

two parts of the small bowel). What nutrient should the client decrease in their diet? what should they increase? - *CORRECT ANSWERS* -Decrease fiber

- The nurse should instruct the client who has Chron's disease and an enteroenteric fistula to consume a low-fiber diet to reduce diarrhea and inflammation

In crease caloric intake to at least 3000 cal per day to promote healing of the fistula, increase protein intake to promote healing, increase dietary potassium due to the risk of hypokalemia

How often should a client check their at home oxygen equipment for functioning - *CORRECT ANSWERS* -daily

What clothing should a client wear while using at home oxygen - *CORRECT ANSWERS* -wear clothing made with cotton fabric while oxygen is in use

what kind of lubricant should a client use on the nares of an at home oxygen tank - *CORRECT ANSWERS* -water-soluble

Amitriptyline adverse effect - *CORRECT ANSWERS* -constipation

-urinary retention

-dry mouth

-blurred vision

-TCA

-ortho hypotension

-all anticholinergic effects

-photophobia, tachycardia

- the nurse should identify that the client's IV infiltrated and should stop the infusion, remove the IV, and elevate the client's affected extremity to decrease edema.

Infiltration - *CORRECT ANSWERS* -cold compress

Phelbitis - *CORRECT ANSWERS* -heat compress

A nurse is assessing a client who has a chest tube following a thoracotomy. Which of the following findings should the nurse report to the provider? -

CORRECT ANSWERS -The fluid in the collection chamber is draining at 75 mL/hr

- an increase in drainage greater than 70 mL/hr is an indication that client might be bleeding. The nurse should report this finding to the provider

-Gentle continuous bubbling in the suction chamber indicates that the suction is working as intended

-The nurse should keep at least 2 cm of water in the water seal chamber to reduce the risk of air flowing into the client's chest

A nurse is caring for a client following a thoracentesis. Which of the following actions should the nurse take? - *CORRECT ANSWERS* -Obtain a prescription for a chest x-ray.

- the nurse should obtain a prescription for a chest x-ray to assess the client for a pneumothorax or a mediastinal shift, which can occur if the lung is punctured during the thoracentesis.

-encourage the client to breath deeply to promote lung expansion

-The nurse should apply a dressing to the puncture site and monitor it for leakage or bleeding

- Certain foods like cruciferous vegetables can increase flatus and odor. The nurse should instruct the client to decrease dietary intake of these foods
- The client should use mild soap and water to clean the peristomal area instead of moisturizing soaps, which can prevent adhesion of the barrier wafer.
- Th nurse should teach the client to use pouch deodorizers or breath mints in the pouch to decrease odor rather than an aspirin tablet, which can cause ulceration of the stoma.

A nurse is assessing a client who is postoperative following surgery using general anesthesia. Which of the following findings is the priority to report to the provider? - *CORRECT ANSWERS* A decrease in blood pressure from 130/72 to 110/68

A nurse is caring for a client who is receiving radiation therapy to the neck. Which of the following client statements is the priority to report to the provider? - *CORRECT ANSWERS* "I have had a fever for 2 days."

- manifestation of infection. Bone marrow suppression and decreased immunity can occur with radiation therapy
- Dry mouth is an expected finding
- Altered taste is an expected finding
- Fatigue is an expected finding

A nurse is obtaining vital signs for a client and notes muscular twitching of the wrist and fingers when inflating the blood pressure cuff - *CORRECT ANSWERS* Hypocalcemia

- a positive Trousseau's sign is an indication of hypocalcemia and is assessed by inflating a blood pressure cuff on the upper arm. Spasms of the hand and fingers when the blood pressure cuff is inflated indicate a positive

Can tachysystol cause fetal distress? - *CORRECT ANSWERS* -Yes, initial intervention would to reposition patient to side lying and monitor for an additional 10 minutes to see if it resolves

A nurse is caring for a client who has a soft uterus and increased lochial flow. What medication should the nurse plan to administer to promote uterine contractions? - *CORRECT ANSWERS* -Methylergonovine

The nurse should administer magnesium sulfate to pregnant patient who has - *CORRECT ANSWERS* -Preeclampsia

-this will lower the blood pressure and minimize the risk for seizures

Tizanidine can cause what - *CORRECT ANSWERS* -Liver damage. This medication should be used with extreme caution in a client who has a preexisting impairment of hepatic function

Tizanidine (Zanaflex) - *CORRECT ANSWERS* -Muscle Relaxant

Where should a patient place a scopolamine patch for motion sickness? - *CORRECT ANSWERS* -Behind the ear

How often should the scopolamine patch be replaced? - *CORRECT ANSWERS* - Every 72 hours

How many scopolamine patches can be applied at a time? - *CORRECT ANSWERS* -One. If this is ineffective the patient should contact the provider

parasthesia - *CORRECT ANSWERS* -abnormal sensation such as numbness, burning and tingling

A nurse is planning care for a client following a total hip arthroplasty.
Which of the following interventions should the nurse include in the plan? -
CORRECT ANSWERS -Place a pillow between the client's legs

- this reduces the risk of hip dislocation
- Position the client with her legs abducted to reduce the risk of hip dislocation
- Avoid internal rotation of the client's affected hip to reduce the risk of hip dislocation
- Avoid flexing her hip more than 90 degrees to reduce the risk of hip dislocation

Why is eating large amounts of protein a risk for osteoporosis - *CORRECT ANSWERS* -Eating large amounts of protein can result in more calcium loss through the kidneys

Nulliparous - *CORRECT ANSWERS* -A woman who hasn't given birth to a child

A nurse is caring for a client who is nulliparous and experiencing hypertonic uterine dysfunction. An assessment indicates 3 cm dilation.
Which of the following actions should the nurse take? - *CORRECT ANSWERS* -
Offer the client hydrotherapy

- therapeutic rest measures should be initiated for a client who has hypertonic uterine dysfunction.

What maternal temperature should be reported to the provider - *CORRECT ANSWERS* 38 C (100.4) or greater

-this is associated with chorioamnionitis

chorioamnionitis - *CORRECT ANSWERS* -an infection caused by bacteria ascending from the vagina into the uterus

can an AP measure oral intake? - *CORRECT ANSWERS* -yes

can an AP provide postmortem care? - *CORRECT ANSWERS* -yes

Blumberg's sign - *CORRECT ANSWERS* -rebound tenderness
common in appendicitis, cholecystitis

A nurse should expect to find ascites in a client who has what? - *CORRECT ANSWERS* -chronic pancreatitis or pancreatic cancer

Kehr's sign - *CORRECT ANSWERS* -Referred pain down the left shoulder;
indicative of a ruptured spleen or liver trauma

Paternalism - *CORRECT ANSWERS* -a type of relationship between clients and health care providers in which the health care providers believe they know what is best for the clients.

The nurse should instruct the maternity patients to feed the newborn approximately how long per breast? - *CORRECT ANSWERS* -15-20 minutes or until the newborn shows signs of satiety (satisfaction)

Cataracts - *CORRECT ANSWERS* -Double vision

Glaucoma - *CORRECT ANSWERS* -increase in intraocular pressure

Elevate effected leg with DVT and taking hep - *CORRECT ANSWERS* -

Newborn safety - *CORRECT ANSWERS* -set hot water @ or below 120

-crib slats should be no more than 2.25 inches apart

-place car seat rear facing until 2

Bottle feeding newborn prevent engorgement - *CORRECT ANSWERS* -Avoid nipple stimulation

-Avoid expressing milk

-Place ice packs on breasts for 15 min several times daily

-Wear tight-fitting supportive bra or breast binder

Neuroblastoma - *CORRECT ANSWERS* -Cancer that develops from immature nerve cells

Most commonly arises in and around the adrenal glands

Cyclophosphamide - *CORRECT ANSWERS* -Maintain hydration with liberal fluid intake

-prevents hemorrhagic cystitis: adverse effect of medication

Urinalysis of glomerulonephritis - *CORRECT ANSWERS* -Protein

Stage 3 pressure ulcer - *CORRECT ANSWERS* -visible sub q tissue

Stage 4 pressure ulcer - *CORRECT ANSWERS* -tendon exposure and muscle damage

Cardiac Tamponade - *CORRECT ANSWERS* -Compression of the heart caused by fluid collecting in the sac surrounding the heart

-hypotension

-light headedness

-SOB

-pulses paradoxus

Sickle Cell disease - *CORRECT ANSWERS* -Genetic disorder in which red blood cells have abnormal hemoglobin molecules and take on an abnormal shape.

Sickle cell disease: manifestation of vaso-occlusive crisis - *CORRECT ANSWERS*

-Hematuria, resulting from ischemia of the kidneys

-painful swelling of the hands

-visual disturbances

Admin a Unit of plasma over how long - *CORRECT ANSWERS* -30-60 minutes

Zollinger-Ellison Syndrome (ZES) - *CORRECT ANSWERS* -Too much gastric acid

lab profile: gastric aspirate

Chron's disease - *CORRECT ANSWERS* -chronic inflammation of the intestinal tract that extends through all layers

-bleeding is rare

-right lower q pain

Chron's Disease Diet - *CORRECT ANSWERS* -high calorie, high protein, low fiber, no dairy

Ulcerative Colitis - *CORRECT ANSWERS* -Recurrent ulcerative and inflammatory disease of the superficial mucosa of the colon

contiguous (touching) ulcers

left lower q pain

liquid and bloody stools (>6-8 a day)

fever, high pitched bowel sounds, rebound tenderness-perforation, passage of mucus and pus from the bowel

ulcerative colitis diet - *CORRECT ANSWERS* -low-residue

high calorie

high protein

limits high fiber

Diverticular disease - *CORRECT ANSWERS* -3 conditions that involve numerous small sacs or pockets in the wall of the colon

Diverticulosis: presence of pouchlike herniation (diverticula) along the intestine wall (sigmoid colon most common) (high fiber)

- c. Nitroprusside
- d. Norepinephrine - *CORRECT ANSWERS* -b. Adenosine

A nurse plans care for a client who has a serum potassium of 7. Which of the following actions should be implemented?

- a. Place on a cardiac monitor
- b. Obtain a serum creatinine level
- c. Infuse 100 mL of 10% glucose IV
- d. Begin IV infusion of regular insulin
- e. Administer sodium polystyrene
- f. Initiate 0.33% sodium chloride IV fluid bolus - *CORRECT ANSWERS* -a. b. c. d. e. f.

- cardiac monitoring is crucial with patients with hyperkalemia. Potassium maintains resting membrane potential of cardiac muscle. Hyperkalemia can cause life-threatening dysrhythmias and cardiac arrest.

-Serum creatinine levels should be evaluated in clients with hyperkalemia. Elevated serum creatinine can be an indication of renal function, a major cause of hyperkalemia.

-Glucose is required to prevent hypoglycemia caused by insulin therapy. IV regular insulin is typically infused with severe hyperkalemia.

-Sodium polystyrene sulfonate may be given for hyperkalemia. Sodium polystyrene sulfonate binds with the potassium for excretion.

A nurse is assessing a client who has acute pyelonephritis. Which of the following findings would be expected? select all that apply.

- a. fever
- b. flank pain

c. tachycardia

d. cough and dyspnea

e. nausea and vomiting - *CORRECT ANSWERS* -a. b. c. e.

-fever and chills are manifestation of pyelonephritis related to inflammation responses.

-Flank and back pain are manifestations related to inflammation and infection.

-Tachycardia and tachypnea are manifestations related to fever and/or pain.

-Nausea and vomiting are manifestations related to infectious process

pyelonephritis - *CORRECT ANSWERS* -inflammation of the renal pelvis and the kidney

A nurse provides care to a client who has a fracture femur after falling from a ladder. Which of the following actions may reduce the incidence of fat emboli?

a. immobilize the extremity

b. provide supplemental oxygen

c. maintain a semi-fowlers position

d. administer sub q hep - *CORRECT ANSWERS* -a.

-Immediate immobilization of the fracture in addition to early surgical fixation may reduce the incidence of fat embolism

A nurse explains what to expect during a thoracentesis. Which client statement validates teaching was effective?

a. "I need to be still during the procedure."

If a missed dose of iron - *CORRECT ANSWERS* -Take a dose as soon as you realize you missed as long as it is within 12 hours of the missed dose. Do not double up

Clients should avoid what while taking iron? - *CORRECT ANSWERS* -Avoid taking the supplement with milk because calcium impairs absorption of the supplement. Iron is best absorbed when taken on an empty stomach. Consuming a diet high in vitamin C will increase the absorption of iron supplements.

A nurse is caring for a client who is in active labor and is scheduled to receive epidural anesthesia. What action should the nurse take prior to epidural placement? - *CORRECT ANSWERS* -Administer lactated ringer's 500 mL bolus via intermittent IV infusion

-This is to prevent hypotension

-If hypotension occurs, the nurse should admin o2 via a nonrebreather face mask at 10 L/min

Following epidural placement, how often should the nurse monitor the client's blood pressure? How often should the nurse reposition? - *CORRECT ANSWERS* -every 5-10 minutes bp

every hour reposition

What nonpharm interventions should the nurse provide to manage a client's back labor pain? - *CORRECT ANSWERS* -Apply sacral counterpressure

-using the heel of the hand or fist against the client's sacral area will lift the fetal head off the spinal nerves and provide relief of the pain in the lower back

Before 32 weeks gestation, FHR acceleration is defined as what - *CORRECT ANSWERS* - an increase of at least 10 beats/min lasting at least 10 seconds

Biophysical profile - *CORRECT ANSWERS* - Uses real-time ultrasound to visualize physiological characteristics of the fetus

Five variables of a biophysical profile - *CORRECT ANSWERS* -

1. fetal breathing
2. gross body movements
3. fetal tone
4. reactive FHR
5. Amniotic fluid

Fetal breathing BPP - *CORRECT ANSWERS* - normal score 2: at least 1 episode of 30 seconds in 30 minutes
abnormal score 0: Absent or less than 30 seconds duration

Gross body movements BPP - *CORRECT ANSWERS* - normal score 2: at least 3 body or limb extensions with return to flexion in 30 min
abnormal score 0: less than 3 episodes

Fetal tone BPP - *CORRECT ANSWERS* - normal score 2: At least 1 episode of extensions with return to flexion
abnormal score 0: Slow extension and flexion, lack of flexion, or absence of movement

chorionic villus sampling - *CORRECT ANSWERS* -sampling of placental tissue for microscopic and chemical examination to detect fetal abnormalities

When is chorionic villus sampling done? - *CORRECT ANSWERS* -during the first trimester

Maternal serum alpha-fetoprotein (MSAFP) - *CORRECT ANSWERS* -screening tool for NTDs (neural tube defects)

ideally performed between 16-18 weeks

lower than normal levels: follow up for down syndrome

higher than normal levels: follow up for neural tube defects

Gravidity - *CORRECT ANSWERS* -number of pregnancies including current

Term Births - *CORRECT ANSWERS* -38 weeks or more

Preterm births - *CORRECT ANSWERS* -from 20 weeks up to 37 completed weeks

Abortion/miscarriage - *CORRECT ANSWERS* -prior to viability: 20 weeks

L - *CORRECT ANSWERS* -living children

Prenatal STI screening includes - *CORRECT ANSWERS* -HIV

Rubella titer

Administer terbutaline subcutaneous 0.25 mg every 20 min as needed

Monitor for adverse effects

Do not administer if client reports chest pain

Notify provider if blood pressure is less than 90/60, pulse is greater than 130, signs of pulmonary edema, FHR greater than 180

Administer Beta Blocking agent as antidote

Terbutaline adverse effects - *CORRECT ANSWERS* tremors, dizziness, headache, tachycardia, hypotension, anxiety

Indomethacin - *CORRECT ANSWERS* May be used as tocolytic for preterm labor or for oxytocin induced tachysystole
prostaglandin synthetase inhibitor

Nursing interventions for Indomethacin administration - *CORRECT ANSWERS*
- Monitor contractions and FHR

Monitor vital signs: note that indomethacin can mask maternal fever

Administer with food as to limit GI distress

Only administer if gestational age is LESS THAN 32 WEEKS

Magnesium Sulfate - *CORRECT ANSWERS* -Tocolytic used for preterm labor
CNS depressant to prevent seizures in preeclampsia

Nursing interventions for Magnesium Sulfate administration for preterm labor - *CORRECT ANSWERS* -Monitor contractions and FHR

Monitor fetal movement and FHR variability

Monitor vital signs and urine output

Nursing interventions for magnesium sulfate administration for preeclampsia - *CORRECT ANSWERS* - Monitor vital signs, urine output, DTRs, and LOC

Monitor magnesium levels (therapeutic range 4-8)

Administer via infusion pump in diluted form

Use indwelling catheter to monitor urinary elimination

Stop immediately if: resp rate goes below 12, altered LOC, magnesium level is 10 mEq/L or 9 mg/dL

Administer calcium gluconate 1g/10 mL in 10% solution at 0.5-1 mL/min for signs of toxicity

Observe neonate for signs of respiratory depression, hypotonia, lethargy, and hypocalcemia

Contraindicated in women who have myasthenia gravis

Naloxone - *CORRECT ANSWERS* - Antidote for opioid-induced respiratory depression

Reverse pruritus from epidural opioid

Nursing interventions for Naloxone administration - *CORRECT ANSWERS* - Monitor respiratory effort

Do not administer if mother is opioid-dependent

Newborn: administer 0.1mg/kg IV, IM, SQ, ET tube

Adult: administer 0.4 to 2 mg IV, may repeat IV at 2-3 minute intervals up to 10 mg, can also admin IM or SQ