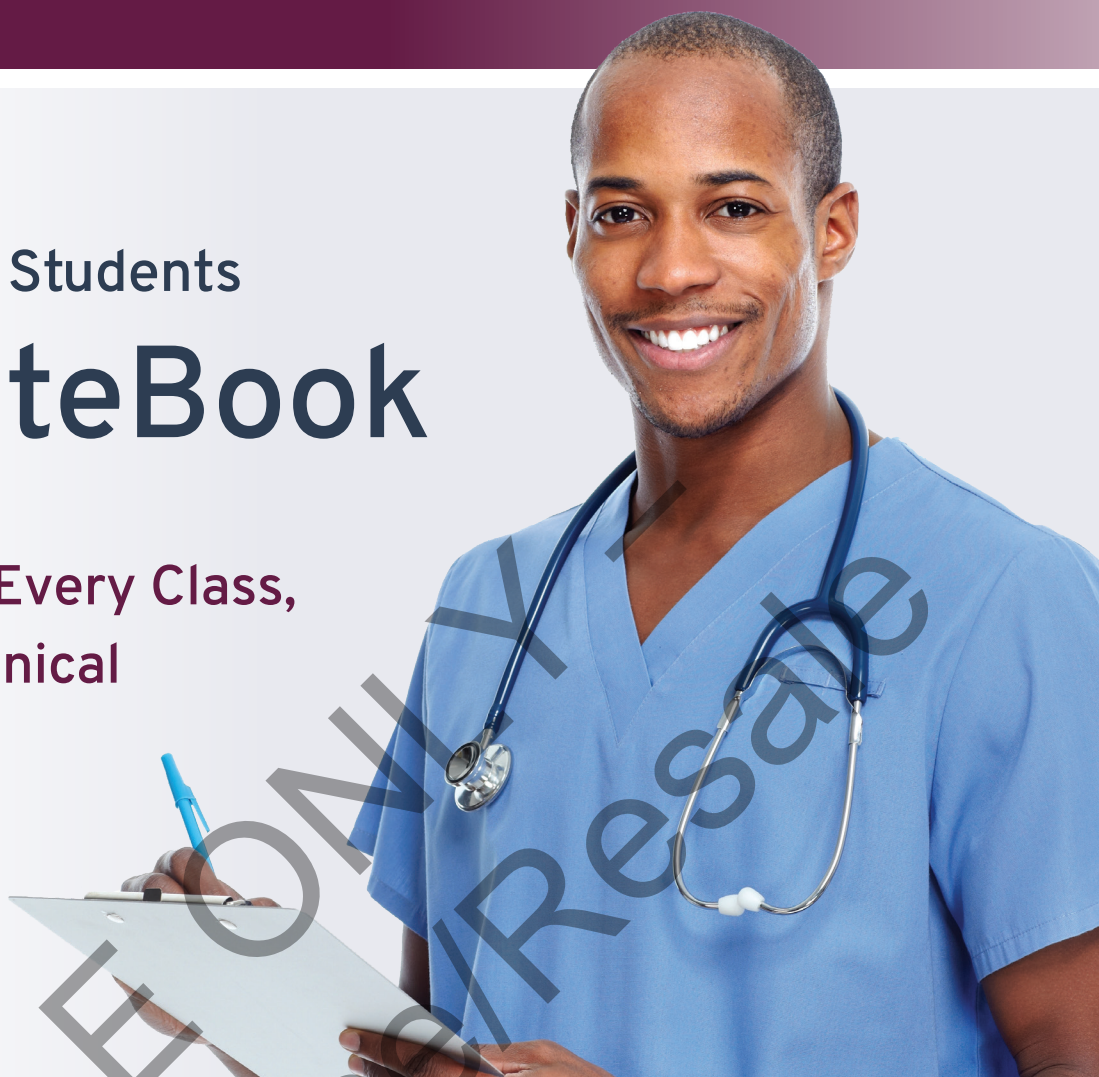


NurseThink® for Students

The NoteBook

3rd Edition

Note Taking for Every Class,
Lab/Sim, and Clinical



- ✓ Next Gen Learning for Clinical Judgment
- ✓ Create a Habit of Prioritizing Care and Integrating Safety
- ✓ Clinical-Based Learning
- ✓ Helps Save Time Studying

Clinical judgment is the action that comes after applying critical thinking and clinical decision making. *The NoteBook* teaches students at all levels to develop habits of clinical judgment.



Tim J. Bristol PhD, RN, CNE, ANEF, FAAN

Karin J. Sherrill RN, MSN, CNE, ANEF, FAADN



NurseThink® for Students

The NoteBook

Note Taking That Works!

3rd Edition

**SAMPLE–NOT FOR SALE
OR REPRODUCTION!**

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*Faculty–For information on adopting The NoteBook as a required or recommended text, contact help@nursethink.com. Adoptions are available for all levels of the nursing program.



⚡ = High Frequency Patient Alerts from AARP, AHRQ, CDC and Healthy People 2030 💡 = NurseThink® Quick!

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Related Concepts	Related Exemplars/Diseases
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Reading/Resources - Clinical Judgment	Class/Lab/Clinical – Clinical Judgment
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Priority Assessments or Cues 1 2 3	Priority Labs & Diagnostics 1 2 3	Priority Nursing Interventions 1 2 3
--	---	--

Priority Medications 1 2 3	Priority Potential & Actual Complications 1	Priority Collaborative Goals 1
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NurseThink® Quick

**Abdominal Aortic Aneurism:
Symptoms****4A's**

Asymptomatic

Abdominal mass

Abdominal pulse

Aches in low back

NEXT GEN LEARNING – NCLEX® TEST PLAN

Safe and Effective Care: Management of Care, Coordinated Care, Safety and Infection Control**Health Promotion and Maintenance****Psychosocial Integrity****Physiological Integrity:** Basic Care and Comfort, Pharmacological and Parenteral Therapies, Reduction of Risk Potential, and Physiological Adaptation

QUALITY AND SAFETY COMPETENCIES

Patient-Centered Care**Teamwork and Collaboration****Evidence-Based Practice****Quality Improvement****Safety****Informatics**

Peer Review: _____ Faculty Review: _____

Grade Tracker

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Related Concepts	Related Exemplars/Diseases
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Reading/Resources - Clinical Judgment	Class/Lab/Clinical - Clinical Judgment

<p style="text-align: center;">Priority Assessments or Cues</p> <ol style="list-style-type: none"> 1 2 3 	<p style="text-align: center;">Priority Labs & Diagnostics</p> <ol style="list-style-type: none"> 1 2 3 	<p style="text-align: center;">Priority Nursing Interventions</p> <ol style="list-style-type: none"> 1 2 3
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<p style="text-align: center;">Priority Medications</p> <ol style="list-style-type: none"> 1 2 3 	<p style="text-align: center;">Priority Potential & Actual Complications</p> <ol style="list-style-type: none"> 1 	<p style="text-align: center;">Priority Collaborative Goals</p> <ol style="list-style-type: none"> 1
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NurseThink® Quick

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NEXT GEN LEARNING – NCLEX® TEST PLAN

Safe and Effective Care: Management of Care, Coordinated Care, Safety and Infection Control

Health Promotion and Maintenance

Psychosocial Integrity

Physiological Integrity: Basic Care and Comfort, Pharmacological and Parenteral Therapies, Reduction of Risk Potential, and Physiological Adaptation

QUALITY AND SAFETY COMPETENCIES

Patient-Centered Care

Teamwork and Collaboration

Evidence-Based Practice

Quality Improvement

Safety

Informatics

Peer Review: _____ Faculty Review: _____

Grade Tracker

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Related Concepts

Fluid / Electrolyte Imbalance
Acid-Base Imbalance

Related Exemplars/Diseases

Chronic Renal Failure (CRF)
End-Stage Renal Disease (ESRD)

Reading/Resources - Clinical Judgment

Risk for Stress Ulcers + GI Bleeding
Tired, fatigue, sleeps a lot
Anemia requiring frequent blood transfusions ($< 8 \text{ mg/dl}$)
"Tied to dialysis machine" which impacts lifestyle
Depression - chronic illness
Uremic pruritis with skin breakdown
Frequent re-admissions for imbalances + infections

Class/Lab/Clinical - Clinical Judgment

Fluid + Electrolyte Balance
- especially K^+ , Na^+ , Ca^{2+} + PO_4
Hypertension + edema due to angiotensin/aldosterone problems
Poor calcium absorption (lack of Vit D - leads to poor bones + risk of fractures)
Anemia from lack of erythropoietin - potential for CV disease
Assess dialysis catheter - bruit + thrill
Hold meds before dialysis (not insulin)

Priority Assessments or Cues

- 1 Fluid Status
- 2 Electrolytes
- 3 Dialysis Catheter

Priority Labs & Diagnostics

- 1 Potassium (3.5-5.0)
- 2 Hemoglobin
- 3 ABG's

Priority Nursing Interventions

- 1 Daily weights + I/O
- 2 Assess lung sounds
- 3 Protect fistula

Priority Medications

- 1 Heparin
- 2 Antihypertensives
- 3 Vitamin D

Priority Potential & Actual Complications

- 1 CHF/Pulmonary Edema
- 2 Cardiac Dysrhythmias
- 3 Bleeding

Priority Collaborative Goals

- 1 Report shortness of breath
- 2 Follow renal diet
- 3 Take all meds as ordered.



NurseThink® Quick

Chronic Renal Failure: Causes	Renal Failure: Symptoms/Signs	Renal Failure: Consequences
Glad Shop Glomerulonephritis Lupus Analgesics Diabetes Systemic vascular disease Hypertension Obstruction Polycystic kidney disease	Get Vinny Prepared, He's Not Making Big Pee GI motility Vomiting Pruritus Headache Nausea Malaise Breathlessness Pigmentation	ABCDEFGF Anemia Bone alterations Cardiopulmonary Vitamin D loss Electrolyte imbalance Feverous infections GI disturbances

NEXT GEN LEARNING – NCLEX® TEST PLAN

Safe and Effective Care: Management of Care, Coordinated Care, Safety and Infection Control <i>Risk for infection/falls, collaborative care with dialysis nurse, maintaining independence to greatest level</i>
Health Promotion and Maintenance <i>Patient + family teaching re chronic disease/treatment, renal diet critical to health maintenance (poor appetite)</i>
Psychosocial Integrity <i>Incorporate any cultural practices that affect treatment plan, coping ability with life changes - depression, family adaptation - involvement in care</i>
Physiological Integrity: Basic Care and Comfort, Pharmacological and Parenteral Therapies, Reduction of Risk Potential, and Physiological Adaptation <i>comfort for skin, multiple meds, risk for injury, fistula care</i>

QUALITY AND SAFETY COMPETENCIES

Patient-Centered Care <i>Emotional support, patient-family involvement, self-care to foster independence, teaching</i>
Teamwork and Collaboration <i>collaboration with dialysis unit, dietary, + social services</i>
Evidence-Based Practice <i>slow progression of kidney failure by avoiding nephrotoxic meds, maintain fluid status + blood pressure</i>
Quality Improvement <i>prevent hospital-acquired problems with use of bed alarms + infection control practices.</i>
Safety <i>Assist with activity, if needed, follow med checks + identifiers</i>
Informatics <i>Use safety tools, monitor data trends in weight + vital signs</i>

Peer Review: _____ Faculty Review: _____

Grade Tracker

61	77	89	97																
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Related Concepts

Alteration in bleeding
 Acute Pain
 Impaired gas exchange
 Ineffective tissue perfusion

Related Exemplars/Diseases

Sickle Cell Disease
 Sickle Cell Crisis

Reading/Resources - Clinical Judgment

Cause - inheritance of sickle hemoglobin genes - lack of healthy red blood cells to carry O₂
 Sickle-shaped red blood cells become rigid & sticky affecting O₂ transport

Most common symptoms

- Anemia
- Acute pain
- Swelling of hands & feet
- Frequent infections

Class/Lab/Clinical - Clinical Judgment

Monitor for pain → prompt administration of analgesics
 Monitor O₂ saturation
 Monitor for changes in cardiovascular status/efficiency
 Monitor changes in skin integrity related to decrease in tissue perfusion

Priority Assessments or Cues

- 1 Pain
- 2 SpO₂/oxygen level
- 3 signs of infection

Priority Labs & Diagnostics

- 1 RBC's
- 2 H/H
- 3 Sickling tests

Priority Nursing Interventions

- 1 Prompt administration of pain meds
- 2 Monitor fluid volume - hydration
- 3 Pace activities (energy conservation)

Priority Medications

- 1 Analgesics
- 2 Antibiotics
- 3 Hydroxyurea

Priority Potential & Actual Complications

- 1 sickle cell crisis
- 2 Thrombotic crisis leading to blockage of small blood vessels - stroke, vascular occlusion
- 3 pain
 Splenic sequestration (most often seen in infants & toddlers)

Priority Collaborative Goals

- 1 Dietary teaching - Na restriction & need for protein
- 2 Pain Management
- 3 Genetic testing

NurseThink® Quick

<p>SICKLE</p> <ul style="list-style-type: none"> <u>S</u>trokes/swelling of hands & feet / spleen problems <u>I</u>nfections / Infarctions <u>C</u>risis (painful, sequestration, aplastic) chronic hemolysis, cardiac problems <u>K</u>idney disease <u>L</u>iver disease <u>E</u>rection (priapism), <u>E</u>ye problems - retinopathy 		
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NEXT GEN LEARNING – NCLEX® TEST PLAN

<p>Safe and Effective Care: Management of Care, Coordinated Care, Safety and Infection Control</p> <p>Monitor for progression of symptoms, monitor for signs of occlusive issues & thrombotic crisis - hypoxia, change in oxygenation, circulation to extremities</p> <p>Health Promotion and Maintenance</p> <p>Monitor for progression of symptoms that can lead to complications</p> <p>Teach patient & family re care & treatment of condition</p> <p>Psychosocial Integrity</p> <p>Assess level of coping with illness, provide emotional support to patient & family, encourage patient/family to ask questions re care/treatment, diet, activity & follow up care</p> <p>Physiological Integrity: Basic Care and Comfort, Pharmacological and Parenteral Therapies, Reduction of Risk Potential, and Physiological Adaptation</p> <p>Promote bedrest, hydration exchange transfusions when in sickle cell crisis, monitoring of vital signs, O₂ saturation level, pain level, peripheral circulatory status.</p>		
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QUALITY AND SAFETY COMPETENCIES

<p>Patient-Centered Care Respect of patient values & preferences, involve patient & family in care decisions, provide education, emotional support</p> <p>Teamwork and Collaboration</p> <p>Collaboration with geneticist, dietary & other system specific specialists as needed</p> <p>Evidence-Based Practice</p> <p>Pain management protocols, hydroxyurea (antineoplastic agent)</p> <p>Quality Improvement</p> <p>Prevent hospital-acquired infections & complications, reinforcement of teaching</p> <p>Safety</p> <p>Monitor patient for adverse blood transfusion reactions, medication reactions</p> <p>Informatics</p> <p>Record & trend vital signs & lab results in EHR.</p>		
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Peer Review: _____ Faculty Review: _____

Grade Tracker

67	77	87	92											
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NurseThink® for Students

The NoteBook

Next Gen Clinical Judgment – Saves Time Studying

Learning how to learn is essential to the success of every nursing student. Since it is impossible to remember every fact, a clear and consistent process for managing information helps the student develop a deep understanding that applies in any clinical situation. *NurseThink® for Students: The NoteBook* is an easy-to-manage tool that applies clinical judgment when learning course content. This unique tool is ideal for class, reading, studying, collaboration, and lab and clinical preparation.

As a student begins using the *NurseThink® NoteBook*, they will use clinical judgment skills to prioritize information that is essential to obtain the desired client outcomes. Through a carefully designed process of application and analysis, long-term retention and, more importantly, the ability to adjust to a variety of situations, students create a habit of clinical judgment.

Finally, the *NurseThink® NoteBook* saves students and faculty time and energy. Having concepts visibly organized and quickly accessible allow for better outcomes. Time-savings is a necessity, and this system allows for more focused study.

Learn Right the First Time.
Save Time and Succeed!

Student Success Tools Include:

- › Best-Practice Study Tips
- › Strategies That Apply Prioritization Power
- › Client Needs Categories From the NCLEX® Test Plan
- › Next Gen Learning From NCLEX®
- › Quality and Safety Competencies
- › NurseThink® Quick Mnemonics
- › Class/Lab/Clinical – Clinical Judgment
- › Over 20 Nursing Concepts
- › Over 175 Disease Processes and Exemplars
- › High-Frequency Patient Alerts: AARP, AHRQ, CDC, NPSG, and Healthy People 2030

Bonus Chapter focusing on safety using nationally recognized patient safety goals and standards.

NurseThink® for Students: The NoteBook tutorials, videos, and additional resources are available at NurseThink.com. If you ever need help with your *NurseThink® NoteBook*, email help@nursethink.com.

