antispasmodics like baclofen and antidepressants
  - Gabapentin or pregabalin can relieve sharp stabbing phantom pain

### **Physiological Adaptation (7 items)**

- **Alterations in Body Systems (3 items) Airway Management: Evaluating Client Understanding of Tracheostomy Care (RM Fund 10.0 Chp 53 Airway Management) Active Learning Template:**
  - Tracheostomy care every 8 hours – suction using sterile suctioning supplies
  - Use cotton tipped applicators and gauze pads to clean exposed outer cannula surface. Clean in a circular motion from the stoma site outward. Clean the stoma site then the tracheostomy plate
  - Place a fresh split gauze dressing around the holder and plate. Replace ties if they are wet or soiled. Secure the new ties before removing the soiled ones!
    - Square knot that is visible on the side of the neck and one or two fingers fit between the tie and neck (p. 330)
- **Therapeutic Procedure Diagnostic and Therapeutic Procedures for Female Reproductive Disorders: Discharge Instructions for Syphilis (RM AMS RN 11.0 Chp 62 Diagnostic and Therapeutic Procedures for Female Reproductive Disorders) Active Learning Template: System Disorder**
  - The serologic (blood) studies used to screen:
    - VDRL: the oldest test for syphilis
    - Rapid plasma reagins: a newer test that has replaced the VDRL

- False pregnancies, malignancies, and autoimmune disorders can occur from the two tests
- If either test is reactive, diagnosis should be confirmed using one of the following tests
  - FTA-ABS
  - Micro hemagglutination assays for antibody to *T.Pallidum*
- **Tuberculosis: Providing Discharge Teaching (RM AMS RN 11.0 Ch 23 Tuberculosis) Active Learning Template: System Disorder**
  - Sputum samples are needed every 2-4 weeks to monitor therapy effectiveness.
  - While Tb is active, wear a mask when in public places or in contact with crowds
  - No longer infectious after three consecutive negative sputum cultures and can resume work and social interactions.
- **Illness Management (1 item) Pituitary Disorders: Medications to Treat Diabetes Insipidus (RM AMS RN 11.0 Ch 77 Pituitary Disorders) Active Learning Template: System Disorder**
  - ADH replacement agents – desmopressin
    - This results in increased water absorption from kidneys and decreased urine output
  - Chlorpropamide and thiazide diuretics facilitate vasopressin actions
  - Prostaglandin inhibitors and thiazide diuretics are prescribed for nephrogenic DI
- **Hemodynamics (2 items) Pacemakers and Implantable Cardioverter/Defibrillators: Identifying Postoperative Complications (RM AMS RN 11.0 Ch 29 Pacemakers) Active Learning Template: Therapeutic Procedure**
  - Infection or hematoma at insertion site
    - Assess swelling, redness, pain or drainage
    - Monitor PT, PTT, and CBC
  - Pneumothorax or hemothorax
    - Assess breath sounds and chest movement
    - Obtain chest x-ray after procedure
  - Arrhythmias
    - Monitor ECG and blood pressure
- **Systemic Lupus Erythematosus: Client Findings Associated with Raynaud's Disease (RM AMS RN 11.0 Ch 87 Lupus Erythematosus, Gout, and Fibromyalgia) Active Learning Template: System Disorder**
  - Physical findings: fever, anemia, lymphadenopathy, pericarditis
  - Cold and stress triggers Raynaud's phenomenon
  - Avoid crowds, as there is a weakened immune system
- **Medical Emergencies (1 item) Emergency Nursing Principles and Management: Priority Action for Abdominal Trauma (RM AMS RN 11.0 Ch 2 Emergency Nursing Principles and Management) Active Learning Template: System Disorder**

- Unresponsive without suspicion of trauma: open the airway with a head tilt/chin lift maneuver
  - DO NOT DO on c spine injury
  - Technique: one hand on forehead, other under the chin, tilt head while chin is lifted upward and forward
  - Lifts tongue away from the laryngopharynx and provides a patent airway
- Unresponsive WITH suspicion of trauma: open airway with a modified jaw thrust
  - Place both hands on either side of the clients head, locate maxilla and mandible connection and lift the jaw superiorly while maintain alignment of the c spine
- Bag valve mask: for clients who need additional support during resuscitation

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