

ADOPTIONS for all levels of Nursing

ISBN 978-0-692-78988-9

Annual subscriptions for schools to the eBook or adopt paper notebook as a required text and receive eBook at no additional fee.

Call / write today...

866.861.2896 Ext. 3 / help@nursethink.com

NurseThink Notes

Note Taking That Works!

Video tutorials available!
NurseThink.com

NEW! - 2nd Edition

Tim Bristol, PhD, RN, CNE, ANEF
Faculty - Walden University
Minneapolis, Minnesota

Karin J. Sherrill, MSN, RN, CNE, ANEF
Faculty - Maricopa Community Colleges
Phoenix, Arizona

SAMPLE ONLY
Reproduction
Prohibited

NurseThink.com
NurseThink.com/adopt
NurseThink.com/samples

NurseTim[®]
INCORPORATED

NurseTim.com • 866.861.2896

Copyright © 2017 by NurseTim, Inc. All rights reserved.

Published by NurseTim, Inc., P.O. Box 86, Waconia, MN 55387

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the publisher. Requests to publisher for permission should be addressed to the Permission Department, NurseTim, Inc., P.O. Box 86, Waconia, MN 55387, 866.861.2896, fax 866.861.2896, or online at www.NurseTim.com.

Additional copies of this publication are available at www.NurseThink.com

Limit of Liability/Disclaimer of Warranty: While the publisher and author have used their best efforts in preparing this book, they make no representations or warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose.

ISBN 978-0-692-78988-9

Printed in the United States of America
Second Edition

0 9 8 7 6 5 4 3 2 1

NCLEX® is a registered trademark for the National Council of State Boards of Nursing, Inc.

**SAMPLE ONLY
Reproduction
Prohibited**

Learning how to learn is essential to every nursing student. Because there is no way to know every fact, a clear and consistent process for managing information will help students develop deep understanding that will cross all clinical situations. NurseThink Notes puts that process in an easy-to-manage tool. This unique tool is ideal for class, reading, studying, collaboration, and even clinical preparation.

As students begin using NurseThink Notes, they will use critical-thinking skills to prioritize information essential to obtain desired outcomes. Through a carefully- designed process of application and analysis, long-term retention and, more importantly, the ability to adjust to a variety of situations will be facilitated.

Finally, NurseThink Notes saves students and faculty time. When concepts can be clearly organized and easily accessed, students will have better outcomes. Students and faculty can do a better job of communicating about concepts (referencing key sections and analyzing the overall layout of the material). Time saving is important, as we want students more engaged in applying the information to patient care (case studies, simulations, clinical experiences, etc.) and less time involved in “acquiring” the knowledge.

STUDENT TIPS FOR SUCCESS

Best practice study tips

- While completing your reading, homework, and classroom activities, you will be organizing information in *NurseThink Notes*.
- Attend and actively engage in class. The classroom facilitator will offer some direction as to where to focus your study. After class (within 24 hours for best success) summarize your classroom discussions on your *NurseThink Notes*.
- Remember you only can choose 3 priorities in each area, so select wisely.

Strategies for prioritizing care

- Airway, breathing, circulation.
- Maslow hierarchy; physiologic needs first.
- Determine which findings/potential complications will lead to the greatest chance of mortality or morbidity.
- Identify least invasive interventions first
- Always consider safety.
- Use the nursing process to identify priorities (assessment, diagnosis, planning, implementation, evaluation)
- Encourage and support self-care with your patient

Care According to the NCLEX® Test Plan

These categories are the emphasized areas of your licensure exam. It is important that you become familiar with them so you can best prepare. To see the details of each category, explore the Test Blueprint for the licensure exam you will be taking. (www.ncsbn.org)

Quality and Safety Standards

National care and safety standards guide our practice. Becoming familiar and applying each of these standards will best prepare you for practice. Consider the situation for your patient with each condition, what emphasis needs to be placed in providing quality and safety.

NurseThink Notes tutorials and additional resources are available at www.NurseThink.com

⚡ = High Frequency Patient Alerts from AARP, AHRQ, CDC and Healthy People 2020 💡 = NurseThink Quick!

ADAPTATION – STRESS, COPING, ADDICTION, VIOLENCE	11
Child Abuse	13
Crisis	15
Domestic Violence	17
Eating Disorders	19
Anorexia.....	21
Bulimia Nervosa.....	23
Elder Abuse	25
Obsessive-Compulsive Disorder	27
Post-Traumatic Stress Disorder (PTSD)	29
Rape and Sexual Assault	31
Substance Abuse	33
Alcohol Abuse.....	35
Drug Abuse.....	37
Nicotine Abuse ⚡💡.....	39
Prescription Medication Abuse.....	41
Workplace Violence	43
CIRCULATION – PERFUSION, CLOTTING	45
Arterial Disease	
Arteriosclerosis.....	47
Buerger's/Raynaud's 💡.....	49
Coagulation Disorders	
Disseminated Intravascular Coagulation (DIC).....	51
Embolic Stroke.....	53
Hemorrhagic Stroke.....	55
Pulmonary Embolism.....	57
Heart Disease ⚡.....	
Acute Coronary Syndrome.....	59
Atherosclerosis ⚡.....	61
Cardiomyopathy 💡.....	63
Heart Failure ⚡💡.....	65
Hypertension ⚡💡.....	67
Myocardial Infarction 💡.....	69
Valve Disease 💡.....	71
Peripheral Vascular Disease	
Deep Vein Thrombosis.....	73
Shock	
Cardiogenic.....	75
Hypovolemic.....	77
Septic.....	79
CLIENT PREFERENCE AND PROFILE – CULTURE, SPIRITUALITY, DEVELOPMENT, DYNAMICS	81
Culture	83
Diversity	85
Family Dynamics	87
Growth and Development	
Infant.....	89
Toddler.....	91
Preschool Child.....	93
School-Age Child.....	95
Adolescent.....	97

⚡ = High Frequency Patient Alerts from AARP, AHRQ, CDC and Healthy People 2020 💡 = NurseThink Quick!

Health Promotion	99
Spirituality	101
COGNITION – FUNCTION, PSYCHOSIS	103
Acute and Chronic Disorders	
Confusion 💡	105
Dementia and Alzheimer's ⚡💡	107
Psychosis	109
COMFORT – PAIN, TISSUE INTEGRITY	111
Pain	
Acute ⚡	113
Chronic ⚡	115
Rest	
Fatigue	117
Sleep Disorders	119
Skin	
Contact Dermatitis 💡	121
Wounds	
Burns	123
Pressure Ulcers 💡	125
EMOTION – MOOD, ANXIETY, GRIEF	127
Grief	
Bereavement	129
Loss	
Death and Dying	131
Psychobiological Disorders	
Bipolar Disorder	133
Depression	135
Psychosis	137
Schizophrenia	139
HOMEOSTASIS – ACID-BASE, FLUID, ELECTROLYTES 💡	141
Acid-Base Imbalance	
Metabolic Acidosis	143
Metabolic Alkalosis	145
Respiratory Acidosis	147
Respiratory Alkalosis	149
Electrolytes Imbalance	
Hyper/Hypocalcemia 💡	151
Hyper/Hypokalemia 💡	153
Hyper/Hypomagnesemia	155
Hyper/Hyponatremia 💡	157
Hyper/Hypophosphatemia	159
Fluid Imbalance	
Dehydration	161
Fluid Overload	163
MOVEMENT – MOBILITY, SENSORY, NERVE CONDUCTION 💡	165
Musculoskeletal Disorders	
Amputation	167
Carpal Tunnel 💡	169

⚡ = High Frequency Patient Alerts from AARP, AHRQ, CDC and Healthy People 2020 💡 = NurseThink Quick!

Fractures ⚡💡	171
Osteoarthritis ⚡	173
Osteoporosis	175
Restless Leg 💡	177
Nervous System Disorders	
Amyotrophic Lateral Sclerosis 💡	179
Attention-Deficit/Hyperactivity Disorder	181
Cerebral Palsy	183
Guillain-Barre'	185
Multiple Sclerosis 💡	187
Myasthenia Gravis	189
Parkinson's Disease 💡	191
Peripheral Neuropathy	193
Seizures 💡	195
Spina Bifida	197
Trigeminal Neuralgia	199
Sensory	
Cataracts 💡	201
Conjunctivitis	203
Glaucoma	205
Hearing Impairment	207
Labyrinthitis/Meniere's	209
Macular Degeneration	211
Otitis Media	213
PROTECTION – IMMUNITY, INFLAMMATION, INFECTION	215
Gastrointestinal Disorders	
Appendicitis 💡	217
Gallbladder Disease 💡	219
Inflammatory Bowel Disease	221
Pancreatitis	223
General Infections and Complications	
Influenza	225
Septicemia ⚡	227
Healthcare Associated Infections ⚡	
Methicillin-Resistant Staphylococcus Aureus	231
Vancomycin-Resistant Enterococci	233
Hypersensitivity Reactions 💡	235
Immune Disorders	
Fibromyalgia	237
HIV/AIDS ⚡💡	239
Lupus 💡	241
Rheumatoid Arthritis ⚡💡	243
Kidney Urinary Disorders	
Cystitis	245
Polycystic Kidney	247
Pyelonephritis	249
Urinary Tract Infection ⚡💡	251
Nervous System Disorders	
Meningitis/Encephalitis	253
Respiratory System Disorders	
Bronchiolitis	255

⚡ = High Frequency Patient Alerts from AARP, AHRQ, CDC and Healthy People 2020 💡 = NurseThink Quick!

Epiglottitis.....	257
Pneumonia ⚡💡.....	259
Tuberculosis 💡.....	261
Upper Respiratory Infections ⚡.....	263
Skin and Bone Disorders	
Cellulitis ⚡.....	265
Gout 💡.....	267
REGULATION I – THERMOREGULATION, CELLULAR REGULATION, INTRACRANIAL REGULATION	269
Blood Cell Disorders ⚡	
Iron Deficiency Anemia.....	271
Polycythemia 💡.....	273
Sickle Cell Anemia.....	275
Thrombocytopenia 💡.....	277
Cancer ⚡.....	279
Bone Cancer 💡.....	281
Brain Tumor.....	283
Breast Cancer 💡.....	285
Colon Cancer 💡.....	287
Hodgkin's.....	289
Leukemia.....	291
Lung Cancer.....	293
Lymphoma 💡.....	295
Multiple Myeloma 💡.....	297
Prostate Cancer.....	299
Skin Cancer 💡.....	301
Increased Intracranial Pressure 💡.....	303
Thermoregulation Types	
Hyperthermia ⚡.....	305
Hypothermia.....	307
REGULATION II – GLUCOSE REGULATION, METABOLISM, NUTRITION, ELIMINATION	309
Accessory Organs	
Cirrhosis.....	311
Hepatitis 💡.....	313
Liver Disease 💡.....	315
Adrenal Disorders	
Addison's Syndrome/Disease 💡.....	317
Cushing's Syndrome/Disease 💡.....	319
Lower Intestinal Tract	
Crohn's 💡.....	321
Diverticular Disease.....	323
Intestinal Obstruction 💡.....	325
Irritable Bowel 💡.....	327
Obesity ⚡.....	329
Ulcerative Colitis 💡.....	331
Metabolic Syndrome	333
Pancreas Disorders	
Diabetes Mellitus – Insulin Dependent ⚡💡.....	335
Diabetes Mellitus – Non-Insulin Dependent.....	337
Diabetic Ketoacidosis.....	339
Hyperosmolar Hyperglycemic Nonketotic Syndrome.....	341

⚡ = High Frequency Patient Alerts from AARP, AHRQ, CDC and Healthy People 2020 ⚡ = NurseThink Quick!

Parathyroid Disorders	
Hyperparathyroidism	343
Hypoparathyroidism	345
Pituitary Disorders	
Diabetes Insipidus	347
Syndrome Inappropriate Antidiuretic Hormone ⚡	349
Thyroid disorders	
Hyperthyroidism ⚡	351
Hypothyroidism	353
Upper Intestinal Tract	
Cleft Lip or Palate	355
Gastroesophageal Reflux/Gastritis ⚡	357
Peptic Ulcer	359
Urinary/Renal Disorders	
Acute Kidney Injury ⚡	361
Benign Prostatic Hypertrophy	363
Chronic Kidney Disease/End Stage Renal Disease ⚡	365
Wilms Tumor	367
RESPIRATION – OXYGENATION, GAS EXCHANGE	369
Pulmonary Disease and Trauma	
Asthma ⚡	371
Chronic Obstructive Pulmonary Disease ⚡	373
Cystic Fibrosis	375
Pulmonary Hypertension	377
Severe Acute Respiratory Syndrome ⚡	379
SEXUALITY – REPRODUCTION	381
Antepartum	
Abruptio Placentae and Placenta Previa	383
First Trimester	385
Second Trimester	387
Third Trimester	389
Hypertensive Disorders	391
Spontaneous Abortion	393
Erectile Dysfunction	395
Intrapartum	
Dystocia	397
Preterm Labor	399
Second Stage of Labor	401
Third Stage of Labor	403
Fourth Stage of Labor	405
Newborn Care	407
Postpartum	
Breastfeeding	409
Hemorrhage	411
Sexually Transmitted Diseases ⚡	
Chlamydia	413
Human Papillomavirus	415
Syphilis	417

**SAMPLE ONLY
Reproduction
Prohibited**

Related Exemplars

Related Concepts

Classroom Critical Thinking

Reading / Resources Critical Thinking

Priority Assessments

- 1
- 2
- 3

Priority Labs & Diagnostics

- 1
- 2
- 3

Priority Nursing Interventions

- 1
- 2
- 3

Priority Medications

- 1
- 2
- 3

Priority Potential & Actual Complications

- 1
- 2
- 3

Priority Collaborative Goals

- 1
- 2
- 3

NurseThink Quick

--	--	--

CARE ACCORDING TO THE NCLEX® TEST PLAN

Safe and Effective Care: Management of Care, Coordinated Care, Safety and Infection Control

Health Promotion and Maintenance

Psychosocial Integrity

Physiological Integrity: Basic Care and Comfort, Pharmacological and Parenteral Therapies, Reduction of Risk Potential, and Physiological Adaptation

CARE ACCORDING TO QUALITY AND SAFETY STANDARDS

Patient-Centered Care

Teamwork and Collaboration

Evidence-Based Practice

Quality Improvement

Safety

Informatics

Buddy Review: _____ Faculty Review: _____

Grade Tracker

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Related Exemplars

Related Concepts

Classroom Critical Thinking

Reading / Resources Critical Thinking

Priority Assessments

- 1
- 2
- 3

Priority Labs & Diagnostics

- 1
- 2
- 3

Priority Nursing Interventions

- 1
- 2
- 3

Priority Medications

- 1
- 2
- 3

Priority Potential & Actual Complications

- 1
- 2
- 3

Priority Collaborative Goals

- 1
- 2
- 3

NurseThink Quick

<p>Nicotinic Effects MTWThF Mydriasis/Muscle cramps Tachycardia Weakness Twitching Hypertension/Hyperglycemia Fasciculation</p>		
--	--	--

SAMPLE NOT FOR SALE USE REPRODUCTION...

CARE ACCORDING TO THE NCLEX® TEST PLAN

<p>Safe and Effective Care: Management of Care, Coordinated Care, Safety and Infection Control</p> <p>Health Promotion and Maintenance</p> <p>Psychosocial Integrity</p> <p>Physiological Integrity: Basic Care and Comfort, Pharmacological and Parenteral Therapies, Reduction of Risk Potential, and Physiological Adaptation</p>		
--	--	--

CARE ACCORDING TO QUALITY AND SAFETY STANDARDS

<p>Patient-Centered Care</p> <p>Teamwork and Collaboration</p> <p>Evidence-Based Practice</p> <p>Quality Improvement</p> <p>Safety</p> <p>Informatics</p>		
---	--	--

SAMPLE NOT FOR SALE USE REPRODUCTION...

Buddy Review: _____ Faculty review: _____

Grade Tracker

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Related Exemplars

Related Concepts

Classroom Critical Thinking

Reading / Resources Critical Thinking

Priority Assessments

- 1
- 2
- 3

Priority Labs & Diagnostics

- 1
- 2
- 3

Priority Nursing Interventions

- 1
- 2
- 3

Priority Medications

- 1
- 2
- 3

Priority Potential & Actual Complications

- 1
- 2
- 3

Priority Collaborative Goals

- 1
- 2
- 3

NurseThink Quick

<p>Abdominal Aortic Aneurism: Symptoms 4A's Asymptomatic Abdominal mass Abdominal pulse Aches in low back</p>		
--	--	--

CARE ACCORDING TO THE NCLEX® TEST PLAN

<p>Safe and Effective Care: Management of Care, Coordinated Care, Safety and Infection Control</p> <p>Health Promotion and Maintenance</p> <p>Psychosocial Integrity</p> <p>Physiological Integrity: Basic Care and Comfort, Pharmacological and Parenteral Therapies, Reduction of Risk Potential, and Physiological Adaptation</p>
--

CARE ACCORDING TO QUALITY AND SAFETY STANDARDS

<p>Patient-Centered Care</p> <p>Teamwork and Collaboration</p> <p>Evidence-Based Practice</p> <p>Quality Improvement</p> <p>Safety</p> <p>Informatics</p>

Buddy Review: _____ Faculty Review: _____

Grade Tracker

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Related Exemplars

Related Concepts

Classroom Critical Thinking

Reading / Resources Critical Thinking

Priority Assessments

- 1
- 2
- 3

Priority Labs & Diagnostics

- 1
- 2
- 3

Priority Nursing Interventions

- 1
- 2
- 3

Priority Medications

- 1
- 2
- 3

Priority Potential & Actual Complications

- 1
- 2
- 3

Priority Collaborative Goals

- 1
- 2
- 3

NurseThink Quick

--	--	--

SAMPLE NOT FOR SALE USE REPRODUCTION...

CARE ACCORDING TO THE NCLEX® TEST PLAN

Safe and Effective Care: Management of Care, Coordinated Care, Safety and Infection Control

Health Promotion and Maintenance

Psychosocial Integrity

Physiological Integrity: Basic Care and Comfort, Pharmacological and Parenteral Therapies, Reduction of Risk Potential, and Physiological Adaptation

CARE ACCORDING TO QUALITY AND SAFETY STANDARDS

Patient-Centered Care

Teamwork and Collaboration

Evidence-Based Practice

Quality Improvement

Safety

Informatics

SAMPLE NOT FOR SALE USE REPRODUCTION...

Buddy Review: _____ Faculty Review: _____

Grade Tracker

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Related Exemplars

Related Concepts

Classroom Critical Thinking

Reading / Resources Critical Thinking

Priority Assessments

- 1
- 2
- 3

Priority Labs & Diagnostics

- 1
- 2
- 3

Priority Nursing Interventions

- 1
- 2
- 3

Priority Medications

- 1
- 2
- 3

Priority Potential & Actual Complications

- 1
- 2
- 3

Priority Collaborative Goals

- 1
- 2
- 3

NurseThink Quick

--	--	--

SAMPLE NOT FOR SALE USE REPRODUCTION...

CARE ACCORDING TO THE NCLEX® TEST PLAN

Safe and Effective Care: Management of Care, Coordinated Care, Safety and Infection Control

Health Promotion and Maintenance

Psychosocial Integrity

Physiological Integrity: Basic Care and Comfort, Pharmacological and Parenteral Therapies, Reduction of Risk Potential, and Physiological Adaptation

CARE ACCORDING TO QUALITY AND SAFETY STANDARDS

Patient-Centered Care

Teamwork and Collaboration

Evidence-Based Practice

Quality Improvement

Safety

Informatics

SAMPLE NOT FOR SALE USE REPRODUCTION...

Buddy Review: _____ Faculty Review: _____

Grade Tracker

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--