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Quick-Study Academic/ Nursing

Quick Study Academic

NURSING

ASSESSING LUNG SOUNDS

To auscultate lung sounds, assess the shape of your chest cage according to the location on the corresponding diagram.


Right and Left Lung Sounds

4R Right upper lung sounds: clear, harsh, high-pitched.

4L Left upper lung sounds: clear, harsh, high-pitched.

4M Middle lung sounds: clear, harsh, high-pitched.

4B Basilar lung sounds: clear, harsh, high-pitched.



ADVENTITIOUS LUNG SOUNDS

SOUND	CAUSAL LESIONS	CLINICAL PROBLEMS
Crackles	Fluid in alveoli or bronchioles	Acute or chronic pulmonary edema, pneumonia, COPD
Wheezes	Restriction of airflow by bronchospasm	Asthma, COPD, emphysema
Stridor	High-pitched sound of air flowing past a partially obstructed airway	Acute laryngitis, epiglottitis, croup
Plural Friction Rub	Friction of inflamed pleural surfaces	Pneumonia, pleuritis, pleural effusion

ARTERIAL BLOOD GAS ANALYSIS (ABGA)

pH 7.35 to 7.45 (7.38 to 7.42 normal)

PaO₂ 80 to 100 mm Hg (90 to 100 normal)

PaCO₂ 35 to 45 mm Hg (38 to 42 normal)

HCO₃⁻ 22 to 28 mEq/L (24 to 26 normal)

BUN 8 to 20 mg/dL

Cr 0.6 to 1.2 mg/dL

Ca 8.8 to 10.4 mg/dL

Cl 98 to 106 mEq/L

Na 136 to 145 mEq/L

K 3.5 to 5.0 mEq/L

Mg 1.7 to 2.2 mEq/L

PO₄³⁻ 0.8 to 1.2 mEq/L

SO₄²⁻ 24 to 28 mEq/L

Urea Nitrogen 8 to 20 mg/dL

Creatinine 0.6 to 1.2 mg/dL

BUN/Cr 10 to 20

Ca/Cr 10 to 20

Cl/Cr 10 to 20

Na/Cr 10 to 20

K/Cr 10 to 20

Mg/Cr 10 to 20

PO₄³⁻/Cr 10 to 20

SO₄²⁻/Cr 10 to 20

GRADING OF HEART MURMURS

Grade I Barely audible above heart tones.

Grade II Easily heard above heart tones.

Grade III Loud and may be associated with a thrill.

Grade IV Very loud and may be associated with a thrill.

Grade V Very loud and may be associated with a thrill.

Grade VI Very loud and may be associated with a thrill.

HEART SOUNDS

Heart sounds produced by valve closure and blood flow. Heart sounds are the valve closure or blood flow sounds. The valve closure sound on the corresponding diagram indicates optimal placement of the stethoscope for auscultating heart sounds.

1st (Aortic) - 2nd intercostal space, right sternal border.

2nd (Pulmonic) - 2nd intercostal space, left sternal border.

3rd (Mitral) - 5th intercostal space, midclavicular line.

4th (Tricuspid) - 5th intercostal space, midclavicular line.

5th (Aortic) - 2nd intercostal space, right sternal border.

6th (Pulmonic) - 2nd intercostal space, left sternal border.

7th (Mitral) - 5th intercostal space, midclavicular line.

8th (Tricuspid) - 5th intercostal space, midclavicular line.



NORMAL ECG PATTERN

WAVE	NORMAL VALUES IN ADULT	ADULT INTERPRETATION
P wave	0.1 to 0.2 sec	Duration of P wave
PR	0.12 to 0.20 sec	Time for impulse to travel from SA to AVN
QRS	0.08 to 0.12 sec	Duration of the ventricular complex
QT segment	0.08 to 0.12 sec	Completion of ventricular depolarization
QT interval	0.40 to 0.44 sec	Duration of ventricular depolarization and repolarization
T wave	0.16 to 0.20 sec	Repolarization of ventricles
ST segment	0.08 to 0.12 sec	Duration of ventricular repolarization



CARDIAC MARKERS & SERUM ENZYME LEVELS FOLLOWING ACUTE MYOCARDIAL INFARCTION

ENZYME/MARKER	NORMAL	PEAK (1-2 HRS)	PLATEAU (2-7 DAYS)	RETURN TO NORMAL (7-14 DAYS)
Myoglobin	< 100 ng/mL	2-2	3-4	5-7
Creatine Phosphokinase-MB (CK-MB)	< 300 ng/L	4-6	14-24	4-10
Lactate Dehydrogenase (LDH)	< 100 U/L	3-4	12-48	5-10
Aspartate Aminotransferase (AST)	< 40 U/L	3-6	12-24	5-10



Synopsis

Thorough coverage of general nursing duties, including analysis and assessment techniques. Includes detailed tables and diagrams clearly labeled and organized for quick reference. Includes detailed information and diagrams on: • lung sounds • normal EKG patterns • cardiac enzymes • adventitious lung sounds • arterial blood gas analysis • grading heart murmurs & heart sounds • cranial nerves • insulin types & action times • symptom analysis • Glasgow Coma Scale • pressure sore staging • common medical abbreviations • intramuscular injection sites • calculating I.V. drip rates & I.V. flow rates • 5 p's of circulatory • checks, edema, pulses & dosage cups • household/apothecary/metric equivalents • conversion factors • complete blood count • four primary assessment techniques • basic head-to-toe assessment • serum electrolytes • coagulation studies • odor assessment

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Customer Reviews

Another great nursing quick resource to have on hand, especially for new nurses. It is full of information on assessing lungs, sounds, EKG, insulin, cranial nerves, calculating IV drip rates, and scoring for GCS and pressure sores. Many other assessment aides to that new grad.

This has some good information. The ones that I found helpful were some lab values, assessing lung sounds, head to toe assessment, IM sites, household and metric equiv., some of the medical

abbreviations and odor assessment. I wish that all of the lab values that I deal with at the hospital for clinical every day were in here. I felt like the space used for cranial nerves could have been utilized for something a little more commonly used. In med-surg I've never had to even think about cranial nerves, but lab values play a huge role. Knowing what I know now I would definitely buy it again though.

This is a great cheat sheet for work and clinicals in nursing school. I first saw this used by a nurse at my job and decided to get this for myself to carry with me to use while I am in school on my way to become a nurse. I love it. It has everything I need. I wish I could have had it sooner. Most of the time my friends have just wrote things down on a sheets of paper or note card to carry around with us, but this is more efficient and less likely to be lost or torn.

Helpful if you are clueless about anatomy, otherwise, kind of useless. What are you going to do, carry this around with you and check it as you assess your patient? I don't think so. The info is very basic. Better off making your own flashcards or note sheets.

I bought many of these cards (in different subjects) from and they were a GREAT help in nursing school and now as a Nurse I find I refer to them all the time. Recommend highly!

Our clinical instructor recommends this highly. Laminated and pertinent. Carry it in my binder and can check out needed info. Good pix!

I ordered this for a nursing course I was in (Nursing Assessment). It was very helpful as a quick reference. The guide came on time and I had no problems with it. I would order again from this vendor.

Great tool for your first semester of nursing school. Was recommended by my clinical instructor. Only problem is you can't fold it up and keep it in your pocket for quick reference during your head-to-toe exams :-). Some classmates have copied specific parts and laminated them for pocket use. Overall very useful.

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