# Kaplan study guide

 Hazards of immobility: Pressure ulcers, osteoporosis, hypercalcemia, negative Nitrogen balance, increased cardiac workload, orthostatic HTN, stasis of resp secretions, boredom and depression

Nursing considerations: Good skin care, high protein diet with small frequent feedings, rise from bed slowly, turning coughing and deep breathing.

3. Diabetes Insipidus: Decreased production of ADH.

Indications: Increased urinary output and increased plasma osmolality, increased thirst.

Caused by brain tumor, head injury, brain surgery, lithium therapy

Indications: Excessive urine output (polydipsia), chronic severe hydration, excessive thirst, anorexia, weight loss, weakness, constipation, fatigue, hypernatremia, increased serum osmolality

Nursing considerations: I&O, urine specific gravity, skin condition, daily weight, VS, administer vasopressor and reduce fluid intake to avoid intoxication, medications, this side diuretics, sign of hypovolemic shock, keep sideralls up and assist with walking

4. Addisonian Crisis: Adrenalcortical insufficiency. Precipitated by stress, surgery, trauma and infection.

Indications: Hypotension, cyanosis, fever, shock symptoms, headache, abdominal pain, nausea, diarrhea and confusion, weakness, circulatory shock, dehydration. Addison's DZ: fluid deficit, Increase in melanocyte stimulating hormaone, abnormally dark and pigmented skin.

Treatment: Hormone replacement (dexamethasone), hydrocortisone or both. Later doses of hydrocortisone are given IV. Increase fluid and salt in hot weather

Nursing considerations: IV Fluid and electrolytes priority, VS, weight and BP

5. Cushing's Syndrome: Hypersecretion of adrenal hormones (mineral corticoids, glucocorticoids, and androgens).

Indications: Fatigue, weakness, osteoponosis, muscle wasting, cramps, edema, increased BP, hypernatremia, hypokalemia,

hyperglycemia. Truncal obesity, thin legs and arms due to muscle wasting, purple skin striation, and decrease resistance to infection. Treatment: Adrenalectomy, radiation, drug therapy and surgery

resument: Moreiralectomy, radiation, drug therapy and surgery

Nursing considerations: High protein, low carb, high potassium, low sodium, low calorie diet.

POST OP: use careful technique to prevent infection, observe for hyperactivity and GI bleeding, monitor shock and HTN, administer cortisol

Hyperglycemia; Increased blood sugar.

Indications: Polyuria, polydipsia, polyphagia, glucosuria (when glucose level exceeds 180), fatigue, sudden vision changes, tingling in hands and feet, dry skin, slow healing wounds, recurrent infections

Treatment: Type 1- give insulin

Type 2- Diet and exercise, if symptoms persist, oral hypoglycemic agents (stimulate beta cells in the pancreas to release endogenous insulin) are given in conjunction with diet and exercise. Increased waste circumference size contributes to insulin resistance.

#### Note: Insulins

Glargine longer duration insulin Regular Onset X hr. peak 2-5 hr, duration 8 hrs NPN O-1 1/2hr, P-4-12hr, D-24hr Humulin R O-X-1hr, P-2-4hr

11. HHNS (hyperglycemic, hyperosmolar, not ketotic syndrome) Occurs in type 2 diabetics over 50.

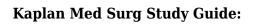
Indications: glucose level greater that 800 mg/dl, Hypotension, dry mucous membranes, poor skin turgor, tachycardia, altered awareness, seizures, hemiparesis,

Nursing Care: administration of Normal saline, regular insulin, assess VS, glucose, CVP, level of consciousness, urine output and temp Treatment: replacement of fluids, correction of electrolyte imbalance and insulin

12. Anaphylaxis: serious multiple system response (vasogenic shock) to an antigen antibody reaction upon subsequent exposure (rarely upon first contact) to a substance (allergen) for which a person has developed a serious hypersensitivity

# **Kaplan Med Surg Study Guide**

**Ian Pickup** 



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## **Table of Contents Kaplan Med Surg Study Guide**

- 1. Understanding the eBook Kaplan Med Surg Study Guide
  - The Rise of Digital Reading Kaplan Med Surg Study Guide
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Kaplan Med Surg Study Guide
  - Exploring Different Genres
  - o Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Kaplan Med Surg Study Guide
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Kaplan Med Surg Study Guide
  - Personalized Recommendations
  - Kaplan Med Surg Study Guide User Reviews and Ratings

- Kaplan Med Surg Study Guide and Bestseller Lists
- 5. Accessing Kaplan Med Surg Study Guide Free and Paid eBooks
  - Kaplan Med Surg Study Guide Public Domain eBooks
  - Kaplan Med Surg Study Guide eBook Subscription Services
  - Kaplan Med Surg Study Guide Budget-Friendly Options
- 6. Navigating Kaplan Med Surg Study Guide eBook Formats
  - o ePub, PDF, MOBI, and More
  - Kaplan Med Surg Study Guide Compatibility with Devices
  - Kaplan Med Surg Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - o Adjustable Fonts and Text Sizes of Kaplan Med Surg Study Guide
  - Highlighting and Note-Taking Kaplan Med Surg Study Guide
  - o Interactive Elements Kaplan Med Surg Study Guide
- 8. Staying Engaged with Kaplan Med Surg Study Guide
  - o Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Kaplan Med Surg Study Guide
- 9. Balancing eBooks and Physical Books Kaplan Med Surg Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Kaplan Med Surg Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Kaplan Med Surg Study Guide
  - Setting Reading Goals Kaplan Med Surg Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Kaplan Med Surg Study Guide
  - Fact-Checking eBook Content of Kaplan Med Surg Study Guide
  - Distinguishing Credible Sources

- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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