# **Semester 1: Content Summary**

# **Infection control**

#### Micro-organisms divided into 5 groups:

- 1. Bacteria
- 2. Viruses
- 3. Fungi
- 4. Parasites
- 5. Prions

## **Types of infection:**





Transmission: Direct (contact/droplet) + Indirect (airborne/transfer by inanimate object) Host: Any immune-suppressed individual

## **Interventions:**

#### 1. Microorganisms

- Hand hygiene
- Complete sterilisation of equipment

#### 2. Reservoir

Change dressing r<sup>2</sup>

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#### Note: when treating patients, always consider the following, no matter the intervention needed: age, sex, heritage,

medical history, stress, nutrition, disease, hygiene, immunisation, environment etc. Think: Cats Can Play Interesting Games And Eat Rats

#### 1. Consider patient situation

Names, gender, age, diagnosis, past medical/surgical history, social history, drug/smoking/drinking habits

#### 2. Collect queues-

Consider subjective information to gain objective information needed to make a decision- Handover reports, medical assessments, tests, new information from your own assessment (vital signs, visual assessment, palpation and auscultation).

#### 3. Process info-

Problem solve, deduct, identify abnormalities, create objective from subjective, draw from experience.

#### 4. Identify problems/issues.

Diagnose. Potential and actual issues.

#### 5. Establish Goals

Plans need to be SMART (specific, measurable, achievable, relevant, and timely)

#### 6. Take action-

Interventions may be collaborative (doctor, social workers etc.) or independent. If action is not meeting goal, restart clinical reasoning. Might pick up additional queues that need treating.

#### 7. Evaluate Outcomes

How successful was the intervention. Vital signs important. Apply findings from the er patients.

Lifespan considerations: (their parts) overall health) 8. Reflect on process and new learning

- Biological- age, illness etc.
- Psychological- emotion, cognition, beliefs etc.
- Politico-economical- government, policies and economy
- Sociocultural-society, culture and beliefs
- Environmental-activities of living etc.

Note: Evidence based practice and activities of living also need to be considered.

# **Vital Signs**

#### Relevant and accurate information that is indicative of a patients physiological wellbeing, used to inform practice.

- 1. <u>Blood pressure-</u>90/60 140/90
- 2. Respiratory rate- 12-20 breaths/min
- 3. <u>Temperature-</u> 36-37.5 (≈37)
- 4. Heart Rate (and pulse)- Between 60-100 BPM at rest for adult
- 5. Oxygen Saturation- 95-100%

# All factors affecting vitals (general and specific):

Age

### The macronutrients

Carbs	A macronutrient that provides energy to cells. Composed of dietary fibre, monosaccharides and disaccharides. Primarily found in grain products (as well as vegetables and fruits). GI (glycaemic index) scale from 0-100. 个GI=个absorption rate and ease=empty calories. Glucose absorbed via secondary active.
Lipids	Composed of monoglycerides, triglycerides and fatty acids. Primarily provides the body with a source
	of energy and support cell growth. Passive absorption. Are used for energy when body is in post-
	absorptive state.
Cholesterol	Form of fat needed primarily for bile, steroid production and cell membranes.
Proteins	Actively absorbed through small intestine. Has 4 actions: anabolism (building tissue), catabolism
	(breaking tissue), maintaining nitrogen balance (needed for growth and repair) and general
	maintenance. Can also serve as a fuel source.
	2 Types:
	Complete/high quality: contains all essential amino acids
	Incomplete/low quality: does not contain all essential amino acids

# BMI: (body mass index)

mHeight(ii2)  $\frac{Weight(kg)}{i}$ 

Underweight	Normal	<u>Overweight</u>	Obese		
≤18.4	18.5-24.9	25-29.9	32		
Waist measurements:					
	ow risk	Incleas d i k	High risk		
Men	evi	4-102	102<		
Women Drev<		80-88	88<		
(Risk of cardiovascular complications)					

Note: Ascites (fluid accumulation in abdomen) may cause false readings

# **Feeding patients:**

- Sitting
- Alert
- Head upright

Note: Speech pathologists may assist with this if difficulties are seen

# **Types of diet:**

- 1. Selective diet- balanced meal chosen from provided options
- 2. Light diet- people unable or unwilling to eat regular meals
- 3. Clear fluid- Light beverages and broths
- 4. Fluid diet- liquids and liquidised foods at room temp (eg. ice-cream, custard)
- 5. Normal diet- all foods
- 6. Soft- soft and moist food
- 7. Minced- Thick puree with lumps
- 8. Puree- paste with an lumar (an charrier required)

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