

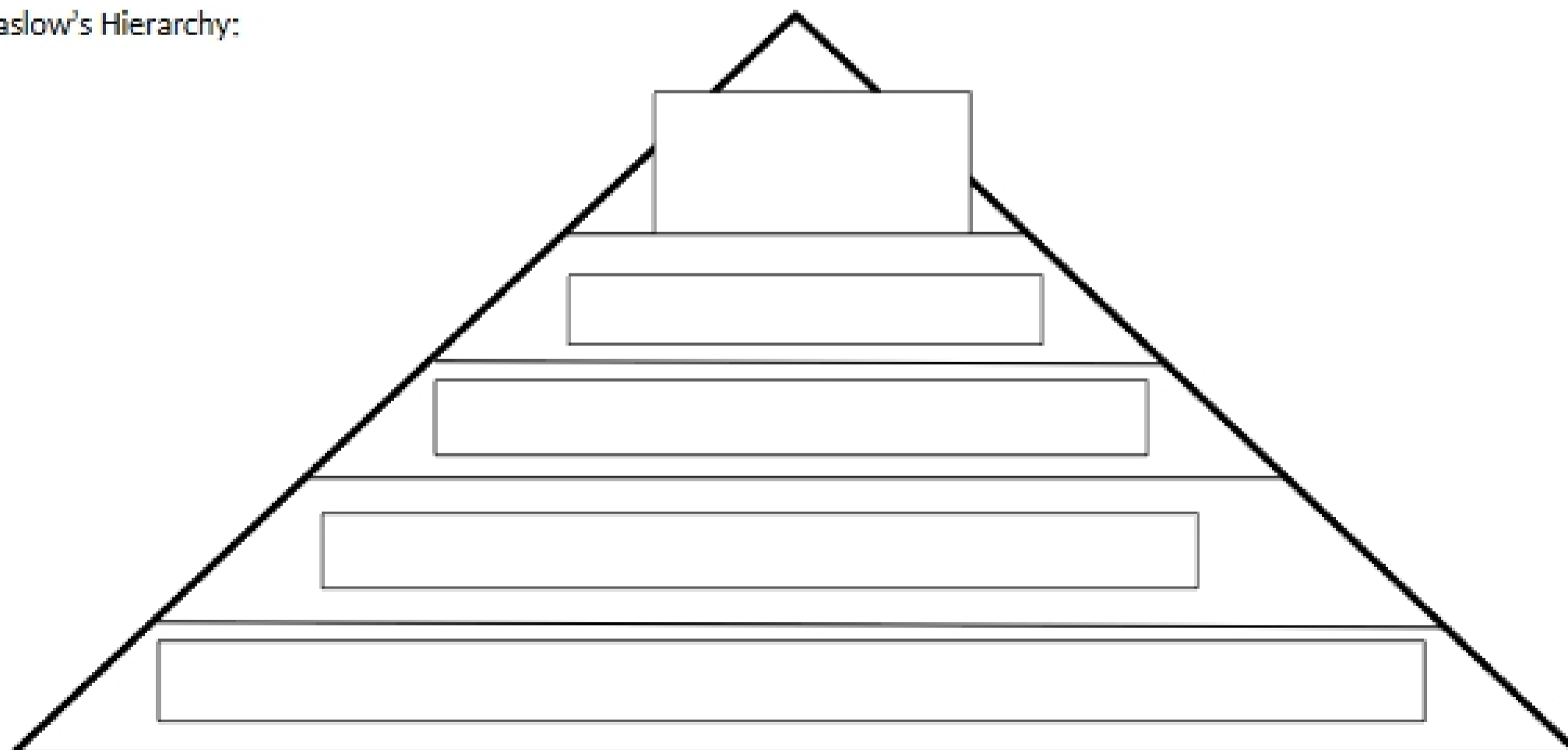
SI Leader: Kaitlin

Unit 1: Wellness/ Illness/ Lifespan

1. What are the steps of the nursing process? Describe each one.
 - a.
 - b.
 - c.
 - d.
 - e.
2. Erickson's Eight Stages of Development: (include ages and conflict)
 - a. School-age children (_____):
 - b. Adolescence (_____):
 - c. Young Adult (_____):
 - d. Middle Adult (_____):
 - e. Older Adult (_____):
3. The Stages of Illness behavior:
 - a.
 - b.
 - c.
 - d.
 - e.
4. Transtheoretical Model of Change:
 - a.
 - b.
 - c.
 - d.
 - e.
5. There are three types of prevention.

TYPE OF PREVENTION	PURPOSE	EXAMPLE
Primary		
Secondary		
Tertiary		

6. Maslow's Hierarchy:



DISCLAIMER: I DO NOT KNOW WHAT IS ON YOUR TEST. THIS SHOULD NOT BE THE ONLY THING THAT YOU STUDY.

Unit 2: Hygiene and Infection Control

7. The best thing I can do to prevent and control infection is to _____.
8. What do you ALWAYS do after you enter the room and greet the patient? _
9. S/S of an infection?
10. What three types of people are most susceptible to an infection? _
11. Your patient is immobile. What should you do in order to prevent a secondary infection? _
12. What is the difference between standard and isolation precautions?
 - a. Standard precaution-
 - b. Isolation precautions-
 - i.
 - ii.
 - iii.
13. You are about to give your patient a bed bath. What steps will you go through?
 - a. Ask, "It is time for your bath, do you need assistance?"
 - b.
 - c.
 - d.
 - e.
 - f.
 - g.
14. Your patient needs peri care. What are you going to say to them?

Unit 3: Fluids and Electrolytes & Blood Transfusions

15. A registered nurse needs to administer a blood transfusion. What should she do?
16. Normal platelet count is _____ for adults. If someone has a low platelet count, what are some things you want to check for/ ask your patient about? ,Nsg interventions?
17. A patient has a B+ blood type. What type of red cells would you give them? _____ Plasma? _____
18. About ten minutes after the nurse begins an infusion of packed RBCs, the patient complains of chills, chest and back pain, and nausea. His face is flushed, and he's anxious. Which is the priority nursing action?
 - A Administering antihistamines STAT for an allergic reaction.
 - B Notifying the physician of a possible transfusion reaction.
 - C Obtaining a urine and serum specimen to send to the lab immediately.
 - D Stop the transfusion and maintain a patent IV catheter.
19. Cations are _____ charged electrolytes. Examples (3) are
20. Anions are _____ charged electrolytes. Examples (3) are
21. Which electrolytes are not stored, and need to be consumed daily? _____ and _____

22. Electrolytes:

- a. Na (_____ mEq per L)
 - i. _____
 - ii. Transmits _____ via Na+K+ pumps
- b. K (_____ mEq per L)
 - i. _____
 - ii. Maintained by the _____
- c. Ca (_____ mg per dL)
 - i. Muscle _____
 - ii. Need vitamin _____ for absorption
 - iii. Trousseau's-
 - iv. Chvostek's-
- d. Cl (_____ mEq per L)
 - i. Functions c Na+ to regulate _____
 - ii. _____
- e. HCO₃ (_____ arterial, _____ venous)
 - i. _____
- f. Mg (_____ mEq per L)
 - i. _____ muscle -> _____ HR and acts as a laxative
 - ii. _____
- g. PO₄⁻ (_____ mg per dL)
 - i. Forms _____ and _____
 - ii. _____

23. What electrolyte would you NEVER give IV push and why?_

24. Imbalances with S/S:

- a. Hypernatremia-
- b. Hyponatremia-
- c. Hyperkalemia-
- d. Hypokalemia-
- e. Hypercalcemia-
- f. Hypocalcemia-
- g. Hypermagnesemia-
- h. Hypomagnesemia-

25.

Process	Moves _____	From _____ Concentration	To _____ Concentration
Osmosis			
Diffusion			
Filtration			
Active transport			

26. _____ solutions produce no fluid shift. Examples (2) are

27. _____ solutions pull water out of cells (ICF) and into vessels (ECF). Examples (4) are

- a. Used during _____
- b. DO NOT GIVE TO PATIENTS WHO ARE _____

28. _____ solutions pull water out of vessels (ECF) and into cells (ICF). Examples (3) are

- a. Used during _____
- b. DO NOT GIVE TO PATIENTS WHO ARE _____

29. What is the BEST measure of I&O?

30. S/S of dehydration:

31. S/S of fluid overload: