

# OXYGENATION

### Respiratory System in Oxygenation

- Respiration:** The process of exchanging gases between the body and the environment.
- Inhalation:** The process of taking air into the lungs.
- Exhalation:** The process of releasing air from the lungs.
- Diffusion:** The movement of gases from an area of high concentration to an area of low concentration.
- Oxygenation:** The process of adding oxygen to the blood.

### Factors Affecting Oxygenation

- Age:** As age increases, the respiratory system becomes less efficient.
- Gender:** Males have a larger respiratory system than females.
- Height:** Taller people have a larger respiratory system.
- Weight:** Excess weight can put pressure on the lungs.
- Activity Level:** More active people have a more efficient respiratory system.
- Environment:** Air pollution and altitude can affect oxygenation.

### Normal Range for Oxygenation

- SpO2:** 95% - 100%
- PaO2:** 80 - 100 mmHg
- PaCO2:** 35 - 45 mmHg
- pH:** 7.35 - 7.45

### Assessment of Oxygenation

- Color:** Pale, cyanotic, or flushed.
- Respiratory Rate:** Normal range is 12-20 breaths per minute.
- Respiratory Sound:** Crackles, wheezes, or decreased breath sounds.
- Capillary Refill:** Normal is less than 2 seconds.
- SpO2:** Normal is 95% or higher.

### Interventions for Oxygenation

- Positioning:** Place the patient in a position that maximizes lung expansion.
- Oxygen Therapy:** Provide supplemental oxygen as ordered.
- Encourage Deep Breathing:** Teach the patient to take deep breaths.
- Encourage Coughing:** Teach the patient to cough effectively.
- Fluid Intake:** Encourage the patient to drink plenty of fluids.

# NUTRITION

### Types of Nutrition

- Macronutrients:** Carbohydrates, proteins, and fats.
- Micro nutrients:** Vitamins and minerals.

### Macronutrients

- Carbohydrates:** Provide energy for the body.
- Proteins:** Build and repair tissues.
- Fats:** Provide energy and protect organs.

### Micro nutrients

- Vitamins:** Essential for various body functions.
- Minerals:** Essential for bone health and other functions.

### Assessment of Nutrition

- Weight:** Monitor for weight gain or loss.
- Appetite:** Monitor for changes in eating habits.
- Intake:** Monitor for adequate intake of all nutrients.
- Output:** Monitor for adequate output of waste.

### Interventions for Nutrition

- Assessment:** Assess the patient's nutritional status.
- Education:** Educate the patient on healthy eating habits.
- Support:** Provide support for the patient's nutritional needs.
- Monitoring:** Monitor the patient's nutritional status over time.

# ELECTROLYTE IMBALANCES

| Electrolyte        | Normal Range     | Signs and Symptoms                                                                                              |
|--------------------|------------------|-----------------------------------------------------------------------------------------------------------------|
| <b>Sodium</b>      | 136 - 145 mEq/L  | <ul style="list-style-type: none"> <li>Headache</li> <li>Nausea</li> <li>Confusion</li> <li>Seizures</li> </ul> |
| <b>Potassium</b>   | 3.5 - 5.0 mEq/L  | <ul style="list-style-type: none"> <li>Weakness</li> <li>Paralysis</li> <li>Heart arrhythmias</li> </ul>        |
| <b>Calcium</b>     | 8.8 - 10.2 mg/dL | <ul style="list-style-type: none"> <li>Weakness</li> <li>Paralysis</li> <li>Heart arrhythmias</li> </ul>        |
| <b>Magnesium</b>   | 1.7 - 2.2 mg/dL  | <ul style="list-style-type: none"> <li>Weakness</li> <li>Paralysis</li> <li>Heart arrhythmias</li> </ul>        |
| <b>Phosphorus</b>  | 2.5 - 4.5 mg/dL  | <ul style="list-style-type: none"> <li>Weakness</li> <li>Paralysis</li> <li>Heart arrhythmias</li> </ul>        |
| <b>Bicarbonate</b> | 22 - 28 mEq/L    | <ul style="list-style-type: none"> <li>Respiratory acidosis</li> <li>Respiratory alkalosis</li> </ul>           |

# SKIN AND WOUND CARE

### Types of Skin Lesions

- Macules:** Flat, non-palpable lesions.
- Papules:** Raised, non-palpable lesions.
- Plaques:** Raised, palpable lesions.
- Wheals:** Raised, itchy lesions.
- Ulcers:** Open sores on the skin.

### Assessment of Skin

- Color:** Pale, red, or yellow.
- Temperature:** Warm or cool.
- Moisture:** Dry or moist.
- Integrity:** Intact or broken.
- Texture:** Smooth or rough.

### Interventions for Skin Care

- Hydration:** Keep the skin moist.
- Protection:** Protect the skin from injury.
- Medication:** Apply topical medications as ordered.
- Wound Care:** Clean and dress wounds properly.

# HYGIENE

### Types of Hygiene

- Personal Hygiene:** Washing hands, bathing, etc.
- Environmental Hygiene:** Cleaning surfaces, etc.

### Assessment of Hygiene

- Hand Hygiene:** Proper technique for washing hands.
- Bathing Hygiene:** Proper technique for bathing.
- Environmental Hygiene:** Proper technique for cleaning surfaces.

### Interventions for Hygiene

- Education:** Educate the patient on proper hygiene techniques.
- Support:** Provide support for the patient's hygiene needs.
- Monitoring:** Monitor the patient's hygiene status over time.

# URINARY ELIMINATION

### Types of Urinary Elimination

- Voiding:** The process of passing urine.
- Defecation:** The process of passing stool.

### Assessment of Urinary Elimination

- Voiding:** Frequency, volume, and color of urine.
- Defecation:** Frequency, volume, and consistency of stool.

### Interventions for Urinary Elimination

- Hydration:** Encourage the patient to drink plenty of fluids.
- Medication:** Administer medications as ordered.
- Wound Care:** Clean and dress wounds properly.

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### **Table of Contents Myers Practical Nursing Study Guide**

1. Understanding the eBook Myers Practical Nursing Study Guide
  - The Rise of Digital Reading Myers Practical Nursing Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Myers Practical Nursing Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Myers Practical Nursing Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Myers Practical Nursing Study Guide
  - Personalized Recommendations

- Myers Practical Nursing Study Guide User Reviews and Ratings
- Myers Practical Nursing Study Guide and Bestseller Lists
- 5. Accessing Myers Practical Nursing Study Guide Free and Paid eBooks
  - Myers Practical Nursing Study Guide Public Domain eBooks
  - Myers Practical Nursing Study Guide eBook Subscription Services
  - Myers Practical Nursing Study Guide Budget-Friendly Options
- 6. Navigating Myers Practical Nursing Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Myers Practical Nursing Study Guide Compatibility with Devices
  - Myers Practical Nursing Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Myers Practical Nursing Study Guide
  - Highlighting and Note-Taking Myers Practical Nursing Study Guide
  - Interactive Elements Myers Practical Nursing Study Guide
- 8. Staying Engaged with Myers Practical Nursing Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Myers Practical Nursing Study Guide
- 9. Balancing eBooks and Physical Books Myers Practical Nursing Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Myers Practical Nursing Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Myers Practical Nursing Study Guide
  - Setting Reading Goals Myers Practical Nursing Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Myers Practical Nursing Study Guide
  - Fact-Checking eBook Content of Myers Practical Nursing Study Guide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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