

# 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, Troussseau'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, urticaria, 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
- PaCO<sub>2</sub> 35-45
- PaO<sub>2</sub> 75-100
- HCO<sub>3</sub> 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