

FUNDAMENTALS

NURSING STUDY NOTES

Fundamentals nursing bundle



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STUDY ANYWHERE

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MEDICAL TERMS & ABBREVIATIONS

ASSESSMENT-TERMS

AAO: awake, alert, oriented
AKA: above-knee amputation
AMS: altered mental status
BKA: below-knee amputation
BM: bowel movement
BP: blood pressure
BPM: beats per minute
BS: bowel sounds
CVC: central venous catheter
I&O: intake and output
JVD: jugular venous distention
LBW: low birth weight
LMP: last menstrual period
LOC: level of consciousness
MAP: mean arterial pressure
NKDA: no known drug allergies
NPO: nothing by mouth
NVD: nausea, vomiting, diarrhea
OOB: out of bed
SOB: shortness of breath
VSS: vital signs stable
WNL: within normal limits



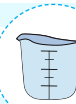
LOCATION

ABD: abdomen
ETT: endotracheal tube
FA: forearm
LE: lower extremity
LLE: left lower extremity
LLL: left lower lobe
LLQ: left lower quadrant
LUE: left upper extremity
LUL: left upper lobe
LUQ: left upper quadrant
RLE: right lower extremity
RLL: right lower lobe
RLQ: right lower quadrant
RUE: right upper extremity
RUL: right upper lobe
RUQ: right upper quadrant
UE: upper extremity



MEASUREMENTS

DR: dram
G: gram
GAL: gallon
GTT: drop
KG: kilogram
L: liter
LBS: pound
MCG: microgram
MEQ: milliequivalent
MG: milligram
MIN: minum
ML: milliliter
OZ: ounce
PT: pint
QT: quart
T, TBS, TBSP: tablespoon
TSP: teaspoon



DRUG PREP

CAP: capsule
DR: delayed release
EC: enteric coated
SR: sustained release
ELIX: elixir
SUPP: suppository
SUSP: suspension
TAB: tablet



DIAGNOSTIC TESTS

BX: biopsy
CT: computed tomography scan
CXR: chest x-ray
DRE: digital rectal exam
ECHO: echocardiogram
EEG: electroencephalogram
EKG/ECG: electrocardiogram
KUB: X-ray of kidneys, ureters, bladder
MRI: magnetic resonance imaging
PET: positron emission tomography
PFT: pulmonary function test
US: ultrasound
VQ SCAN: ventilation-perfusion scan



GENERAL TERMS

ADL: activities of daily living
AMA: against medical advice
C/O: complaint of
CC: chief complaint
D/C: discontinue/ discharge
DNR: do not resuscitate
DOB: date of birth
DX: diagnosis
ETOH: ethanol
Fx: fracture
HOB: head of bed
HPI: history of present illness
Hx: history
I & D: incision and drainage
MVA: motor vehicle accident
OTC: over the counter
PCP: primary care physician
PMHx: past medical history
PSHx: past surgical history
PT: patient
R/T: related to
Rx: prescription
S/S: signs and symptoms
SBAR: Situation, Background, Assessment, Recommendation
STAT: immediately
Sx: symptoms
Tx: treatment
VS: vital signs



MEDICATION ROUTES

GT: gastrostomy tube
ID: intradermal
IM: intramuscular
IV: intravenous
IVP: intravenous push
IVPB: intravenous piggyback
NG: nasogastric
OD: right eye
OQ: orogastric
OS: left eye
OU: both eyes
PO: by mouth
PR: per rectum
SL: sublingual
SUBQ: subcutaneous



MEDICATION TIMES

AC: before meals
AD LIB: as desired
BID: two times a day
DAILY: once a day
HS: at bedtime
PC: after meals
PRN: as needed
Q1: every hour
Q2: every 2 hours
Q4: every 4 hours
Q: every
QH: every hour
QID: four times a day
TID: three times a day



BANNED ABBREVIATIONS

DO NOT USE

U

IU

Q.D., QD, q.d., qd, Q.O.D., QOD, q.o.d., qod

Trailing zero (X.0 mg) or lack of leading zero (.X mg)

MS, MS04, MgSO4

POTENTIAL PROBLEM

Mistaken for "0" or "cc"

Mistake for IV or "10"

Mistaken for each other

Decimal point is missed

Can mean morphine sulfate or magnesium sulfate

INSTEAD USE

unit

international unit

daily or every other day

X mg, 0.X mg

morphine sulfate or magnesium sulfate

SUFFIXES

-ECTOMY: excision/ removal
-ITIS: inflammation of
-(O)STOMY: new opening
-PHAGIA: eating/ swallowing
-POESIS: formation

PREFIXES

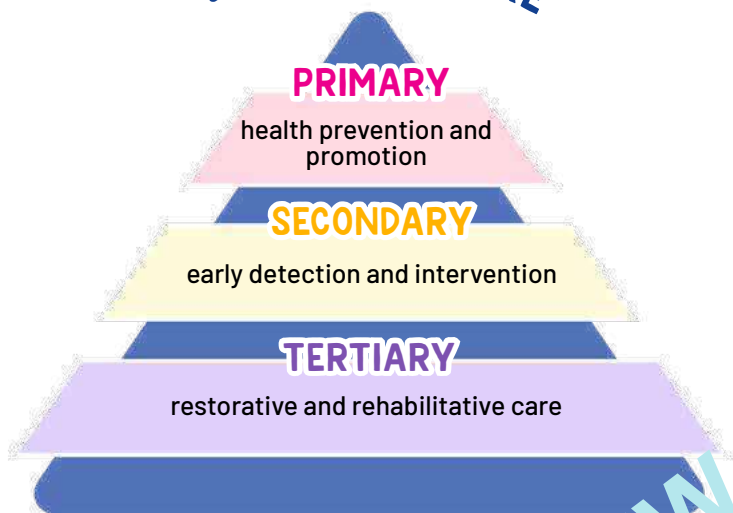
ANTE- : before **MACRO-** : large
AUTO- : self **MICRO-** : small
BRADY- : slow **PAN-** : all
CEPHALO- : head **PERI-** : around
DYS- : impaired **POLY-** : many
EPI- : above **POST-** : after
HEMA- : blood **PRE-** : before
HYPO- : low **SUB-** : below
HYPER- : high **SUPRA-** : above

HEALTHCARE DELIVERY SYSTEM

Mechanism for providing services that meet health-related needs of individuals

→ Nursing is a major component of the U.S healthcare delivery system

LEVELS OF CARE



REGULATORY ORGANIZATIONS

THE JOINT COMMISSION

Sets quality and safety standards for healthcare facilities to receive and maintain accreditation

OCCUPATIONAL SAFETY & HEALTH ADMINISTRATION

Protects employees by setting requirements for employers to provide safe work conditions

FOOD AND DRUG ADMINISTRATION

Protects public health by ensuring safety, efficacy, and security of drugs and food

CENTERS FOR MEDICARE & MEDICAID SERVICES

Enforces health and safety guidelines that must be met in order for reimbursement for medical care

HEALTHCARE TEAM



PROVIDER (MD, PA, DO, NP)

Assess, diagnose & treat disease or injury



REGISTERED NURSE (RN)

Implement the nursing process



NURSING ASSISTANT (CNA, UAP)

Help patients with ADLs and direct care needs under supervision of RN/ LPN



OCCUPATIONAL THERAPIST (OT)

Help patients regain skills for activities of daily living



RESPIRATORY THERAPIST (RT)

Evaluate, assess, and give treatments for respiratory issues under order of provider



SOCIAL WORKER

Collaborate with team and community resources to ensure patient's physical & emotional needs are met



SPEECH PATHOLOGIST

Assess and create treatment plans for patients involving speech, language, and swallowing



PHARMACIST

Provides, educates, and monitors medications



LAB TECHNICIAN

Obtains and analyzes patient specimens



NURSE-PRACTICE ACTS

Laws that govern the scope of nursing practice in a state or territory

- Nurses cannot practice beyond limits stated
- Sets minimal educational requirements and qualifications for licensure
- Lists violations that can result in disciplinary action

ETHICS & LAW

ETHICS - TERMS

BENEFICENCE: Do good

NONMALEFICENCE: Do no harm

AUTONOMY: The right to make own decisions

VERACITY: Tell the truth

JUSTICE: Distribute care equally & fairly

FIDELITY: Keep promises

ADVOCACY: Supporting patient's medical decisions

PATIENT RIGHTS

ALL PATIENTS HAVE THE RIGHT TO:

- Privacy & confidentiality
- Respect & dignity
- Select their own provider
- Consent or refuse treatment
- Being informed of medical condition & treatment
- Obtain their own medical records
- Make decisions about end-of-life care



CONSENT

INFORMED CONSENT

Written permission from patient for healthcare team to perform a procedure

- Nurse serves as witness to consent
- Ensure the consent is signed by appropriate person; patient, guardian, power of attorney
- In a case where the patient is unable to make decisions and POA is not available, emergency law takes over for immediate consent

TYPES OF CONSENT

- Surgeries
- Receiving blood products
- Anesthesia
- Radiation & chemo
- Some advanced medical tests, like biopsy
- Most vaccines



LEGAL TERMS

NEGLIGENCE: Failure to fulfill nursing responsibilities, putting patient at risk for harm

MALPRACTICE: Failure to perform duties that results in harm to patient

ASSAULT: Verbal or implied threats

BATTERY: Physical contact that causes injury

FALSE IMPRISONMENT: Restraining patient against will without justification or order

HIPAA

HEALTH INSURANCE PORTABILITY & ACCOUNTABILITY ACT

Acts to protect a patient's **private health information**

- Only access patient data pertinent to job
- No sharing passwords or login info
- Don't look up patients not in care
- Don't leave patient data unattended where it may be viewed by others
- Don't speak about patients in public