ADLs = BATTED
(Activity of Daily Living)

- Bathing
- Ambulation
- Toileting
- Eating
- Dressing

ANALGESIA VS ANESTHESIA

**EPIDURAL ANALGESIA**

**KEY POINTS**
- Monitor Site For Leakage
- Monitor and Treat For Itching

**EPIDURAL ANESTHESIA**

**KEY POINTS**
- Monitor Site For Leakage
- Monitor For ↓ BP & Resp Status
- Assess For Return Of Sensation

- Monitor Vital Signs
- Assess Pain Control

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"AUTONOMIC NERVOUS SYSTEM RESPONSE"

**S**ympathetic Response
“Fight or Flight”
(Stress)

**P**arasymathetic Response
“Rest & Digest”
(Peace)

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BLEEDING PRECAUTIONS

- **R**azor - Electric
- **A**spirin - NO!
- **N**eedles - Small Gauge
- **D**ecrease Needle Sticks
- **I**njury - Protect From

**Observe For:**
- Hematuria
- Melena
- Nosebleeds
- Gingival Bleeding
- Bruising

**IMPLEMENT WHEN:**
- Using anticoagulants
- Liver disease present
- Platelets < 150,000
- Hemophilia present
- Using thrombolytic meds

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BLOOD PRESSURE

BP = CO x SVR

Blood Pressure  Cardiac Output  Systemic Vascular Resistance

CANES AND WALKERS

C. Cane
O. Opposite
A. Affected
L. Leg

Walker  With  Affected  Leg

Wandering  Wilma's  Always  Late
COMMON CAUSES OF TRANSIENT INCONTINENCE

Delirium
Infection
Atrophic Urethritis
Pharmaceuticals
Psychologic
Excess Urine Output
Restricted Mobility
Stool Impaction

CORRECT ORDER OF THE BLOOD DRAW...

- Red Top - For blood bank/Tiger Top for chemistry
- Blue Top - For coagulation
- Green Top - For electrolytes
- Lavender Top - For hematology
- Gray Top - For glucose

The Order Of The Blood Sample Collection Is Important Due To Additives In The Tube

Go Ahead Partner... DRAW!
FOUR Cs OF INITIAL DIRECTION

Is it **concise**? Have I confused the direction by giving too much unnecessary information?

Is it **clear**? Is what I am saying understood?

Is it **complete**? Does it give all the information necessary to complete the task?

Is it **correct**? Do the directions follow policy, procedure, job description, and the law?

IADLs = SCUM

(Instrumental Activities of Daily Living)

- Shopping
- Cooking/Cleaning
- Using Telephone or Transportation
- Managing Money and Medications
**IMMUNE SYSTEM RESPONSE**

1. Foreign Body Attacked
   - Get 'em!
   - I'm going to remember this guy.
3. We've got him surrounded.
4. Foreign Antigen Invades Causing Antigenic Response
   - Body Will Remember Foreign Antigen in Case Of Future Attacks.

**IS IT A COLD OR THE FLU?**

- Rare Headache
- Normal Temp
- Slight Aches & Pains
- Sneezing
- Runny Nose
- Sore Throat
- Mild to Moderate Hacking Cough

- Prominent Headache
- Sudden Onset of Temp 102°F - 104°F (lasts 3-4 days)
- Severe Aches & Pains
- Extreme Fatigue & Weakness (lasts 2-3 weeks)
- Severe Cough
- Chest Discomfort

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PROMOTION OF NORMAL ELIMINATION

- Position - Upright, sitting
- Output - Adequate hydration
- Offer Fluids
- Privacy
- Exercise
- Report Results

- Size (Amount)
- Consistency
- Occult Blood
- Odor
- Peristalsis

RANGE OF MOTION

- Flexion
- Extension
- Abduction
- Adduction
- Rotation
- Internal
- External
SPECIAL CONSIDERATIONS FOR OLDER ADULT CLIENTS

**REMEMBER**
- Tolerance to Meds (Prevent Over Sedation)
- IV Rate to Avoid Fluid Overload
- Risk Of:
  - Respiratory Depression
  - Pneumonia
  - Disorientation
  - Skin Breakdown
  - Problems with:
    - Circulation
    - Nutrition
    - Constipation
    - Fluid & Electrolyte Balance
- ↑ Balance and ↓ Falls

**Clinical Management**
- Treat coexisting medical disorders
- Cardiac problems
- Peripheral vascular disease
- Neurological disorders

**HANDLE WITH CARE**

Sudden ↑ Confusion
- for urine infection
- for hypoxia
- for electrolyte imbalance

**TRANSFUSION REACTIONS:**
(Occurs In The First 10-15 Min)
Or First 50ml of Blood

**MILD**
- Facial Flushing
- Hives / Rash

**SEVERE**
- ↑ Anxiety
- Wheezing Dyspnea
- ↓ BP

**Allergic**
- Headache
- Tachycardia
- Tachypnea
- Fever
- Chills
- Anxiety

**Febrile**
- Hemoglobinuria
- Chest Pain
- Apprehension
- Low Back Pain

**Hemolytic**
- ↓ BP
- ↑ Resp Rate

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CANCER'S EARLY WARNING SIGNS

C Change in bowel or bladder
A A lesion that does not heal
U Unusual bleeding or discharge
T Thickening or lump in breast or elsewhere
I Indigestion or difficulty swallowing
O Obvious changes in wart or mole
N Nagging cough or persistent hoarseness

POST MASTECTOMY NURSING CARE

- Elevate affected side with distal joint higher than proximal joint.
- No BP, injections or venipunctures on affected side.
  - Watch for S & S of edema on affected arm.
    (edema may occur post op 2-3 years later)
  - Lymphedema can occur any time after axillary node dissection.
  - Flexion and extension exercises of the hand in recovery
  - Abduction and external rotation arm exercises after wound has healed.
  - Assess dressing for drainage.
  - Assess wound drain for amount and color.
  - Provide privacy when client looks at incision.
  - Chemotherapy.
  - Radiation therapy.
  - Psychological concerns:
    - Altered body image
    - Altered sexuality
    - Fear of disease outcome
After 2 hours of testing, BREAK TIME... Another break time at 3.5 hours if you need it.

You will get an "Authorization to Test"... Don't forget to bring it!

RN Test 6 hours
75 to 265 questions

PN Test 5 hours
65 to 205 questions

No skipping or reviewing. Once the questions have left the screen... They are gone.

Do not sit on a question for longer than 2 minutes.

Picture and thumb print will be taken.

Lockers available.

Dry erase boards are provided for calculations.