

HESI Hints & NCLEX Gems

Maslow's Hierarchy of Needs

- * Physiologic
- * Safety
- * Love and Belonging
- * Esteem
- * Self-actualization

Nursing Process

- * Assessment
- * Diagnosis (Analysis)
- * Planning
- * Implementation (Treatment)
- * Evaluation

ABCs

- * Airway
- * Breathing
- * Circulation

Normal Values

- o Hgb
 - * Males 14-18
 - * Females 12-16
- o Hct
 - * Males 42-52
 - * Females 37-47
- o RBCs
 - * Males 4.7-6.1 million
 - * Females 4.2-5.4 million
- o WBCs
 - * 4.5-11k
- o Platelets
 - * 150-400k
- o PT (Coumadin/Warfarin)
 - * 11-12.5 sec (NR and PT TR = 1.5-2 times normal)

Delegation

- o RN Only
- * Blood Products (2 RNs must check)
- * Clotting Factors
- * Sterile dressing changes and procedures
- * Assessments that require clinical judgment
- * Ultimately responsible for all delegated duties
- o Unlicensed Assistive Personnel
- * Non-sterile procedures

Arterial Blood Gases — Used for Acidosis vs. Alkalosis

- * pH 7.35-7.45
- * CO₂ 35-45 (Respiratory driven) ... High = Acidosis
- * HCO₃ 22-28 (Metabolic driven) ... High = Alkalosis
- * O₂ 80-100
- * O₂ Sat 95-100%

- o Cholesterol < 200
- o Bilirubin Newborn 1-12
- o Phenylalanine Newborn < 2, Adult < 6
- o Na⁺ 136-145
- o K⁺ 3.5-5
- * HypoK⁺ ... Prominent U-waves, Depressed ST segment, Flat T waves
- * HyperK⁺ ... Tall T-Waves, Prolonged PR interval, wide QRS
- o Ca⁺⁺ 9-10.5
- * Hypocalcemia ... muscle spasms, convulsions, cramps/tetany, + Trousseau's, + Chvostek's, prolonged ST interval, prolonged QT segment
- o Mg⁺ 1.5-2.5
- o Cl⁻ 96-106
- o Phos 3-4.5
- o Albumin 3.5-5

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