

# ULTIMATE FUNDAMENTALS NURSING NOTES - LEVEL UP

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# NURSING FUNDAMENTALS STUDY GUIDE



# LET'S PASS THE EXAMS! 2024 - 2025

## THE NURSING PROCESS



### WORLD HEALTH ORGANIZATION

**ASSESSMENT** - Process of collecting and processing data/information about the client

### IMPLEMENTATION

Implementation of care plan from orders

### STEPS:

1. Assessment

## Arterial Blood Gases (ABGs)

### Normal Arterial Blood Gas Values

- pH: 7.35 - 7.45
- $\text{HCO}_3^-$ : 22 - 26 mEq/L
- $\text{PaO}_2$ : 80 - 100 mmHg

### PRIMARY DISORDER

- Respiratory Acidosis
- Metabolic Acidosis
- Respiratory Alkalosis

### pH

- pH low
- pH low
- pH high

### $\text{pCO}_2$ or $\text{HCO}_3^-$

- $\text{pCO}_2$  high
- $\text{HCO}_3^-$  low
- $\text{pCO}_2$  low

## EKG INTERPRETATION

For Nurses

### HEART STRUCTURE

- Four total chambers
- Two small chambers known as atria
- Force blood into larger chambers
- Located at the top of the heart
- Two large chambers known as ventricles

## COMPREHENSIVE DOSAGE CALCULATION

### Conversions:

- 1 mg = 1000 mcg
- 1 g = 1000 mg
- 1 kg = 1000 g
- 1 kg = 2.2 lbs
- 1 oz = 16 ml
- 1 ml = 1 cc
- 1 L = 1000 ml
- 1 kg = 1000 g
- 1 kg = 2.2 lbs
- 1 kg = 1000 g

- 1 mg = 1000 mcg
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- 1 kg = 1000 g
- 1 kg = 2.2 lbs
- 1 oz = 16 ml
- 1 ml = 1 cc
- 1 L = 1000 ml
- 1 kg = 1000 g
- 1 kg = 2.2 lbs
- 1 kg = 1000 g

### Rounding:

- Less than .50 = round to nearest hundredth
- Greater than .50 = round to nearest tenth

### Dimensional Analysis:

- Determine the unit that you are calculating (desired)
- Determine the quantity available (what you have)
- Cancel units

### Comprehensive:

Please Remember Conversions

- How many tablets in the bottle?
- How many milligrams in the bottle?
- How many milligrams in the prescription?
- How many tablets in the bottle?



# Nursing Fundamental Study Guide Answers

**Barbara Kozier**



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