

1. **Management of Care** (2 items)
  - (1) **Establishing Priorities**: (1 item)
    - **Angina and Myocardial Infarction: Prioritizing Client Assessment at Change of Shift**
      1. Acute vs chronic - acute takes priority
      2. Urgent vs Non-urgent - urgent takes priority
      3. Unstable vs Findings - unstable takes priority
      4. Treatment of acute angina attack: MONA
        1. Organic nitrates
        2. Ranolazine
  - (2) **Referrals**: (1 item)
    - **Arthroplasty: Client Referral for Physical Therapy**
      1. Extensive PT is required to regain mobility
      2. Discharge can be to home or to an acute rehabilitation facility
      3. If d/c home, outpatient or in-home therapy must be provided
      4. Home care should be available for 4-6 weeks
2. **Safety and Infection Control** (4 item)
  - (1) **Accident / Error / Injury Prevention**: (2 items)
    - **Emergency Nursing Principles and Management: Expected Prescription for a Rattlesnake Bite**
      1. Administer opioid medications for pain d/t snake or spider bite
      2. Monitor ABGs, BS, coagulation profile
      3. Ingested poison —> activated charcoal, gastric lavage (if done within 1hr of ingestion), and aspiration
      4. Administer diazepam if seizures occur
    - **Stroke: Planning Discharge Teaching for a Client Who Has Hemianopsia**
      - Improperly fitting clothing (one leg shorter than the other)**
        1. If the client has homonymous hemianopsia (loss of the same visual field in both eyes) —> instruct them to use a scanning technique (turning from the direction of the unaffected side to the affected side) when eating and ambulating
        2. hemianopsia (loss of the same visual field in both eyes)
        3. Scan the room and watch where walking

(2) **Handling Hazardous and Infectious Materials:** (1 item)

- **Cancer Treatment Options: Safe Handling of a Radioactive Implant**

1. Wear a lead apron while providing care - keeping the front of the apron facing the source of the radiation
2. Keep a lead container in the client's room if the delivery method could allow spontaneous loss of radioactive material - use tongs to put material into the container
3. All linens kept in room with patient until all radioactive material is gone

(3) **Standard Precautions / Transmission-Based Precautions / Surgical Asepsis:** (1 item)

- **Meningitis: Instructions for Caring for a Client Who Has Bacterial Meningitis**

1. Initiate droplet precautions, which require a private room —> continue droplet precautions until ABX have been administered for 24hr and nasal secretions are no longer infective
2. Bacterial meningitis might need to maintain on droplet precautions continuously
3. Standard precautions are implemented for all clients who have meningitis
4. Fever reduction measures, cooling blanket, report infections to the public health dept, decrease env stimuli, provide a quiet environment, minimize bright light, maintain bedrest with HOB at 30

3. **Health Promotion and Maintenance** (2 items)

(1) **Aging Process:** (1 item)

- **Cancer Screening and Diagnostic Procedures: Teaching Testicular Self-Examination**

1. Noncancerous conditions (hydrocele, varicocele) - cause testicular lumps or swelling
2. One by one rolling - not bilateral (daily)
3. Feel between 3 fingers for lumps

(2) **Health Promotion / Disease Prevention:** (1 item)

- **Headaches: Food That Can Trigger Migraine Headaches**

1. Avoid foods with tyramine (pickles, caffeine, beer, wine, aged cheese, artificial sweeteners)
2. Avoid foods w/ MSG or preservatives
3. Medications that induce HAs include estrogen, nitro, and nifedipine
4. Get adequate rest and sleep
5. Avoid light glare or flickering lights
6. Hormone fluctuates during menstruation and ovulation can trigger migraines

- 1. **Psychosocial Integrity:** (1 item)
  - (1) **Mental Health Concepts:** (1 item)
    - **Polycystic Kidney Disease, Acute Kidney Injury, and Chronic Kidney Disease: Educating a Client About Psychosocial Issues**
      1. Nurses work with clients to ID goals and outcomes
      2. Goals ID optimal status - outcomes ID the observable criteria that will determine success or failure of the goal
      3. Concise measurable goals help RNs and clients evaluate progress
- 5. **Basic Care and Comfort** (6 items)
  - (1) **Elimination:** (2 items)
    - **Infections of the Renal and Urinary System: Preventing Urinary Tract Infections**
      1. Drink cranberry juice to decrease risk of infection
        1. Compound in cranberries might stop certain bacteria from adhering to the mucosa of the urinary tract
        2. Clients who have chronic cystitis should avoid cranberry juice - which irritates the bladder
      2. Empty the bladder as soon as there is urgency to void
      3. Drink at least 3L of water daily
      4. Bathe daily to promote good hygiene
      5. Urinate before and after intercourse
    - **Pressure Injury, Wounds, and Wound Management: Wound Irrigation for a Pressure Injury**
      1. Perform wound cleansing and irrigation
        1. For clean wounds (surgical incision) —> cleanse from the least contaminated (middle) toward the most contaminated (surrounding skin)
        2. Use gentle friction when cleansing or applying solutions to the skin to avoid bleeding or further injury
        3. Isotonic fluids used for cleaning
        4. No cotton balls to clean d/t fibers
      2. Remove sutures and staples
      3. Administer analgesics and monitor for effective pain management
      4. Administer antimicrobials and monitor for effectiveness
  - (2) **Mobility / Immobility:** (2 items)
    - **Mobility and Immobility: Climbing Stairs With Crutches**
      1. Do not alter crutches after fitting