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**3 Areas of Damage After MI**

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3 Areas of Damage after MI.

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Cardioversion vs Defibrillation

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**MONA: Immediate Treatment of MI**

Remember that MONA does not represent order in which you should administer these treatments. It is a mnemonic to help you remember the components of MI treatment, not the prioritization of them.
MONA for Immediate Treatment of Myocardial Infarction.

Head to Toe Cardiac Clues
Treating Congestive Heart Failure

Heart failure is a condition in which the heart is no longer able to pump out enough oxygen-rich blood. This causes symptoms to occur throughout the body.
Management of congestive heart failure: UNLOAD FAST.

**Lead II Placement**
**Pulmonary Artery Catheter**

A pulmonary artery catheter (PAC) is a long, thin tube with a balloon tip on the end that helps it to move smoothly through the blood vessels and into the right chamber of the heart.
Cerebrovascular Accident – Left
Cerebrovascular Accident – Right
Right CVA

CVA: Functioning vs Affected

- Paralyzed Left Side
- Hemiplegia
- Spacial-Perceptual Deficits
- Tends to Minimize Problems
- Short Attention Span
- Visual Field Deficits
- Impaired Judgment
- Impulsive
- Impaired Time Concept

I don’t feel where my left side is.

Right Brain Damage...Left Body Weakness
Assist CVA client to get out of bed on the functioning vs affected side.

CVA: Functioning vs Affected

Levels of Spinal Nerves
Levels of Spinal Nerves: Breakfast at 8, Lunch at 12 and Dinner at 5.

Crutch Walking
“Good goes to heaven, Bad goes to hell.”

Osteoporosis Risk Factors
Osteoporosis

Osteoporosis, which literally means porous bone, is a disease in which the density and quality of bone are reduced. As bones become more porous and fragile, the risk of fracture is greatly increased. The loss of bone occurs silently and progressively. Often there are no symptoms until the first fracture occurs.
Osteoporosis signs and symptoms.

**Hip Fracture**

Hip fractures are cracks or breaks in the top of the thigh bone (femur) close to the hip joint.
Management of Hip Fracture.

**Post-Op Hip Fracture**
**Post OP Care for Hip Fractures**

**Nursing Care**
- Cough / Deep Breath Q 2"
- Stockings & Compression Devices to ↓DVT, Venous Stasis
- Turn q2h, Maintain Leg Abduction
- Circulation & Neuro Status ✓'s of Affected Leg
- Pain Control
- Mobilize ASAP
- ✓ Under Client for Drainage

**Complications**
- DVT
- Neurovascular Complications (Bleeding, Swelling)
- Pulmonary Complications (Atelectasis)
- Skin Breakdown (Pressure Ulcers)
- Urinary Retention
- Delayed Complications (Infection, Nonunion)

**Watch For**
- Severe Pain
- Inability to Move Leg
- Shortening & External Rotation of the Leg

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Post OP Care for Hip Fractures.

**Ligaments vs Tendons**
Appendicitis

Appendicitis is a painful swelling of the appendix, a finger-like pouch connected to the large intestine.
Peritonitis

Peritonitis is an inflammation (irritation) of the peritoneum, the thin tissue that lines the inner wall of the abdomen and covers most of the abdominal organs.
Diabetic Ketoacidosis (DKA)

Diabetic ketoacidosis is a life-threatening problem that affects people with diabetes. It occurs when the body cannot use sugar (glucose) as a fuel source because there is no insulin or not enough insulin. Fat is used for fuel instead.
Diabetic Ketoacidosis

Type 2 Diabetes

Type 2 diabetes is a lifelong (chronic) disease in which there is a high level of sugar (glucose) in the blood. Type 2 diabetes is the most common form of diabetes.
Hypoglycemia

Hypoglycemia is a condition that occurs when your blood sugar (glucose) is too low. Blood sugar below 70 mg/dL is considered low. Blood sugar at or below this level can harm you.
Hypoglycemia signs and symptoms including its management.

Exercise Guide for Diabetic Fitness
EXERCISE GUIDE FOR DIABETIC FITNESS

F
Frequency
Regular (3x to 4x Per Week)

I
Intensity
60-80% Of Maximal Heart Rate

T
Time
Aerobic Activity
20-30 Min.
With 5-10 Min.
Warm Up

Remember FIT when clients with diabetes need to go exercise.

AIDS – How You Don’t Catch It
Anaphylactic Reaction

Anaphylaxis is a severe, whole-body allergic reaction to a chemical that has become an allergen. After being exposed to a substance such as bee sting venom, the person’s immune system becomes sensitized to it.
Anaphylactic Reactions: Management and Signs and Symptoms.

**Autonomic Dysreflexia**

Autonomic hyperreflexia is a reaction of the involuntary (autonomic) nervous system to too much stimulation. This reaction may include: Change in heart rate Excessive sweating High blood pressure Muscle spasms Skin color changes (paleness, redness, blue-grey skin color)
Autonomic Dysreflexia

Bowel Obstruction
Bowel Obstruction

- Mechanical Blockage
- or Paralytic Ileus

May turn malodorous with fecal smell

Vomiting

Electrolytes

Hypovolemia

Abdominal Distention

Constipation with failure to pass flatus

Bowel Sounds: 🎶
- Increased to silent
- High pitched at first... Then go silent

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Dementia
Duchennes Muscular Dystrophy

Duchenne muscular dystrophy is an inherited disorder that involves muscle weakness, which quickly gets worse. Duchenne muscular dystrophy is caused by a defective gene for dystrophin (a protein in the muscles). However, it often occurs in people without a known family history of the condition.
**Duchenne's Muscular Dystrophy**

- Progressive Weakness & Wasting of Muscles

**Onset** 3-5 Years Old

**Genetic**...Primarily Males

- History of motor development delay
- Clumsiness
- Frequent falls
- Difficulty climbing stairs, running, and riding tricycle

- Waddling Gait
- Ambulation frequently impossible by age 12.

- As breathing muscles become more affected, life-threatening infections are common. This usually leads to death by age 15-18 years.

- Nursing Considerations -
  - Fatigue
  - Frequent Infections
  - Mobility
  - Psychological Effects
  - Maintain Function

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**Dumping Syndrome**

Dumping syndrome occurs when the contents of the stomach empty too quickly into the small intestine. The partially digested food draws excess fluid into the small intestine causing nausea, cramping, diarrhea, sweating, faintness, and palpitations. Dumping usually occurs after the consumption of too much simple or refined sugar in people who have had surgery to modify or remove all or part of the stomach.
**Guillain-Barre Syndrome**

Guillain-Barre syndrome is a serious health problem that occurs when the body’s defense (immune) system mistakenly attacks part of the nervous system. This leads to nerve inflammation that causes muscle weakness or paralysis and other symptoms.
Hemophilia is a bleeding disorder that slows the blood clotting process. People with this condition experience prolonged bleeding or oozing following an injury, surgery, or having a tooth pulled. In severe cases of hemophilia, continuous bleeding occurs after minor trauma or even in the absence of injury (spontaneous bleeding). Serious complications can result from bleeding into the joints, muscles, brain, or other internal organs. Milder forms of hemophilia do not necessarily involve spontaneous bleeding, and the condition may not become apparent until abnormal bleeding occurs following surgery or a serious injury.
Sickle Cell Anemia Crisis

Sickle cell anemia is a disease passed down through families. The red blood cells which are normally shaped like a disc take on a sickle or crescent shape. Red blood cells carry oxygen to the body.
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Symptoms of Leukemia

Leukemia is cancer of the white blood cells (leukocytes).
Systemic Lupus Erythematosus

Systemic lupus erythematosus (SLE) is an autoimmune disease in which the body’s immune system mistakenly attacks healthy tissue. It can affect the skin, joints, kidneys, brain, and other organs. The underlying cause of autoimmune diseases is not fully known.
Clinical manifestations and management of Systemic Lupus Erythematosus (SLE). (But it's never lupus!)

**Acromegaly**

Acromegaly is a long-term condition in which there is too much growth hormone and the body tissues get larger over time.
**SIR Hernia**

A hernia is a sac formed by the lining of the abdominal cavity (peritoneum). The sac comes through a hole or weak area in the strong layer of the belly wall that surrounds the muscle. This layer is called the fascia.
“SIR” HERNIA

Strangulated...
Blood supply is cut off, emergency surgery situation.

Incarcerated...
Hernia is trapped outside peritoneal cavity.

Reducible...
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Strangulated, Incarcerated and Reducible HERNIA.

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