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Quick-Study Academic/ Nursing

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ASSESSING LUNG SOUNDS

To accurately lung sounds, assess the shape of your chest and identify the location on the corresponding diagram.

1. **Normal** (clearly audible) - normal lung sounds

2. **Crackles** (fine, short) - heard in early stages of pneumonia and other lung diseases

3. **Wheezes** (high-pitched, whistling) - heard in asthma, COPD, and other lung diseases

4. **Stridor** (harsh, high-pitched) - heard in upper airway obstruction

5. **Diminished** - heard in emphysema and other lung diseases

6. **Hyperresonance** - heard in emphysema and other lung diseases

7. **Tracheal** - heard in hyperinflation of the lungs (e.g., COPD)

8. **Crackles** (coarse) - heard in heart failure and other lung diseases

9. **Crackles** (fine) - heard in early stages of pneumonia and other lung diseases

10. **Crackles** (medium) - heard in early stages of pneumonia and other lung diseases

11. **Crackles** (coarse) - heard in heart failure and other lung diseases

12. **Crackles** (fine) - heard in early stages of pneumonia and other lung diseases

13. **Crackles** (medium) - heard in early stages of pneumonia and other lung diseases

14. **Crackles** (coarse) - heard in heart failure and other lung diseases

15. **Crackles** (fine) - heard in early stages of pneumonia and other lung diseases

16. **Crackles** (medium) - heard in early stages of pneumonia and other lung diseases

17. **Crackles** (coarse) - heard in heart failure and other lung diseases

18. **Crackles** (fine) - heard in early stages of pneumonia and other lung diseases

19. **Crackles** (medium) - heard in early stages of pneumonia and other lung diseases

20. **Crackles** (coarse) - heard in heart failure and other lung diseases

ADVERSE LUNG SOUNDS

| Sound | Characteristics | Cause |
|-------------------|--------------------------------|--------------------------------|
| Crackles | Short, popping sounds | Pneumonia, heart failure, COPD |
| Wheezes | High-pitched, whistling sounds | Asthma, COPD, bronchitis |
| Stridor | Harsh, high-pitched sound | Upper airway obstruction |
| Diminished | Reduced or absent sounds | Emphysema, COPD |
| Hyperresonance | Exaggerated resonance | Emphysema, COPD |
| Tracheal | Harsh, high-pitched sound | Hyperinflation of the lungs |
| Crackles (coarse) | Large, bubbling sounds | Heart failure, pneumonia |
| Crackles (fine) | Small, popping sounds | Pneumonia, heart failure |
| Crackles (medium) | Medium-sized popping sounds | Pneumonia, heart failure |

ARTERIAL BLOOD GAS ANALYSIS (ABGA)

| Parameter | Normal Range | Abnormal Range |
|-------------------|-----------------|------------------|
| pH | 7.35 to 7.45 | < 7.35 or > 7.45 |
| PaO ₂ | 80 to 100 mm Hg | < 80 mm Hg |
| PaCO ₂ | 35 to 45 mm Hg | > 45 mm Hg |

HEART SOUNDS

Normal heart sounds are S₁ and S₂. S₁ is the first sound and S₂ is the second sound.

S₁ (Aortic Closure) - Heard at the aortic valve. S₁ is the first sound and S₂ is the second sound.

S₂ (Pulmonary Closure) - Heard at the pulmonary valve. S₂ is the first sound and S₁ is the second sound.

S₃ (Third Heart Sound) - Heard at the lower left sternal border. S₃ is the first sound and S₂ is the second sound.

S₄ (Fourth Heart Sound) - Heard at the lower left sternal border. S₄ is the first sound and S₂ is the second sound.

CARDIAC MARKERS & SERUM ENZYME LEVELS

| Parameter | Normal Range | Abnormal Range |
|----------------------------------|----------------|----------------|
| Aspartate Aminotransferase (AST) | 10 to 40 U/L | > 40 U/L |
| Alanine Aminotransferase (ALT) | 10 to 40 U/L | > 40 U/L |
| Creatine Kinase-MB (CK-MB) | 0 to 10 U/L | > 10 U/L |
| Lactate Dehydrogenase (LDH) | 100 to 250 U/L | > 250 U/L |



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

Book Information

Series: Quickstudy: Academic

Pamphlet: 4 pages

Publisher: Barcharts Inc; 1 Lam Crds edition (January 1, 2007)

Language: English

ISBN-10: 1423203089

ISBN-13: 978-1423203087

Product Dimensions: 8.5 x 11 x 0.1 inches

Shipping Weight: 0.8 ounces

Average Customer Review: 4.7 out of 5 stars • See all reviews (25 customer reviews)

Best Sellers Rank: #685,472 in Books (See Top 100 in Books) #12 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Mental Health #58 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Oncology #84 in Books > Medical Books > Nursing > Oncology

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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