

#### Teaching about adverse effects of leuprolide

- Leuprolide is a synthetic luteinizing hormone that reduces the follicle-stimulating and luteinizing hormone levels
- Can cause birth defects: clients should use a reliable form of contraception
- Can cause decreased libido and increased risk of osteoporosis

#### Low-potassium food sources

- Avoid the following that are high in potassium: Dried fruits, tomatoes, avocados, meats, green leafy vegetables, bananas, dairy products, and whole grains
- Monitor for deficiencies such as dysrhythmias, muscle cramps, and confusion
- Avoid salt substitutes (high in potassium)

#### Identifying atrial flutter

- A common heart arrhythmia where the atria beat too quickly
- Produces a saw-tooth p wave on ECG
- Many P waves present to 1 QRS complex

#### Assessment findings in a client who has right-sided heart failure

- Expected findings:
  - peripheral edema
  - JVD
  - Dependent edema in the lower extremities
  - Ascites
  - Weight gain
  - Liver enlargement
  - Nocturnal polyuria
- Elevated BNP
- Decreased ejection fraction

#### HIV/AIDS: teaching home care

- HIV is found in feces, urine, tears, saliva, CSF, cervical cells, lymph nodes, corneal tissues, and brain tissue
- Transmission prevention: use condoms, abstinence and avoiding needle sharing
- Practice good hygiene
- Avoid crowds or those who are ill
- Avoid raw foods and undercooked foods
- Avoid cleaning pet litter boxes
- Keep the home clean
- Wash dishes in hot water
- Bathe daily and use antimicrobial soap
- Medication education dependent on prescribed medications

### Treatment for hypokalemia

- Administer potassium replacement
  - Foods high in potassium (avocados, broccoli, dairy, dried fruits, bananas, melons, lean meats)
  - Oral potassium supplements
  - IV supplements - max rate 10 mEq/hr
- Monitor I & O
- Monitor cardiac rhythm
- Monitor LOC
- Monitor bowels

### Fluid imbalances: assessment findings

- Hypovolemia
  - Tachycardia
  - Thready pulse
  - Hypotension
  - Tachypnea
  - Hypoxia
  - Fatigue
  - Dizziness or syncope
  - Thirst
- Hypervolemia
  - Tachycardia
  - Bounding pulse
  - Hypertension
  - Tachypnea
  - Increased central venous pressure
  - Altered LOC
  - Crackles in the lungs
  - Dyspnea

### Indications of peritonitis

- Fever
- Cloudy/discolored drained dialysate
- Rigid, board-like abdomen
- Abdominal pain/cramping

### Care of a client following an explosion

- First, complete respiratory assessment and maintain a patent airway
- Hypovolemic shock may occur due to fluid shifts → insert an IV
- Pain management
- Prevent infection
- Maintain body temperature

#### Cancer treatment options: prioritizing care for a group of clients

- I can't remember the descriptions of the clients/how to determine prioritization, so here are general nursing actions
- Provide perioperative care
- Prevent complications postoperatively (infection, electrolyte imbalance, hemorrhage VTE, hypoxia, and shock)
- Administer medications as prescribed
- Monitor for hypersensitivity reactions to chemotherapy drugs → stop the medication and follow emergency treatment guidelines per the facility
- Educate the client on expected adverse effects of the medications and when to call the provider or seek emergency care

#### Monitoring client's permanent pacemaker rhythm

- When the pacer spikes, it can be seen on an ECG strip
- A pacer spike is a vertical line seen on the ECG
- The pacer spike should be followed by a P wave (atrial pacing) or a QRS complex (ventricular pacing)

#### Identifying first-degree heart block

- Prolonged PR interval
- Does not disrupt the atrial to ventricular conduction
- Generally asymptomatic

#### Actions for hypertensive crisis

- Administer IV antihypertensives (nitroprusside, nicardipine, labetalol)
- Want to lower the BP by 20-25% in the first hour, but do not want the BP to go lower than 140/90
- Monitor BP every 15 minutes
- Assess neuro status
- Monitor ECG

#### Care for a client who has venous insufficiency

- Elevate legs for 20 minutes 4-5 times per day
- Elevate legs above the heart when in bed
- Educate clients to avoid crossing legs or wearing constrictive clothing
- Clients should wear compression stockings which should be applied when the swelling is at a minimum