

# **PART 1: MEDICAL / SURGICAL NURSING**

## **GENERAL NURSING PRACTICES**

- |                                |                             |
|--------------------------------|-----------------------------|
| 1.1. Good things to say        | 1.8. Cancer screening guide |
| 1.2. Bad things to say         | 1.9. Patients with cancer   |
| 1.3. The nursing process       | 1.10. Vital Signs           |
| 1.4. Nursing diagnoses         | 1.11. Preoperative care     |
| 1.5. Client's needs            | 1.12. Postoperative care    |
| 1.6. Universal precautions     | 1.13. Wound care            |
| 1.7. Proper position of client |                             |

## **NUTRITION & CALCULATIONS**

### **NUTRITION**

- |                           |                          |
|---------------------------|--------------------------|
| 2.1. Health promotion     | 2.7. Bland diet          |
| 2.2. Low-protein diet     | 2.8. Low-sodium diet     |
| 2.3. High-protein diet    | 2.9. High-potassium diet |
| 2.4. Low-cholesterol diet | 2.10. Other diets        |
| 2.5. Low-fat diet         | 2.11. Vitamins           |
| 2.6. Diabetic diet        |                          |

### **CALCULATIONS**

- 2.12. Dosage calculations
- 2.13. IV calculations

## **FLUIDS & ELECTROLYTES**

- |                            |                        |
|----------------------------|------------------------|
| 3.1. Diffusion & Osmosis   | 3.10. Overhydration    |
| 3.2. Acid/Base physiology  | 3.11. Potassium levels |
| 3.3. Acid/Base disorders   | 3.12. Hyperkalemia     |
| 3.4. Respiratory acidosis  | 3.13. Hypokalemia      |
| 3.5. Metabolic acidosis    | 3.14. Calcium levels   |
| 3.6. Respiratory alkalosis | 3.15. Hypercalcemia    |
| 3.7. Metabolic alkalosis   | 3.16. Hypocalcemia     |
| 3.8. Sodium levels         | 3.17. IV solutions     |
| 3.9. Simple dehydration    |                        |

## **CARDIOVASCULAR DISEASES**

- 4.1. Physiology
- 4.2. Signs & Symptoms
- 4.3. Hypertension
- 4.4. Coronary heart disease
- 4.5. Chest pain
- 4.6. Other causes of chest pain
- 4.7. Angina pectoris
- 4.8. Myocardial infarction
- 4.9. Complications of MI
- 4.10. Arrhythmias
- 4.11. Pacemakers
- 4.12. Congestive heart failure
- 4.13. Assessment: Heart failure
- 4.14. Assessment: Shock
- 4.15. Hypovolemic shock
- 4.16. Pericarditis
- 4.17. Cardiac tamponade
- 4.18. Myocarditis
- 4.19. Rheumatic heart disease
- 4.20. Heart valves
- 4.21. Cardiomyopathy
- 4.22. Endocarditis
- 4.23. Blood vessels
- 4.24. Arteriosclerosis
- 4.25. Raynaud's disease
- 4.26. Aneurysms
- 4.27. Vasculitis
- 4.28. Phlebothrombosis

## **RESPIRATORY DISEASES**

- 5.1. Physiology
- 5.2. Breathing patterns
- 5.3. Lung sounds
- 5.4. Pulmonary care principles
- 5.5. Pneumothorax
- 5.6. Upper respiratory infections
- 5.7. Pneumonia
- 5.8. Tuberculosis
- 5.9. Chronic obstructive pulmonary disease
- 5.10. Chronic bronchitis
- 5.11. Emphysema
- 5.12. Asthma
- 5.13. Restrictive lung diseases
- 5.14. Shock lung (ARDS)
- 5.15. Lung cancer

## **GASTROINTESTINAL DISEASES**

- 6.1. Alteration in nutrition
- 6.2. Mouth: Signs & Symptoms
- 6.3. GI bleeding
- 6.4. Upper abdominal pain
- 6.5. Esophagitis
- 6.6. Hiatal hernia
- 6.7. Esophageal varices
- 6.8. Gastritis
- 6.9. Peptic ulcer disease
- 6.10. Liver: Signs & Symptoms
- 6.11. Liver: Lab data
- 6.12. Jaundice
- 6.13. Drug induced liver disease
- 6.14. Liver cirrhosis
- 6.15. Hepatitis
- 6.16. Gallbladder
- 6.17. Cholecystitis
- 6.18. Pancreatitis
- 6.19. Maldigestion
- 6.20. Diarrhea
- 6.21. Lower abdominal pain
- 6.22. Appendicitis
- 6.23. Diverticulitis
- 6.24. Hemorrhoids
- 6.25. Inflammatory bowel disease
- 6.26. Intestinal obstruction
- 6.27. Peritonitis
- 6.28. Colorectal cancer

## **UROGENITAL DISEASES**

- 7.1. Physiology
- 7.2. Assessment: Urine
- 7.3. Lower urinary tract infections
- 7.4. Kidney stones
- 7.5. Kidneys: Lab data
- 7.6. Glomerulonephritis
- 7.7. Acute renal failure
- 7.8. Chronic renal failure
- 7.9. Kidney transplantation
- 7.10. Prostate hypertrophy
- 7.11. Prostate cancer

## **SEXUALLY TRANSMITTED DISEASES**

- 8.1. STDS
- 8.2. AIDS
- 8.3. AIDS: Signs & Symptoms

## **INFECTIOUS DISEASES**

- 9.1. Key list
- 9.2. Signs & Symptoms
- 9.3. Defense mechanisms
- 9.4. Nosocomial infections

## **DISEASES OF THE BLOOD**

- |                             |                           |
|-----------------------------|---------------------------|
| 10.1. Blood                 | 10.8. Chronic leukemia    |
| 10.2. Blood cells           | 10.9. Multiple myeloma    |
| 10.3. Red blood cells       | 10.10. Lymphoma           |
| 10.4. Anemias               | 10.11. Bleeding disorders |
| 10.5. Blood products        | 10.12. Thrombocytopenia   |
| 10.6. Transfusion reactions | 10.13. Hemophilia         |
| 10.7. Acute leukemia        | 10.14. DIC                |

## **ENDOCRINE DISEASES**

- |                               |                           |
|-------------------------------|---------------------------|
| 11.1. Physiology              | 11.8. Addisonian crisis   |
| 11.2. Pituitary hypofunction  | 11.9. Hyperthyroidism     |
| 11.3. Pituitary hyperfunction | 11.10. Hypothyroidism     |
| 11.4. Acromegaly              | 11.11. Diabetes mellitus  |
| 11.5. Cushing's disease       | 11.12. Insulin            |
| 11.6. Conn's syndrome         | 11.13. Sulfonylureas      |
| 11.7. Addison's disease       | 11.14. Metabolic Syndrome |

## **MUSCULOSKELETAL DISEASES**

- |                                    |                               |
|------------------------------------|-------------------------------|
| 12.1. Signs & Symptoms             | 12.8. Osteoporosis            |
| 12.2. Assessment: Arthritis        | 12.9. Herniated disk          |
| 12.3. Osteoarthritis               | 12.10. Carpal tunnel syndrome |
| 12.4. Rheumatoid arthritis         | 12.11. Osteomyelitis          |
| 12.5. Gout                         | 12.12. Leg amputation         |
| 12.6. Spondyloarthropathies        | 12.13. Crutches & Canes       |
| 12.7. Systemic lupus erythematosus |                               |

## **DISEASES OF THE NERVOUS SYSTEM**

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| 13.1. Signs & Symptoms                | 13.10. Stroke                        |
| 13.2. Glasgow coma scale              | 13.11. Paraplegia / Quadriplegia     |
| 13.3. Central nervous system          | 13.12. Peripheral neuropathies       |
| 13.4. Autonomic nervous system        | 13.13. Parkinson's disease           |
| 13.5. Cranial nerves                  | 13.14. Multiple sclerosis            |
| 13.6. Sleep disorders                 | 13.15. Amyotrophic lateral sclerosis |
| 13.7. Headache                        | 13.16. Bell's palsy                  |
| 13.8. Increased intracranial pressure | 13.17. Epilepsy                      |
| 13.9. Meningitis                      |                                      |

## **DISEASES OF THE EYES & EARS**

- |                        |                          |
|------------------------|--------------------------|
| 14.1. Refraction       | 14.7. Retina detachment  |
| 14.2. Cataract         | 14.8. Assessment: ears   |
| 14.3. Blindness        | 14.9. Otosclerosis       |
| 14.4. Conjunctivitis   | 14.10. Presbycusis       |
| 14.5. Chalazion & Stye | 14.11. Ménière's disease |
| 14.6. Glaucoma         |                          |

## **DISEASES OF THE SKIN**

- |                         |                         |
|-------------------------|-------------------------|
| 15.1. Skin lesions      | 15.5. Psoriasis         |
| 15.2. Dermatitis        | 15.6. Stasis dermatitis |
| 15.3. Acne              | 15.7. Varicose veins    |
| 15.4. Seborrheic eczema | 15.8. Skin tumors       |

## **INJURY & POISONING**

- |                            |                          |
|----------------------------|--------------------------|
| 16.1. ABC of trauma        | 16.9. Nerve injuries     |
| 16.2. Poisoning            | 16.10. Casts             |
| 16.3. Head trauma          | 16.11. Traction          |
| 16.4. Chest trauma         | 16.12. Burns             |
| 16.5. Abdominal trauma     | 16.13. Drowning          |
| 16.6. Genitourinary trauma | 16.14. Altitude sickness |
| 16.7. Fractures            | 16.15. Bites & Stings    |
| 16.8. Sprains              |                          |

# **PART 2: CHILDBEARING & WOMEN'S HEALTH**

## **FEMALE REPRODUCTIVE SYSTEM**

- |                                   |                           |
|-----------------------------------|---------------------------|
| 17.1. Menstrual cycle             | 17.10. Menopause          |
| 17.2. Contraception               | 17.11. Nipple discharge   |
| 17.3. Infertility                 | 17.12. Fibrocystic change |
| 17.4. Menstruation                | 17.13. Breast cancer      |
| 17.5. Primary amenorrhea          | 17.14. Breast self-exam   |
| 17.6. Secondary amenorrhea        | 17.15. Cervical cancer    |
| 17.7. Dysmenorrhea                | 17.16. Ovarian cancer     |
| 17.8. Endometriosis               | 17.17. Endometrial cancer |
| 17.9. Pelvic inflammatory disease | 17.18. Uterine myomas     |

## **MATERNITY**

- |                                   |                              |
|-----------------------------------|------------------------------|
| 18.1. Parity                      | 18.13. Labor: First stage    |
| 18.2. Pregnancy: Signs & Symptoms | 18.14. Labor: Second stage   |
| 18.3. Pregnancy: Common problems  | 18.15. Labor: Third stage    |
| 18.4. Pregnancy: Signs of danger  | 18.16. Spontaneous abortion  |
| 18.5. First trimester             | 18.17. Premature labor       |
| 18.6. Second trimester            | 18.18. Cesarean section      |
| 18.7. Third trimester             | 18.19. Abruptio placentae    |
| 18.8. Preeclampsia                | 18.20. Prolapsed cord        |
| 18.9. The fetus                   | 18.21. Postpartum hemorrhage |
| 18.10. Fetal evaluation           | 18.22. Puerperal infection   |
| 18.11. Fetal heart rate           | 18.23. Mastitis              |
| 18.12. Assessment: Labor          |                              |

# **PART 3: PEDIATRIC NURSING**

## **GROWTH & DEVELOPMENT**

- 19.1. Nutrition
- 19.2. Motor development
- 19.3. Psychological development
- 19.4. IQ tests
- 19.5. Failure to thrive
- 19.6. Child abuse

## **THE NEONATE**

- 20.1. Birth trauma
- 20.2. Apgar score
- 20.3. Vital Signs
- 20.4. Reflexes
- 20.5. Small & large infants
- 20.6. Prematurity
- 20.7. Postmaturity
- 20.8. Respiratory distress syndrome
- 20.9. Neonatal jaundice
- 20.10. Neonatal sepsis
- 20.11. Teratogens
- 20.12. Multifactorial birth defects
- 20.13. Heart defects: What to expect
- 20.14. Cerebral palsy
- 20.15. Down's syndrome
- 20.16. Esophageal atresia
- 20.17. Hypertrophic pyloric stenosis
- 20.18. Intussusception
- 20.19. Hirschsprung's disease
- 20.20. Congenital hip dysplasia

## **INFANTS & TODDLERS**

- 21.1. The ill child
- 21.2. Proper position
- 21.3. Diaper dermatitis
- 21.4. Cryptorchidism
- 21.5. Infectious diseases of childhood
- 21.6. Incubation periods
- 21.7. Immunization schedule
- 21.8. Respiratory tract infections
- 21.9. Croup
- 21.10. Epiglottitis
- 21.11. Otitis media
- 21.12. Tonsillitis
- 21.13. Reye's syndrome
- 21.14. Rheumatic fever
- 21.15. Juvenile rheumatoid arthritis
- 21.16. Cystic fibrosis
- 21.17. Leukemia
- 21.18. Wilms' tumor
- 21.19. Febrile seizures
- 21.20. Enuresis
- 21.21. ADHD

## **PART 4: MENTAL HEALTH NURSING**

### **PSYCHIATRY**

- |                              |                                      |
|------------------------------|--------------------------------------|
| 22.1. The “difficult” client | 22.9. Personality disorders          |
| 22.2. Defense mechanisms     | 22.10. Anxiety disorders             |
| 22.3. Signs & Symptoms       | 22.11. Hypochondriasis & Malingering |
| 22.4. Mental status          | 22.12. Major depression              |
| 22.5. Delirium & Dementia    | 22.13. Bipolar disorder              |
| 22.6. Alzheimer’s disease    | 22.14. Schizophrenia                 |
| 22.7. Dementia & Depression  | 22.15. Drug abuse                    |
| 22.8. Grief & Depression     | 22.16. Eating disorders              |

## **PART 5: APPENDIX**

### **NURSING PHARMACOLOGY**

- |   |                                 |
|---|---------------------------------|
| 23.1. Some trademarks                     | 23.12. Asthma                   |
| 23.2. Famous side effects                 | 23.13. Peptic ulcers            |
| 23.3. Antibiotics                         | 23.14. Sex-hormones             |
| 23.4. Nonsteroidal antiinflammatory drugs | 23.15. Drugs used in obstetrics |
| 23.5. Corticosteroids                     | 23.16. Anxiolytic drugs         |
| 23.6. Antihypertensive drugs              | 23.17. Hypnotic drugs           |
| 23.7. Nitrates                            | 23.18. Antidepressants          |
| 23.8. Diuretics                           | 23.19. Lithium                  |
| 23.9. Congestive heart failure            | 23.20. Neuroleptics             |
| 23.10. Anticoagulants                     | 23.21. Parkinson’s disease      |
| 23.11. Antiarrhythmic drugs               | 23.22. Chemotherapy             |

### **CONVERSIONS**

- 24.1. Metric system
- 24.2. Apothecary system
- 24.3. Household system
- 24.4. Temperature conversion
- 24.5. Prescriptions

### **ABBREVIATIONS**

### **INDEX**