

Hematology Chapter 30 Med-Surg textbook:

Clinical Manifestations of Anemia:

- Possibly asymptomatic in mild cases
- Pallor
- Fatigue
- Irritability
- Numbness and tingling of extremities
- Dyspnea on exertion
- Sensitivity to cold
- Pain and hypoxia with sickle-cell crisis
- Physical assessment findings:
 - Shortness of breath/ fatigue, especially upon exertion
 - Tachycardia and palpitations
 - Dizziness or syncope upon standing or with exertion
 - Pallor with pale nail beds and mucous membranes
 - Nail bed deformities (spoon-shaped nails)
 - Smooth, sore, bright-red tongue (Vitamin B12 deficiency)

Patient Education

- Instruct to have hemoglobin checked in 4 to 6 weeks to determine efficacy
- Vitamin C can increase oral iron absorption
- Instruct the client to take iron supplements between meals to increase absorption, if tolerated.
- Inform the client stools can appear green or black in color while taking iron

Assessment

- Eyes: yellowing
- Skin: paleness, coldness, yellowing
- Respiratory: shortness of breath
- Muscular: weakness
- Intestinal: changed stool color
- Central Nervous System: fatigue, dizziness, fainting
- Blood vessels: low blood pressure
- Heart: palpitations, tachycardia, chest pain, angine, heart attack
- Bright red tongue (smooth, sore)
- Angular Cheilitis: diet deficiency
- Paresthesias in hands and feet with possible loss of balance

Interventions

- Encourage increased dietary intake (iron, vitamin B12, folic acid)
- Monitor oxygen saturation to determine a need for oxygen therapy
- Administer medications, as prescribed, at the proper time for optimal absorption, and using an appropriate technique
- Educate the client and family about energy conservation in the client and the risk of the client experiencing dizziness upon standing up

Peripheral Vascular Disease

Clinical manifestations:

- Limb pain - aching pain and feeling of fullness or heaviness in legs after standing
- Pain is worse when standing or sitting for long periods of time
- Skin is warm to the touch - thick tough skin - brownish color

Hmo And Hma Study Guide

Jianjun Gao



Hmo And Hma Study Guide:

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Medical and Health Information Directory, 2000 Lynn M. Pearce,2000 Consultants and Consulting Organizations Directory ,2006 **Comprehensive Dictionary of Acronyms and Abbreviations of Institutions and Organizations** Michael Peschke,2001 *Bibliographic Guide to North American History* ,1984 **Mosby's Dictionary of Complementary and Alternative Medicine** Wayne B. Jonas,2005 Mosby s Dictionary of Complementary and Alternative Medicine is a contemporary comprehensive glossary of approximately 6 600 terms and 500 illustrations along with 24 appendices useful for any health professional in today s medical field The terms and definitions cover the five major areas of complementary and alternative medicine as outlined by the National Center for Complementary and Alternative Medicine of the National Institutes of Health 1 alternative health care systems 2 mind body interventions 3 biologically based therapies 4 manipulative and body based healing methods and 5 energy therapies This dictionary is intended to be a quick and ready reference to the common terms used in those medical and healing practices that lie outside of conventional medicine It s ideal for conventional health professionals who need to quickly find definitions of common CAM terms and descriptions of their meaning It is also a handy reference for those in introductory courses on CAM in medical nursing and allied health schools as well as the interested lay consumer **Predicasts F & S Index United States** Predicasts, inc,1988 A comprehensive index to company and industry information in business journals **Hospital Literature Index** ,1980

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1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Hmo And Hma Study Guide
- Chapter 2: Essential Elements of Hmo And Hma Study Guide
- Chapter 3: Hmo And Hma Study Guide in Everyday Life
- Chapter 4: Hmo And Hma Study Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Hmo And Hma Study Guide. The first chapter will explore what Hmo And Hma Study Guide is, why Hmo And Hma Study Guide is vital, and how to effectively learn about Hmo And Hma Study Guide.
3. In chapter 2, this book will delve into the foundational concepts of Hmo And Hma Study Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Hmo And Hma Study Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Hmo And Hma Study Guide in daily life. This chapter will showcase real-world examples of how Hmo And Hma Study Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Hmo And Hma Study Guide in specific contexts. The fourth chapter will explore how Hmo And Hma Study Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Hmo And Hma Study Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Hmo And Hma Study Guide.

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