



NURSES WEEK

MAY 6TH - 13TH 2024

REMAR NURSE STUDENT SUCCESS WORKSHOPS

- NCLEX TEST ANXIETY
- CRITICAL THINKING
- INTERNATIONAL NURSE & RE-TESTERS NCLEX REVIEW
- 30% OFF NCLEX DISCOUNT

Limited discount ends Monday, May 13th



Hosted by : Professor Regina M. Callion MSN, RN



**WE ARE
REMAR!**

BY THE NUMBERS

We Still Care About the 1%



Our Success Rate

99%

LPN
22.2%



RN
77.8%

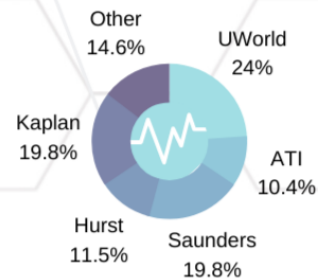
Foreign
8%

1st Time
38%

Repeat
54%



What students previously used before finding ReMar Review!



PREPARED FOR SUCCESS!

ReMar Nurses have a 99.2% NCLEX Success Rate Studying Core Nursing Content.

Established in 2010, ReMar Review has become an industry leader and helped more than 300,000 nurses better understand the Core Nursing Content for NCLEX!

With the NCLEX Virtual Trainer we will give you the tools to effectively prepare for the examination. Along with that we provide a community to support you on the journey to becoming a safe nursing professional.

- The NCLEX-RN & LPN test plans and Practice Analysis serve as our guide for content development.
- Our curriculum narrows down the content to emphasize the key topics found on the exam.
- We save time by only teaching the information that a new graduate is expected to know for NCLEX.
- Our streamlined approach to core content builds student's competence and confidence.

SO WHAT'S THE DIFFERENCE ?

We asked 5,000 repeat-testers "What resources have you previously used?" Nearly 25% of the nurses questioned that failed NCLEX reported using **UWorld**; and nearly 20% of those students reported using **Kaplan** prior to their failed attempt.

You can literally do a thousand NCLEX questions and learn hundreds of "strategies" but as one student said after passing "When you sit for NCLEX all of those strategies go out the window if you don't KNOW THE CONTENT!" ReMar focuses on the content because when you know your content you are better equipped to answer any question NCLEX gives you! Content is the difference between confidence and anxiety; and passing NCLEX or failing NCLEX. What makes ReMar different? **We have better nursing content!**

30% off NCLEX Sale Ends May 13th! Order now at ReMarNurse.com



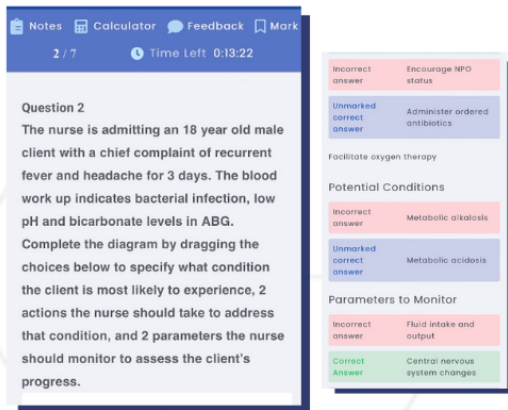
MAJOR NCLEX SALE



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Our researched training model combines the science of nursing with clinical applications to situational awareness and judgement.



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Your virtual training platform contains comprehensive content lectures by Instructor Regina Callion MSN, RN. Each video is fun, easy to understand, and engaging; it's like watching Netflix for NCLEX!



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Follow our twenty-session study schedule to take control and pass your state board exam with confidence.

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\$69

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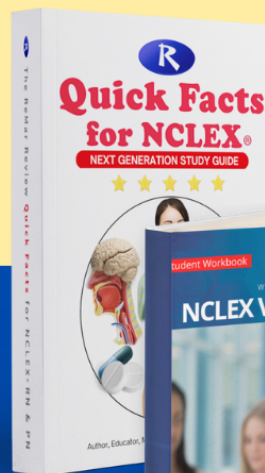
Save 30% off NCLEX Prep during Nurses Week!



A BETTER EXPERIENCE

The NCLEX V2 has Better Content + Better Questions and also includes the V2 PDF Workbook & physical Quick Facts for NCLEX.

Optimize your study experience and deepen your connection as you study the core content virtually with professor Regina M. Callion MSN, RN the #1 NCLEX Instructor on the planet!



\$474 Value

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NURSES WEEK

SCHEDULE OF EVENTS

Join these events live from the ReMar Nurse [YouTube Channel!](#)

30% Off Training Discount

You can, you will, you must pass NCLEX! If you love the content during this free Nurses Week event, take advantage of the 30% off the NCLEX-V2 Training system beginning Monday, May 6th through 13th while supplies last.

Monday – 6th
12:00 pm EST

How to Pass NCLEX | Monday Motivation – Pg. 2
Nursing Priority Questions

Tuesday – 7th
8:00 pm EST

Test Anxiety Workshop – Pg. 5

Wednesday – 8th
9:00 pm EST

Winning Wednesday | NCLEX Review – Pg. 10

Thursday – 9th
8:00 pm EST

NCLEX Critical Thinking Workshop – Pg. 12

Sunday – 12th
8:00 pm EST

International Nurses Day – Pg. 18

Sale Ends
Midnight | May 13th

Content + Critical Thinking is the key to passing the NCLEX exam! Sometimes anxiety gets in the way and can take over – **IF YOU LET IT!** We believe in putting faith over fear and moving forward with proper preparation. Take advantage of the 30% off the NCLEX-V2 Trainer before the sale ends and earn your license in less than a month! Hurry, this offer ends on Monday, May 13th.

Professor Regina M. Callion MSN, RN



A MESSAGE FROM YOUR INSTRUCTOR

My name is Professor Regina M. Callion MSN; RN and I will be your instructor for our Nurses Week event. At the end of this FREE event, you'll decide what's best for you to complete your NCLEX journey. Everything we do this week will build your confidence and give you a detailed study plan for passing NCLEX in 30 Days or less. I've helped thousands of nurses earn their nursing license, even as repeat-testers or nurses dealing with anxiety.

"I started nursing at the age when I was challenged to take care of my grandparents at the age of sixteen years old."

My grandmother – she was a double amputee she lost her legs and vision to diabetes. My grandfather had a stroke and couldn't talk, swallow or walk. Some might think I would feel helpless in this new environment, but I was empowered because of a home health nurse named Linda. She taught me how to practice bedside nursing in a simple straight to the point way. She turned my challenge into an opportunity. Nurse Linda wasn't afraid of my age or lack of experience. She believed in me. As we begin our journey together, I want you to see the challenge of passing NCLEX as the opportunity of your lifetime.

"I'm going to make you a BOLD PROMISE"

Your success as a nurse is determined by your ability to think, plan, decide, and act. The actions you take will be based upon your core content knowledge of the fundamental practice of nursing. These same skills are necessary as you prepare to take NCLEX®. The stronger you are with the fundamentals, the faster you will learn how to critically think and make the right decisions.

I have personally beaten the odds and as a ReMar Nurse I expect you to do the same. I've helped thousands of new grads, foreign nurses, to repeat-testers pass NCLEX. It doesn't matter if you've tested 10 times, I want to encourage you to stay focused on this one goal and believe in yourself because if you study this content in the **NCLEX V2 Trainer - You Will Pass NCLEX**.

I'm going to take what's in my head and put it in yours. We only have a short time together so I'm also going to make sure that you can access all my NCLEX content, Questions, and CAT Exams inside of the V2 Trainer with a major discount so that you can get started for only \$69 and complete your review in 30 days or less to earn your license.

Stay focused; put FAITH over fear and invest in yourself - YOU CAN, YOU WILL, and YOU MUST Pass NCLEX!

National Nurses Week Workbook

Regina Callion MSN, RN

Monday

How to Pass NCLEX - Nursing Priorities Questions

Monday: How to Pass NCLEX

1. A female client expresses discomfort from taking antihypertensive medication and prefers to take a herbal remedy. The client firmly believes in traditional healing methods including herbs and folklore. Which action by the practical nurse demonstrates cultural competence?

1. Explain modern medicine benefits.
2. Let the client use herbs instead.
3. Discuss the request with the physician.
4. Advise against less studied herbs.

2. After the nurse receives the afternoon shift report, which client should the nurse assess first?

1. A client newly diagnosed with cancer.
2. An anorexic client eating low calorie foods.
3. A client with dyspnea upon exertion.
4. A client completing a blood transfusion.

3. The nurse is administering medications, which of the following medication should be given first:

1. furosemide 20 mg IV q 6 hours.
2. acetaminophen 500 mg IV now.
3. digoxin 250 mcg PO once daily.
4. azithromycin 500 mg PO BID.

4. A client with a do not resuscitate (DNR) order is in distress, which intervention should a nurse do first?

1. inform the rescue team.
2. stay with the client.
3. contact the health care provider.
4. prepare for post-mortem care.

National Nurses Week Workbook

Regina Callion MSN, RN

Monday

How to Pass NCLEX - Nursing Priorities Questions

5. A nurse in the pediatric unit is in charge of a newborn with spina bifida transferred from the Neonatal Intensive Care Unit. He is scheduled for surgery. In which position should the nurse place the newborn during admission?

1. Dorsal recumbent
2. High-fowler's
3. Prone
4. Supine

6. The telemetry reads asystole in an awake client, which task can a nurse ask an unlicensed assistive personnel to do?

1. check if the leads are still attached.
2. call another registered nurse to re-assess.
3. call the rescue team.
4. bring a defibrillator to the bedside.

7. The charge nurse assigns clients to the team in a respiratory unit, which client can be assigned to a new graduate nurse?

1. a client with ascites reporting dyspnea.
2. a client with tuberculosis in remission.
3. a client with lung cancer presenting hemoptysis.
4. a client with pneumonia with an increased respiratory rate.

8. The nurse is caring for a pregnant woman who calls from her home to the labor unit and says that she has been having consistent back discomfort all day. Presently, she is at 30 weeks of gestation. What is the priority intervention of the nurse?

1. Reassure her that she is having discomfort that is typical of the third trimester.
2. Encourage her to come to the clinic the next day if she experiences increased vaginal drainage.
3. Tell her to increase her fluid intake to reduce Braxton Hicks contractions.
4. Inform her to come to the hospital for further evaluation.

National Nurses Week Workbook

Regina Callion MSN, RN

Monday

How to Pass NCLEX-Nursing Priorities Questions

9. The nurse is assessing a client with Cushing's syndrome and noted that the client has severe muscle weakness, bruises, pitting edema and arrhythmias. With these findings the nurse should:

1. Check fluid intake and output.
2. Limit fluid intake.
3. Weigh the client.
4. Notify the physician.

10. A client with type 1 diabetes is admitted with diabetic ketoacidosis (DKA). The current glucose level is 650. The practical nurse should expect which insulin to be ordered as part of the treatment plan?

1. Regular insulin
2. NPH intermediate insulin
3. Lispro rapid acting insulin
4. Glargine long term insulin

11. A client is experiencing chest pain and shortness of breath. Upon assessment, the practical nurse notes the client's blood pressure is 190/100 mmHg. After nitroglycerin, which medication should the practical nurse administer next?

1. Hydrochlorothiazide
2. Metoprolol
3. Furosemide
4. Lisinopril

12. A nurse caring for a client with COPD presents with increased shortness of breath and wheezing. The client's O₂ saturation is 84% on room air. The nurse administers albuterol via nebulization as prescribed. After 20 minutes, the client's oxygen saturation has slightly increased at 85%, and the client reports no improvement in symptoms. Which of the following actions should the nurse take next?

1. Assess the respiratory status.
2. Apply 2 liters of oxygen via nasal cannula STAT.
3. Notify the physician.
4. Administer the prescribed corticosteroid inhaler.

National Nurses Week Workbook

Regina Callion MSN, RN

Medical disclaimer: This workbook and the information presented by Regina Callion MSN, RN is for informational purposes only. It is not intended as a substitute for medical or professional advice.

Tuesday

Test Anxiety Workshop

Most nursing students who have it- know what it feels like and how it can affect your performance during an exam.

What We'll Study

This workshop helps test-takers identify a source of their anxiety and begin changing their thoughts related to the meaning of tests. With repeated practice, the information reviewed in this class can increase knowledge in the area of relating to the NCLEX.

What You'll Learn

The workshop created by Regina Callion MSN, RN will help you learn to manage test anxiety and approach the NCLEX RN or PN exam with greater confidence. ReMar Nurses will learn to work with their thoughts, emotions, and bodies as they reduce anxiety and prepare for tests.

Who this Event is For

This course is intended for nursing students at all levels and those preparing for NCLEX!

The topics we will discuss are:

- ▷ **What is test anxiety?**
- ▷ **Challenging Test Anxiety Myths**
- ▷ **Assess Your Anxiety With These 2 Basic Tests**
- ▷ **Tackling Test Anxiety Test-**
- ▷ **Taking Strategies to Reduce Anxiety on the Big Day**

We want you to be prepared to meet the intellectual goal of learning the content while also being prepared for the mental challenge of managing stress, anxiety, or doubt. Remember you can pass NCLEX! With God it's possible.

National Nurses Week Workbook

Regina Callion MSN, RN

Tuesday

Test Anxiety Workshop

1. What is _____ ?

▲ Anxiety is defined as the "psychological mechanism whereby the current intensification of a dangerous drive results in the elicitation of defenses.



The first point to know is that test anxiety is very: _____
It can come up as a: MENTAL, PHYSICAL, OR

Everyone is different.

Test Anxiety Symptoms

Shortness of breath	Sweaty Palms-caffeine	Racing Thoughts-
Freezing Up		Panic
		Crying
Headache	Tachycardia	

How do you experience anxiety? Write below.

National Nurses Week Workbook

Regina Callion MSN, RN

Tuesday

Test Anxiety Workshop



ReMar Nurse Tip

During the exam focus on:



Myth #1	Test anxiety isn't _____.
Truth	Test anxiety is very real and can be debilitating.

Myth #2	Any level of anxiety is _____.
Truth	A little nervousness before a test is normal and can help sharpen your mind and focus your attention.

Myth #3	Test anxiety doesn't affect
Truth	People with high _____ get test anxiety.

National Nurses Week Workbook

Regina Callion MSN, RN

Tuesday	Test Anxiety Workshop
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Myth #4	If I just study really hard the test anxiety will
Truth	Test prep is important but it is also important to manage stress

Myth #5	It is impossible to get over test anxiety.
Truth	Test anxiety is very

Myth #6	Test anxiety is just in your
Truth	Test anxiety is very real and it affects the entire body.

Let's take a quick assessment.

<u>Never</u> 1	<u>Rarely</u> 2	<u>Sometimes</u> 3	<u>Often</u> 4	<u>Always</u> 5
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1. _____ I have visible signs of nervousness, such as sweaty palms, shaky hands etc, before a test.
2. _____ I have "butterflies" in my stomach.
3. _____ I feel nauseated before a test.
4. _____ I read through the test and feel that I do not know any of the answers.
5. _____ I panic before and during a test.
6. _____ My mind goes blank during a test.
7. _____ I remember the information that I blanked on once I get out of the testing situation.
8. _____ I have trouble sleeping the night before a test.
9. _____ I make mistakes on easy questions or put answers in the wrong places.
10. _____ I have trouble choosing answers.

_____ = Total (Scores will range from 10-50)

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Regina Callion MSN, RN

Tuesday

Test Anxiety Workshop

Assessment Results

	You do not suffer from test anxiety. In fact if you score at this range, a little anxiety may be healthy to keep you focused.
	Although you exhibit some of the characteristics of test anxiety, the level of stress and tension can still be healthy for your life experience.
	You are experiencing what can be considered an unhealthy level of text anxiety and should evaluate the reason for the distress. It will be important to identify strategies for managing

Ways to deal with anxiety before the NCLEX

1. Wear the same outfit that you have been studying in.
2. Read directions carefully
3. Remember deep breathing exercises
4. Slow down
5. Expect some anxiety-it is normal.
6. Change positions to help you relax
7. Think of someone positive and what the would say to you.
8. Plan a reward for yourself after the exam.

Balloon Belly Breathing

Belly breathing is a great tool to cope with NCLEX test anxiety.

Step 1: Get into a comfortable position. You can be sitting up or lying down if you choose.

Step 2: Imagine there is a balloon in your belly.

Step 3: As you take a deep breath in through your nose try to fill the balloon up so that your belly puffs out. Count to 4 as you breathe in. Example: Inhale...2...3...4 **Step 4:** Now breathe out through your mouth to let all of the air escape. Example: Exhale...2...3...4

Repeat until you are calm.

*Note - If stressful thoughts or images enter your mind just acknowledge them without judgement (good, bad, right, wrong) and release them. Now is not the time to deal with outside thoughts. You are to remain focused on belly balloon breathing.

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Wednesday

Winning Wednesday – Critical Thinking Review

1. A charge nurse is managing a group of hospital staff. Which of the following actions indicates a need for further instruction?
 1. A registered nurse who pronounces a client dead.
 2. A nurse's aide who takes an apical pulse on a client with congestive heart failure.
 3. A nurse's aide who is reporting malfunctioning equipment.
 4. A licensed practical nurse who has documented follow-up teaching in a client's chart.

Pronouncement of death is legal by _____. Pronouncement and certification is not the same thing.

A LPN is legally responsible for documenting follow-up education provided.

2. A nurse is developing a therapeutic relationship with a client. Which space is most appropriate to foster therapeutic communication?

1. 8 inches to 12 inches
2. 24 inches to 2 feet
3. 3 feet to 6 feet
4. 8 feet to 12 feet

3. Mr. Brown, the husband of a client asks the nurse if they can speak in private. The nurse agrees. During the conversation the husband leans into the nurse's personal space. The nurse asks the husband not to invade her personal space due to her comfort level. A few moments later Mr. Brown was leaning within a few inches of the nurse again. What is the **most** therapeutic response by the nurse?

1. I feel uncomfortable, why are you leaning in?
2. Mr. Brown you keep invading my personal space. What is that about?
3. I want to be clear please back up 3 feet.
4. I asked you to back up, would you like for your wife to join us?

4. A nurse is setting up a conference for a client with paranoid schizophrenia. Which setting is **most** appropriate for therapeutic communication?

1. A quiet empty client's room.
2. A formal conference room.
3. A quiet room at the end of the nurse's station with two chairs.
4. A quiet closet space with two chairs.

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5. A post-myocardial infarction client is scheduled for a technetium-99m ventriculography (multigated acquisition [MUGA] scan). Which item in place should the nurse ensure before the procedure?

1. A central venous pressure line
2. Allergies to iodine or shellfish
3. A foley catheter
4. Signed informed consent

6. A nurse is caring for a postoperative client with episodes of extreme agitation. Which of the following is the best nursing measure to prevent worsening agitation while speaking?

1. Speak from the entrance to room
2. Wait until the agitation has gone
3. Moving slowly toward the client
4. Gently holding the client' hand

7. The registered nurse on duty is making decisions regarding the room assignment of a client on a pediatric unit. Which possible roommate would be the most appropriate for a 36-month-old child diagnosed with nephrotic syndrome?

1. A 2 years old with anemia
2. A 2 years old with fracture
3. A 4 years old with hernia repair
4. A Baby with sickle cell crisis

8. A 17-year-old female client arrives at the ER with several wounds and bruises on both arms and legs. She claims that she was bullied and physically abused at school. After providing immediate medical treatment, which nursing intervention is the most important to consider while developing a care plan?

1. Schedule for psychiatric consultation
2. Report the incident to the police
3. Identify potential safety issues
4. Talk to the school principal.

Nursing Student - Recommendation

Question: Hello, Professor Regina, I'm still in nursing school right now but I graduate in a few months. I love the content we've been studying. Should I get the V2 now or wait until I graduate?

Answer: Nursing students nearing graduation (1-3 months) are recommended to join the V2 now with a 3 or 6-month subscription. This will help with your finals, exit exams, and begin your transition into NCLEX prep! Students with more than 3-months until graduation should begin studying with the **Quick Facts for NCLEX** book or **Quick Facts for Nursing School** book available now at ReMarNurse.com. You can delay your start of the V2 up to 90 days at the time of checkout.

National Nurses Week Workbook

Regina Callion MSN, RN

Thursday

Critical Thinking Workshop

Benefits of this critical thinking workshop include:

Solve NCLEX problems _____.

Make better _____.

Recognize your own _____.

Develop independent _____.

What is critical thinking?

NCLEX Critical Thinking helps you to:

1. Understand issues
2. Ask relevant
3. Assess information accurately
4. Arrive at reasonable
5. Be open minded and
6. Communicate

National Nurses Week Workbook

Regina Callion MSN, RN

Thursday

Critical Thinking Workshop

Patient	Donna Jones
Age	44
Diagnosis	Obstructive Bowel Disease



Healthcare Provider Order

_____ 2-6 mg IV every 2h PRN pain.

Give 2 mg for first dose. Reassess within 30 minutes.

If adequate relief, reassess within next 2 hours. If no side effects but inadequate relief – may give 4 mg more in 30 minutes or when time to peak effect has passed from first dose. Total dose therefore is 6 mg in a 2-hour period.

What are 3 other effects that could happen to the client within 24 hours?

- 1.
- 2.
- 3.

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Regina Callion MSN, RN

Thursday

Critical Thinking Workshop

Patient	Jamal Jones
Age	62
Diagnosis	See Admission Nurses Notes



Admission Nurse Note

5/9/2024	The client reports to the wellness nurse for a follow-up health visit. The client states he has been fully compliant with his diabetic diet. The client reports daily exercise in the form of jogging and stretching for thirty minutes. The client verbalizes improvement in his capillary glucose levels. Upon my assessment the client has gained 14 pounds in the last 2 months. The client appears to have 3 wounds on the right leg and 1 on the left foot. See the skin assessment form for more detail. The client's current capillary blood glucose level is 343. Doctor Kemble notified of findings. Awaiting orders. Will continue to monitor. - J. Candace, RN
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What critical thinking _____ does the nurse need to ask?

Write down at least 3 _____ to ask.

What medication could the client be taking that might cause him to gain weight?

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Thursday

Critical Thinking Workshop

What happens when nursing students do not critically think?



They believe everything
They become _____ looking for constant
They fail to catch _____ in the client's
They do not ask

2nd Trimester Client – Case Study

A client in the second trimester of pregnancy is being assessed at the health care clinic. The nurse performing the assessment notes that the fetal heart rate is 100 beats per minute with normal activity.



Always critical think by:

National Nurses Week Workbook

Regina Callion MSN, RN

What you need to know?	What you are given?

1. Which nursing action would be most appropriate for the client?

1. Continue to perform the setup for an amniocentesis.
2. Inform the mother of results and document the findings.
3. Notify the healthcare provider.
4. Document the findings first for collaborative communication.

Jody Grant – Case Study

Jody Grant, 76-year-old female is admitted to the emergency department with a diagnosis of heart failure. She was discharged from the hospital 8 days ago and states “her legs weigh 100 pounds” and “she can’t catch her breath.” The nurse learns the client is following her fluid restriction and low sodium diet appropriately. She reports gaining 1 pound per day since discharge.



What you need to know?	What you are given?

1. What error in teaching most likely occurred?

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Regina Callion MSN, RN

The nurse receives the following:

Inpatient Healthcare Provider Orders

1. _____ 5mg PO BID
2. Carvedilol 100 mg PO every morning
3. Glipizide 10 mg PO every morning
4. _____ 80 mg IV Push (IVP), then 40 mg/ day IVP
5. _____


2. Before administering medication what is the most important question the nurse should ask?

3. Why is the furosemide amount changed after the first dose?

4. What are three parameters that are used to monitor the effectiveness of the medication:

5. Upon further assessment the client has systemic congestion, the nurse should expect which kind of congestive heart failure which side?

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Opportunity
closes in just
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V2

**YOU'VE COME TOO FAR TO
LEAVE WITHOUT YOUR LICENSE!**

National Nurses Week Workbook

Sunday	International Nurse Day
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ISOLATION PRECAUTIONS

A.) Universal Precautions> Do these things no matter what.

Put disposable items in the room- Blood pressure cuffs , combs, etc.

B.) Contact Precautions:

--

Contact Diseases: MRSA, VRE, C-difficile

C.) Droplet Precautions:

Communicable within 3 feet

Droplet Diseases: Meningitis,

D.) Airborne Precautions:

Special respirator mask
Negative Air flow with 6 fresh air exchanges per hour

Airborne Diseases:

Cohort Tip:

ISOLATION PRECAUTIONS

Pick the precaution (universal, contact, droplet, airborne) for each disease.

Disease	Precaution
AIDS	
Vaginal Yeast Infection	
Diarrhea	
Mononucleosis or Epstein Barr Virus	
West Nile Virus-transmitted by mosquitos	
Hepatitis C	
MRSA- staph infection	
C-difficile	
Rota virus	
Shigellosis	
Head Lice	
Epiglottitis	
Influenza (seasonal)	
Rubella (German Measles)	
Whooping Cough (Pertussis)	
Meningitis	
Varicella (Chicken Pox)	
Monkey Pox	
Rubeola (Measles)	

Remember cohort patients with same precaution

Isolation Practice Questions

Regina Callion MSN, RN

1. A nurse manager reports for duty and has to evaluate each nurse's assignment. A nurse has a client with A.I.D.S. and the nurse manager is evaluating his care by the healthcare team. She should intervene when she sees which situation?

1. A housekeeper cleans up spilled blood with a bleach solution.
2. A nurse takes the client's blood pressure wearing a mask and gloves.
3. A phlebotomist wears gloves to perform a blood draw.
4. A nurse attendant allows visitors to enter his room without masks.

2. A 7-year-old client is being admitted to the pediatric unit. What personal protective equipment must be placed outside the room when the nurse sees the client is diagnosed with varicella?

1. Gloves, disposable thermometer, private room, 6 fresh air exchanges per hour
2. Goggles, respiratory mask, gown, private room, gloves
3. Gown, private room, goggles, 6 fresh air exchanges per/hour, respiratory mask
4. Private room, goggles, respiratory mask, gloves, face/eye shield

3. What isolation precaution would you use for cutaneous anthrax?

1. Standard
2. Droplet
3. Contact
4. Airborne

4. What isolation precaution would you use for rotovirus?

1. Standard
2. Droplet
3. Contact
4. Airborne

National Nurses Week Workbook

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Sunday

International Nurse Day

Diabetes Insipidus

vs.

Syndrome of Inappropriate Antidiuretic Hormone Secretion

Both are a problem with:

Diabetes Insipidus

1. Diabetes Insipidus is too little _____.

Signs of diabetes insipidus are:

Will the blood pressure high or low?

Will the Heart rate be increased or decreased?

Treatment:

Syndrome of Inappropriate ADH

2. _____-is too much _____.

Signs of SIADH are: Oliguria

Sodium level up or down?

Treatment:

National Nurses Week Workbook

Regina Callion MSN, RN – ReMarNurse.com

Sunday

International Nurse Day

1. A client diagnosed with diabetes insipidus is receiving desmopressin as part of their treatment regimen. Which finding indicates that the medication is effective?
 2. Increased urine output
 3. Decreased urine specific gravity
 4. Elevated serum sodium levels
 5. Decreased serum osmolarity

2. Which of the following is unexpected in diabetes insipidus? Select all that apply.
 1. Decreased urine output
 2. Inadequate antidiuretic hormone absorption
 3. Increase in weight
 4. Nocturia
 5. Polydypsia
 6. Hyponatremia

3. A client is admitted to the hospital with suspected Syndrome of Inappropriate Antidiuretic Hormone (SIADH). Which of the following assessment findings is consistent with this condition?
 1. Polyuria
 2. Hypernatremia
 3. Decreased urine specific gravity
 4. Hypovolemia

4. A nurse is caring for a client diagnosed with Syndrome of Inappropriate Antidiuretic Hormone. Which intervention should the nurse prioritize in the care plan?
 1. Encourage increased fluid intake
 2. Implement strict fluid restriction
 3. Administer hypertonic saline solution
 4. Administer loop diuretics

THERAPEUTIC COMMUNICATION

Regina Callion MSN, RN – ReMarNurse.com

The purpose of using these strategies is to help your client express their feelings more effectively.

- S. Sit in _____
- O. _____ with openness
- L. Listen and lean forward
- A. _____ eye level
- R. _____ and rephrase

Don't Do This:

*Giving _____ opinions
_____ the subject
_____ reassurance
_____ with the client
Use words like bad, good, wrong or right*

On NCLEX Choose.....

- 1.
2. Never promise:

Look for:

1. Open ended _____
2. Answers that focus on feelings
3. Answers that _____

Therapeutic communication allows clients to make their own choices

THERAPEUTIC COMMUNICATION

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Parameters

Age	<i>Hold</i>
	Less than
	Less than
	Less than
	Less than

IMPORTANT Drug Antidotes

Medication	Antidote
Magnesium Sulfate	Calcium gluconate
Insulin	
	Protamine sulfate
	Vitamin K, Fresh frozen plasma

Needle Information

Route	Skin layers	Gauge	Length
SQ	Epidermis, dermis and into the subcutaneous fat		
Intradermal			
Intramuscular		22	1 Inch

PASS NCLEX IN 30-DAYS or LESS!

It's super easy – Just follow the daily study schedule.

This study calendar is designed to make your life easier! Each week do 5 study sessions. One study session each day is best to pace yourself. One study session a day also allows you time to process the information presented. You will need to print the workbook in order for this calendar to be most effective. Remember to keep your study sessions under 3 hours per day. Check off each task once it has been completed. If you follow this calendar the course will be completed in 4 weeks.

STUDY SESSION #1

Watch	Read	Answer
*Optional: <i>Getting Started Tutorials</i> this is found in the 30-Day Challenge Section <input type="checkbox"/> Pregnancy Overview <input type="checkbox"/> Normal & High-Risk Newborn <input type="checkbox"/> Infant Heart Defects <input type="checkbox"/> Pediatric Developmental Milestones	<input type="checkbox"/> Download & Print Student Workbook	<input type="checkbox"/> Clinical Subject Exam: Pregnancy *Optional: 30-Day Challenge Video Session 1

STUDY SESSION #2

Watch	Read	Answer
<input type="checkbox"/> Age Specific Nursing Care <input type="checkbox"/> Expected Changes in Aging <input type="checkbox"/> Diets	<input type="checkbox"/> Review Study Session #1 Notes	<input type="checkbox"/> Clinical Progress Exam 1 <input type="checkbox"/> Clinical Subject Exam: Physiological *Optional: 30-Day Challenge Video Session 2

STUDY SESSION #3

Watch	Read	Answer
<input type="checkbox"/> Orthopedics <input type="checkbox"/> Basic Care & Comfort	<input type="checkbox"/> Review Study Session #2 Notes	<input type="checkbox"/> Clinical Pharmacology Exam 1 <input type="checkbox"/> Clinical Progress Exam 2 <input type="checkbox"/> Clinical Pharmacology Exam 2 *Optional: 30-Day Challenge Video Session 3

STUDY SESSION #4

Watch	Read	Answer
<input type="checkbox"/> Medication Administration <input type="checkbox"/> Antibiotics	<input type="checkbox"/> Review Study Session #3 Notes	<input type="checkbox"/> Clinical Progress Exam 3 *Optional: 30-Day Challenge Video Session 4

STUDY SESSION #5

Watch	Read	Answer
<input type="checkbox"/> Intravenous (IV) Therapy <input type="checkbox"/> Total Parenteral Nutrition <input type="checkbox"/> Pain Management	<input type="checkbox"/> Review Study Session #4 Notes	<input type="checkbox"/> Clinical Pharmacology Exam 3 *Optional: 30-Day Challenge Video Session 5

STUDY SESSION #6

Watch	Read	Answer
<input type="checkbox"/> Substance Abuse <input type="checkbox"/> IV fluids <input type="checkbox"/> Clinical Math <input type="checkbox"/> Easy NCLEX Labs	<input type="checkbox"/> Review Study Session #5 Notes	<input type="checkbox"/> Clinical Progress Exam 4 *Optional: 30-Day Challenge Video Session 6

SAMPLE 20 SESSION
STUDY SCHEDULE

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Sincerely with Love,

Your Favorite NCLEX Instructor,
Professor Regina M. Callion MSN, RN

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