

ATI Comprehensive Final

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Electrolyte Imbalances

- Potassium 3.5-5.1
- Calcium 8.4-10.2
 - Hypocalcemia: tetany, cramps; paresthesia tingling numb, hypotension, dysrhythmias, trousseau's chvostek's, seizures, hyperreflexia, impaired clotting time
 - Hypercalcemia
- Magnesium 1.7-2.7
- Sodium 135-145
 - Think Neuro
 - First sign of low sodium is change in LOC

ECG of electrolyte imbalances

- Hypocalcemia: prolonged QT interval
- Hypercalcemia: shortened QT interval
- Hypokalemia: flattened T-waves and cardiac dysrhythmia
- Hyperkalemia: widened QRS

Blood transfusion

- Hang blood with D5W

Blood Glucose

- Hypoglycemia: BG <70, weakness, hunger, shaky, diaphoresis, nausea, confusion. Cold clammy need candy. Tachycardia
- Hyperglycemia: hot dry bradycardia

Anaphylaxis

- Tachycardia, hypotension, nausea, urticarial, stridor, dyspnea

Bleeding

- Lower GI: bright red stool
- Upper GI: coffee ground emesis, black tarry stool

Thrombocytopenia

- PLT <100,000
- Increased risk of bleeding and infection (sore throat fever)
- Avoid IM injections

Anticholinergics

- Dry mouth, urinary retention, constipation, blurred vision

Cholinergics

- SLUDGE
- salivation, lacrimation, urinary frequency, diarrhea, GI motility, emesis

Lithium

- Mood stabilizer, tx of bipolar disorder
- 0.4-1.4
- Early toxicity: diarrhea, muscle weakness,
- Late toxicity:

Antidotes

- Acetaminophen – acetylcysteine
- Salicylate (aspirin) overdose – acetazolamide
- Benzos – flumazenil
- Warfarin – vitamin K
- Heparin/enoxaparin – protamine sulfate
- Opioid – naloxone

CBC

- WBC 4-10
- PLT 140-400
- ANC 2500-8000
- Hgb 12-18
- Hct 35-52
- ESR <20 mm/hr

ABG

- pH 7.35-7.45
- PaCO₂ 35-45
- PaO₂ 75-100
- HCO₃ 24-28

Arterial v. Venous

- Arteries
 - Pain, intermittent claudication
 - Rubor/pallor, thin hairless shiny skin
 - Dependent leg position
- Veins
 - Edema, stasis dermatitis, DVT, pulmonary embolism
 - Cyanosis, brown discoloration
 - Elevate legs, stockings, compression

Erikson

- Trust v mistrust 0-1
- Autonomy v shame doubt 1-3
- Initiative v guilt 3-6
- Industry v inferiority 6-12
- Identity v role confusion 12-20

- Intimacy v isolation 20-35
- Generativity v stagnation 35-65
- Integrity v despair 65 and older