PCCN Success – Guaranteed!

Description:
This unique two-day program presents the content of the PCCN exam in a question and answer format. By the conclusion of the program the participant will have answered 125 questions in the format and distribution of the actual exam. In-depth explanations will be presented for rationale behind correct and incorrect answers, along with the theoretical underpinnings of essential concepts.

This unique, informative and fun seminar is perfect for PCCN preparation, or a comprehensive progressive care review.

Objectives:
1. Examine strategies for successful completion of the PCCN exam.
2. Plan care for patients with cardiopulmonary disorders.
3. Compare and contrast septic, hypovolemic, and cardiogenic shock.
4. Describe hemodynamic changes that occur with shock.
5. Explain the benefits of several treatment options for acute respiratory failure.
7. Describe the pathophysiology of pulmonary hypertension.
8. Compare and contrast diabetic ketoacidosis and hypoglycemia.
9. Describe common hematologic and immunologic dysfunction in the progressive care patient.
10. Describe the process of coagulopathy in DIC.
11. Describe a simple assessment plan for patients with increased intracranial pressure.
12. Evaluate nursing interventions for increased intracranial pressure.
13. Compare and contrast common GI disorders.
15. Describe clinical symptoms of electrolyte disturbances.
17. Identify common etiologies for systemic inflammatory response.
18. Describe the process of initiation, systemic inflammation and multiple organ failure.
20. Define professional and ethical nursing care using AACN definitions.

All content in PCCN Success – Guaranteed! is copyrighted 2004-2009 by Ed4Nurses, Inc. Copying or distribution in any form is strictly prohibited without written consent from Ed4Nurses, Inc. This second edition of the PCCN Success – Guaranteed! program is © 2009 by Ed4Nurses, Inc. and all rights are reserved.
Day 1

8:00  Introduction, Guarantee, and Nurses’ Success Network
8:30  Pulmonary (14%)
     Acute Lung Injury
     Aspirations
     Chronic Ventilatory Failure
     Exacerbation of COPD
     Pneumothorax
     Pulmonary embolism
     Pulmonary Hypertension
     Respiratory Infections
     Severe Asthma
     Sleep Disordered Breathing
     Thoracic Surgery
10:00 Break
10:15 Pulmonary (continued)
11:45 Lunch
12:45 Neurologic (5%)
     Intracranial Hemorrhage
     Seizure Disorders
     Stroke (ischemic, hemorrhagic)
2:00  Break
2:15  Renal (6%)
     Acute Renal Failure
     Electrolyte Imbalances
     End-Stage Renal Disease (ESRD)
3:15  Professional Caring and Ethical Practice (20%)
     Advocacy
     Collaboration
     Caring Practice
4:30  Adjourn
Day 2

8:00  Introduction, Guarantee, Nurses’ Success Network

8:30  Cardiovascular (36%)
      Acute Coronary Syndromes
      Acute Inflammatory Disease
      Cardiac Surgery
      Cardiac Tamponade
      Cardiogenic Shock
      Cardiomyopathies
      Conduction defects / Dysrhythmias
      Heart Failure
      Hypertensive Crisis
      Peripheral Vascular Disease
      Peripheral Vascular Surgery
      Pulmonary Edema
      Ruptured or Dissecting Aneurysm
      Structural Heart Defects

10:00 Break

10:15 Cardiovascular (continued)

11:45 Lunch

12:45 Endocrine (4%)
      Acute Hypoglycemia
      Diabetes Ketoacidosis

1:15 Hematologic / Immunologic (2%)
      Anemia
      Life-threatening Coagulopathies

2:00 Break

2:15 Gastrointestinal (5%)
      GI Hemorrhage
      GI Infections
      GI Motility Disorders
      Hepatic Failure
      Malnutrition
      Pancreatitis

3:15 Multisystem (5%)
      Infectious Disease
      Shock States
      Sepsis / SIRS / Severe Sepsis / Septic Shock

4:00 Behavioral (4%)
      Delirium and Dementia
      Mood Disorders and Depression
      Substance Abuse

4:30 Adjourn
Introduction and Test Overview

1. Why Become Certified?

A study conducted by the Nursing Credentialing Research Coalition found that certification has a profound impact on the personal, professional and practice outcomes of certified nurses. Overall, nurses in the study stated that certification enabled them to experience fewer adverse events and errors in patient care than before they were certified. Additional results revealed that certified nurses:

- expressed more confidence in detecting early signs of complications;
- reported more personal growth and job satisfaction;
- believed they were viewed as credible providers;
- received high patient satisfaction ratings;
- reported more effective communication and collaboration with other health care providers; and
- experienced fewer disciplinary events and work-related injuries.

2. What is “PCCN”?

a. Registered service mark of AACN.

b. Credential for certified progressive care nurses.

3. What to Expect from “The Test”

<table>
<thead>
<tr>
<th>AACN – Certification Corporation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fees: $250 non-member</td>
</tr>
<tr>
<td>$170 member of AACN</td>
</tr>
<tr>
<td>Test dates: Year-round</td>
</tr>
<tr>
<td>Requirements: RN license</td>
</tr>
<tr>
<td>1750 hours of clinical experience with acute and progressive care patients within the previous 2 years (875 within the past year).</td>
</tr>
</tbody>
</table>

If you join AACN ($78 fee) at the time you register, you pay $248 and get member benefits.

Exam is computer-based, 125 questions, with a 2 ½ -hour time limit
Paper-based testing is offered at the NTI
Certification is for 3 years.
Recertification can be by CERPs or re-testing.
Cost of recertification is: $215 non-member, $135 member
4. Testing Dates, Places and Times

AACN Certification Corporation
101 Columbia
Aliso Viejo,CA 92656-4109
Phone: (800) 899-2226
E-mail: certcorp@aacn.org
Web: www.certcorp.org

Applied Measurement Professionals Inc. (AMP)
8310 Nieman Road
Lenexa, KS 66214-1579
Phone: (800) 345-6559
Fax: (913) 541-0156
Business Hours: 8:30 am - 5:00 pm CST Monday-Friday
E-mail: info@goamp.com
Web: http://www.goamp.com/

Over 100 testing centers nationwide

5. What to bring with you:
   a. Photo ID
      i. Driver’s license
      ii. State ID card
      iii. Military ID card
   b. Second ID without photo
   c. Do not bring any personal items with you

Please Note:
This is a focused 90-day program designed to assure your success on the AACN PCCN certification exam. You must register for the guarantee and complete the “Guarantee Requirements” within 90 days to be eligible for the guarantee.

You can do this!
✓ If you are qualified
✓ And you study the right stuff in the right way
✓ You will pass!
I guarantee it!
Pulmonary (14%) 18 Questions

1. Mr. Smith (57) is one-day post abdominal aortic aneurysm (AAA) repair. This morning he develops atrial fibrillation with subjective dyspnea. His heart rate is 121 but otherwise his vital signs are normal. What pulmonary complication is Mr. Smith suffering from?
   a. Pneumonia
   b. ARDS
   c. Shock lung
   d. Pulmonary embolism

2. Your patient is recovering from a RLL lobectomy by VATS procedure. She has significant subcutaneous emphysema in her upper chest and neck area. As her nurse you should recognize that which of the following is the highest priority:
   a. Maintaining her airway
   b. Assuring patency of the chest tube
   c. Administering oxygen at 2 L by nasal cannula
   d. Suction the airway as needed

3. How does the D-Dimer lab test help to diagnose pulmonary embolism (PE)?
   a. A positive test indicates PE
   b. A negative test rules out PE
   c. A positive test rules out PE
   d. A negative test indicates PE

4. Ms. Davis was admitted following an acute stroke. She is alert but has left-sided weakness and is having difficulty swallowing. This morning she is complaining of shortness of breath and has scattered rales throughout her lung fields. The most likely cause for Ms. Davis’ distress is:
   a. Pulmonary embolus
   b. Aspiration
   c. Heart failure
   d. Neurogenic pulmonary edema

5. Your patient, Mr. Winston comes to the Emergency Department (ED) with an exacerbation of COPD. He is hypoxic and hypercapneic. He does not wish to be intubated and mechanically ventilated. What criteria are necessary to initiate bilevel positive-pressure ventilation (BiPAP)?
   a. Must be able to slow his breathing down and not fight the machine
   b. Must be able to maintain his own airway
   c. Must be less than 75 years-old
   d. Must quit smoking first
6. Nursing interventions that decrease the incidence of hospital-acquired pneumonia include:
   a. Placing gastric tubes through the nose
   b. Brushing the patient’s teeth
   c. Administering systemic antibiotics
   d. Keeping the patient NPO

7. The most common etiology for Acute Respiratory Distress Syndrome (ARDS) is:
   a. Sepsis
   b. Multiple trauma
   c. Pancreatitis
   d. Shock

8. The nurse’s role during chest tube removal is to:
   a. Provide adequate analgesia
   b. Clamp the tube
   c. Suture the insertion site
   d. Have the patient inhale during removal

9. Appropriate interventions for the patient with hospital-acquired pneumonia include:
   a. Assure adequate fluid intake, endotracheal suction q 1-hour
   b. Antibiotics, percussion and vibration
   c. Turning, positioning, and ambulation
   d. Saline lavage, mechanical ventilation

10. What intervention is most appropriate for the asthma patient who develops hypoxia and hypercapnia:
    a. 100% oxygen by non-rebreather mask
    b. CPAP
    c. BiPAP
    d. Mechanical ventilation

11. Warning signs of a severe asthma attack include:
    a. Decrease in FEV₁
    b. Daily inhaler use
    c. Nocturnal bronchodilator use
    d. Family history of COPD

12. Magnesium sulfate may be given to the asthmatic who:
    a. Looks toxic
    b. Is unresponsive to traditional therapy
    c. Has a FEV₁ of less than 60%
    d. Is hypoxic
13. A patient with a phrenic nerve injury is at risk for which of the following:
   a. Respiratory failure
   b. Hyperventilation
   c. Bronchoconstriction
   d. Chylothorax

14. If your patient’s SaO2 has slowly dropped from 96% to 84% over the previous several hours, it could be a sign of:
   a. Poor pulse oximetry placement
   b. Change in condition
   c. Sleep apnea
   d. Inadequate oxygen supply

15. Evaluate the following ABG: pH 7.32, CO2 55, O2 125, HCO3 22, O2 Sat 94%
   a. Uncompensated metabolic acidosis
   b. Uncompensated respiratory acidosis
   c. Compensated respiratory acidosis
   d. Compensated metabolic alkalosis

16. Bi-level positive airway pressure (BiPAP®) ventilation is used for the patient with sleep apnea who:
   a. Is unresponsive to diuretics
   b. Has COPD
   c. Takes sleeping pills
   d. Sleeps in the prone position

17. Thrombolytic therapy (tPA) is indicated for pulmonary embolus when:
   a. The patient has more than one emboli
   b. The embolism originated in the arm
   c. The patient is hemodynamically unstable
   d. The embolism is confirmed on CT scan

18. Pulmonary Sarcoidosis is characterized by:
   a. Productive cough and alveolar distention
   b. Dry cough and granulomas on CXR
   c. Hypoxia and CO2 retention
   d. Chest pain and weight loss
Acute Lung Injury

ARDS was discovered in 1967 by Dr. Ashbaugh’s group. They studied 12 patients who had serious acute illnesses, but no direct lung damage. These patients all developed symptoms similar to those found in infants with neonatal respiratory distress syndrome, hence the investigators named the disorder Adult Respiratory Distress Syndrome.

1. Characterized by:
   a. Compatible history
   b. Acute onset of severe respiratory impairment (PO2:FiO2 <200)
   c. Decreased lung compliance
   d. Refractory hypoxia
   e. Bilateral, diffuse lung infiltrates (white out)
   f. Tachypnea

2. Etiology (Risk factors)
   a. Sepsis (most common)
   b. Aspiration (2nd most common)
   c. Pneumonia
   d. Pulmonary trauma
   e. Multiple trauma
   f. Shock
   g. Multiple transfusions
   h. DIC
   i. Acute hemorrhagic pancreatitis

3. Additive result of predisposing factors
   a. One risk factor = 25% chance of ARDS
   b. Two risk factors = 42% chance of ARDS
   c. Three risk factors = 85% chance of ARDS
4. Pathophysiology
   a. Can be caused by local inflammation or as the result of systemic inflammation (SIRS)
   b. Risk factors cause an abnormal accumulation of cells in the pulmonary vasculature.
   c. Neutrophils: phagocytosis, adherence, degranulation, oxygen radical production.
      i. Bronchoalveolar lavage = 1-3% neutrophils in healthy lungs
      ii. BL = 76-85% neutrophils in ARDS
   d. Polymorphonuclear leukocytes (PMN): releases mediators
   e. Platelets: cause microclotting
   f. Endothelial cells: cause adherence, release neutrophil chemotactic factor.
   g. These cells are activated by the underlying risk factor condition and cause inflammation.

5. Inflammatory process causes:
   a. Direct microvascular and alveolar injury
   b. Disrupt normal pulmonary blood flow and coagulation
   c. Pulmonary hypertension, bronchoconstriction & ↑ vascular permeability
   d. Fluid leaks out of the pulmonary vasculature, into the interstitial spaces and into the alveoli resulting in diffuse pulmonary edema
   e. Release of oxygen free radicals
      i. Directly damages lung epithelium
      ii. Bronchoalveolar lavage in patients with ARDS indicates oxidant activity

---

**Inflammation in ARDS**

- **Vasodilatation** → **Maintains O2**
- **Capillary Permeability** → **Edema**
- **Clotting** → **↓ Perfusion**
- **↓ Perfusion** → **Hypoxia**
- **Hypoxia** → **Vasoconstriction**

(c) 2002 David W. Wooduff
6. Clinical presentation
   a. Latent phase
      i. Beginning changes in the structure of the alveolar-capillary (a-c) membrane
      ii. Symptoms will be from the underlying illness
   b. Acute interstitial edema phase
      i. Beginning of alveolar edema
      ii. Decreased lung compliance
      iii. Symptoms:
          1. Apprehension, restlessness
          2. Tachypnea, subjective dyspnea
          3. Usually normal chest x-ray
          4. Acute respiratory alkalosis 2° to hyperventilation
   c. Acute intra-alveolar edema phase
      i. Alveolar flooding occurs
      ii. Damage to alveolar epithelial cells
      iii. Changes in surfactant composition
      iv. Severe ↓ in lung compliance
      v. Decreased pulmonary perfusion
      vi. Intrapulmonary shunting
      vii. Symptoms:
          1. Agitation
          2. Dyspnea, tachypnea
          3. Profound hypoxemia
          4. ↑ peak inspiratory pressures
          5. Fine, diffuse crackles, diminished BS
          6. Diffuse, bilateral “white out” on chest x-ray
          7. Acute respiratory alkalosis, hypoxemia on ABGs
          8. Differential diagnosis from cardiogenic pulmonary edema
             a. Lack of acute cardiac event
             b. Presence of risk factors
             c. PAOP <18
             d. No JVD or gallop
   d. Subacute-chronic phase
      i. Formation of hyaline membranes
      ii. Alveolar septum thickens
      iii. Loss of functional units
      iv. Slow recovery of respiratory structures
      v. Death often results from infection
7. Medical & nursing intervention goals
   a. Reverse underlying pathophysiology
   b. Block mechanism of a-c membrane injury
      i. Corticosteroids
      ii. Monoclonal antibodies to endotoxins
      iii. Antioxidants
      iv. NSAIDS
      v. Nitric Oxide
      vi. Xigris®
   c. Minimize consequences of acute injury
      i. Minimizing pulmonary edema
      ii. Maintain acceptable CO, while ↓ PAOP
      iii. Budget fluid administration
      iv. Maintain tissue oxygenation
      v. Consider alternative methods of mechanical ventilation
      vi. Consider extracorporeal gas exchange (ECMO, AVCO₂R)
      vii. Maintain nutrition
   d. Collaborative interventions to prevent or limit complications
      i. Maintain the lowest possible PAOP that will maintain an acceptable CO
      ii. Use the lowest possible FiO₂, without risking hypoxemia
      iii. Use care in administering high levels of PEEP

ARDS Internet Sites:
ARDS Net: www.ardsnet.org
ARDS Support Center: www.ards.org
Aspirations

1. Inhalation of foreign material into the lower airways.
2. Location of the infiltrate/inflammation depends on the position of the patient when the aspiration occurred.
3. Aspiration pneumonitis
   a. Chemical burns to the lungs from acute aspirations of acidic gastric contents.
      i. Often witnessed
      ii. Usually one large aspiration
      iii. Respiratory distress can occur within 1 hour
      iv. Acute mental status change
         1. Seizures
         2. Stroke
         3. Head trauma
         4. Intoxication
   b. Complications
      i. Respiratory failure
      ii. ARDS
      iii. Empyema
4. Aspiration pneumonia
   a. Infectious process to the lungs
      i. Unwitnessed
      ii. Usually recurrent small aspirations
      iii. Incidence increases with:
         1. Bowel obstruction
         2. Proton-pump inhibitor (PPI) of H2-blocker use
      iv. Chronic mental status changes
         1. Airway becomes colonized from the oropharyngeal flora
         2. Chronically impaired airway defenses
            a. Decreased gag reflex
            b. Decreased cough and ciliary movement
            c. Immunosuppression
            d. Poor oral care, and dentition
   b. Symptoms
      i. Dyspnea, cough, hypoxia
      ii. Tachycardia
      iii. Pleuretic chest pain
      iv. Fever, chills, fatigue
      v. Diminished breath sounds, rales, pleural friction rub
   c. Treatment
      i. Ventilation, oxygen, suctioning
      ii. Antibiotics for pneumonia
   d. Complications
      i. Cavitations and abscess formation
      ii. ARDS and respiratory failure

Risk of aspiration is directly related to Glasgow Coma Scale.
**Chronic Ventilatory Failure**

1. Chronic ventilator failure occurs when the neuromuscular system can no longer support the work of breathing and CO2 levels rise.

2. **Etiology:**
   - a. Pressure on the chest cavity
     1. Pneumothorax
     2. Ascites
   - b. Lung disease
     1. Acute-on-chronic COPD
     2. Pulmonary edema
     3. Airway obstruction
        1. Asthma
        2. Epiglotitis
        3. Sleep apnea
     4. Atelectasis
     5. Pneumonia
   - c. Neurological
     1. Guillian-Barre syndrome
     2. Botulism
     3. Myasthenia gravis
     4. Phrenic nerve injury
     5. Paralytic agents
   - d. Fatigue
     1. Malnutrition
     2. Hypoxemia
     3. Decreased cardiac output
     4. Electrolyte abnormalities

3. **Symptoms**
   - a. Imbalance between CO2 production and excretion
   - b. CO2 levels rise
     1. Dyspnea, tachypnea
     2. Tachycardia
     3. Accessory muscle use
     4. Change in mental status

4. **Diagnosis**
   - a. ABG
   - b. VC < 10-15 mL/kg
   - c. NIF < 15 cm H2O

5. **Treatment**
   - a. NIPPV
   - b. Intubation and mechanical ventilation

6. **Goals:**
   - a. Optimize respiratory function
   - b. Slowly wean ventilation to rebuild respiratory muscular function
Exacerbation of COPD

1. Economic impact
   a. More than 14 million Americans are affected to some degree
   b. Second largest financial impact on the Social Security Disability system
      (second only to heart disease)
   c. Forth leading cause of death
   d. 45% have restrictions on their activity level

2. Etiology
   a. Cigarette smoking (80-90%)
   b. Air pollution
   c. Occupation: Coal miners, firefighters
   d. Genetic link?
   e. Hyper-reactive airways
   f. Alpha-1 antitrypsin deficiency

3. Review of pathophysiology
   a. Emphysema: permanent enlargement of the terminal airspaces with
t      destruction of their walls.
   b. Chronic bronchitis: chronic, productive cough for more than 3 months in
t      two consecutive years.
   c. Inactivation of alpha-1 antitrypsin
      i. Stimulation of alveolar macrophages to attract neutrophils
         (inflammation)
      ii. Inhibits enzymes that synthesize and repair elastic fibers
      iii. Destruction of the elastic fibers allows small airways to collapse
      iv. Collapse of the small airways causes air-trapping
      v. Inflammation occurs from deposits of irritant substances
      vi. Proliferation of goblet cells
      vii. Enlargement of mucous glands
      viii. Smooth muscle hypertrophy
      ix. Fibrosis
      x. Breaks down alveolar walls, resulting in bulla

4. Manifestations
   a. PFTs
      i. ↑TLC
      ii. ↑FRC
      iii. ↓FEV1 to <1L
   b. Hypercapnia, hypoxia
   c. Dyspnea
   d. Fatigue
   e. Productive cough with changes in amount or color or sputum
   f. Wheezing
   g. Paradoxical respirations
   h. Change in mental status
5. Criteria for ICU admission
   a. Respiratory muscle fatigue
   b. Need for ventilatory assistance
   c. Refractory hypoxemia
   d. Respiratory acidosis (pH <7.30)
   e. Cardiovascular instability

6. Pulmonary care
   a. Bronchodilation
   b. Beta2-agonist
   c. Albuterol: beta2 smooth muscle relaxant
      i. 4 puffs using MDI & spacer = 2.5mg via aerosol
      ii. Some studies show no effect on airway resistance
      iii. Only about 3% is deposited in the airways
      iv. MDI q 30-60 min. until effective or side effects occur
      v. Aerosol 2.5mg
   d. Anticholinergic: inhibits vagal mediated smooth muscle contraction
      i. Atrovent (ipratropium bromide)
      ii. MDI 4 puffs or aerosol 0.5mg q 4-8 hours
   e. Aminophylline: xanthine smooth muscle relaxant
      i. ? bronchodilator effect
      ii. Improves secretion clearance & diaphragm contractility
      iii. Loading dose: 5-6 mg/kg
      iv. Followed by a continuous infusion: 0.5mg/kg/hr
      v. Therapeutic level: 8-12 mg/ml
   f. Steroids: anti-inflammatory agent
      i. 60-125 mg IV for 24 hours, then
      ii. 60-80 mg P.O. tapering dose for 10-14 days
   g. Antipyretics
      i. Fever increases O2 consumption and CO2 production
      ii. Can be as much as 10% for each degree Fahrenheit
   h. Oxygen
      i. Maintain O2 Sat >93%
      ii. Maintain O2 Sat >88%, if on home O2
   i. Maintain patency of the airway
      i. Humidification of inspired gases
      ii. Airway adjuncts
      iii. Suctioning
   j. Percussion, vibration, and postural drainage
   k. Ambulation, turning & positioning, forced expiration, incentive spirometry

7. Assisted ventilation
   a. If \( \uparrow \) PCO2 without \( \downarrow \) pH, pt. is probably a CO2 retainer
   b. If \( \uparrow \) PCO2 with \( \downarrow \) pH, pt. may require mechanical ventilation
8. Non-invasive: CPAP, BiPAP  
   a. Must be alert, cooperative, able to handle secretions, and stable

9. Mechanical ventilation  
   a. May be needed to rest the respiratory muscles  
      i. ↓ WOB  
      ii. ↓ Oxygen consumption  
   b. Improve gas exchange  
   c. Simplify suctioning

10. Antibiotics may be indicated for:  
    a. Change in sputum  
    b. To prevent complications

11. Lung-volume reduction surgery

12. Goals of therapy  
    a. Prevent disease progression  
    b. Relieve symptoms  
    c. Improve exercise tolerance  
    d. Improve health status  
    e. Prevent and treat exacerbations  
    f. Prevent and treat complications  
    g. Reduce mortality  
    h. Minimize side effects from treatment

13. Pulmonary rehabilitation

Internet sites:  
Global initiative for COPD: www.goldcopd.com  
COPD Support: www.copd-support.org  
COPD: www.ibreathe.com  
American Lung Association: www.lungusa.org
Pneumothorax

1. Types:
   a. Pneumothorax
   b. Spontaneous
   c. Traumatic
   d. Iatrogenic
   e. Tension
   f. Open
   g. Mediastinal drainage
      i. Post-CABG
      ii. Air
   h. Pleural
      i. Effusion
      ii. Empyema

2. Nursing Interventions
   a. Ensure analgesia during placement
   b. Sterile technique
   c. Sutured in place to prevent dislodgment
   d. Attach to drainage system
   e. Sterile, occlusive dressing
   f. Confirm placement

3. Chest Drainage System
   a. Suction control
      i. Water column
      ii. Dial control
   b. Water seal
   c. Collection chamber

4. Avoiding Complications
   a. Avoid “stripping” to decrease trauma
   b. Report drainage of more than 100 cc/hr
   c. Keep tubing free from obstruction
   d. Maintain sterile, occlusive dressing
   e. Assess
      i. Site
      ii. Tube
      iii. Output
      iv. Patency

5. Critical Situations
   a. Tension pneumothorax
   b. Sudden ↑ or ↓ in drainage
6. Common Problems
   a. System fell over
   b. Patient transfer
   c. Specimen collection
   d. Water level has changed
   e. Clots
   f. Replacing the system

7. Chest Tube Removal
   a. Lung re-expansion
   b. Preparation for removal
      i. Clamping for 2 hours
      ii. Pain control during removal
   c. Dressing
      i. 1st occlusive
      ii. DSD thereafter

Components of a properly functioning chest drainage system:
- Gentle bubbling in the suction chamber
- No bubbling in the water seal
- Gentle rising and falling in the water seal with respiration
Pulmonary embolism

1. Brief Pathophysiology
   a. Sudden obstruction of pulmonary vasculature
      i. Altered ventilation / perfusion
      ii. Increased alveolar dead space
           1. Ventilated but not perfused
      iii. Pneumoconstriction
      iv. Bronchoalveolar hypocaonia
      v. Hypoxemia
      vi. Serotonin & histamine
      vii. Thrombin activation
      viii. Increased PVR, ↓ CO, tachycardia
   b. Inflammation
      i. Loss of surfactant
      ii. Atelectasis
      iii. Edema

2. Diagnostic Tests
   a. VQ scan (89% sensitivity, 92% specificity)
   b. Pulmonary angiography (the “gold standard”)
      i. Visualize embolus
      ii. Treat locally
         1. Embolectomy
         2. Thrombolysis
   c. Spiral CT
      i. Much faster than V:Q scan
      ii. Similar sensitivity/specificity
   d. Doppler-Ultrasound
      i. Positive U/S, high clinical probability = probable PE
      ii. Negative U/S, low clinical probability = low probability

3. Labs
   a. CBC: WBC, H/H
   b. Electrolytes
   c. PT/PTT
   d. D-Dimer

4. X-rays
   a. Chest X-ray

Virchow’s Triad
1. Venous stasis
2. Endothelial injury
3. Coagulopathy
5. EKG
   a. Non-specific findings (can mimic MI)
   b. Classic changes (20%)
      i. S1 s-wave in lead I
      ii. Q3 q-wave in lead III
      iii. T3 t-wave inversion in lead III
   c. Sinus tachycardia
   d. RBBB, right-sided strain
   e. New onset atrial fibrillation

6. Hemodynamics
   a. ↓ preload
   b. ↓ CO
   c. ↑ afterload

7. ABGs
   a. pH
      i. Initially, ↑ from tachypnea
      ii. Later, ↓ from respiratory acidosis
   b. pCO2
      i. Initially ↓
      ii. Later ↑
   c. pO2
      i. ↓ due to V:Q mismatch

8. Symptoms
   a. Many are asymptomatic
   b. Dyspnea
   c. Pleuritic chest pain
   d. Hemoptysis
   e. Restlessness / apprehension
   f. Calf pain

9. Signs
   a. Tachycardia
   b. Tachypnea
   c. Hypocapnia, hypoxemia
   d. Lung auscultation:
      e. Rales
      f. Wheezing
      g. JVD
   h. Pulsus paradoxus
   i. Hypotension
   j. Diaphoresis
   k. + Homan’s sign

---

**Pulsus paradoxus** occurs when the systolic pressure decreases by 10mmHg or more on inspiration. This finding often results from respiratory disease.

**To measure:** Inflate the B/P cuff and slowly deflate while listening for the first Korotkoff sounds on expiration, then inspiration. The difference between the two should be less than 10mmHg.

---

**From the PIOPED Study:**

*Most common symptoms:*
- Dyspnea 73%
- Pleuritic chest pain 66%
- Cough 37%

*Most common physical exam findings:*
- Tachypnea 76%
- Tachycardia 70%
- Rales 51%
10. Treatment
   a. Initial management strategies for suspected PE
      i. Ventilatory support
      ii. Oxygen therapy
      iii. Circulatory support
   b. Conservative treatment
      i. Prevention
         1. Prophylactic anticoagulation
         2. TED hose
         3. Sequential compression devices
         4. Early ambulation
      ii. Anticoagulant therapy
         1. Heparin
         2. Coumadin
         3. Low-molecular-weight heparin
         4. Inferior vena cava filter
   c. Treat right-sided heart failure
   d. Invasive intervention
      i. Thrombolytic therapy (t-PA)
         1. Systemic or localized
         2. Relative contraindications same as for MI

Internet sites:
Preventing Deep Vein Thrombosis and Pulmonary Embolism: www.dvt.org
Canadian Lung Association: www.lung.ca/diseases/pulmonary_embolus.html
Primary Pulmonary Hypertension

Etiology:
1. Primary:
   a. No known cause
   b. Associated with autoimmune disorders, fibrotic disease
2. Secondary:
   a. Liver disease
   b. Portal hypertension
   c. Diet supplements
3. Mostly affects females in their childbearing years

Brief Pathophysiology

Main Signs and Symptoms:
1. Symptoms:
   a. Dyspnea (60%)
   b. Weakness (19%)
   c. Recurrent syncope (13%)
   d. Women more symptomatic than men
2. Signs:
   a. Tricuspid murmur
   b. JVD, pulsation

Diagnóstics:
1. Positive ANA (40%)
2. Often have thyroid disease, HIV
3. EKG
   a. RV hypertrophy
   b. ST-depression in anterior leads
4. Echocardiography

Monitoring:
1. EKG
2. Hemodynamics
   a. PA pressures
   b. PAOP, CVP

Causes of Pulmonary Hypertension:
- Embolic disease
- Pulmonary fibrosis
- Sarcoidosis
- Collagen vascular disease
- Cirrhosis
- Sleep apnea
- HIV
- Sickle cell disease
Treatment:
1. Anticoagulation
2. Digoxin, diuretics
3. Oxygen
4. Calcium channel blockers:
   a. Nifedipine (up to 240 mg/day)
   b. Diltiazem (up to 900 mg/day)
5. Pulmonary vasodilators:
   a. Nitric oxide
   b. Flolan (Epoprostenol)
      i. Prostacycline inhibitor
      ii. Immediate action, 3-5 minute half-life
      iii. Dose: 2-4 ng/kg/min IV
      iv. Continuous infusion
      v. Protect from light
      vi. Needs a special pouch to maintain temperature at 45°F
      vii. Expensive (about $100, 000/yr)
   c. Remodulin (Treprostinil)
      i. Similar to Flolan
      ii. Stable at room temperature, longer half-life
      iii. Dose: 1.25 ng/kg/min SC
   d. Tracleer (Bosentan)
      i. Endothelin receptor antagonist
      ii. Oral preparation
         1. <40 kg: 62.5 mg PO bid
         2. >40 kg: 62.5 mg PO bid for 4 weeks, then ↑ to 125 mg PO bid.
6. Lung transplant
   a. Heart-lung transplant
   b. Single, double lung transplants
      i. 70-80% survival at 1 year
      ii. RV will heal itself
   c. 39% of patients develop obliterative bronchiolitis

Internet sites:
Pulmonary Hypertension Association: www.phassociation.org
PHCentral: www.phcentral.org
Respiratory Infections – Pneumonia

Brief Pathophysiology

1. Hospital-acquired (HAP)
   a. Affects 10-25% of ICU patients
   b. Ventilator-associated pneumonia (VAP) incidence is 6-21 times higher than in non-ventilated patients.

2. Factors that lead to colonization of the respiratory tract
   a. ↓ salivary flow rate
   b. Poor oral hygiene
   c. Systemic antibiotics
   d. No oral fluids or food

3. How colonization takes place
   a. Nosocomial pathogens are transmitted from one patient to the next
   b. Subglottic secretions pool above the endotracheal tube cuff: within 24 hours 95% of ETs were partially covered with bacteria, and 84% were completely covered.
   c. Nasally placed NG tubes lead to colonization of the nasopharynx
   d. Gut failure leads to translocation of bacteria: early enteral feedings have been shown to decrease the risk of pneumonia and other secondary infections.
   e. Metabolic acidosis increases the risk of colonization

4. Risk factors
   a. Advanced age
   b. Pre-existing chronic disease
   c. Immunosuppression
   d. Medications
      i. Steroids
      ii. Antibiotic therapy
      iii. Antacids
      iv. Aerosol treatments
   e. Mechanical ventilation
   f. Endotracheal intubation / tracheostomy
   g. Surgery

5. Diagnostic Tests
   a. Bronchoscopy
   b. Bronchial lavage

6. Labs
   a. ↑ WBC
   b. Cultures
      i. Sputum
      ii. Bronchial lavage
7. Symptoms
   a. Dyspnea
   b. Productive cough
   c. Change in sputum amount and color
   d. Fatigue, weakness, malaise
   e. Friction rub

   a. Fever (average 38.5°C)
   b. ↑ RR (average 30)
   c. WBC > 10,000/mm3 (82%)
   d. Evidence on CXR (80%)
   e. Need for oxygen therapy (76%)
   f. ↓ pO2:FiO2 (69%)
   g. Intubation (46%)
   h. Sputum production & abnormal breath sounds (64%)

9. Treatment:
   a. Prevention
      i. NIPPV
      ii. Pulmonary hygiene
      iii. Care of equipment
      iv. Hydration
   b. Antibiotics
   c. Consider antibiotic rotation to prevent resistant nosocomial infections
   d. Enteral feeding
Severe Asthma

1. Circadian influence
   a. Worst function around 3 am
   b. Best function around 3 pm
2. Risk factors for death from severe asthma attacks
   a. Previous severe asthma attacks
   b. Hypercapnia
   c. Airway hyper-reactivity
   d. Long-term steroid therapy
   e. Age
   f. Noncompliance
   g. Psychiatric illness
3. Warning signs of a severe asthma attack
   a. Subjective increase in dyspnea
   b. Increases in sleep disturbances
   c. Increase in nocturnal bronchodilator use
   d. Morning chest stiffness or heaviness
   e. Increase in cough frequency or severity
   f. Runny nose or sneezing bouts
4. Manifestations
   a. Immediate bronchoconstriction (early-phase reaction)
   b. Dyspnea, tachypnea (> 30 bpm)
   c. Tachycardia (> 120 bpm)
   d. Wheezing
   e. Cough (sputum can be yellow due to eosinophils)
   f. Accessory muscle use (retractions & nasal flaring in children)
   g. Orthopnea
   h. Diaphoresis
   i. ↓ FEV1 may reach 30-35% of personal best
j. ↓ FEV1:FVC
k. Pulsus paradoxus > 10 mmHg
l. ↑ PAP due to vasoconstriction and alveolar overdistention
m. Shunt develops
n. Hypoxia, hypercapnia will develop as the attack progresses
o. Delayed airway obstruction, inflammation and hyper-responsiveness (late-phase reaction)
i. Symptoms may seem to relapse within 8-24 hours

5. Treatment
a. Bronchodilators:
   i. Beta-agonists
      1. Low dose 2.5mg every 20 minutes X3 (7.5mg)
      2. High dose 7.5mg every 20 minutes X3 (22.5mg)
      3. Intermittent dosing as effective as continuous infusion
   ii. Anticholenergics
      1. 0.5mg every 4-8 hours
   iii. Steroids
   iv. IV Magnesium
      1. Acts as a bronchodilator, ↓ inflammation
      2. Greatest effect in most severe cases
      3. 2 grams IV
b. Antibiotics
   i. Viral infections more common
   ii. Get sputum sample and treat accordingly
   iii. Strong link between sinus infections and asthma exacerbations
c. Assisted ventilation
   i. BiPAP 5 – 7.5 cmH2O
   ii. Oral intubation is recommended
      1. Asthmatics frequently have sinusitis
   iii. Sedation with Propofol may induce bronchodilation
   iv. Avoid paralytic agents: can cause myopathies
d. Anxiety control
e. The National Asthma Education Program
   i. Patient education reduces ER visits and hospitalizations.
   ii. Patients managed by allergists had fewer hospitalizations and ER visits than those managed by the primary physician.
f. Immune modification
g. Allergy control
h. Patients exposed to cats and dogs in the first year of life had less incidence of asthma

Internet sites:
Global initiative for asthma: www.ginasthma.com
American Lung Association: www.lungusa.org
**Sleep Disordered Breathing**

1. Apnea during sleep for > 10 seconds that causes desaturation of oxygen
   a. Usually several times an hour
   b. Sleep → obstructive choking → arousal

2. Etiology:
   a. Obstructive
      i. Narrowing of the airways
   b. Central
      i. Lack of respiratory control during sleep

3. Precipitating factors:
   a. Respiratory depressants:
      i. Alcohol
      ii. Antihistamines
      iii. Sedatives
   b. Sleeping supine
   c. Upper respiratory infections
   d. Allergies

4. Complications:
   a. Hypertension
   b. Heart failure
   c. Arrhythmias
   d. Excessive daytime sleepiness

5. Interventions:
   a. Elevate HOB
   b. Sleep side-lying or prone
   c. CPAP
   d. BiPAP
      i. Decreases cardiac work
      ii. Helps with CO₂ retention
   e. Surgery
      i. When BiPAP is not helpful or not tolerated
      ii. Severe CHF / pulmonary disease

Internet sites:
American Sleep Apnea Association:  [www.sleepapnea.org](http://www.sleepapnea.org)
Positive-Pressure Ventilation

1. Ventilator Terminology
   a. Tidal volume (TV): Volume of air passing into and out of the lungs with each normal breath usually set at 10cc/kg (IBW).
   b. Inspiratory reserve: Maximal inspiration
   c. Expiratory reserve: Maximal expiration
   d. Residual volume: Volume that cannot be exhaled, where most gas exchange occurs.
   e. Fraction of inspired air (FiO2): Percentage of oxygen delivered in inspired air.
   f. I:E Ratio: Inspiratory:Expiratory Ratio
   g. Peak airway pressure: Maximum pressure in airways.
   h. PaO2: Partial pressure of oxygen dissolved in the blood.
   i. PaCO2: Partial pressure of carbon dioxide dissolved in the blood.
   j. SaO2: Percentage of hemoglobin saturated with oxygen.

2. Hemodynamic effects:
   a. Decreased venous return to the heart
   b. Decreased cardiac output
   c. Increased afterload
3. Continuous Positive Airway Pressure (CPAP)
   a. Positive pressure at end-expiration to prevent alveolar collapse
   b. Increases residual volume
   c. Improves gas exchange

4. Bilevel Positive Airway Pressure (BiPAP)
   a. CPAP with additional inspiratory pressure
   b. Improves gas exchange
   c. Decreases work of breathing

Ventilation Decision Tree

Patent Airway?

Yes

Mask

No

Intubate

Therapy < 48 hours?

Is WOB ↑?

CPAP

Therapy > 48 hours?

BiPAP

MV

(c) 2002 David W. Woodruff

On the Internet:
ABG Case Studies:  www.ed4nurses.com/abgcs.aspx
The ABG Site:  www.the-abg-site.com
**Thoracic Surgery**

1. Thoracic surgery, by definition, opens the chest wall resulting in:
   a. Loss of pleural pressure (vacuum)
   b. Loss of elastic recoil of the lung
   c. Inflammation and fluid formation

2. Thoracic surgery
   a. Thoracic trauma
   b. Lung mass
   c. Lung reduction
   d. Lung transplant

3. Video-Assisted Thoracic Surgery (VATS)
   a. Less invasive
   b. Shorter recovery

4. General principles of patient care
   a. Great pulmonary hygiene
   b. Lung sounds
   c. Heart sounds

5. Watch for pulmonary complications, infection, and bleeding.
6. See also: cardiac surgery, pneumothorax, respiratory diseases.
Your Questions:

1. __________________________
   __________________________
   __________________________
   __________________________
   a. _________________________
   b. _________________________
   c. _________________________
   d. _________________________

2. __________________________
   __________________________
   __________________________
   __________________________
   a. _________________________
   b. _________________________
   c. _________________________
   d. _________________________

3. __________________________
   __________________________
   __________________________
   __________________________
   a. _________________________
   b. _________________________
   c. _________________________
   d. _________________________
Neurologic (5%) 6 Questions

1. Brief loss of consciousness, followed by a lucid period, followed by a secondary loss of consciousness is characteristic of which traumatic brain injury?
   a. Subdural hematoma
   b. Subarachnoid hemorrhage
   c. Epidural hemorrhage
   d. Concussion

2. The most common cause of subarachnoid hemorrhage is:
   a. Aneurysms
   b. Coagulopathies
   c. Trauma from falls
   d. Ischemia

3. Which of the following statements best describes transient ischemic attacks (TIAs)?
   a. Damage and symptoms resolve
   b. Damage and symptoms are permanent
   c. Damage is permanent, but symptoms resolve
   d. Damage is permanent, there are no symptoms

4. The best indicator of changes in neurological function in the alert patient is:
   a. Changes in behavior
   b. Disorientation
   c. Unresponsiveness
   d. Pupil changes

5. The most sensitive indicator of changes in intracranial pressure in patients who are unresponsive is:
   a. Change in systolic blood pressure
   b. Change in pupil response
   c. Blood glucose levels
   d. Response of the cranial nerves

6. Nursing intervention for the neuro patient should include:
   a. Not clustering activities
   b. Performing frequent neuro checks
   c. Administering diuretics
   d. Positioning in the prone position
**Bleeds, Aneurysms, AVMs**

1. Subdural  
   a. Acute (first 48 hours)  
   b. Subacute (2 days to 2 weeks)  
   c. Chronic (after 2 weeks)  
2. Epidural  
   a. Usually arterial  
   b. LOC, followed by lucid period, followed again by LOC  
3. Subarachnoid  
   a. (see aneurysms)  
4. Intracerebral  
   a. Slow developing  
   b. Progressive ↓ in LOC  
   c. Poor prognosis
**Aneurysms**
A saccular outpouching of a cerebral vessel, which can burst and result in SAH. 90% are berry aneurysms, occur in the circle of Willis.

1. Classification
   a. Small: < 10mm
   b. Medium: 10-15mm
   c. Large: 15-25mm
   d. Giant: 25-50mm
   e. Super-giant: > 50mm

2. Unruptured
   a. Most are asymptomatic
   b. Signs / symptoms:
      i. Dilated pupils
      ii. EOM
      iii. Eye pain
      iv. Localized headache
      v. Neck rigidity
      vi. Photophobia

3. Ruptured
   a. Bleeds into subarachnoid or intracerebral space
   b. Signs / symptoms:
      i. “Explosive” headache
      ii. ↓ LOC
      iii. Nausea & vomiting
      iv. EKG changes

Hunt-Hess Classification of Subarachnoid Hemorrhage

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Asymptomatic</td>
</tr>
<tr>
<td>II</td>
<td>Mild cranial nerve dysfunction</td>
</tr>
<tr>
<td>III</td>
<td>Mild focal deficit, lethargy, confusion</td>
</tr>
<tr>
<td>IV</td>
<td>↓ LOC, hemiparesis, abnormal posturing</td>
</tr>
<tr>
<td>V</td>
<td>Deep coma, posturing</td>
</tr>
</tbody>
</table>

4. Diagnosis:
   a. CT scan
      i. Usually can detect SAH
   b. CTA
      i. Pretty good sensitivity/specificity
   c. MRI
      i. Not helpful in the first 24 hours
   d. Angiography
      i. “Gold Standard”
5. Treatment:
   a. Surgical
      i. Wrapping
      ii. Trapping
      iii. Clipping
      iv. Coiling
   b. Post-op care:
      i. Blood pressure control (120-150 systolic)
      ii. Watch for vasospasm!
         1. Gradual ↓ in LOC
         2. Focal
            a. Hemiparesis
            b. Cranial nerve deficit
            c. Aphasia
   iii. Fluid volume control
      1. Triple-H therapy
         a. Hypervolemic
            i. NS, albumin
         b. Hypertensive
         c. Hemodilution
      iv. Medications
         a. Nimodipine
         b. Anticonvulsants
         c. Stool softeners
         d. Steroids
         e. Analgesics
         f. Sedatives

Arteriovenous Malformations
1. Types:
   a. Capillary Telangiectases
   b. Cavernous Malformations
   c. Venous Malformations
   d. Arteriovenous Malformations
2. Signs & symptoms
   a. Intracerebral bleeding
   b. Seizures
   c. Headache
      i. Recurrent, migraine-like
   d. Progressive neurological deficits
3. Treatment:
   a. Surgery
   b. Embolization
   c. Radiosurgery
   d. Conservative medical management
Neurosurgical Complications

TIA's
1. Vascular events that result in temporary, focal neurological findings
2. Characteristics:
   a. Maximal dysfunction within 5 minutes
   b. Resolve within 15 minutes (may persist for 24 hours)
   c. If resolution occurs within 21 days termed: Reversible Ischemic Neurological Deficit (RIND).
3. Etiology:
   a. Cardiac & atherosclerotic plaques
   b. Arterial obstruction
   c. Arterial inflammation
   d. Hematologic abnormalities
4. May be a precursor to stroke

Ischemic Stroke
1. Risk factors
   a. Hypertension
   b. Cardiac disease, hyperlipidemia
   c. TIA’s, previous stroke
   d. Diabetes
   e. Asymptomatic carotid bruit
   f. Oral contraceptives
2. Types:
   a. Thrombotic
      1) Atherosclerotic vessel narrowing
      2) TIAs may precede
   b. Lacunar
      1) Thrombus occurs in small arteries of the deep gray or white matter
      2) Occurs frequently in pts. with HTN
   c. Embolic
      1) Accounts for 20% of ischemic strokes
      2) Carotids
      3) Cardiac origin:
         i. A-fib
         ii. Diseased heart valves
         iii. Infectious endocarditis
         iv. Cardiomyopathy
   d. Perioperative
      1) CABG
         i. 8% focal neuro deficits
         ii. 10% diffuse encephalopathy
         iii. 50-80% cognitive deficits
      2) Hypotension
Seizures

1. Etiology:
   a. Bleeding
   b. Infection
   c. Ischemia
   d. Electrolyte disorders
2. Precipitating factors:
   a. Stress
   b. Sleep deprivation
   c. Fever
   d. Alcohol or drug withdraw
3. Types:
   a. Partial
   b. Complex partial
   c. Generalized
4. Phases:
   a. Aura
   b. Sensory or motor
   c. Post-ictal
5. Nursing care
   a. Precautions
      i. Bed low and locked
      ii. Pad side rails
      iii. Airway, oxygen and suction at bedside
   b. Management of the seizure
      i. Protect patient from injury
      ii. Maintain airway
      iii. Documentation
      iv. Antiepileptic medications
         1. Valium
         2. Dilantin
         3. Phenobarbital
         4. Propofol
         5. Tegretol
         6. Valproate
   c. Post-ictal care
      i. Neuro check
      ii. Support airway and breathing
      iii. Monitor EKG
      iv. Assess for cause
Meningitis

1. Intrinsic (bloodborne)
2. Extrinsic (sinus infection, contaminated CSF)
3. Organisms
   a. H-flu
   b. Neisseria meningitis
   c. Streptococci pneumonia
   d. Pneumococcal
   e. Viruses
   f. Fungi
4. Signs and symptoms
   a. Headache
   b. Neck rigidity
   c. Fever
   d. ↑ WBC
   e. Neurologic degeneration
   f. CT: usually negative
   g. CSF analysis
5. Treatment
   a. Supportive
   b. Antibiotics
   c. Steroids
   d. Surgical

Herniation

Abnormal protrusion of the brain
1. Protrudes out of its cavity
2. Movement is:
   a. Lateral
   b. Down
3. Protrusion goes into the midbrain and brain stem
   a. Local signs followed by central signs
      i. ↓ LOC
      ii. Pupil changes
      iii. Motor and reflexes
         1. Flexion
         2. Extension
      iv. Cushing’s triad
      v. Decompensation
4. Treatment
   a. ↓ ICP
   b. Surgical
Management of Increased Intracranial Pressure

Causes of ↑ ICP

1. Vasogenic Edema
   a. Disruption of blood/brain barrier
   b. Allows fluid and proteins to “leak” into brain tissue
   c. Etiology:
      (1) Trauma
      (2) Ischemia
      (3) Tumor
      (4) Infection
      (5) Brain abscess

2. Cytotoxic Edema
   a. Hypoxic injury causes intracellular swelling
   b. Etiology:
      (1) Trauma
      (2) Cerebral hemorrhage
      (3) Hypo-osmolar states

3. Interstitial Edema
   a. Increased CSF production or decreased removal
   b. Etiology:
      (1) Infection
      (2) Cerebral aneurysm rupture
      (3) Brain tumor

Mechanism of 2° Injury
Evidence of cerebral edema (increased ICP)
1. Signs / symptoms
   a. Decreased level of consciousness
   b. Alterations in thought process
   c. Headache, nausea, vomiting
   d. Sensory loss, paresthesias
   e. Motor loss, paralysis
   f. Pupil changes
   g. Alteration in body temperature
   h. Seizures

Multisystem effects of increased intracranial pressure
1. Gastrointestinal bleeding
2. EKG abnormalities
   a. T-wave changes
   b. S-T elevation / depression
   c. Q-waves
   d. Arrhythmias

Management of ↑ ICP
1. ↓ ICP
2. Balance oxygen supply and demand using the Ventilation-Perfusion Train
Medical & nursing interventions

1. Cerebral perfusion
   a. Thrombolytics
   b. Anticoagulants
   c. Angiography

2. Oxygenation
   a. Supply and demand
      i. ↑FiO2 / PO2
      ii. ↑CO
      iii. ↓VO

3. Hyperventilation
   a. Effects are temporary
   b. Must be sustained

4. Steroids
   a. ↓inflammation

5. Mannitol
   a. ↓volume
   b. Neuroprotective effect

6. Decreasing metabolic activity
   a. ↓temp
   b. ↓activity

7. Surgical release

<table>
<thead>
<tr>
<th>Vasodilation</th>
<th>Vasoconstriction</th>
</tr>
</thead>
<tbody>
<tr>
<td>↓B/P</td>
<td>↑B/P</td>
</tr>
<tr>
<td>↑CO₂</td>
<td>↓CO₂</td>
</tr>
<tr>
<td>↓O₂</td>
<td>↑O₂</td>
</tr>
<tr>
<td>↓pH</td>
<td>↑pH</td>
</tr>
</tbody>
</table>

Cerebral Perfusion Pressure
CPP=MAP-ICP
Normal: 60-100
Your Questions:

1. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. __________________________________________________
   b. ________________________________________________
   c. ________________________________________________
   d. ________________________________________________

2. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. __________________________________________________
   b. ________________________________________________
   c. ________________________________________________
   d. ________________________________________________

3. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. ________________________________________________
   b. ________________________________________________
   c. ________________________________________________
   d. ________________________________________________
Renal (5%) 6 Questions

1. Acute renal failure differs from chronic renal failure in that it:
   a. Results in higher BUN levels
   b. Has a higher mortality rate
   c. Requires peritoneal dialysis
   d. Is associated with diabetes

2. The best dialysis schedule for the patient with acute renal failure is:
   a. Every other day
   b. Weekly
   c. Daily
   d. Bi-weekly

3. The primary etiology of hyperphosphatemia is:
   a. Over-replacement
   b. Hypercalcemia
   c. Renal failure
   d. Hypoalbuminemia

4. Bradycardia, tremors and twitching muscles are associated with which electrolyte disorder?
   a. Hypokalemia
   b. Hyperkalemia
   c. Hypophosphatemia
   d. Hyperphosphatemia

5. Treatment for hypercalcemia includes:
   a. Fluids and diuretics
   b. Amphogel
   c. Kayexelate
   d. Dialysis

6. Hyponatremia is usually associated with:
   a. Fluid overload
   b. Dehydration
   c. Diuresis
   d. Over-administration of normal saline
Acute & Chronic Renal Failure

1. Acute Renal Failure: Sudden loss of renal function
   a. Etiology:
      i. Pre-renal
         1. Most common outside the ICU
         2. Etiology
            a. Low cardiac output
            b. Shock
            c. Renal artery stenosis
         3. ↓ blood flow to kidneys, ↓ pressure in renal artery, ↓ forces favoring filtration, ↓ GFR
         4. Kidney’s response is vasoconstriction
         5. End result is ischemic damage to kidney
      ii. Intra-renal
         1. Most common in the ICU
         2. Causes
            a. Glomerulonephritis
            b. Antibiotics
            c. Myoglobinemia
            d. SLE, Diabetes
         3. Direct damage to glomerulus
iii. Post-renal
   1. Rare
   2. Causes
      a. Urethral calculi
      b. BPH
      c. Urethral stricture
      d. Bladder cancer
      e. Neurogenic bladder
   3. Partial obstruction = \( \uparrow \) forces opposing filtration = \( \downarrow \) GFR
   4. Total obstruction = compression and necrosis

   **Acute Renal Failure is a secondary disease. Therefore mortality is about 40\%**

b. Phases:
   i. Oliguria
      1. Sudden onset of oliguria
      2. Symptoms resemble CRF
         a. Nausea & Vomiting
         b. Drowsiness, confusion, coma
         c. GI bleeding
         d. Asterixis
         e. \( \uparrow \) K+, \( \downarrow \) Na+, acidosis
         f. Cardiac arrhythmias
         g. Kussmaul’s respirations
         h. Hypervolemia
         i. Edema
         j. HTN
      3. Treatment:
         a. Dialysis
         b. Renal diet
         c. Fluid restriction
   ii. Diuretic (10-15 days)
      1. Indicates that nephrons are healing
      2. UO \( \uparrow \) to 4-5 liters/day
      3. Unable to concentrate urine or filter wastes
      4. Can have excessive excretion of K+ and Na+
      5. Manifestations
         a. Hypovolemia
         b. Hypotension
         c. Electrolyte imbalances
iii. Recovery (lasts 4-6 months)
   1. BUN, Cr slowly return to normal

iv. Treatment:
   1. Hemodialysis
   2. Continuous renal replacement therapy
      a. CAVHD
      b. CVVHD
   3. Renal diet
   4. Fluid restriction

2. Chronic Renal Failure: Progressive loss of renal function
   a. Etiology:
      i. Diabetes
      ii. Hypertension
      iii. Glomerulonephritis
   b. Stages:
      i. Decreased renal reserve
         1. ↓ number of functional nephrons
      ii. Renal insufficiency
         1. Asymptomatic ↑ in BUN / Cr.
      iii. Renal failure
         1. Symptomatic ↑ in BUN / Cr.
      iv. End-stage renal disease
         1. Severe ↑ BUN / Cr.
         2. Chronic dialysis is needed
   c. Bricker hypothesis
      i. Intact nephrons hypertrophy to compensate for diseased nephrons
   d. Signs and symptoms of oliguria
   e. Treatment:
      i. Hemodialysis
      ii. Peritoneal dialysis
      iii. Renal diet
      iv. Fluid restriction
      v. Medications
Electrolyte Abnormalities

**Potassium (3.5-5 mEq/L)**

1. Acquired in diet, excreted in urine, must be replaced daily
2. Major intracellular cation
3. Functions:
   a. Maintains osmotic pressure inside cells
   b. Maintains electrical potential
   c. Maintains acid/base balance
   d. Participates in metabolism
4. Hyperkalemia
   a. Common causes:
      i. Renal failure
      ii. Over-replacement
      iii. Cell damage / shift out of cells
         1. Acidosis
         2. Hemolysis
         3. Sepsis
         4. Chemotherapy
   b. Manifestations
      i. Bradycardia
      ii. Tremors, twitching
      iii. Nausea / vomiting
      iv. EKG changes: (↑ K+ suppresses the SA node)
         1. Peaked T-waves
         2. Shortened ST-segment
         3. Flattened P-wave
         4. Long PR-interval
         5. Blocks
         6. PVCs, ventricular arrhythmias
   c. Treatment
      i. Kayexelate
      ii. Insulin / glucose
      iii. Dialysis
      iv. HCO₃, Ca++
      v. Albuterol aerosol

If a patient is NPO, he will require 40 mEq of potassium per day to maintain his potassium level. 200 mEq or more may be required to replace lost stores.
5. Hypokalemia (aLKylosis is associated with a Low K)
   a. Common causes:
      i. Poor intake
      ii. Renal loss
         1. Diuretics
         2. Renal tubular acidosis
         3. Gent, Ampho
      iii. GI loss
         1. Diarrhea
         2. Vomiting
      iv. Shift into cells
         1. Excessive insulin administration in DKA
         2. Alkalosis
   b. Manifestations
      i. Tachycardia
      ii. Hypotension
      iii. Flaccid muscles
      iv. EKG changes:
         1. Flattened T-waves
         2. Long ST-segment
         3. U-waves
         4. Peaked P-wave
         5. Long PR-interval
         6. PVCs, ventricular arrhythmias
   c. Treatment
      i. Oral replacement is preferable (allows slower equilibration with intracellular compartment)
      ii. IV: no faster than 20mEq/hour

6. Testing Implications:
   a. Potassium levels change inversely to serum pH
   b. Opening and closing the fist with a tourniquet in place ↑ K+ level
   c. ↓ K+ can lead to digoxin toxicity
**Calcium (8.4-10.2 mg/dl)**

1. Ionized (active fraction)
2. Inactive fraction (bound to albumin)
3. Adjusted calcium level
   a. \((4 - \text{Alb}) \times 0.8\) + Calcium = Adjusted calcium

4. Essential for the functioning of:
   a. Neuromuscular activity
   b. Integrity of cell membrane
   c. Cardiac activity
   d. Blood coagulation

5. Increases in PTH, \(\uparrow\) Ca++ level

6. Hypercalcemia
   a. Etiology:
      i. Hyperparathyroidism
      ii. Paget’s disease
      iii. Excessive Vitamin D intake
   b. Manifestations
      i. Anorexia, nausea, vomiting
      ii. Coma
      iii. ARF
      iv. Flaccid muscles
      v. EKG changes
         (1) Short ST
         (2) Short QT
         (3) Steep drop off of T-wave
   c. Treatment
      i. Fluids / lasix
      ii. Oral or IV Phosphate

**Chvostek’s sign:**
- Tap the facial nerve just below the temple
- Twitch of the lip or nose is a positive sign

**Trousseau’s sign**
- Contraction of the hand or fingers when arterial flow is occluded for 5 minutes.
7. Hypocalcemia
   a. Etiology:
      i. Surgical Hypoparathyroidism
      ii. Malabsorption
      iii. Acute pancreatitis
      iv. Renal failure
      v. Vitamin D deficiency
      vi. Hypoalbuminemia
      vii. Excessive administration of citrated (banked) blood

   b. Manifestations
      i. Laryngeal spasm
      ii. Seizures & muscle cramps
      iii. Hypotension
      iv. Hyperactive reflexes
      v. Trousseau’s sign
      vi. Chvostek’s sign
      vii. EKG changes:
          (1) Prolonged QT interval
          (2) Flat ST
          (3) Small T-wave

   c. Treatment
      i. Oral route is safer
      ii. IV: 10-20 mL of 10% calcium gluconate over 5-10 minutes
      iii. Monitor EKG during treatment

8. Implications:
   a. Ionized calcium level is inversely proportional to serum pH
   b. Serum Ca++ levels should be assessed in conjunction with serum albumin levels
Magnesium (1.5-1.95 mEq/L)
2. Intracellular enzymatic reactions and utilization of ATP
3. CNS transmission
4. Cardiovascular tone
5. Hypermagnesemia (rare)
a. Etiology
   i. Renal disease
   ii. Adrenal insufficiency
b. Manifestations
   i. Flushing and hypotension
   ii. Hypotension & bradycardia
   iii. Respiratory depression
   iv. Hypoactive reflexes
   v. CNS depression
c. Treatment
   i. IV calcium: 10-20 mL of a 10% calcium gluconate
   ii. Mechanical ventilation
   iii. Temporary pacemaker
   iv. Dialysis
6. Hypomagnesemia (common electrolyte disorder)
a. Etiology
   i. CRF
   ii. Pancreatitis
   iii. Hepatic cirrhosis
   iv. GI losses
   v. Alcoholism
   vi. Treatment of DKA
b. Manifestations
   i. Increased reflexes
   ii. + Trousseau’s sign
   iii. + Chvostek’s sign
   iv. Tachycardia
   v. EKG changes:
      1. PR & QT prolongation
      2. Widened QRS
      3. ST depression
      4. T-wave inversion
   vi. ↓ K+, ↓ Ca++, ↓ PO4

Magnesium is cardio-protective, and may be given to a patient with myocardial infarction even if the Mg++ level is normal.
c. Treatment:
   i. Dietary replacement
   ii. IV magnesium acts as a vasodilator (expect flushing and hypotension)
      1. Acute hypomagnesemia
         a. 1-2 grams over 60 minutes
      2. During a code for VT/VF
         a. 1-2 grams IV push (over 1-2 minutes)

7. A 24-hour urine magnesium level may be helpful in assessing deficiency
**Phosphorus (2.5-4.7 mg/dl)**

1. Phosphorus is an important part of all body tissue
2. Phosphate has a marked diurnal variation; therefore single measurements are of little use.
3. Mostly stored intracellularly
4. Phosphate is cleared by the kidney; therefore renal function must be monitored as well.
5. Hyperphosphatemia
   a. Etiology
      i. Renal failure
      ii. High PO4 intake
      iii. Chemotherapy
      iv. Lactic acidosis
   b. Manifestations
      i. Most often is asymptomatic
      ii. Numbness, tingling of hands and mouth
      iii. Muscle spasms
      iv. Precipitation of Ca++ salts can lead to hypocalcemia
   c. Treatment
      i. Treat underlying disorder
      ii. Phosphate-binding agents (Amphogel)
      iii. IV fluids
      iv. D50 & insulin
      v. Dialysis
6. Hypophosphatemia
   a. Etiology
      i. Refeeding syndrome (refeeding after severe malnutrition)
      ii. Calcium and magnesium deficiency
      iii. Acute respiratory disorders
      iv. Alcoholism
      v. DKA, insulin administration

![Acute Respiratory Disorder](#)

![Hypophosphatemia](#)

![Acute Respiratory Distress](#)
b. Manifestations
   i. Hemolysis & anemia
   ii. Muscle pain & weakness
   iii. Respiratory muscle weakness
   iv. ↓ LOC, paresthesias

c. Treatment
   i. Treat the primary disorder
   ii. Nutrition
   iii. Oral or IV replacement

7. Sudden ↑ in serum PO4 level during treatment can cause hypocalcemia
8. Introduce nutrition gradually to the malnourished patient
9. Phosphorus levels are inversely related to Ca++ levels
Imbalances in Sodium and Water

Sodium (135-145 mEq/L)

a. Most important ion in maintaining extracellular fluid balance
b. Balance is controlled by CNS & endocrine systems
c. Imbalance will result in fluid shifts and edema or dehydration

d. Osmolality = 2 X Na + Glu / 18 + BUN / 2.8

e. Blood osmolality is normally 280-300 mOsm/kg H2O

f. Maximum daily sodium load is 400 mEq/day (NS @ 125ml/hr provides 465 mEq/day)

g. Hyponatremia is more common
h. Hypernatremia has 40-60% mortality

Fluid shifts from low osmolality to high!

Sodium & Water Imbalances

<table>
<thead>
<tr>
<th>Water Balance:</th>
<th>Sodium Balance:</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>High</td>
</tr>
<tr>
<td></td>
<td>Low</td>
</tr>
<tr>
<td>Normal</td>
<td>High</td>
</tr>
<tr>
<td></td>
<td>Low</td>
</tr>
<tr>
<td>Low</td>
<td>High</td>
</tr>
<tr>
<td></td>
<td>Low</td>
</tr>
</tbody>
</table>
2. Normal volemic states
   a. Hypernatremia (↓ TBW, near normal TBNa)
      i. Etiology:
         1. Diabetes insipidus (lack of response to ADH)
         2. ↑ insensible losses without replacement of water
      ii. Signs and symptoms:
         1. Thirst
         2. CNS depression
      iii. Treatment:
         1. Water replacement
         2. ADH for diabetes insipidus
   b. Hyponatremia
      i. Etiology:
         1. Water ingestion > 25L/day
         2. Defect in renal diluting ability
         3. Post-operative fluid administration / non-osmotic ADH release
         4. Drugs:
            a. NSAIDS
            b. Oxytocin
      ii. Signs and symptoms:
         1. Edema
      iii. Treatment:
         1. Water restriction
         2. Sodium replacement

3. General Management Principles:
   a. Hyponatremia:
      i. Mild (Na+ <120)
         1. Usually asymptomatic
         2. Treat underlying cause
      ii. Moderate (Na+ <115)
         1. CNS depression
         2. Replace with NS
         3. Fluid restriction (<1000cc/day)
      iii. Severe (Na+ <110)
         1. Coma, seizures, and death
         2. Replace with NS or hypertonic saline (3%)
         3. Do not ↑ serum Na+ by more than 1 mEq/L/h or 10 mEq/L/day.

Free Water Deficit = (kg wt. X 0.6) X [(Na/140) – 1]
Your Questions:

1. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   a. __________________________________________________________
   b. __________________________________________________________
   c. __________________________________________________________
   d. __________________________________________________________

2. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   a. __________________________________________________________
   b. __________________________________________________________
   c. __________________________________________________________
   d. __________________________________________________________

3. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   a. __________________________________________________________
   b. __________________________________________________________
   c. __________________________________________________________
   d. __________________________________________________________
Professional Caring and Ethical Practice (20%) 25 questions

1. Rose Martin is a 69 year-old admitted for community-acquired pneumonia. She has a history of laryngeal cancer and a tracheostomy. She has rhonchi scattered throughout the lung fields and is being suctioned for thick, yellow secretions. You note that the respiratory therapist instills saline into the tracheostomy before suctioning. Your best response would be:
   a. Report her actions to the supervisor
   b. Ask her to show you how to do this
   c. Show her the evidence on this practice
   d. Ask your manager to change your policy

2. In communicating with the family of a dying patient it is important to:
   a. Find little improvements to give them hope
   b. Provide accurate information
   c. Direct all questions back to the physician
   d. Reassure them that it is God’s will

3. Which statement best describes the nursing process?
   a. Assessment, planning, implementation, and evaluation
   b. Planning, implementation, and teaching
   c. Diagnosing and evaluation
   d. Charting and staffing

4. The most common cause for the patient to file a nursing negligence claim is:
   a. Medication errors
   b. Sloppy work by the nurse
   c. Ineffective communication
   d. Poor outcomes

5. Your patient is diagnosed with multi-organ failure and anoxic brain injury. The family overhears a physician stating that dialysis would improve the patient’s condition. Your best response to the family would be:
   a. Explain to them that this physician does not have all the facts
   b. Reinforce the diagnosis, and the limited value of dialysis
   c. Speak to the physician about his comments and the patient’s prognosis
   d. Ignore the concern and ask the family to sign a DNR form

6. In order to meet the standard of care required during your treatment of a patient, you must:
   a. Deliver exceptional care
   b. Use the most up-to-date equipment and treatments
   c. Act as a reasonable and prudent nurse would
   d. Meet all of the patient’s expectations
7. In error, you give your patient a medication that was meant for another patient. Your best response would be to:
   a. Ignore the error, it probably won’t hurt him
   b. Tell the physician, but not the patient
   c. Tell the patient about the error, chart it, and consult with the physician
   d. Call pharmacy and ask for an antidote

8. The role of the staff nurse in the research process is to:
   a. Test hypotheses
   b. Develop research questions
   c. Perform statistical analysis
   d. Test theories

9. A new research study shows that an intervention would help your patient. The best action to take would be:
   a. Implement the strategy, even though it is contrary to hospital policy
   b. Ask the physician to order the intervention
   c. Request a policy change from administration
   d. Bring the study results to the attention of the physician and administration

10. If you feel that one of your hospital’s policies is outdated and ineffective, the best action to take is to:
    a. Complain loudly about it
    b. Learn how to navigate the system to change it
    c. Tell your patients about it
    d. Ridicule it publicly on an internet discussion group

11. If the progressive-care nurse has questions about a patient’s response to therapy, it is his responsibility to:
    a. Seek the education to fully understand it
    b. Not let it bother him
    c. Ignore it, this is the physician’s realm
    d. Refuse to treat the patient

12. Mr. Squash has a subdural hematoma with increased intracranial pressure. He is very anxious and wants his wife to stay at the bedside. In order to decrease his stimuli and treat his increased intracranial pressure, the nurse should:
    a. Ask his wife to leave, so he can sleep
    b. Leave his wife at the bedside and decrease the room brightness
    c. Check his pupils often for changes
    d. Have his wife come in frequently for support
13. Ms. Regal was involved in a motor-vehicle accident (MVA) and is in fair condition. Her mother is at the bedside and is found applying a homeopathic cream to her forehead. Your best response would be:
   a. Immediately wash off the cream and ban the mother from unsupervised visits.
   b. Explain that homeopathic treatments are of limited value
   c. Obtain more information about the treatment
   d. Call security

14. During your admission assessment, you find that your patient takes the herbal preparation Ginseng daily. Your assessment should include:
   a. Assessing for hypotension
   b. Watching for bleeding
   c. Analyzing blood lipid levels
   d. Evaluating for depression

15. A nurse new to your unit is having trouble using your monitors. Your best response is to:
   a. Provide the operational manual for the monitor
   b. Assist her with the operation of the monitor
   c. Set up the monitor for her
   d. Answer her questions as she sets up the monitor

16. You are asked to float to a unit you are unfamiliar with. Your responsibility to that unit will be to:
   a. Provide care at the level of the regular employees on that unit
   b. Provide basic nursing care that is consistent with your licensure
   c. Provide care that is consistent with your units standards
   d. Provide only the care that you wish to

17. A float nurse is assigned to your unit. You can best support her by:
   a. Providing her with a brief orientation
   b. Telling her to call on you with any questions
   c. Giving her your policy manual
   d. Assigning her to the least acute patients

18. One of your colleagues is having difficulty with a patient’s family. As a professional nurse, you should:
   a. Offer to take the assignment
   b. Suggest active listening techniques
   c. Tell her to ignore the family
   d. Talk to the family yourself
19. Members of the nursing staff are developing written patient education materials for a group of patients with diverse reading abilities. It would be *most effective* for the staff to:
   a. Design individual handouts for each patient
   b. Develop a computer-based education series.
   c. Write the materials at a fourth-grade reading level.
   d. Limit text and provide color pictures.

20. The best method for assuring patient compliance with changing negative health behaviors is to:
   a. Ask the patient which behaviors he would like to change
   b. Tell the patient which behaviors he needs to change
   c. Emphasize the dangers of negative health behaviors
   d. Provide written materials that tell him where to follow-up

21. The nursing staff is resisting being assigned to a disruptive patient. An appropriate resolution would be to:
   a. Request the physician to transfer the patient
   b. Rotate the patient assignment among staff.
   c. Confront the family and demand an end to the disruptive behavior.
   d. Hold a nursing team conference to discuss possible alternatives

22. A nurse who is able to synthesize multiple data sources and respond to a dynamic situation is at which level of professional practice?
   a. Novice
   b. Advanced beginner
   c. Expert
   d. Retired

23. Your patient’s family has requested to be present during CPR. Your best response is to:
   a. Let them stay if they are out of the way
   b. Explain that they have to leave for legal reasons
   c. Follow your hospital policy
   d. Call security

24. You learned about a new procedure at a nursing conference. The most effective method to assure its implementation at your hospital is to:
   a. Obtain references and present the information to hospital administration
   b. Tell your physicians that they are providing poor care and need to be updated
   c. Ask your administration to look into the subject
   d. Forget it, things will never change around here
25. The most important value of seeking certification is:
   a. To prove that you’re better than your co-workers
   b. The process leads to higher levels of professional conduct
   c. To validate your clinical skills
   d. You will be worth more to your hospital

Certified nurses respond more confidently to emergency situations and implement better interventions! - AACN
Basic Information About the AACN Synergy Model for Patient Care

The core concept of the reconceptualized model of certified practice - the AACN Synergy Model for Patient Care - is that the needs or characteristics of patients and families influence and drive the characteristics or competencies of nurses.

All patients have similar needs and experience these needs across wide ranges or continuums from health to illness. Logically, the more compromised patients are, the more severe or complex are their needs. The dimensions of a nurse's practice are driven by the needs of a patient and family. This requires nurses to be proficient in the multiple dimensions of the nursing continuums. When nurse competencies stem from patient needs and the characteristics of the nurse and patient synergize, optimal patient outcomes can result.

NOTE: The point of the Synergy Model, and its incorporation into the CCRN and CCNS exams, is not to have nurses memorize the various patient or nurse characteristics, or their levels; they are presented here to help you begin to comprehend the model. Test questions will not cover the terminology of the Synergy Model.

The Synergy Model was developed by the AACN Certification Corporation to link certified practice to patient outcomes. The fundamental premise of this model is that patient characteristics drive nurse competencies. When these characteristics and competencies are matched, optimal patient outcomes are realized. The integration of the Synergy Model into AACN CertCorp's credentialing programs puts an emphasis on the patient, and says to the world that patients come first! Nurses make a unique contribution to the quality of patient care, containment of costs, and patient outcomes.

Patient Characteristics

Each patient and family is unique, with a varying capacity for health and vulnerability to illness. When seeking healthcare, each person brings a set of unique characteristics to the care situation. These patient characteristics span the continuum of health and illness:

- **Resiliency**--the capacity to return to a restorative level of functioning using compensatory coping mechanisms; the ability to bounce back quickly after an insult.
  - Level 1 - *Minimally resilient* - Unable to mount a response; failure of compensatory/coping mechanisms; minimal reserves; brittle
  - Level 3 - *Moderately resilient* - Able to mount a moderate response; able to initiate some degree of compensation; moderate reserves
  - Level 5 - *Highly resilient* - Able to mount and maintain a response; intact compensatory/coping mechanisms; strong reserves; endurance

- **Vulnerability**--susceptibility to actual or potential stressors that may adversely affect patient outcomes.
  - Level 1 - *Highly vulnerable* - Susceptible; unprotected, fragile
  - Level 3 - *Moderately vulnerable* - Somewhat susceptible; somewhat protected
  - Level 5 - *Minimally vulnerable* - Safe; out of the woods; protected, not fragile

- **Stability**--the ability to maintain a steady-state equilibrium.
  - Level 1 - *Minimally stable* - Labile; unstable; unresponsive to therapies; high risk of death
  - Level 3 - *Moderately stable* - Able to maintain steady state for limited period of time; some responsiveness to therapies
  - Level 5 - *Highly stable* - Constant; responsive to therapies; low risk of death

- **Complexity**--the intricate entanglement of two or more systems (e.g., body, family, therapies).
  - Level 1 - *Highly complex* - Intricate; complex patient/family dynamics; ambiguous/vague;
atypical presentation
Level 3 - Moderately complex - Moderately involved patient/family dynamics
Level 5 - Minimally complex - Straightforward; routine patient/family dynamics; simple/clear cut; typical presentation

**Resource availability**—extent of resources (e.g., technical, fiscal, personal, psychological, social) the patient, family and community bring to the situation.
Level 1 - Few resources - Necessary knowledge and skills not available; necessary financial support not available; minimal personal/psychological supportive resources; few social systems resources
Level 3 - Moderate resources - Limited knowledge and skills available; limited financial support available; limited personal/psychological supportive resources; limited social systems resources
Level 5 - Many resources - Extensive knowledge and skills available and accessible; financial resources readily available; strong personal/psychological supportive resources; strong social systems resources

**Participation in care**—extent to which the patient and family engage in aspects of care.
Level 1 - No participation - Patient and family unable or unwilling to participate in care
Level 3 - Moderate level of participation - Patient and family need assistance in care
Level 5 - Full participation - Patient and family fully able to participate in care

**Participation in decision-making**—extent to which the patient and family engage in decision-making.
Level 1 - No participation - Patient and family have no capacity for decision-making; requires surrogacy
Level 3 - Moderate level of participation - Patient and family have limited capacity; seeks input/advice from others in decision-making
Level 5 - Full participation - Patient and family have capacity, and makes decision for self

**Predictability**—a summative characteristic that allows one to expect a certain trajectory of illness.
Level 1 - Not predictable - Uncertain; uncommon patient population/illness; unusual or unexpected course; does not follow critical pathway, or no critical pathway developed
Level 3 - Moderately predictable - Wavering; occasionally-noted patient population/illness
Level 5 - Highly predictable - Certain; common patient population/illness; usual and expected course; follows critical pathway

**For example:**

A healthy, uninsured, 40-year-old woman undergoing a pre-employment physical could be described as an individual who is (a) stable (b) not complex (c) very predictable (d) resilient (e) not vulnerable (f) able to participate in decision-making and care, but (g) has inadequate resource availability.

On the other hand: a critically ill infant with multisystem organ failure can be described as an individual who is (a) unstable (b) highly complex (c) unpredictable (d) highly resilient (e) vulnerable (f) unable to become involved in decision-making and care, but (g) has adequate resource availability.
Nurse Characteristics

Nursing care reflects an integration of knowledge, skills, experience, and attitudes needed to meet the needs of patients and families. Thus, continuums of nurse characteristics are derived from patient needs. The following are levels of expertise ranging from competent (1) to expert (5):

Clinical judgment—clinical reasoning, which includes clinical decision-making, critical thinking, and a global grasp of the situation, coupled with nursing skills acquired through a process of integrating formal and experiential knowledge.

Level 1 - Collects basic-level data; follows algorithms, decision trees, and protocols with all populations and is uncomfortable deviating from them; matches formal knowledge with clinical events to make decisions; questions the limits of one's ability to make clinical decisions and delegates the decision-making to other clinicians; includes extraneous detail.

Level 3 - Collects and interprets complex patient data; makes clinical judgments based on an immediate grasp of the whole picture for common or routine patient populations; recognizes patterns and trends that may predict the direction of illness; recognizes limits and seeks appropriate help; focuses on key elements of case, while shorting out extraneous details.

Level 5 - Synthesizes and interprets multiple, sometimes conflicting, sources of data; makes judgment based on an immediate grasp of the whole picture, unless working with new patient populations; uses past experiences to anticipate problems; helps patient and family see the "big picture;" recognizes the limits of clinical judgment and seeks multidisciplinary collaboration and consultation with comfort; recognizes and responds to the dynamic situation.

Advocacy/moral agency—working on another's behalf and representing the concerns of the patient, family, and community; serving as a moral agent in identifying and helping to resolve ethical and clinical concerns within the clinical setting.

Level 1 - Works on behalf of patient; self assesses personal values; aware of ethical conflicts/issues that may surface in clinical setting; makes ethical/moral decisions based on rules; represents patient when patient cannot represent self; aware of patients' rights.

Level 3 - Works on behalf of patient and family; considers patient values and incorporates in care, even when differing from personal values; supports colleagues in ethical and clinical issues; moral decision-making can deviate from rules; demonstrates give and take with patient's family, allowing them to speak/represent themselves when possible; aware of patient and family rights.

Level 5 - Works on behalf of patient, family, and community; advocates from patient/family perspective, whether similar to or different from personal values; advocates ethical conflict and issues from patient/family perspective; suspends rules - patient and family drive moral decision-making; empowers the patient and family to speak for/represent themselves; achieves mutuality within patient/professional relationships.

Caring practices—the constellation of nursing activities that are responsive to the uniqueness of the patient and family and that create a compassionate and therapeutic environment, with the aim of promoting comfort and preventing suffering. These caring behaviors include, but are not limited to, vigilance, engagement, and responsiveness.

Level 1 - Focuses on the usual and customary needs of the patient; no anticipation of future needs; bases care on standards and protocols; maintains a safe physical environment; acknowledges death as a potential outcome.

Level 3 - Responds to subtle patient and family changes; engages with the patient as a unique patient in a compassionate manner; recognizes and tailors caring practices to the individuality of patient and family; domesticates the patient's and family's environment; recognizes that death may be an acceptable outcome.

Level 5 - Has astute awareness and anticipates patient and family changes and needs; fully engaged with and sensing how to stand alongside the patient, family, and...
community; caring practices follow the patient and family lead; anticipates hazards and avoids them, and promotes safety throughout patient's and family's transitions along the healthcare continuum; orchestrates the process that ensures patient's/family's comfort and concerns surrounding issues of death and dying are met.

**Collaboration**—working with others (e.g., patients, families, healthcare providers) in a way that promotes and encourages each person's contributions toward achieving optimal and realistic patient goals. Collaboration involves intra- and interdisciplinary work with all colleagues.

- **Level 1** - Willing to be taught, coached and/or mentored; participates in team meetings and discussions regarding patient care and/or practice issues; open to various team members' contributions.
- **Level 3** - Seeks opportunities to be taught, coached, and/or mentored; elicits others' advice and perspectives; initiates and participates in team meetings and discussions regarding patient care and/or practice issues; recognizes and suggests various team members' participation.
- **Level 5** - Seeks opportunities to teach, coach, and mentor and to be taught, coached and mentored; facilitates active involvement and complementary contributions of others in team meetings and discussions regarding patient care and/or practice issues; involves/recruits diverse resources when appropriate to optimize patient outcomes.

**Systems thinking**—the body of knowledge and tools that allow the nurse to appreciate the care environment from a perspective that recognizes the holistic interrelationship that exists within and across healthcare systems.

- **Level 1** - Uses a limited array of strategies; limited outlook - sees the pieces or components; does not recognize negotiation as an alternative; sees patient and family within the isolated environment of the unit; sees self as key resource.
- **Level 3** - Develops strategies based on needs and strengths of patient/family; able to make connections within components; sees opportunity to negotiate but may not have strategies; developing a view of the patient/family transition process; recognizes how to obtain resources beyond self.
- **Level 5** - Develops, integrates, and applies a variety of strategies that are driven by the needs and strengths of the patient/family; global or holistic outlook - sees the whole rather than the pieces; knows when and how to negotiate and navigate through the system on behalf of patients and families; anticipates needs of patients and families as they move through the healthcare system; utilizes untapped and alternative resources as necessary.

**Response to diversity**—the sensitivity to recognize, appreciate, and incorporate differences into the provision of care. Differences may include, but are not limited to, individuality, cultural differences (e.g., in child rearing, family relations), spiritual beliefs, gender, race, ethnicity, disability, family configuration, lifestyle, socioeconomic status, age values, and alternative medicine involving patients and their families and members of the healthcare team.

- **Level 1** - Assesses cultural diversity; provides care based on own belief system; learns the culture of the healthcare environment.
- **Level 3** - Inquires about cultural differences and considers their impact on care; accommodates personal and professional differences in the plan of care; helps patient/family understand the culture of the healthcare system.
- **Level 5** - Responds to, anticipates, and integrates cultural differences into patient/family care; appreciates and incorporates differences, including alternative therapies, into care; tailors healthcare culture, to the extent possible, to meet the diverse needs and strengths of the patient/family.
Clinical inquiry or Innovator/Evaluator—the ongoing process of questioning and evaluating practice, providing informed practice, and innovating through research and experiential learning. The nurse engages in clinical knowledge development to promote the best patient outcomes.

Level 1 - Follows standards and guidelines; implements clinical changes and research-based practices developed by others; recognizes the need for further learning to improve patient care; recognizes obvious changing patient situation (e.g., deterioration, crisis); needs and seeks help to identify patient problem
Level 3 - Questions appropriateness of policies and guidelines; questions current practice; seeks advice, resources, or information to improve patient care; begins to compare and contrast possible alternatives
Level 5 - Improves, deviates from, or individualizes standards and guidelines for particular patient situations or populations; questions and/or evaluates current practice based on patients’ responses, review of the literature, research and education/learning; acquires knowledge and skills needed to address questions arising in practice and improve patient care; (The domains of clinical judgment and clinical inquiry converge at the expert level; they cannot be separated)

Facilitator of learning of patient/family educator—the ability to facilitate patient and family learning.

Level 1 - Follows planned educational programs; sees patient/family education as a separate task from delivery of care; provides data without seeking to assess patient’s readiness or understanding; has limited knowledge of the totality of the educational needs; focuses on a nurse's perspective; sees the patient as a passive recipient
Level 3 - Adapts planned educational programs; begins to recognize and integrate different ways of teaching into delivery of care; incorporates patient's understanding into practice; sees the overlapping of educational plans from different healthcare providers' perspectives; begins to see the patient as having input into goals; begins to see individualism
Level 5 - Creatively modifies or develops patient/family education programs; integrates patient/family education throughout delivery of care; evaluates patient's understanding by observing behavior changes related to learning; is able to collaborate and incorporate all healthcare providers’ and educational plans into the patient/family educational program; sets patient-driven goals for education; sees patient/family as having choices and consequences that are negotiated in relation to education

From the AACN Cert Corp website: www.certcorp.org © 2004 AACN
Your Questions:

1. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. ________________________________________________
   b. ________________________________________________
   c. ________________________________________________
   d. ________________________________________________

2. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. ________________________________________________
   b. ________________________________________________
   c. ________________________________________________
   d. ________________________________________________

3. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. ________________________________________________
   b. ________________________________________________
   c. ________________________________________________
   d. ________________________________________________
Cardiovascular (36%) 45 Questions

1. Which of the following variables affects cardiac output directly?
   a. Preload
   b. Stroke volume
   c. Afterload
   d. Resistance

2. Coronary artery perfusion is dependent upon:
   a. Diastolic pressure
   b. Systolic pressure
   c. Afterload
   d. SVR

3. Your patient is short of breath and having chest pain. She has an irregular heart rate of 170 and B/P of 80/60. You would anticipate administering:
   a. Atropine 0.5mg IV
   b. Labetolol 25 mg IV
   c. Cardioversion 100J
   d. Lidocaine 75mg IV

4. Chest pain that is not relieved by rest and nitroglycerine is called:
   a. Variant angina
   b. Stable angina
   c. Unstable angina
   d. Prinzmetal’s angina

5. The nurse administering t-PA for acute myocardial infarction must monitor the patient for all of the following except:
   a. Peripheral thrombosis
   b. Myocardial reperfusion
   c. Bleeding complications
   d. Coronary reoclusion

6. Which finding would indicate coronary reperfusion during t-PA infusion?
   a. Drop in arterial blood pressure
   b. Elevation of the ST segment
   c. Ventricular fibrillation
   d. Dramatic reduction in chest pain
7. Your patient Mr. Jones is admitted to the emergency department with acute pulmonary edema. His pO2 is 48, and his pCO2 is 57. Vital signs: B/P-158/90, P-122, RR-36. The most appropriate initial intervention is:
   a. Bi-level positive airway pressure (BiPAP)
   b. Continuous positive airway pressure (CPAP)
   c. Pressure-control ventilation
   d. Inverse-ratio ventilation

8. The pathologic changes found on 12-lead EKG to indicate myocardial ischemia are:
   a. ST segment elevation
   b. ST segment depression and T wave elevation
   c. Q wave formation
   d. ST segment depression and T wave inversion

9. Failure to capture is a complication of pacemakers that may be caused by:
   a. Lead maturation
   b. Lead displacement
   c. Dead battery
   d. Open circuit

10. Automatic implantable cardio-defibrillators (AICDs) may be initiated in the treatment of:
    a. Frequent PVCs
    b. Atrial fibrillation
    c. Narrow-complex SVT
    d. Symptomatic VT

11. The nurse auscultates an S4 gallop during her assessment. The appearance of an S4 gallop during an anginal episode may signify:
    a. Heart failure
    b. Decreased compliance of the ischemic myocardium
    c. Aortic stenosis
    d. Increased left ventricular filling volume

12. Heart failure caused by the inability to fully relax is called:
    a. Systolic
    b. Diastolic
    c. Biventricular
    d. Complete

13. The primary function of drug therapy with beta-blockers in heart failure is to:
    a. Increase blood pressure
    b. Block compensatory mechanisms
    c. Increase urine output
    d. Decrease arrhythmias
14. Early symptoms of fluid overload and pulmonary edema are:
   a. Rales and hypoxia
   b. S₃ heart sound and tachycardia
   c. Increased respiratory rate and subjective dyspnea
   d. ST-segment elevation in the chest leads

15. Which coronary artery supplies the atrioventricular (AV) node?
   a. Right coronary artery
   b. Coronary sinus artery
   c. Left anterior descending artery
   d. Nodal artery

16. The forth heart sound (S₄):
   a. Occurs after ventricular contraction
   b. Is best heard with the diaphragm of the stethoscope
   c. Is a normal finding in children
   d. Occurs during atrial contraction

17. John is a 20 year-old college athlete. He collapsed while playing basketball and was resuscitated at the scene. He is now alert and oriented, but is having frequent premature ventricular contractions (PVCs). What is the most likely disease that caused John’s cardiac arrest?
   a. Myocardial infarction
   b. Pericarditis
   c. Peripheral vascular disease
   d. Cardiomyopathy

18. Your patient, Ms. Smith, is complaining of palpitations. Her telemetry monitor shows the following rhythm. What initial treatment is necessary?

   ![ECG rhythm]

   a. Administer adenosine
   b. Immediate defibrillation
   c. Treat fever, pain, or dehydration
   d. Perform valsalva maneuver
19. An inferior wall myocardial infarction (IWMI) will show changes in which EKG leads?
   a. V₁ to V₄
   b. V₁, AVL
   c. V₅ and V₆
   d. II, III, AVF

20. The most common complication of an acute myocardial infarction is:
   a. Dysrhythmia
   b. Heart failure
   c. Cardiogenic shock
   d. Pulmonary embolism

21. The most common cause for the development of a new S₃ heart sound is:
   a. Cardiac tamponade
   b. Papillary muscle rupture
   c. Acute heart failure
   d. Myocardial infarction

22. The most common type of aortic aneurysm is:
   a. Ascending
   b. Aortic arch
   c. Descending
   d. Abdominal

23. Symptomatic peripheral vascular disease (PVD) can present with intermittent claudication. Pain from femoral-popliteal disease manifests itself in the:
   a. Calf
   b. Waist
   c. Thigh
   d. Arm

24. Which condition would stimulate renin production?
   a. Increased blood supply to the renal tubules
   b. Decreased blood pressure
   c. Decreased sympathetic output
   d. Increased sodium concentration

25. Acute rejection in cardiac transplantation is diagnosed by:
   a. EKG
   b. Chest X-ray
   c. Echocardiography
   d. Endomyocardial biopsy
26. Cyanosis on exertion can be a sign of:
   a. Atrial flutter
   b. Ventricular septal defect
   c. Acute coronary syndrome
   d. Pulmonary embolism

27. Ms. Hunter is admitted with an anterior-wall myocardial infarction. Which of the following 12-lead EKG findings would you expect to see?
   a. T wave inversion in lead I and AVL
   b. ST segment elevation in V3 & V4
   c. QRS duration greater than 0.04 in all leads
   d. Tall R wave in V₆

28. What additional diagnostic test must be done on all patients with an inferior-wall MI?
   a. Pulmonary function tests
   b. Right-sided EKG
   c. Endoscopy
   d. Continuous ST-segment monitoring

29. Oxygen therapy is recommended for all patients with Acute Coronary Syndrome for the first 6 hours after they become stable. The goal of oxygen therapy in ACS is to:
   a. Keep oxygen saturation at 100%
   b. Balance oxygen supply and demand
   c. Reduce workload on the heart
   d. Prevent pulmonary edema

30. Which reperfusion therapy is recommended as the initial treatment for patients with STEMI and a history of intracerebral bleeding?
   a. Thrombolytics (tPA)
   b. Percutaneous coronary interventions (PCI)
   c. Coronary artery bypass grafting (CABG)
   d. Automatic implantable cardioverter-defibrillator (AICD)

31. A sign of a peripheral arterial occlusion is:
   a. Pallor
   b. Swelling
   c. Redness
   d. Dyspnea
32. Your patient has just come to the unit after a Carotid Endarterectomy (CEA). As her nurse, you will assess for all of the following except:
   a. Hypertension
   b. Changes in mental status
   c. Bleeding
   d. Seizures

33. A thoracic aortic aneurysm causes chest pain that:
   a. Radiates to the left arm
   b. Bores through to the back
   c. Is sharp and worse while reclining
   d. Is associated with diminished breath sounds

34. A patient who presents with stabbing chest pain that is worse in the supine position, with fever and chills is probably suffering from:
   a. Myocardial infarction
   b. Pulmonary embolism
   c. Pericarditis
   d. Pneumothorax

35. Patient care management of pericarditis includes:
   a. Monitoring for signs of cardiac tamponade
   b. Evaluating the effectiveness of pain relief strategies
   c. Providing emotional support
   d. All of the above

36. Subacute bacterial endocarditis (SBE) is usually caused by:
   a. Dental procedures
   b. Normal valves
   c. IV drug abuse
   d. Prosthetic valves

37. The valve most often affected by infective endocarditis is:
   a. Mitral
   b. Aortic
   c. Tricuspid
   d. Pulmonary

38. Mr. Kelly is recovering from a myocardial infarction when he develops tachycardia and hypotension. On auscultation you notice muffled heart sounds, you suspect:
   a. Pericarditis
   b. Myocarditis
   c. Pericardial tamponade
   d. Reinfarction
39. Beck’s triad of symptoms of cardiac tamponade are:
   a. Tachycardia, hypotension, muffled heart sounds
   b. Rales, soft heart sounds, bradycardia
   c. Widened pulse pressure, atrial arrhythmias
   d. Hypertension, flushing, pulses paradoxus

40. Mr. Ford comes to the emergency department (ED) after a motor-vehicle accident. He is complaining of chest pain, dyspnea, and has ST-segment elevation on the anterior leads. Mr. Ford is most likely suffering from:
   a. Pneumothorax
   b. Flail chest
   c. Cardiac contusion
   d. Pulmonary embolism

41. In Cardiogenic shock the initial goal is to:
   a. Increase cardiac output
   b. Increase oxygen supply
   c. Decrease oxygen consumption
   d. Decrease contractility

42. The medication that increases oxygen supply to the heart during Cardiogenic shock is:
   a. Dopamine
   b. Nitroglycerine
   c. Nitroprusside
   d. Dobutamine

43. Calcium-channel blockers have which of the following functions?
   a. Increase vascular tone
   b. Increase velocity of AV conduction
   c. Decrease cardiac oxygen consumption
   d. Increase cerebral oxygenation

44. Ms. Leslie has a Brain-Naturetic Peptide (BNP) level of 1273 picograms/ml, as her nurse you should suspect:
   a. Acute ischemic stroke
   b. Acute renal failure
   c. Heart failure
   d. Hip fracture
45. The treatment priority for the rhythm below is:

- Immediate electrical conversion
- Lidocaine bolus and infusion
- Epinephrine infusion
- Cardiopulmonary resuscitation
Hemodynamics
**Hemodynamic Assessment**

<table>
<thead>
<tr>
<th>Component</th>
<th>Factors affecting</th>
<th>Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preload</td>
<td>Fluid volume</td>
<td>I &amp; O</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Weight</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jugular veins</td>
</tr>
<tr>
<td>Contractility</td>
<td>Fluid volume</td>
<td>Heart rate</td>
</tr>
<tr>
<td></td>
<td>Oxygenation</td>
<td>Systolic blood pressure</td>
</tr>
<tr>
<td></td>
<td>Resistance</td>
<td>Organ perfusion:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Brain</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Kidneys</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Peripheral perfusion:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Capillary refill</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Pulses</td>
</tr>
<tr>
<td>Afterload</td>
<td>Arterial vascular resistance</td>
<td>Diastolic blood pressure</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skin temperature and color</td>
</tr>
</tbody>
</table>
Acute Coronary Syndrome

Coronary Artery Disease

1. Definition
   a. Pathophysiology
   b. Etiology
   c. Risk Factors
2. Clinical Manifestations

Stable Angina

1. Clinical presentation
   a. ECG
3. Treatment
   a. Rest
   b. Anticoagulants
   c. Vasodilators
   d. Beta Blocker
   e. ACE I

Unstable Angina

1. Clinical Presentation
2. Pathophysiology
3. Biochemical Markers
4. Treatment management
   a. ASA
   b. Beta Blockers
   c. Calcium Channel Blockers
   d. Heparin
   e. NTG
   f. Morphine
   g. GP IIb-IIIa drugs
   h. Assistance for the ventricle
      i. Intra-aortic Balloon Pump (IABP)
         1. Increase coronary perfusion
         2. Decrease afterload
         3. Absolute contraindication: Aortic insufficiency
      ii. Interventional
         1. Pre-procedure
         2. Post-procedure
            a. 6 P’s of peripheral vascular assessment
Acute Myocardial Infarction

1. Clinical Presentation
   a. ECG Changes
      i. 12-lead within 10 minutes of symptom presentation
      ii. Repeat q5-10 minutes, or continuous ST-segment monitoring
   b. Enzymes
      i. Myoglobin
      ii. Troponin
      iii. CPK-MB

2. Manage and Monitor
   a. Reduce size of infarction
   b. Door to diagnosis and treatment
   c. Treatment Paradigm
      i. Oxygen
         1. First 6 hours
         2. Maintain O2 sat of >90%
      ii. Pain management
         1. Nitroglycerine: PO, IV if pain persists / hypertensive
         2. MSO4:
            a. 2-4 mg IV, q 5-15 minutes
      iii. Reperfusion therapies
         1. Percutaneous coronary intervention (PCI)
         2. Thrombolytics (tPA)
         3. CABG
      iv. Increase Myocardial Oxygen Supply
      v. Decrease Myocardial Oxygen Demand

   d. ACC/AHA guidelines
      i. Reperfusion Therapy
      ii. ASA:
         1. Initial dose: 162-325mg (chewed)
         2. Maintenance: 75-162mg daily
      iii. ACEi / ACB
      iv. Beta Blocker
      v. Calcium-channel blocker if B-blocker is contraindicated
      vi. Normalize glucose (insulin drip for hyperglycemia)
      vii. Monitor appropriate leads to detect recurrent ischemia
      viii. Anxiolytics
      ix. Statins
      x. Smoking cessation
      xi. Exercise
      xii. Weight reduction / diet

→ Plug in the Pump! ←
e. RV Infarction
   i. Assess for clinical signs of RVMI:
      1. Classic triad:
         a. Jugular vein distension
         b. Clear lungs
         c. Hypotension
   ii. Maintain adequate filling pressures
   iii. Use caution with diuretics and NTG (highly sensitive)
   iv. Hemodynamics
      1. CVP >10 mmHg
      2. CVP within 5 mm Hg of PAOP
   v. Complications
Acute Inflammatory Disease

**Infective Endocarditis**

Infection of the endocardium (inner lining) of the heart that covers the valves and contains the purkinje fibers.

1. Incidence
   a. Males 3X > females
   b. > 50 years
   c. Mitral valve prolapse (30% in younger patients)
   d. Rheumatic heart disease (<20%)
   e. Calcific aortic stenosis (50% in older patients)

2. Etiology:
   a. Subacute bacterial endocarditis (SBE)
      i. Dental procedures
      ii. GU or GI tract
      iii. Abnormal valves
   b. Acute bacterial endocarditis
      i. Normal valves
   c. Prosthetic valvular endocarditis
      i. Within 1 year of valve replacement
      ii. After pacemaker or AICD placement
   d. Right-sided endocarditis
      i. IV drug abuse
      ii. Catheter-related infections (CVC, PA cath)

3. Clinical presentation
   a. Develops on:
      i. Mitral (most common)
      ii. Aortic
      iii. Tricuspid
      iv. Pulmonary (rare)
   b. Fever
   c. Fatigue, night sweats, anorexia
   d. Weight loss
   e. Back pain
   f. Embolism
      i. MI
      ii. CVA

4. Diagnosis
   a. Blood cultures
      i. 5% will not have positive cultures
      ii. May take 4 days to grow some organisms
   b. Murmur
      i. Aortic insufficiency murmur (most common)
   c. Widened pulse pressure
d. Transesophageal echocardiography (TEE)
   i. Detects >90% of vegetations

5. Management
   a. Untreated endocarditis is always fatal
   b. Antibiotics
   c. Valvular repair if heart failure present

6. Complications
   a. Heart failure
   b. Emboli
   c. Sepsis

**Myocarditis**

1. Inflammation of the myocardium resulting in muscular weakness and heart failure.

2. Etiology:
   a. Infection:
      i. Viral
      ii. Bacterial
   b. Toxins:
      i. Alcohol, chemotherapy, antipsychotics
      ii. Heavy metals
   c. Immunological:
      i. Allergic reaction
      ii. Rejection
      iii. Auto-immune disease
   d. Electrical shock
   e. Fever

3. Symptoms:
   a. Stabbing chest pain
   b. Fever
   c. Recent URI
   d. Diarrhea
   e. Joint pain
   f. Lethargy
   g. Heart failure
   h. Arrhythmias
      i. Saddle-shaped ST-segment elevations
      ii. T-wave inversion
      iii. Sudden death (20% of cases in young adults)

4. Diagnosis:
   a. Biopsy (gold standard)
   b. MRI
   c. Elevated CPK, Troponin

5. Treatment:
   a. Symptomatic support
   b. Heart transplant
Cardiac Surgery

1. Complications:
   a. Early
      i. Myocardial infarction
      ii. Monitoring and access complications
      iii. Bleeding, thrombosis, transfusions
      iv. Respiratory
         1. Pleural effusion
         2. Pulmonary embolism
         3. Pneumonia
      v. Renal dysfunction
      vi. Sepsis
      vii. Brachial plexus/peripheral nerve injury
      viii. Delirium
      ix. Electrolyte disturbances
          1. Hypocalcemia
          2. Hypokalemia
          3. Hypomagnesemia (70%)
   b. Late
      i. Ischemia (troponin most reliable marker)
      ii. Arrhythmia
      iii. Pacing complications
      iv. Pericarditis (Dressler’s Syndrome)
      v. Pericardial effusions (58-64%)
      vi. Respiratory complications
          1. Atelectasis
          2. Pneumonia
          3. Phrenic nerve dysfunction
      vii. Sternal wound dehiscence / infection
      viii. Renal dysfunction
      ix. GI complications
          1. GI bleeding (40%)
          2. Pancreatitis (34%)
          3. Cholecystitis (11%)
          4. Perforated duodenal ulcer (8%)
          5. Bowel infarction (5%)
          6. Diverticulitis (2%)
   x. Hematologic
      1. Hemolysis
      2. Heparin-induced thrombocytopenia (HIT)
      3. Immunosuppression related to bypass
Cardiac Tamponade

1. Etiology
   a. Post-cardiotomy
   b. Post MI
   c. Iatrogenic causes
   d. Post CPR
   e. Anticoagulation
   f. Rupture of great vessels
   g. Aortic aneurysms
   h. Infection

2. Pathophysiology
   a. Accumulation of fluid
   b. Decreased contractility
   c. ↓ stroke volume, cardiac output, LV function, RV function, shock

3. Presentation
   a. Beck’s Triad
      i. Tachycardia, hypotension, muffled heart sounds
   b. Hemodynamics

4. Diagnosis
   a. CXR
   b. ECG
   c. Echo and/or TEE
   d. CT Fluoroscopy

5. Management
   a. ABC’s
   b. Circulating blood volume
   c. Inotropes
   d. Pericardiocentesis
   e. Pericardial window
   f. Emergency Thoracotomy

![Diagram of Cardiac Tamponade](image-url)
**Cardiogenic Shock**

1. Problem is the pump
2. Treatment centers around:
   a. Balancing oxygen delivery / consumption
      i. Plug in the Pump!
      ii. Administer oxygen
      iii. Optimize pulmonary function
      iv. Maintain hemoglobin
      v. Decrease heart rate to increase coronary filling time
      vi. Decrease oxygen consumption
         1. Decrease activity
         2. Decrease fever
   b. Decreasing workload on the heart (HR X SV)
      i. Slow the heart down
      ii. Decrease fluid volume (preload)
   c. Optimizing myocardial contraction
      i. Maintain electrolytes
      ii. Positive inotropes
Cardiomyopathies

1. Deterioration in the function of the myocardium, resulting in a defective ventricular contraction and decreased cardiac output.

2. Etiology:
   a. Ischemia (most common)
   b. Hypertension
   c. Valve disease
   d. Diabetes
   e. Alcohol and drug abuse
   f. Congenital heart disease
   g. Hepatitis C

3. Symptoms:
   a. Hypertension
      i. Headaches
      ii. Dizziness
      iii. Blurred vision
      iv. Facial flushing
      v. Tinnitus
   b. Fatigue
   c. Heart failure

4. Types:
   a. Dilated (most common)
      i. Ventricle is enlarged and misshapen
      ii. Leads to poor cardiac output
   b. Hypertrophic
      i. Thickened myocardium
      ii. Poor filling leads to decreased cardiac output
   c. Restrictive (rare)
      i. Myocardium is stiff, but not thick
   d. Arrhythmogenic
      i. Normal electrical cells are replaced with scar tissue
   e. Noncompaction
      i. Birth defect, failure of the myocardium to mature
      ii. Spongy appearance to ventricle

5. Diagnosis:
   a. Chest x-ray
   b. Echocardiogram

6. Treatment:
   a. Treat cause
   b. Support cardiac function
      i. Block compensatory mechanisms
      ii. LV assist device
      iii. Endoventricular circular patch
      iv. Cardiac resynchronization / AICDs
      v. Heart transplant
   c. Anticoagulation
Conduction Defects / Arrhythmias

1. Arrhythmias
   a. Normal Sinus Rhythm (NSR)
      i. Characteristics
         1. Rate: 60-100
         2. Regular
         3. P-wave precedes QRS
         4. Narrow complex
         5. All complexes look the same
      ii. Treatment
         1. None necessary
   b. Sinus Tachycardia (ST)
      i. Characteristics
         1. Rate: >100
         2. Regular
         3. P-wave precedes QRS
         4. Narrow complex
         5. All complexes look the same
      ii. Treatment
         1. Treat the underlying condition
            a. Fever
            b. Anxiety
            c. Pain
            d. Dehydration
            e. Hypoxemia
   c. Sinus Bradycardia (SB)
      i. Characteristics
         1. Rate: <60
         2. Regular
         3. P-wave precedes QRS
         4. Narrow complex
         5. All complexes look the same
      ii. Treatment
         1. If symptomatic:
            a. Atropine, epinephrine
            b. Pacer
d. Atrial Flutter
   i. Characteristics
      1. Rate: 60-150
      2. Regular
      3. Several F-waves precede QRS
      4. Narrow complex
      5. All complexes look the same
   ii. Treatment
      1. Slow rate: Digoxin, Verapamil, Diltiazem
      2. Convert: Amiodarone, sotalol, flecainide

e. Atrial Fibrillation (A-fib)
   i. Characteristics
      1. Rate: varies
      2. Irregular
      3. Several f-waves precede QRS
      4. Narrow complex
      5. All complexes look the same
   ii. Treatment
      1. Cardioversion
      2. Slow rate: Digoxin, Verapamil, Diltiazem
      3. Convert: Amiodarone, sotalol, flecainide
      4. Anticoagulation

f. Paroxysmal Atrial Tachycardia (PAT)
   i. Characteristics
      1. Rate: 140-250
      2. Regular
      3. P-wave precedes QRS
      4. Narrow complex
      5. All complexes look the same
   ii. Treatment
      1. Vagal maneuvers
      2. Adenosine, beta-blockers, verapamil
      3. Cardioversion
g. Junctional Rhythm
   i. Characteristics
      1. Rate: 40-60 (accelerated 60-100)
      2. Regular
      3. P-wave absent or inverted
      4. Narrow complex
      5. All complexes look the same
   ii. Treatment
      1. If symptomatic:
         a. Atropine
         b. Pacer

h. First-degree AV Block
   i. Characteristics
      1. Rate: 60-100
      2. Regular
      3. P-wave precedes QRS: long PR-interval
      4. Narrow complex
      5. All complexes look the same
   ii. Treatment
      1. None necessary
      2. Watch for progression to greater block

i. Second-degree AV Block
   i. Characteristics
      1. Rate: varies
      2. Irregular
      3. P-wave precedes QRS
      4. Narrow complex, but some dropped
      5. All complexes look the same
   ii. Treatment
      1. D/C digoxin
      2. Pacer

j. Second-degree AV Block (Wenckebach)
   i. Characteristics
      1. Rate: varies
      2. Irregular
      3. P-wave precedes QRS: PR-interval becomes progressively longer, until a QRS is dropped.
      4. Narrow complex
      5. All complexes look the same
ii. Treatment
   1. D/C digoxin
   2. If symptomatic:
      a. Atropine
      b. Pacer

k. Third-degree AV Block
   i. Characteristics
      1. Rate: <60
      2. Regular
      3. No coordination between P-wave and QRS
      4. Narrow complex
      5. All complexes look the same
   ii. Treatment
      1. Atropine
      2. Pacer
      3. ACLS

l. Ventricular Tachycardia (V-tach)
   i. Characteristics
      1. Rate: 100-220
      2. Regular
      3. No P-waves
      4. Wide complex
      5. All complexes look the same
   ii. Treatment
      1. With pulse:
         a. Stable:
            i. Lidocaine
            ii. Amiodarone
            iii. Procainamide
            iv. Sotalol
         b. Unstable:
            i. Cardioversion
            ii. Lidocaine, procainamide
      2. Pulseless:
         a. Defibrillate
         b. CPR
         c. Epinephrine
m. Ventricular Fibrillation (V-fib)
   i. Characteristics
      1. Rate: none detectable
      2. Irregular
      3. No P-wave or QRS
      4. Wide, bizarre, chaotic complexes
      5. Complexes look different
   ii. Treatment
      1. Defibrillation
      2. CPR
      3. Epinephrine
      4. Lidocaine, amiodarone, procainamide, magnesium

n. Asystole
   i. Characteristics
      1. Rate: none
      2. Flat line
      3. P-waves may be present
      4. QRS complexes absent
      5. No electrical or mechanical activity
   ii. Treatment
      1. CPR
      2. Epinephrine, atropine
      3. Pacer

o. Pulseless Electrical Activity (PEA)
   i. Characteristics
      1. Rate: varies
      2. May be regular or irregular
      3. P-waves may be present
      4. QRS complex present
      5. No detectable pulse or B/P with electrical activity
   ii. Treatment
      1. CPR
      2. Epinephrine
      3. Atropine
      4. Correct mechanical cause

Resources:
The EKG Site: www.the-ekg-site.com
American Heart Association: www.americanheart.org
Heart Failure Society of America: www.hfsa.org
5 Steps to 12-Lead Interpretation

1. Assess regularity and speed
2. Look for signs of infarction
3. Present in >1 lead, but not all?
4. Assess associated conditions
5. Correlate with clinical condition

1. 12-Lead EKG
   a. Best evidence in first 3 hours after symptom presentation
   b. Normal EKG is associated with ↓ risk
   c. Poor sensitivity for MI (40-50%)

2. Changes in Acute MI
   a. LBBB or left ventricular strain
   b. Hyperacute T-waves
   c. T-wave inversion
   d. ST-segment elevation: (GUSSI-1 criteria)
      i. > 1mm in limb leads
      ii. >2 mm in precordial leads
   e. Q-waves: .04 sec and ½ the height of the R-wave

3. S-T analysis
   a. Measure at 0.04 sec. after the J-point
   b. Compare to baseline
   c. S-T segment elevation and peaked T-waves over ischemic zone
   d. Other leads may have reciprocal S-T segment depression

Reciprocal changes occur when we are looking through the myocardium to see the problem. For example, if a patient has a posterior wall MI, reciprocal changes will be seen in the anterior leads (looking through the front to see the back). Reciprocal changes are mirror-image or opposite changes. Instead of ST-segment elevation, we get ST-segment depression.

www.Ed4Nurses.com
Localizing the injury

a. Anterior MI (LCD, LAD) V3, V4
   i. Associated symptoms:
      1. Sinus tachycardia
      2. SA blocks
      3. Pulmonary edema
   ii. Complications:
      1. High risk of sudden death
      2. 2° & 3° AV-block
      3. BBB
      4. Ventricular aneurysm
      5. Outflow obstruction
      6. Heart failure

b. Inferior MI (RCA) II, III, aVF
   i. Associated symptoms:
      1. Bradycardia
      2. Hypotension
   ii. Complications:
      1. 1° AV-block
      2. Papillary muscle rupture
      3. Mitral insufficiency
      4. RV infarct
c. Lateral (LCA, Circumflex) V5, V6, I, aVL
   i. Associated symptoms:
      1. Ventricular dysrhythmias
   ii. Complications:
      1. Transient AV-blocks
      2. Heart failure
      3. Late aneurysm

d. Septal V1, V2
   i. Associated symptoms:
      1. Sinus tachycardia
      2. Atrial fibrillation
   ii. Complications:
      1. Septal rupture

e. Posterior (LCA, Circumflex, RCA)
   i. Pathologic R-waves V1 – V4
   ii. ST depression in V1, V2
   iii. Associated symptoms:
      1. Sinus bradycardia
      2. Junctional rhythms
   iv. Complications:
      1. Mitral insufficiency
      2. Heart failure
f. RV Infarct  
   i. Suspect with Inferior MI  
   ii. Incidence is about 40% in IWMI  
   iii. V4R  
   iv. Associated symptoms:  
      1. Hypotension  
      2. JVD  
      3. Clear lungs  
   v. Complications:  
      1. Right-sided heart failure  
      2. Atrial fibrillation  
      3. Tricuspid insufficiency

**Pattern of EKG Changes in MI**

<table>
<thead>
<tr>
<th>I</th>
<th>AVR</th>
<th>V1</th>
<th>V4</th>
</tr>
</thead>
<tbody>
<tr>
<td>II</td>
<td>AVL</td>
<td>V2</td>
<td>V5</td>
</tr>
<tr>
<td>III</td>
<td>AVF</td>
<td>V3</td>
<td>V6</td>
</tr>
</tbody>
</table>

Pattern:  
- Inferior  
- Lateral  
- Septal  
- Anterior
Heart Failure

Systolic Dysfunction
1. Dysfunction of contractility
2. Weak contraction → ↓ SV → ↓ CO → ↑ EDP/EDV → hypertrophy
3. Etiology:
   a) Ischemic heart disease
   b) Cardiomyopathies
   c) Hypertension
   d) Valvular disease
   e) Pericardial disease
   f) Chronic tachycardia
   g) Connective tissue disease
   h) Neurogenic
   i) Pulmonary disease
4. Primary symptoms
   a) Dyspnea / orthopnea
   b) Exercise intolerance
   c) Edema
   d) Mental status changes
   e) S₃, S₄
   f) Tachycardia
   g) Rales
   h) Hepatomegaly
   i) JVD

Diastolic Dysfunction
1. Dysfunction of relaxation
2. Incomplete relaxation → restricted filling → ↓ SV → ↓ CO → ↑ EDP (EDV is normal)
3. Etiology:
   a. LV hypertrophy
   b. Ischemic states
4. Primary symptoms
   a. Dyspnea, fatigue

Compensation
1. Renin-Angiotensin-Aldosterone
2. Clinical Presentation LVF
   a. Tachypnea, Dyspnea, orthopnea, PND
   b. Pulsus alternans
3. Clinical Presentation RVF
   a. JVD, HJR, edema, ascites, CVP elevation
   b. Abnormal liver functions
Management

1. Beta-adrenergic agonists
   a. Dopamine (Intropin), Dobutamine (Dobutrex), Norepinephrine (Levophed)
   b. Short-term exacerbation treatment
   c. Long-term use in HF clinics
   d. ↑ cardiac output (↑ contractility), ↑ VO2

2. Phosphodiesterase inhibitors
   a. Amrinone, (Inocor), Milrinone (Primacor)
   b. Short-term exacerbation treatment
   c. Long-term use in HF clinics
   d. ↑ cardiac output (contractility), vasodilation (↓ afterload), ↑ VO2

3. Diuretics
   a. ↑ cardiac output by ↓ preload
   b. Watch for electrolyte disturbances

4. Vasodilators
   a. Nitrates
      i. ↓ preload, ↑ contractility, ↓ afterload
   b. Ca+ channel blockers
      i. ↑ contractility, ↓ afterload
c. Natrecor
   i. ↓ preload, ↓ afterload

5. Angiotension-converting enzymes (ACE) inhibitors (ie. Enalapril)
   a. Block the RAS activation that causes vasoconstriction and remodeling
   b. Decrease afterload (vasodilation)
   c. Favorable affects on mortality and morbidity
   d. ACE inhibitors continue to be preferred over Angiotensin II (AT) blockers

6. Beta-blockers (ie. Metaprolol, Carvedilol)
   a. Blocks sympathetic NS compensation that leads to decompensation & remodeling
   b. Improves mortality and morbidity

7. Anticoagulation and antiplatelet drugs
   a. Atrial fibrillation
   b. Venous stasis from ↓ CO

8. Amiodarone
   a. Currently not recommended for primary prevention of death in CHF

9. Automatic Implantable Cardiac Defibrillator (AICD)
   a. Recommended for patients with “sudden cardiac death” syndrome

10. Aldosterone Antagonists (spironolactone)
    a. Blocks aldosterone action on the sympathetic NS

11. Mechanics of positive pressure ventilation (CPAP, BiPAP, MV)
    a. Positive pressure ventilation
    b. Effects:
       i. Pulmonary pressures
       ii. Airflow
       iii. Hemodynamics

---

Air is drawn in

---

www.Ed4Nurses.com
12. Goals of therapy
   a. Prevent further myocardial remodeling / damage
   b. Prevent reoccurrence of failure
   c. Increase activity tolerance
   d. Relieve symptoms
   e. Improve prognosis

13. Novel Treatments
   a. A-V sequential pacemaker
   b. Biventricular pacing
   c. Ventricular assist devices
   d. Cardiomyoplasty
   e. Enhanced external counterpulsation
   f. Transplant
Hypertensive Crisis
Diastolic blood pressure >120 mmHg

1. Etiology
   a. Pre-existing hypertension (most common)
   b. Renal disease
   c. Scleroderma
   d. Illicit drugs
   e. Pre-eclampsia, eclampsia
   f. Head injury
   g. Autonomic dysreflexia
   h. Tumors

2. Symptoms
   a. Chest pain
   b. Headache
   c. Decreased mental status
   d. Diuresis

3. Diagnostics
   a. CBC
   b. Electrolytes
   c. Urine
      i. Blood
      ii. Casts
   d. EKG
   e. Chest x-ray

4. Treatment
   a. Sodium nitroprusside
   b. Apresoline
   c. Vasotec
   d. Brevibloc
   e. Labetalol

5. Complications
   a. MI, HF
   b. Stroke, cerebral bleed
   c. Aortic dissection
Peripheral Vascular Disease

1. Peripheral arterial disease
   a. Atherosclerosis
   b. Increased risk of stroke, MI, TIA
   c. Symptoms:
      i. 7 P’s of Peripheral Vascular Assessment
         1. Pain
         2. Pallor
         3. Pulselessness
         4. Polar
         5. Paresthesia
         6. Paralysis
         7. Puffiness
      ii. Intermittent claudication
         1. Ischemia with increased oxygen demands
         2. Cramping / burning with ambulation
      iii. Rest pain
         1. Often at night, better when legs are dependent
         2. Feet, toes, arches – rarely in the calf
      iv. Painful ulcers
      v. Pallor when extremity is raised
      vi. Dry, scaly, mottled skin
   d. Diagnosis:
      i. Ultrasound
      ii. Ankle-brachial index
      iii. Angiography
   e. Interventions:
      i. Stop smoking
      ii. Exercise
      iii. Vasodilators
      iv. Anticoagulants
      v. Local fibrolytics
      vi. Angioplasty / embolectomy
      vii. Surgical bypass
      viii. Post-op: monitor for the 7 P’s, compartment syndrome

2. Peripheral venous disease
   a. Etiology:
      i. Virchow’s triad
   b. Symptoms:
      i. Red, swollen calf
      ii. Ulcers – not painful
   c. Diagnosis:
      i. D-dimer
      ii. Ultrasound
   d. Interventions:
i. Rest  
ii. Elevation  
iii. Sequential compression devices  
iv. Heparin / Coumadin  
v. Thrombolytics  

3. Venous Insufficiency  
a. Varicose veins indicate venous hypertension  
b. Edema:  
   i. Improve blood return to the heart  
   ii. Interventions:  
      1. TED hose  
      2. Elevate legs 20 minutes QID  
      3. Elevate legs above the heart in bed  
      4. PAS / SCDs  

c. Stasis ulcers:  
   i. Promote healing and prevent infections  
   ii. Interventions:  
      1. Antiseptic wound care  
      2. Good handwashing  
      3. Promote nutrition  
      4. Vitamin C  
      5. Avoid: Betadine / peroxide – destroys granulation tissue  
      6. Unna boot: rolled bandages that contain calamine lotion, glycerin, zinc oxide, and gelatin.  
      7. Pentoxifylline (Trental) helps blood flow and wound healing  

Buergers’s disease (thromboangiitis obliterans) is an inflammation and thrombosis of the small and medium vessels of the extremities. The primary etiology is cigarette smoking.
Pulmonary Edema

a. Prevention
   i. Hydrostatic pressure (PAOP > 18 mmHg)
      a. Fluid overload
      b. ↓ CO
      c. ↑ Afterload
   ii. Osmotic pressure
      a. Hyponatremia
      b. Hypoalbuminemia
   iii. Capillary permeability
      a. Sepsis
      b. SIRS

b. Presentation
   i. Volume overload
      a. + I & O
      b. ↑ Weight
      c. JVD
   ii. ↑ RR, with subjective dyspnea
   iii. Rales
   iv. Hemodynamic collapse

c. Prompt action
   i. Preload modification
      a. Manage fluid volume
         i. Diuretics
         ii. Increase renal blood flow
         iii. ↓ Venous capacitance
   ii. Improving cardiac output
      a. Increase cardiac oxygenation
      b. Vasodilate
      c. ↑ diastolic filling time
      d. Decrease cardiac workload
      e. Increase force of contraction
   iii. Afterload modification
      a. Block SNS
      b. Increase cardiac output to ↓ stimulus
      c. Arterial vasodilation
Aortic Aneurysm

1. Swelling or distortion of the aorta
2. Etiology:
   a. Atherosclerosis
   b. Trauma
   c. Infection
   d. Intrinsic defects
3. Types:
   a. Ascending
   b. Arch
   c. Descending
   d. Abdominal (most common)
4. Presentation:
   a. Screening
   b. Most are asymptomatic until they rupture
   c. Classic triad:
      i. Pain
      ii. Hypotension
      iii. Mass
   d. Ultrasound
   e. Chest x-ray, CT
   f. Angiography
5. Treatment:
   a. Blood pressure control
   b. <5.5 cm = medical management
   c. >5.5 cm = surgical repair
      i. Surgery
      ii. Endovascular repair
**Structural Heart Defects**

1. Atrial septal defect (30%) (patent foramen ovale)
   a. Blood moves from RA → LA unoxygenated
   b. Blood clots from the periphery can pass through
      i. Stroke / TIA

2. Ventricular septal defects (33%)
   a. Blood passes from higher pressure LV back to RV
   b. Can occur after myocardial infarction
      i. Mechanical tearing through the necrotic tissue
      ii. Macrophages remodel dead tissue
      iii. Before scar tissue forms
   c. Holo-pansystolic murmur
   d. Confirm with echo / cath
   e. Treatment:
      i. Medical treatment
         1. Digoxin
         2. Lasix
         3. ACE inhibitors
      ii. Endovascular repair
      iii. Surgical repair
      iv. Can cause arrhythmias due to the close proximity of the electrical system to the defect and repair.

3. Coarctation of the Aorta
   a. Aorta narrows obstructing blood flow
   b. Types:
      i. Pre ductal
      ii. Ductal
      iii. Post ductal (most common)
   c. Symptoms:
      i. Hypertension in the right arm, low to normal B/P in LE
      ii. Poor peripheral pulses
      iii. Radial-femoral delay
   d. Diagnostics:
      i. Echo is often non-conclusive
      ii. CT / MRI
      iii. Angiography
   e. Interventions:
      i. Angioplasty
      ii. Surgical resection

Arterial hypertension can become permanent if not treated leading to end-organ damage!
Your Questions:

1. ______________________________________________________

_______________________________________________________

_______________________________________________________

a. _____________________________________________________

b. _____________________________________________________

c. _____________________________________________________

d. _____________________________________________________

2. ______________________________________________________

_______________________________________________________

_______________________________________________________

a. _____________________________________________________

b. _____________________________________________________

c. _____________________________________________________

d. _____________________________________________________

3. ______________________________________________________

_______________________________________________________

_______________________________________________________

a. _____________________________________________________

b. _____________________________________________________

c. _____________________________________________________

d. _____________________________________________________
Endocrine (4%) 5 Questions

1. Rapid-acting insulin will start working in 15 minutes. What is the peak of rapid-acting insulin?
   a. 30-60 minutes
   b. 60-90 minutes
   c. 90-120 minutes
   d. 120-240 minutes

2. A patient who is newly diagnosed with diabetes should be closely monitored when taking which cardiac medications:
   a. Calcium-channel blockers
   b. Beta-blockers
   c. Statins
   d. Aspirin

3. Treatment of metabolic acidosis from diabetic ketoacidosis consists of:
   a. Insulin administration
   b. Bicarbonate administration
   c. Low salt diet
   d. Fluid volume resuscitation

4. Nursing care for the patient with hypoglycemia may include which of the following:
   a. Administering D50 IV push
   b. Giving skim milk to the alert patient
   c. Providing additional nutrients with a meal
   d. All of the above

5. Mr. Saccharide has a blood glucose of 400 mg/dl this morning along with lethargy and deep gasping respirations. His arterial blood gas shows:
   pH: 7.28, CO2: 30, HCO3: 14

   His most likely problem is:
   a. Diabetes insipidus
   b. Diabetic ketoacidosis
   c. Hyperosmolar hyperglycemic syndrome
   d. Hypoglycemia
Endocrine

Diabetic Ketoacidosis (DKA)

1. Presentation
   a. Glucose
   b. Na, K
   c. Ketones, BUN/creatinine
   d. Serum osmolality
   e. Metabolic acidosis from ketosis
   f. WBC’s
   g. N/V, abdominal pain
   h. Polyphagia, polydipsia, polyuria
   i. Dehydration
   j. Tachycardia, orthostatic hypotension
   k. Kussmaul’s breathing
   l. Lethargy progressing to coma

2. Treatment
   a. Identify and treat cause
   b. Correct fluid volume deficit
   c. Normalize serum glucose
   d. Replace electrolytes
   e. Correct acid-base balance
   f. Maintain safety
   g. Treat infection

3. Complications
   a. CV
   b. Neurologic
   c. Renal
Hypoglycemia <60 mg/dL

1. Etiology:
   a. Too much insulin
   b. Too little food

2. Mild to Moderate
   a. Behavior changes first
   b. Tremors, confusion, agitation
   c. Fatigue, weakness
   d. Sweating
   e. Pallor, cold, clammy skin
   f. Dilated pupils
   g. N/V
   h. H/A
   i. Ketosis

3. Severe
   a. Coma
   b. Kussmal breathing

4. Treatment: restore normal serum glucose
   a. Feed the patient
   b. Administer D50, and follow with food or D5W
   c. Glucagon

Insulin types:

<table>
<thead>
<tr>
<th>Type</th>
<th>Onset</th>
<th>Peak</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rapid-acting</td>
<td>10-15 min</td>
<td>60-90 min</td>
<td>3-4 hours</td>
</tr>
<tr>
<td>Humalog, Novolog</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Short-acting</td>
<td>0.5-1 hour</td>
<td>1-3 hours</td>
<td>4-6 hours</td>
</tr>
<tr>
<td>Regular</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intermediate-acting</td>
<td>1.5-2 hours</td>
<td>4-12 hours</td>
<td>18-24 hours</td>
</tr>
<tr>
<td>NPH, Lente</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Long-acting</td>
<td>4 hours</td>
<td>8-24 hours</td>
<td>24-28 hours</td>
</tr>
<tr>
<td>Ultralente</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Constant-acting</td>
<td>Immediate</td>
<td>Constant</td>
<td>24 hours</td>
</tr>
<tr>
<td>Lantus R</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Rate of blood glucose drop may be more important than the absolute value.

It may be necessary to ↓ insulin dose if the patient is started on beta-blockers.
Your Questions:

1. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. __________________________________________________
   b. __________________________________________________
   c. __________________________________________________
   d. __________________________________________________

2. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. __________________________________________________
   b. __________________________________________________
   c. __________________________________________________
   d. __________________________________________________

3. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. __________________________________________________
   b. __________________________________________________
   c. __________________________________________________
   d. __________________________________________________
Hematologic / Immunologic (2%) 3 Questions

1. Symptoms of thrombocytopenia include:
   a. Venous thromboembolism
   b. Petecchiae
   c. Recurrent infections
   d. Hypertension

2. A primary chemical mediator in anaphylactic reaction is?
   a. Myocardial Depressant Factor
   b. Histamine
   c. Complement
   d. Interferon

3. Ms. Heme is admitted for acute pancreatitis. This morning she complains of dizziness especially when ambulating and has the following lab results:
   Hb: 9  
   MCV: norm
   HCT: 32  
   MCH: norm

   The primary reason for Ms. Heme’s dizziness is probably:
   a. Dehydration
   b. Anemia
   c. Hemolysis
   d. Acid reflux
Hematology

1. Functions:
   a. Medium for transport of O₂ and CO₂ and nutrients
   b. Maintains hemostasis
   c. Maintains internal environment
   d. Immune
   e. Inflammation
   f. Stress Response
      i. Impaired skin barrier or irritated mucous membrane
      ii. Impaired gag, cough or swallow
      iii. Increased gastric pH, colonization = aspiration
   iv. Acute Stress Reactions
      1. Catabolism
      2. Decreased healing
      3. Inhibit immune response
      4. Inflammatory Response
   g. Hemostasis
      i. Termination of bleeding
      ii. Vascular response
      iii. Platelet response
      iv. Coagulation
         1. Platelets
         2. Thrombocytopenia
         3. HITT response

The CBC

“Mr. Smith has an H&H of 10 and 30.” You probably hear this kind of information all the time during report. Despite being somewhat low for a male, this H&H also tells you that Mr. Smith’s fluid volume status is normal. He is neither over-hydrated nor under-hydrated. We know this from the “Rule of Threes.”

Mr. Smith is also somewhat anemic. Is this from blood loss, malnutrition, or a chronic disease state? The RBC indices can help us differentiate these causes for anemia.

RBC, Hb, HCT

1. Rule of threes
   a. RBC X 3 = Hb
   b. Hb X 3 = HCT

Hb X 3 < HCT = dehydration
Hb X 3 > HCT = fluid overload
## RBC Indices

<table>
<thead>
<tr>
<th>MCV</th>
<th>MCH</th>
<th>Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>N</td>
<td>Blood Loss</td>
</tr>
<tr>
<td>↓</td>
<td>N</td>
<td>Renal Failure</td>
</tr>
<tr>
<td>↑</td>
<td>N</td>
<td>Folate, Vit B12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Deficiency</td>
</tr>
<tr>
<td>↓</td>
<td>↓</td>
<td>Iron Deficiency</td>
</tr>
</tbody>
</table>

### Chronic Disease

- Dehydration
- Overproduction
  - Smoking
  - Lung disease
  - High altitude
  - Renal, liver cancer
- Can produce sluggish blood flow and clotting

### WBC

White blood cells are an essential component of the immune and inflammatory systems. Elevations in the total WBC count indicate infection that has already taken place. If you want to find early warning signs, look to the WBC differential.

1. Elevations
2. Neutrophil differential
   - “Shift to the left”
3. Specific elevations
   - ↑ Basophils: Chronic inflammatory states
   - ↑ Eosinophils: Allergic reactions
   - ↑ Monocytes: Phagocytosis, chronic inflammation
   - ↑ Lymphocytes: Viral infections
   - ↑ Neutrophils: Bacterial infections
Platelets

Most changes in platelet counts in hospitalized patients occur due to their underlying illness. The inflammatory process activates platelets and will use many to form clots. Therefore a transient dip in platelet counts can be expected.

The lifespan of platelets is 10 days. So, even in overproduction states levels should return to normal within a relatively short time.

1. Thrombocytopenia
   a. Spontaneous bleeding occurs with platelet count <25
   b. Etiology:
      i. Autoimmune (ITP)
      ii. Alcoholism
      iii. DIC
      iv. Hypothermia
      v. Anemia, leukemia
   c. Diagnostics
      i. Gross bleeding (GI, IV sites, petechiae)
      ii. Occult bleeding (melena)
   d. Treatment
      i. Correct the underlying cause of deficiency
      ii. Corticosteroid therapy for ITP
      iii. Platelet transfusion
2. Thrombocythemia (rare)
   a. Etiology:
      i. Transient
      ii. Primary
      iii. Secondary
   b. Symptoms:
      i. Peripheral occlusion
      ii. Bleeding
   c. Treatment:
      i. Plateletpheresis
      ii. Myelosuppression

Leukemia’s

<table>
<thead>
<tr>
<th>Acute</th>
<th>Incidence</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acute Lymphocytic (ALL)</td>
<td>Age 2-4</td>
<td>Anemia, Bleeding, Infection, ↓ RBC, H&amp;H, ↑ WBC, Joint and bone pain</td>
</tr>
<tr>
<td>Acute Myelogenous (AML)</td>
<td>Age 12-20</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chronic</th>
<th>Incidence</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic Lymphocytic (CLL)</td>
<td>Age 50-70</td>
<td>↑ WBC, ↓ RBC, Enlarged spleen, Hepatomegaly, Swollen glands</td>
</tr>
<tr>
<td>Chronic Myelogenous (CML)</td>
<td>Age 30-50</td>
<td></td>
</tr>
</tbody>
</table>

a. Diagnostics
   i. Bone marrow aspiration
b. Treatment
   ii. Chemotherapy
   iii. Stem cell transplant
   iv. Transfusion

2. Multiple Myeloma
   a. Plasma cells invade bone marrow, and lymph system
   b. Bones become weak and painful
c. Diagnostics
   i. X-rays
   ii. Bone marrow aspiration
   iii. Hypercalcemia
d. Treatment
   i. Chemotherapy
   ii. Interferon
   iii. Bone marrow transplantation
   iv. Plasmapheresis
   v. Management of Hypercalcemia
3. Non-Hodgkin’s Lymphoma
   a. Malignant neoplasm of the lymphatic system
   b. Results in overgrowth of premature and ineffective cells
   c. Diagnostics
      i. Fever, swollen glands, night sweats, weight loss
   d. Treatment
      i. Chemotherapy
      ii. Radiation therapy
      iii. Stem cell transplant
Your Questions:

1. ______________________________________________________
   __________________________________________________________________
   ______________________________________________________
   a. ____________________________
   b. ____________________________
   c. ____________________________
   d. ____________________________

2. ______________________________________________________
   __________________________________________________________________
   ______________________________________________________
   a. ____________________________
   b. ____________________________
   c. ____________________________
   d. ____________________________

3. ______________________________________________________
   __________________________________________________________________
   ______________________________________________________
   a. ____________________________
   b. ____________________________
   c. ____________________________
   d. ____________________________
Gastrointestinal (5%) 6 Questions

1. The most common cause of upper GI bleeding is:
   a. Peptic ulcer disease
   b. Esophageal varices
   c. AV malformation
   d. Gastric tumor

2. Octreotide is often used to control bleeding from esophageal varices. The primary action of Octreotide is to:
   a. Increase platelet aggregation
   b. Increase clotting factors
   c. Decrease venous return
   d. Decrease blood flow

3. Mr. Tuggle is an 87 year-old with severe abdominal pain. What disorder should always be ruled-out in an elderly patient with abdominal pain?
   a. Bowel infarction
   b. GI bleed
   c. Bowel obstruction
   d. Hepatic failure

4. Ecchymosis around the umbilicus indicative of peritoneal bleeding is called
   a. Chvostek’s sign
   b. Grey Turner’s sign
   c. Cullen’s sign
   d. Trousseau’s sign

5. Pulmonary complications of acute pancreatitis may include:
   a. Acute Respiratory Distress Syndrome (ARDS)
   b. Elevation of the diaphragm and bilateral basilar rales
   c. Atelectasis, especially of the left base
   d. All of the above

6. Which of the following laboratory findings is most specific for pancreatitis?
   a. Leukocytosis
   b. Elevated serum and urinary amylase
   c. Hyperglycemia and hypokalemia
   d. Decreased serum albumin and total protein
GI Hemorrhage

Etiology:
1. Peptic Ulcer Disease (55%)
2. Esophageal varices (14%)
3. Arteriovenous malformations (6%)
4. Mallory-Weiss tears (5%)
5. Tumors & erosions (4% each)
6. Other (12%)

<table>
<thead>
<tr>
<th>Drug</th>
<th>Mechanism of injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caffeine</td>
<td>↑ acid production</td>
</tr>
<tr>
<td>Vasopressors</td>
<td>↓ mucosal blood flow</td>
</tr>
<tr>
<td>ASA, alcohol, indomethacin, steroids</td>
<td>H+ back diffusion</td>
</tr>
<tr>
<td>Corticosteroids</td>
<td>↓ mucous secretion</td>
</tr>
<tr>
<td>Chemotherapy, steroids</td>
<td>↓ cell renewal</td>
</tr>
</tbody>
</table>

H. Pylori infection or NSAID use is responsible for >98% of upper GI bleeds.

Prevention:
1. Helicobacter pylori
   a. Pathogenesis
      i. Transmitted by fecal-oral route
      ii. Renders mucosa vulnerable to acid damage
      iii. Inflammatory response
   b. Treatment (80-90% eradication rate)
      i. Antibiotics
      ii. Antisecretory agent

2. NSAIDS
   a. Affects local and systemic prostaglandin inhibition
   b. Majority are uncomplicated and asymptomatic

3. Stress
   a. Common cause of UGI bleeding (1.5% of all ICU pts.)
   b. Higher mortality than pts. admitted with 1° dx. Of UGI bleeding
   c. Independent risk factors:
      i. Respiratory failure
      ii. Coagulopathy
4. Esophageal varices
   a. Secondary to portal hypertension
   b. Bleeding stops spontaneously in >50% of cases
   c. Mortality 70-80% in those who continue bleeding
   d. Treatment
      i. Blood pressure management
         1. Propanolol, nadolol
      ii. Vasopressin, NTG
      iii. Octreotide
         1. ↓ gastrin production
         2. Local vasoconstriction
      iv. Esophageal balloon tamponade (Blakemore / Linton tubes)
      v. Injection sclerotherapy
      vi. Variceal band ligation (↓ rebleeding rate, mortality)
      vii. Transjugular intrahepatic portosystemic shunt (TIPS)
         1. ↓ portal pressure
         2. Complications:
            a. ↑ encephalopathy
            b. Shunt occlusion and rebleeding
            c. Shunt migration

5. GI prophylaxis
   a. H₂ receptor antagonists
      i. Block gastric acid output by blocking histamine receptors
   b. Sucralfate
      i. Inhibits pepsin secretion
   c. Proton pump inhibitors
      i. Inhibits Hydrogen ion formation regardless of source of stimulation
   d. ↑ risk of pneumonia in mechanically ventilated patients (↑ risk of micro-aspiration)

Early Detection
1. Bloody nasogastric aspirate (10-15% false negative)
2. ↓ Hemoglobin / Hematocrit, ↑ BUN
3. Melena / occult blood monitoring
4. Nausea / vomiting / hyperactive bowel sounds
5. Coagulation abnormalities
6. Shock
7. Risk scoring for intervention:
   a. Hemoglobin
   b. Systolic B/P
   c. Syncope / melena
   d. Tachycardia
   e. Cardiac disease
   f. Hepatic disease
Management of Acute Crises

1. ICU admission
   a. Aspiration is a major risk with active bleeding

2. Management of coagulopathies

3. Blood product replacement (most transfusion physicians recommend only component therapy)
   a. PRBCs (to HCT of 30)
   b. FFP
   c. Platelets

4. Hemodynamic support
   a. Fluids
   b. Vasopressors
   c. Monitoring

5. Gastric acid reduction
   a. H2 blockers
   b. Proton pump inhibitors

6. Endoscopy
   a. Diagnostic intervention of choice
   b. Allows treatment

7. Angiography
   a. Cauterization

8. Surgery
   a. Gastric resection
   b. Shunt surgery
   c. Liver transplantation

Internet sites:
American Gastroenterological Association: www.gastro.org
American College of Gastroenterology: www.acg.gi.org
Society of Gastroenterology Nurses and Associates: www.sgna.org
**GI Infections**

1. Most cases are related to ingestion of contaminated food or water  
2. Can occur in those traveling anywhere  
3. More prevalent in those returning from South Central Asia  
4. Bacterial  
   a. 75% of cases  
   b. Escherichia coli: most frequent cause  
   c. Shigella and Campylocactor jeuni, Samonella, Auromonas, Plesiomonas shigelloidas other causes  
5. Viral  
   a. Rotavirus and Norwalk virus most common  
   b. Norovirus on cruise ships  
6. Parasitic (from swimming pools or local water)  
   a. Giardia, Cryptosporidium, Cyclospora most common  
   b. Dientamoeba fragillis, Isopsora belli, Balantidium coli, Strongyloides stercorallis and E. histolytica less commonly  
7. Treatment  
   a. Those with increased risk of complications (Crohn’s, immunocompromised)  
      i. Chemophrophylaxis  
         1. Bismuth subsalicylate  
            a. Side effects include: tinnitus, black stools and tongue, impaired absorption of docycycline  
               (antimalarial treatment)  
         2. Antibiotics  
   ii. Post onset treatment  
      1. Antibiotics  
         a. Dukoral (UK) oral vaccine against E Coli and cholera.  
         b. Quinolones: Cipro, Levaquin, etc.  
      2. Loperamide (Imodium)  
      3. Fluids and Electrolytes  
         a. Oral rehydration salts
Bowel infarction

1. Pathogenesis
   a. Acute mesenteric ischemia (AMI)
   b. Insufficient blood flow due to:
      i. Arterial occlusion
      ii. Venous occlusion
      iii. Non-occlusive processes

2. Symptoms
   a. Pain
   b. N/V
   c. Bloody diarrhea
   d. Hypovolemia
   e. Metabolic acidosis

3. Diagnostic tests
   a. Labs:
      i. ↑ H/H
      ii. ↑ Amylase
      iii. ↑ WBC
   b. KUB
   c. CT or MRI
   d. Ultrasound
   e. Guaiac stools

4. Treatment
   a. Medical
      i. Volume replacement
      ii. Correct underlying condition
      iii. Improve mesenteric blood flow
      iv. NG tube
      v. ATB
   b. Surgical
      i. Bowel resection
      ii. Embolectomy
      iii. Revascularization

5. Complications
   a. Perforation
   b. Strictures
   c. Infection
Bowel Obstruction

1. Obstruction of the small bowel
   a. Partial or complete
   b. Simple or strangulated

2. Etiology:
   a. Post-operative adhesions (60%)
   b. Malignancy
   c. Crohn’s disease
   d. Hernia

3. Assessment:
   a. Pain: crampy and intermittent
      i. Short-duration with vomiting: proximal
      ii. Long-duration, progressive in nature: distal
   b. Nausea, vomiting
   c. Fever
   d. Tachycardia

4. Diagnostic tests:
   a. CXR
   b. KUB (sensitivity 75%, specificity 53%)
   c. CT (sensitivity 93%, specificity 100%)
   d. Ultrasound (sensitivity 89%, specificity 100%)

5. Treatment:
   a. Simple / partial
      i. NG drainage
      ii. Antibiotics
      iii. IV fluids
   b. Simple complete / strangulated
      i. NG drainage
      ii. Antibiotics
      iii. IV fluids
      iv. Surgical intervention

6. Complications:
   a. Sepsis
   b. Abscess
   c. Aspiration

---

Early:
- Hyperactive bowel sounds
- Diarrhea

Late:
- Hypoactive bowel sounds
- Constipation

Small Bowel Distention
↓
↑ Intralumen Pressure
↓
Lymphatic compression
↓
Fluid Leakage into Lumen
↓
Dehydration & Shock
Bowel Perforation

1. Puncture or erosion of the GI tract.
   a. Free, with spillage of GI contents
   b. Contained, no spillage

2. Etiology
   a. Abdominal trauma
      i. Penetrating / blunt (more common in children)
   b. Ingestion of aspirin, NSAIDs, or steroids
   c. Appendicitis
   d. Ulcerative colitis
   e. Bowel infarction
   f. Endoscopy
   g. Laparoscopy

3. Assessment:
   a. Peptic ulcer perforation:
      i. Sharp, sudden, severe pain
      ii. Rigid, “board-like” abdomen
      iii. Shoulder pain
      iv. Hiccup
      v. Vomiting is rare
   b. Perforated diverticulitis, ruptured appendicitis
      i. Low abdominal pain
      ii. Pain precedes vomiting by 3-4 hours

4. Diagnostic tests:
   a. ↑ WBC, ↑ HCT (third-spacing)
   b. KUB
   c. Ultrasound
   d. CT

5. Treatment:
   a. IV fluids
   b. NPO
   c. NG suction
   d. Surgery
   e. Perioperative antibiotics

6. Complications:
   a. Abscess
   b. GI bleeding
   c. Obstruction
   d. Sepsis

Bowel sounds are absent in generalized peritonitis.
GI Surgeries:

1. Whipple (Pancreaticoduodenectomy)
   a. Used for:
      i. Resectable pancreatic cancer
      ii. Pancreatic cancer
      iii. Chronic pancreatitis
   b. Removal of:
      i. Head of the pancreas
      ii. Duodenum
      iii. Part of the common bile duct
      iv. Gallbladder
      v. Sometimes a portion of the stomach
   c. Complications:
      i. Peritonitis
      ii. Sepsis, SIRS, MODS
      iii. Pancreatic fistula
      iv. Uncontrolled blood sugar in diabetics

2. Esophago-gastrectomy
   a. Used for:
      i. Esophageal cancer
   b. Removal of:
      i. Part of the esophagus
      ii. Part of the stomach
      iii. Anastomose with intestine
   c. Complications:
      i. Anastomotic leak
      ii. Stricture formation
      iii. Diarrhea

3. Gastric bypass (Roux-en-Y)
   a. Used for:
      i. Surgical treatment of obesity
   b. Bypass of:
      i. Part of the stomach
      ii. Duodenum
   c. Complications:
      i. Dumping syndrome
      ii. Peritonitis
      iii. Gallstones
      iv. Nutritional deficiency
Hepatic Failure

1. Etiology
   a. Viral hepatitis
   b. Acetaminophen overdose
      i. Chronic alcohol use increases susceptibility
   c. Alpha1-antitrypsin deficiency
   d. Autoimmune disease

2. Diagnostic testing
   a. CBC
   b. PT
   c. AST / ALT
   d. Bilirubin
   e. Ammonia
   f. Glucose
   g. Lactate

3. Symptoms
   a. Jaundice
   b. ↓ level of consciousness
   c. Ascites
   d. Hypotension & tachycardia (SIRS)

4. Management
   a. Supportive:
      i. ↑ ICP: mannitol
      ii. Renal failure: dialysis
      iii. Coagulopathy: platelets, FFP
   b. Liver transplant

Liver dialysis is being done experimentally to help decrease the symptoms of hepatic encephalopathy.
Malnutrition
The majority of elderly have a BMI > 25 and are considered overweight. Between 40-60% of hospitalized elders are malnourished or are at high risk for malnutrition.

Protein
1. Hypoalbuminemia
   a. May look well-nourished
   b. Increased incidence in patients with:
      i. Trauma
      ii. Infection
      iii. Wound drainage
   c. Edema develops
   d. Risk factors:
      i. Anorexia
      ii. Swallowing difficulties
      iii. Eating 2 or less meals a day
      iv. Isolation
      v. Depression
      vi. Poor oral health

Hydration
Age-related changes in thirst, total-body weight, and decreased renal function can predispose elders to problems with hydration.
1. Risk factors:
   a. Age > 85
   b. Fever, infection, sepsis
   c. Altered mental status
   d. Impaired physical ability to get water
   e. Diabetes
   f. Urinary incontinence
   g. More than 4 chronic conditions
2. Medications that increase the risk:
   a. Diuretics
   b. Psychotropics: antipsychotics, antidepressants, and anxiolytics
   c. Laxatives
   d. Four or more medications
   e. Corticosteroids
   f. ACE inhibitors
3. Dehydration
   a. Results in sodium > 145 mEq/L
4. Overhydration
   a. Results in sodium < 135 mEq/L
Acute Pancreatitis

1. Etiology
   a. Alcoholism
   b. Biliary tract disease
   c. Drugs
      i. Thiazides
      ii. Acetaminophen
      iii. Tetracycline
      iv. Oral contraceptives
   d. Infection
   e. Hyperlipidemia, hypertriclyceridemia
   f. Structural abnormalities of bile or pancreatic ducts

2. Pathogenesis
   a. Edema
   b. Necrosis
   c. Hemorrhage
   d. Pancreatic enzyme release
   e. Inflammation
      i. Enzymes and toxins enter the peritoneum
      ii. \( \uparrow \) permeability of blood vessels, third spacing
      iii. Enzymes enter systemic circulation \( \uparrow \) capillary permeability
      iv. Shock from \( \downarrow \) circulating volume

3. Symptoms
   a. Abdominal pain
      i. \( \uparrow \) after eating or alcohol ingestion
      ii. Severe, persistent, penetrating
      iii. Radiates to back or neck
   b. Fever
   c. Nausea / Vomiting without \( \downarrow \) pain
   d. Sweating

4. Physical exam
   a. Appears acutely ill
   b. Tachycardia, tachypnea, hypotension
   c. \( \uparrow \) temperature
   d. LUQ abdominal tenderness with guarding
   e. \( \downarrow \) or absent bowel sounds
   f. Signs of dehydration
   g. Signs of necrosis (50% mortality)
      i. Grey Turner’s sign
      ii. Cullen’s sign

5. Diagnostic tests
a. Labs
   i. ↑ Serum and urine amylase
   ii. ↑ Lipase
   iii. Amylase:creatinine clearance ratio
   iv. ↑ Glucose
   v. ↓ Calcium 2° to ↓ albumin

Ranson’s Criteria

<table>
<thead>
<tr>
<th>On Admission</th>
<th>During 1st 24 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age &gt; 55</td>
<td>HCT ↓ &gt;10%</td>
</tr>
<tr>
<td>WBC &gt; 16</td>
<td>BUN ↑ &gt; 5mg/dl</td>
</tr>
<tr>
<td>Glucose &gt; 200</td>
<td>Ca++ &lt; 8</td>
</tr>
<tr>
<td>LDH &gt;350</td>
<td>pO2 &lt;60 mmHg</td>
</tr>
<tr>
<td>SGOT &gt;250</td>
<td>Base deficit ↑ &gt; 4</td>
</tr>
<tr>
<td></td>
<td>Fluid sequestration &gt; 6L</td>
</tr>
</tbody>
</table>

> 3 criteria require supportive care
> 7 are critically ill with close to 100% mortality

6. Treatment
   a. NPO
   b. NG drainage
      i. Does not decrease pancreatic enzyme secretion
      ii. Helpful in managing:
         1. Vomiting, gastric distension, ileus
         2. Aspiration from ↓ mental status
   c. IV fluids
   d. Pain relief
      i. Demoral or Dilaudid
      ii. Morphine may cause biliary colic or spasms of the sphincter of Oddi
   e. Antibiotics for necrotizing pancreatitis
      i. Imipenem
      ii. Ciprofloxin
      iii. Cefotaxime
   f. TPN nutrition (low lipids)

7. Complications
   a. Death from cardiovascular instability
   b. Infection
   c. Pseudocyst
      i. Collection of blood, necrotic tissue, inflammatory debris encapsulated in fibrotic tissue
   d. Hypovolemic shock
   e. Respiratory failure / ARDS
   f. Pleural effusion
   g. Renal failure 2° to hypovolemia
Your Questions:

1. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. __________________________________________________
   b. __________________________________________________
   c. __________________________________________________
   d. __________________________________________________

2. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. __________________________________________________
   b. __________________________________________________
   c. __________________________________________________
   d. __________________________________________________

3. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. __________________________________________________
   b. __________________________________________________
   c. __________________________________________________
   d. _________________________________________________

www.Ed4Nurses.com
Multisystem (5%) 6 Questions

1. Initial treatment for hypovolemic shock includes:
   a. Vasopressors
   b. Volume resuscitation
   c. Stopping the loss
   d. Antibiotics

2. The primary purpose of obtaining blood cultures in the septic patient is:
   a. To diagnose sepsis
   b. To guide therapy
   c. To evaluate the level of response
   d. To determine a source

3. A defining characteristic of septic shock that differentiate it from other types of shock is:
   a. Low blood pressure
   b. Wide pulse pressure
   c. Decreased urine output
   d. Tachycardia

4. The systemic inflammatory response syndrome (SIRS) can cause multiorgan dysfunction. The first organ to be involved is:
   a. The heart
   b. The lungs
   c. The brain
   d. The liver

5. Using vasopressors in shock may cause:
   a. Increased splanic perfusion
   b. Decreased cardiac output
   c. Decreased pulmonary perfusion
   d. Increased peripheral perfusion

6. A patient is brought to the emergency department via ambulance. He was the unrestrained passenger of a motorcycle collision with a tree. He has a decreased LOC, his skin is warm and flushed, and his vital signs are HR 45, RR 18, BP 70/50, temp. 96.8 degrees F. This patient is at risk for which of the following types of shock?
   a. Cardiogenic
   b. Septic
   c. Anaphylactic
   d. Neurogenic
Hypovolemic Shock

1. Decreased intravascular volume
   a. Hemorrhage
   b. Dehydration
   c. Burns
   d. Third spacing

2. Decreased blood pressure
   a. ↓ preload, ↓ SV, ↓ CO

3. Compensatory mechanisms activated r/t ↓ CO

4. Plug the hole!

5. Treatment goal is to replace lost volume
   a. RBCs
   b. Colloids
      i. Albumin, Dextran, Hetastarch
      ii. May decrease risk of pulmonary edema
      iii. Osmotic “pull” increases intravascular volume
   c. Crystalloids
      i. NS, Lactated Ringers
      ii. Proven efficacy in traumatic hypovolemia
      iii. Only 20% remains in the blood stream at 1 hour
      iv. Can result in significant hemodilution and ↓ DO2
   d. Hemoglobin substitutes
      i. PolyHeme®
      ii. Oxygent

<table>
<thead>
<tr>
<th>Fluid</th>
<th>Vol. Expansion</th>
<th>Advantages</th>
<th>Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>NS, LR</td>
<td>1 hour</td>
<td>Proven efficacy</td>
<td>May contribute to edema</td>
</tr>
<tr>
<td>Colloids</td>
<td>24 hours</td>
<td>Less edema</td>
<td>Volume limit</td>
</tr>
<tr>
<td>Blood products</td>
<td>Remains</td>
<td>Great colloid, replacement</td>
<td>↑ inflammation, ↑ mortality</td>
</tr>
<tr>
<td>Hb substitutes</td>
<td>Varies</td>
<td>Immediate oxygen delivery</td>
<td>Multiple side effects Not proven effective</td>
</tr>
</tbody>
</table>
Hemodynamics in Hypovolemic Shock

- Pulmonary circulation
- Bronchus
- Balloon inflated
- Pulmonary artery
- Alveolus
- Pulmonary vein
- Swan-Ganz catheter
- Right atrium
- Tricuspid valve open
- Pulmonary capillary wedge pressure
- Heart in diastole (ventricles relaxed)
- Aortic valve closed
- Right ventricle
- Left ventricle
- Left atrium
- Mitral valve open
  
Systemic circulation
Sepsis / Septic Shock / MODS

1. Maldistribution of blood volume (massive vasodilation)
   a. Sepsis (most common)
   b. Anaphylactic
   c. Neurogenic
   d. Spinal

2. Hyperdynamic stage:
   a. Tachycardia, ↑ CO
   b. ↓ afterload
   c. Flushing
   d. Fever
   e. ↑ blood glucose

3. Shock stage
   a. ↑ HR, ↑ RR
   b. ↑ afterload
   c. Hypothermia
   d. ↓ organ perfusion

4. Sepsis stimulates the Systemic Inflammatory Response Syndrome (SIRS)

Sepsis / Septic Shock / MODS

Initiation Inflammation Organ Dysfunction
- Infection
- Injury
- Ischemia

Sepsis Severe Sepsis Septic Shock MODS

1° Injury SIRS

2° Injury
- Lung
- Kidney
- Platelets
- Liver
- Heart
- Brain

(c) 2007 Ed4Nurses, Inc.
5. Compensatory mechanisms activated r/t ↓ B/P
6. Treatment goals:
   a. “Fill” vascular space
   b. Prevent secondary organ damage
      i. Vasopressors
         1. Dopamine
         2. Levophed
         3. Neosynphrine
         4. Vasopressin
      ii. IV fluids
      iii. Colloids
      iv. Blood products
      v. Xigris

Hemodynamics in Sepsis
Your Questions:

1. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. ____________________________________________________
   b. ____________________________________________________
   c. ____________________________________________________
   d. ____________________________________________________

2. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. ____________________________________________________
   b. ____________________________________________________
   c. ____________________________________________________
   d. ____________________________________________________

3. ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   a. ____________________________________________________
   b. ____________________________________________________
   c. ____________________________________________________
   d. ____________________________________________________
Behavioral (4%) 5 Questions

1. Which of the following are signs and symptoms of post traumatic stress disorder (PTSD) following a crisis event?
   a. Anger & guilt
   b. Denial
   c. Alcoholism
   d. Flashbacks & recurring dreams

2. When communicating with a family who is grieving the nurse should:
   a. Tell the family that the patient is “in a better place”
   b. Tell the family that “we did everything possible”
   c. Tell the family that the patient has “passed on”
   d. Use words such as dead and died

3. Which of the following is an appropriate outcome for a patient experiencing visual hallucinations from acute delirium?
   a. The patient states, “Thanks for removing the bugs from my bed.”
   b. The patient states, “The bugs on my bed aren’t real.”
   c. The patient states, “The bugs on my bed won’t hurt me.”
   d. The nurse sprays the patient’s room with “bug spray.”

4. What state of anxiety could be described as productive but the patient may need direction in a supportive relationship.
   a. Mild
   b. Moderate
   c. Severe
   d. Paralyzing

5. Mr. Jones took 100 tablets of Percocet in a suicide attempt. As his nurse, you should know that treatment of ingested poisoning includes:
   a. Managing the ABCs and administering activated charcoal
   b. Administering ipecac
   c. Hyperbaric oxygen
   d. Prompt transport to a poison control center
Differentiate between Dementia and Delirium

<table>
<thead>
<tr>
<th>Dementia</th>
<th>Delirium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Structural</td>
<td>Metabolic</td>
</tr>
<tr>
<td>Chronic</td>
<td>Acute</td>
</tr>
<tr>
<td>Irreversible</td>
<td>Reversible</td>
</tr>
<tr>
<td>Impairs memory</td>
<td>Impairs attention</td>
</tr>
<tr>
<td>Global deficits</td>
<td>Focal deficits</td>
</tr>
<tr>
<td>Slow progression</td>
<td>Fluctuating</td>
</tr>
</tbody>
</table>

Delirium may be caused by:
1. Sepsis
2. MI
3. Drug toxicity
4. Head trauma
5. Hypoxia
6. Chronic heart failure
7. Hypoglycemia
8. Electrolyte imbalances
9. Tumor
10. Drug or alcohol withdrawal

Mood Disorders and Depression
1. Initial Assessment - determine need of emergent care
   a. Suicidal ideation/gestures
   b. Self-mutilation
   c. Poor impulse control/ violence
   d. Drug & ETOH abuse
   e. Homicidal ideation

2. Secondary Assessment
   a. Appearance
   b. Ability to participate in the interview
   c. Speech (rate, tone, fluency)
   d. Mood & affect
   e. Cognition & thought control
   f. Insight & judgment
Acute Anxiety/Panic Attack

1. Signs & Symptoms
   a. Hyperactivity
   b. Dry mouth
   c. Tremors
   d. Chest pressure/pain
   e. Choking sensation
   f. Impending doom
   g. Tachycardia/tachypnea
   h. Sweating/sweaty palms
   i. Hyperventilation

2. Levels of anxiety

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild</td>
<td>Productive state, can benefit from information sharing about anxiety</td>
</tr>
<tr>
<td>Moderate</td>
<td>Can be productive but expends more energy, need directive-supportive relationship.</td>
</tr>
<tr>
<td>Serious</td>
<td>Usually nonproductive, nurse must take control of the situation, give direct commands in short, simple sentences and focus on intellectual functioning.</td>
</tr>
<tr>
<td>Severe</td>
<td>Crippling and may be contagious, isolate the patient, do not leave alone, and be supportive and firm.</td>
</tr>
<tr>
<td>Terror</td>
<td>Do-or-die situation, assume total responsibility for the patient.</td>
</tr>
</tbody>
</table>
3. Therapeutic Interventions
   a. Goal is self-control
   b. Provide support
   c. Keep calm and appear calm
   d. Encourage the patient to talk
   e. Direct toward reality
   f. Help patient identify anxiety source
   g. Avoid false reassurance
   h. Consider anti-anxiety medications
      i. Diazepam
      ii. Librium
      iii. Lorazepam
      iv. Klonopin

4. Obsessive-compulsive Disorder
   a. Obsessive- Pre-occupation with persistent, intrusive thoughts that
cannot be dismissed.
   b. Compulsive- Repeated performance of rituals, designed to produce
or prevent some event.

5. Post Traumatic Stress Disorder (PTSD)
   a. Reaction to witnessed or experience catastrophic event, such as
   war, rape, injury.
   b. Signs and Symptoms
      i. Flashbacks of the event
      ii. Psychogenic amnesia
      iii. Difficulty concentrating/ nightmares
      iv. Substance abuse
      v. Impaired relationships

6. Acute Grief / Bereavement
   a. Response to a significant loss
   b. Signs & Symptoms
      i. Shock, disbelief,
      ii. Emotional liability
      iii. Inability to concentrate
      iv. Anger, sadness, or guilt
      v. Anorexia or change in weight and/or appetite
7. Depression
   a. High prevalence and result in significant morbidity and mortality.
   b. Signs & Symptoms
      i. Feelings of worthlessness, loneliness, sadness
      ii. Guilt
      iii. Sleep disturbances
      iv. Suicidal ideation
      v. Diminished interest in usual activities with fatigue esp. in the morning.
      vi. Psychotic symptoms in severe depression

Acute Psychotic Disorders

1. Bipolar Disorder
   a. Signs & Symptoms (Manic Stage)
      i. Elation that is unstable
      ii. Irritability or irrational anger
      iii. Pressured speech and/or signs of anxiety
      iv. Grandiose ideas
      v. Preoccupation with sex
      vi. Bright-colored clothing, overdone makeup
   b. Signs & Symptoms (Depressive Stage)- same as depression

2. Violent patient
   a. **Safety is the first priority**, requires rapid accurate assessment and diagnosis.
   b. Factors that increase risk:
      i. Psychological- anxiety, fear, inability to cope, history of physical or sexual abuse.
      ii. Organic- ETOH or drugs, medication side effects, delirium
      iii. Psychotic- delusional beliefs of persecution, “voices”, depression & acute suicidal and/or homicidal intent.
3. Therapeutic Interventions
   a. Approach the patient with an obvious show of force (group of people)
   b. Confiscate all potentially harmful objects
   c. Restraint as necessary
   d. Designate a patient liaison
   e. Speak in simple and direct sentences
   f. Observe for suicidal or homicidal attempts.

Acute Dystonic Reactions

1. Extrapyrampidal side effects
   a. Signs & Symptoms
      i. Dystonia (disordered tonicity of muscles), tremor
      ii. Akathisia (urge to move constantly)
      iii. Anxiety, depression, paranoia, slurred speech
      iv. Vital signs usually normal
   b. Common Medications that cause EPS
      i. Prochlorperazine (Compazine)
      ii. Chlorperazine (Thorazine)
      iii. Fluphenazine (Prolixin)
      iv. Haloperidol (Haldol)
      v. Droperidol (Inapsine)
   c. Treatment
      i. Medications
         1. Diphendyramine (Benadryl) or Cogentin
         2. Propanolol (Inderal) for akathesias
      ii. Inform the patient that this is usually completely reversible.

2. Neuroleptic Malignant Syndrome
   a. Signs & Symptoms
      i. Hyperthermia
      ii. Severe muscular rigidity
      iii. Autonomic instability
      iv. Change in LOC
      v. Diaphoresis
      vi. Leukocytosis
      vii. Rhabdomylosis & renal failure
   b. Can occur within days or months of initiating an antipsychotic medication
   c. Treatment
      i. Stabilize BP
      ii. Normalize temp.
      iii. Correct hypoxia
      iv. Dantrium
Suicide Attempt

1. Assessment
   a. Gender
   b. Age
   c. Race/ethnic groups
   d. Marital status
   e. Family history
   f. Seasonal
   g. Other

2. Signs & Symptoms
   a. Feelings of worthlessness
   b. Restlessness, agitation
   c. GI complaints
   d. Fatigue, insomnia
   e. Actual attempt that was unsuccessful
   f. Chronic illness with little hope of improvement

3. Therapeutic Interventions
   a. Evaluate the problem with the patient
   b. Involve family and friends in the process
   c. Contract for safety
   d. Consider hospitalization if high threat

Highest Risk:
- Mood disorder
- Substance abuse
- Previous attempts
- Previous self harm
- Plan of action
Substance Abuse

Ingested

1. Emesis
   a. Serious aspiration risk

2. Gastric lavage
   a. 500-3000mL

3. Activated charcoal
   a. 50-100 grams

4. Specific antidotes
   a. Narcan for opiates
   b. Atropine for organophosphates
   c. Methylene blue for methemoglobinemia
   d. Acetylcystine for acetaminophen

5. Support
   a. Cardiovascular
   b. Pulmonary
   c. Valium or Phenobarbital for seizures
   d. Mannitol and dexamethasone for ↑ ICP

1. Alcohol
   a. Delirium Tremens- associated with withdrawal, potentially fatal
   a. Lorazepam (Ativan) 1-2 mg or chlordiazepoxide (Librium) 25-50 mg PO or IM
   b. Haloperidol (Haldol) 5-10 mg PO or IM to prevent self-harm
   c. Thiamine 100 mg 3 X a day, folic acid 1 mg, and a daily multivitamin.

   ![Signs and Symptoms](https://example.com/signs_symptoms.png)
   □ Anxiety
   □ Agitation
   □ Tremors
   □ Elevated vital signs
   □ Visual hallucinations

2. Cocaine
   a. Strong CNS stimulant, AMI may occur up to 14 days after use, readily crosses the placenta and is excreted in breast milk for up to 36 hours after use.
   b. Signs & Symptoms of use:
      i. DVT
      ii. MI
      iii. CNS disturbances (HA, seizures, CVA)
      iv. “Crack lung”
      v. Obstetrical (abortion, placental abruption)
      vi. Renal failure/ rhabdomyolysis
      vii. Mydriasis (dilated pupils)
      viii. Perforated nasal septum
   d. Treatment is symptomatic
Your Questions:

1. ______________________________________________________
   ______________________________________________________
   ______________________________________________________

   a. __________________________________________________

   b. __________________________________________________

   c. __________________________________________________

   d. __________________________________________________

2. ______________________________________________________
   ______________________________________________________
   ______________________________________________________

   a. __________________________________________________

   b. __________________________________________________

   c. __________________________________________________

   d. __________________________________________________

3. ______________________________________________________
   ______________________________________________________
   ______________________________________________________

   a. __________________________________________________

   b. __________________________________________________

   c. ________________________________________________

   d. __________________________________________________
References:


Resources:


Certification Exam Planner

- Read the question carefully
- If the most logical answer is readily apparent, choose it
- If not, re-read the question and start eliminating obviously wrong answers
- Then narrow the remainder down to what makes the most sense

You will have 1 minute, and 12 seconds for each question, use that time wisely.

Your action plan:

<table>
<thead>
<tr>
<th>Action</th>
<th>Started</th>
<th>Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decide which test to take</td>
<td></td>
<td></td>
</tr>
<tr>
<td>When?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Register</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Request time off</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Get study materials</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency planning</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Study guide #1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Study guide #2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Study guide #3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Areas to study:

Where will you study?

When will you study?

What study aids do you plan to get?

Where will you get them?

How will you test your progress?
Planning:

<table>
<thead>
<tr>
<th>Planning Category</th>
<th>Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who will cover on-call/emergencies?</td>
<td></td>
</tr>
<tr>
<td>Who will work the night before the test?</td>
<td></td>
</tr>
<tr>
<td>Who will manage the kids/pets?</td>
<td></td>
</tr>
<tr>
<td>When will you shop for healthy foods?</td>
<td></td>
</tr>
<tr>
<td>Who will you get to care for ill kids, pets, or husbands/wives?</td>
<td></td>
</tr>
<tr>
<td>What will you do if the car doesn’t start?</td>
<td></td>
</tr>
<tr>
<td>What if you get a flat tire?</td>
<td></td>
</tr>
<tr>
<td>What will you do if traffic is bad?</td>
<td></td>
</tr>
<tr>
<td>What alternate routes are available to the testing site?</td>
<td></td>
</tr>
<tr>
<td>When do you need to go to bed the night before?</td>
<td></td>
</tr>
<tr>
<td>What will you eat the morning of the exam?</td>
<td></td>
</tr>
<tr>
<td>What content will you study the night before the exam?</td>
<td></td>
</tr>
<tr>
<td>Will you need a hotel room the night before the exam?</td>
<td></td>
</tr>
<tr>
<td>How will you pace yourself during the exam?</td>
<td></td>
</tr>
<tr>
<td>How will you reward yourself for preparing and taking the exam?</td>
<td></td>
</tr>
</tbody>
</table>

Cramming:
The night before the exam it is OK to study subjects that need memorization, or to briefly review your notes. Don’t start a new topic or study difficult content. It is generally not a good idea to study the day of the exam.

Relaxation Tips the Day of the Exam:
- Slow, deep breathing is relaxing and restores oxygen to the brain.
- Gentle stretching or walking stimulates circulation and increases oxygen delivery to the brain.
- Listen to music that you like
- Avoid ingesting alcohol, cold medications, or unusual amounts of caffeine.
- Proper preparation will clear your mind of unnecessary details the day of the exam!

Find more certification resources at:
Thanks for attending “PCCN Success – Guaranteed!”

Additional resources are available from Ed4Nurses, Inc. that will help you prepare for the exam and your career:

**The Progressive Care Essentials Package**

Critically ill patients are everywhere these days – on the med-surg floor, in the ICU, the PACU, the ED, even long-term care! A good working knowledge of these essential concepts is indispensable.

**The Progressive Care Mastery Package**

Progressive Care Mastery will give you a strong foundation, while integrating tips, timesavers, and stories about real nurses who make a difference in their patient’s lives.

**The Progressive Care Full Curriculum Package**

Get both the Essentials and Mastery Packages together and really supercharge your career!