Nursing Success Strategies for Second Semester

Semester Two Hours

6   Hours of lecture
15.5   Hours of clinical
25   Hours of studying
46.5   Total Hours of commitment per week

- Be prepared to spend many hours studying and preparing for classes and clinical.

- Semester two requires around 25 hours per week (minimum) in studying and class preparation.

- Students are required to attend lecture on campus and clinical hours in a hospital environment.

Course	Credits	Hours	Course Work
NURS 1020	6 Credits 3 Class Credits 3 Clinical Credits	3 hours 9 hours	4 Unit Exams Final Exam Evidence Based Project Various assignments Nursing Skills Competency Lab
NURS 1023	3 Credits 2 Class Credits 1 Clinical Credit	2 hours 6.5 hours (7 weeks)	2 Unit exams 2 HESI exams Various Assignments 1 Simulation
NURS 1062	1 Credit	1 Hour	Math Competency Exam 2 Unit exams 5 Homework Assignments

NURS 1020: Medical Surgery Nursing

NURS1020
- 4 unit exams
- 1 final exam
- 10 pre-lecture quizzes
- Various assignments
- 1 Simulation

Nursing Skills Competency Lab
Vital Signs
- Temp
- Apical Pulse
- Respirations
- Manual blood pressure
- Pulse Oximetry
- Pain Level

Head to Toe Assessment
Wound care
Administration of Medications
- Oral both solid and liquid
- Eye drops
- Transdermal patch
- Inhalers

Urinary Catheter
Colostomy Care

Med Surg deals with disease processes and how a nurse provides care to the patient. Medical surgical exams contain critical thinking and NCLEX style type questions.

Medical surgical nursing requires you to fully understand the material. MEMORIZATION does NOT help on exams.

COMMON MISTAKES
- Reading every chapter word for word. There is too much information to comprehend it all. You need to know the key concepts of the exemplars. Creating concept maps is the best way to quickly identify and organize the key concepts.

- Memorizing vs. understanding
- You must understand how the disease or condition affects the body. To memorize information will not help on an exam. Exam questions require critical thinking skills, and if you do not understand the cause and affect you will not succeed.

- Underestimating how much time you need to study. There is a lot of information being giving in this course. You will need to make time to create concept maps, study guides, and make sure you have time to quiz yourself with the information.

- Not seeking help. If you feel lost, overwhelmed or in need of reassurance that you are on the right path, it is important that you get help right away. Either seek assistance from your professor(s), or sign up with the success center for peer tutoring. Once you fall behind it is difficult to catch up, and the information will be seen again.

HOW TO SUCCEED
- Create Concept Maps for each exemplar
- Create a study plan
- PRACTICE NCLEX STYLE QUESTIONS
- Create a study guide

SAMPLE CONCEPT MAP

Includes:
- Name of Exemplar
- Patho & Etiology
- Signs & Symptoms
- Risk Factors
- Diagnostics
- Medications
- Nursing Interventions
- Patient Education

- Concept maps allow you to focus on the most important information about the disease/condition.

- This visual tool allows you to have the fine tuned information all in one place.

Signs/Symptoms

Chronic Bronchitis
- Mucus secretion
- Airway obstruction
- Chronic productive cough with sputum production for >3 months (within 2 consecutive years)
- Overweight
- Cyanotic
- Peripheral edema
- Rhonchi & wheezing
- Chronic Cough

__Emphysema__
- Abnormal distention of airspaces
- Enlargement & destruction of airspace distal to the terminal bronchiole
- Hyperventilation (breathing fast)
- Hyperinflation (barrel chest)
- Thing-weight loss ** burning a lot of calories from breathing a lot**
- Shortness of breath
- Severe dyspnea

Disease/Disorder

COPD

Patho & Etiology

Pulmonary disease that causes chronic airflow obstruction.

COPD is a progressive disorder which means the disease gets worse over time, ITS IRREVERSIBLE!

Alveoli sac lose their elasticity, this means they lose their ability to fully exhale.

Risk Factors
- Smoking ** MOST COMMON**
- Occupation exposure
- Infections
- Air pollution
- Genetic abnormalities
- Asthma
- Severe respiratory infection in childhood

Diagnostic
- Arterial blood gases (ABCs)
- Chest x-ray
- Pulmonary function test: Spirometry

Medications

Bronchodilators
Relaxes smooth muscle of lung airways= better airflow
Symbicort (steroid + long-acting bronchodilator)

Corticosteroids
Decreases inflammation (oral,IV,inhaled)
Prednisone, solumedrol, budesonide

Nursing Interventions

Monitor Respiratory System
- Lung sounds
- Sputum production
- Oxygen status

Surgery
- Bullectomy
- LVRS
- Lung transplant

Patient Education

Stay up to date on vaccines
- Influenza & pneumococcal vaccine
- Decreases the incidence of pneumonia

Lifestyle Modifications
- Smoking cessation

Diet Modifications
- Promote nutrition
- Increase calories
- Small frequent meals
- Stay hydrated (thins mucous secretions)

Teach Proper Breathing Techniques
- Pursed lips
- Diaphragmatic breathing

Sample Care Concept Map

Nursing DX 1

Ineffective airway clearance related to excess secretions, bronchospasm evidenced by changes in rate and depth of respiration, use of accessory muscles.

NIC: 1) Auscultate breath sounds (note wheezes, rhonchi, or crackles) 2) Assist w/ effective coughing techniques (splinting, use of abdominal muscles, specialized cough techniques), 3) Administer oxygen as prescribed and perform suctioning as needed. 4)Encourage fluid intake 3,000ml per day unless contraindicated, 5) Encourage activity and frequent position changes 6) Minimize environmental respiratory irritants.

Nursing Dx 3

Imbalanced nutrition: Less than body requirements related to dyspnea evidenced by weight loss and aversion to eating.

NIC: 1) Obtain diet history & assess impact of dyspnea/fatigue with adequate caloric intake. 2) Assess for and report signs or symptoms of malnutrition, including BMI and weight,3) Refer to nutritional support team as needed, 4) Implement measures to maintain adequate intake (including calorie count, supplements) 5) Stress the importance of frequent oral hygiene.

Diagnosis:
Chronic Obstructive Pulmonary Disease (COPD)

Physiology:
COPD is a slowly progressive disease of airways characterized by gradual, irreversible loss of lung function. Commonly associated with chronic bronchitis and emphysema. COPD is associated with a hx of smoking, air pollution, chemical irritants, and heredity. The related patho include chronic airflow limitation and airway inflammation resulting in structural narrowing of the airway lumina, loss of recoil in lung parenchyma, and reduced expiratory outflow. Alveolar walls are destroyed by abnormal levels of enzymes. Gas exchange is further compromised by the reduced surface area that results from the destruction of alveolar walls. The chronic, progressive airflow obstruction may also be accompanied by airway hyperactivity.

Nursing Dx 2

Impaired gas exchange related to alveoli destruction evidenced by dyspnea, confusion, hypoxemia, and hypercapnia.

NIC: 1) Assess for altered breathing patterns/dyspnea generalized appearance, restlessness, headache, confusion, dizziness, and reduced ability to follow instructions, 2) Monitor ABGs and oxygen saturation, 3) Instruct in optimal positioning and breathing techniques, incentive spirometry, 4) Administer prescribed short acting inhaled beta agonist, inhaled anticholinergic agents, leukotrienes, prednisone, antimicrobials and 5) Anticipated need for intubation and mechanical ventilation if needed

Nursing Dx 4

Deficient knowledge related to lack of information or unfamiliarity with resources evidenced by development of preventable complications.

NIC: 1) Assess knowledge of COPD and related disease processes, 2) Assess patients readiness to learn and encourage active participation in planning for health promotion and disease management, 3) Discuss nutritional habits, energy conservation, and needed lifestyle changes, 4) Discuss common factors that lead to exacerbation of respiratory condition, 5) Instruct patient in therapeutic respiratory measures, breathing techniques, and home oxygen therapy, 6) Refer to home care and support services as indicated, 7) Reinforce need for ongoing medical re-evaluation and health promotion practices such as pneumococcal pneumonia nd &influenza vaccines.

Medications

a. Anticholinergic expectorants, anticholinergic agents, beta agonists
b. Anti-inflammatories
c. Antibiotics

Laboratory & Diagnostic Procedures
a. Pulmonary function tests:
- Forced vital capacity
- Forced expiratory volume
- Peak expiratory Flow
b. ABGs
c. Chest x-ray
d. Serum albumin, total protein, Hbg/Hct

NURS 1023: Mental Health Nursing

NURS1023
- 2 unit exams
- 2 HESI exams
- Various assignments
- 1 simulation

How to Study Mental Health Nursing
- Utilize Concept Maps
- Flashcards
- Create a study schedule
- Create a study guide
- Practice NCLEX style questions

Mental Health Nursing focuses on the use of therapeutic communication.

The class describes the role of the nurse in caring for patients and their family members experiencing mental health problems.

You will learn the recovery process for diverse patients across the life span, and how to utilize the nursing process to provide safe patient centered care.

NURS 1062: Pharmacology II

NURS1062
- Math Competency Exam
- 2 unit exams
- Various assignments

How to Study
- Know your drug exemplars
- Separate drugs into classes
- Concept mapping your drug cards
- Get creative
- Practice NCLEX style questions

This class employ's critical thinking skills to determine the expected patient physiologic response to prescribed medication regimen.

You will learn drug-drug interactions, and drug- food interactions based on responses to pharmacological agents.

This course will teach you how to identify major classes of drugs for treatment of common health problems.

You will also learn intermediate level dosage calculations.

Math Competency Semester 2

The questions for the semester two: Math Competency Exam include content for which you are familiar. The types of questions you will see are similar to what you saw on your semester 1 exams.

- Most of the questions are IV drip rates, reconstitution, and how many MLS total did the patient have in a day.

- It is important to review your conversions if you are a little rusty on them from summer break.
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    Remember to practice as much as possible throughout the semester and before you exam. Here's a link to a helpful practice website: https://nurseslabs.com/iv-flow-rate-nclex-practice-quiz/

During the exam, be sure to read the questions carefully and understand what is being asked. DO NOT ADD anything that was not stated in the question. If you do, you will get answer wrong, even if your calculation is correct.

Study Tips for Your HESI Exams

The semester 2 HESI exam is strictly on Mental Health Nursing

- Use your **GREEN** HESI book to create your study guide
- *If I could give just one recommendation for how to study for the HESI exams it would be to start from the end of the Mental Health section and work backwards to the beginning of the textbook.*
  - This is important because you have to make sure you have reviewed information that has not been covered in class.
  - As you know from taking semester 1 HESI test, you are required to know the information for the test even though it hasn't been covered.
  - By working you are ensuring that you are reviewing topics not yet covered in class. By getting a head start on creating your own study guides from this information it gives you time to research and review information that you may have issues understanding.
- Practice, practice, practice! There are many free sites you can utilize.
  - https://nurseslabs.com/mental-health-and-psychiatric-nursing-nclex-practice-questions-nursing-test-bank/
- Quizlet is a great source. Be sure you choose Quizlets, that include rationales
- Get the Psychiatric Mental Health Nursing Success Book
  - Sold on amazon, CCRI Bookstore and check out CCRI Nursing Facebook page for previous students selling the book at a discounted rate

Study Tips for Exams

Exams will be Next generation NCLEX style questions and composed of multiple-choice, fill in the blank, drag and match and identification picture questions. Question styles vary

Knowledge Questions

- Test memory of information learned. These types of questions require that you know terminology, abbreviation, and values.

Comprehension Questions

- Requires you understand the information committed to memory (information from your concept maps), but you must analyze, translate and/or interpret the information. You will use that information on these types of questions.

Application Questions

- These questions test your ability to utilize the information given in the question, draw upon your memorized information (from concept maps), comprehend the situation, and apply that to a specific situation.

Analysis

- These questions require that you have the ability to take a variety of data and recognize the interrelationships among this data.

Tips for Multiple Choice Questions
1. Read the entire question carefully
2. Use the process of elimination to narrow your choices
3. Select the best answer for the question
4. Use your white board to pick out key components of the question, if you are struggling with the question