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NCLEX-RN®

STUDENT WORKBOOK

CAT

TEST TACTICS: CAT DECISION-MAKING SKILLS

S

The nurse is caring for a 60-year-old client.

History and Physical | **Vital Signs**

Body System	Findings
Neurologic	Alert; oriented x 3; reports feeling "anxious;" history of depression
Pulmonary	Dyspnea on exertion, worsening over the last 2 weeks; non-productive cough; breath sounds diminished on left; current smoker; 20 pack-year history
Cardiovascular	Apical pulse regular; S1 and S2 present; history of deep vein thrombosis
Gastrointestinal	Dysphagia; 15-lb (6.8 kg) unexplained weight loss over the last 3 months; bowel sounds normoactive x 4; history of umbilical hernia repair
Musculoskeletal	Moves all extremities; reports 4/10 dull left subscapular pain
Extremities	Capillary refill <3 seconds and pulses 2+ all extremities
Psychosocial	Married; primary caregiver for adult son with cerebral palsy; expresses concern about "making ends meet"

The nurse is caring for a 60-year-old client.

History and Physical | **Vital Signs**

Day 1: 1130	
T	98.9 F (37.1 C)
P	100
RR	24
BP	126/78
Pulse oximetry reading	92% on room air

NOTES:

ITEM 1 OF 6

Select the top 5 findings below that the nurse should follow up on first.

1. Pain
2. Vital signs
3. Dysphagia
4. Weight loss
5. Dyspnea on exertion
6. Psychosocial findings
7. History of cigarette smoking
8. History of deep vein thrombosis

ITEM 2 OF 6

Client Findings	Pulmonary Embolism	Lung Cancer	Pulmonary Tuberculosis
Cough			
Dyspnea			
Dysphagia			
Weight loss			
History of deep vein thrombosis			

NOTES:

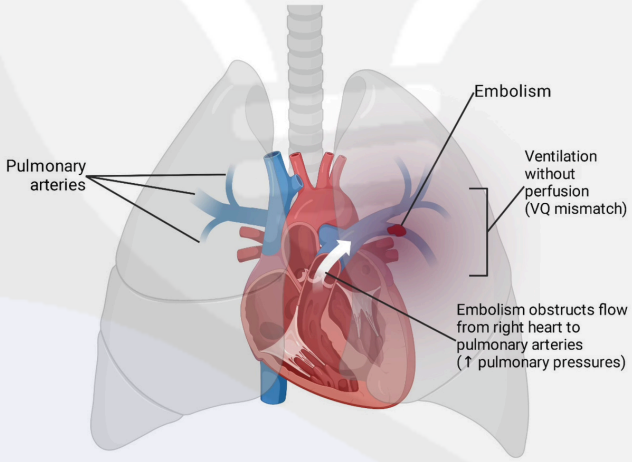
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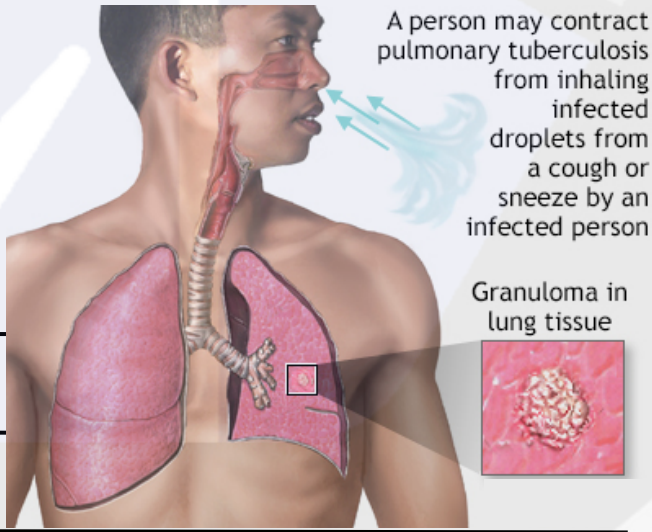
NOTES:



NOTES:



NOTES:



The nurse is caring for a 60-year-old client.

ITEM 3 OF 6

Nurses' Notes | Vital Signs

Day 1: Emergency Department

1230:

Client reports constant and dull left shoulder pain 5/10. Reports poor appetite; denies nausea. Tearful and asking to go outside to smoke. Scheduled for chest CT and inpatient admission to the hematology/oncology unit.

The nurse is caring for a 60-year-old client.

ITEM 3 OF 6

Nurses' Notes | Vital Signs

	Day 1: 1130	Day 1: 1230
T	98.9 F (37.1 C)	98.9 F (37.1 C)
P	100	104
RR	24	24
BP	126/78	134/80
Pulse oximetry reading	92% on room air	89% on room air

NOTES:

ITEM 3 OF 6

Complete the following sentence by choosing from the list of options:

The nurse should **first** address the client's [ ]

followed by the client's [ ]

Word Choices

1. poor appetite
2. pain
3. hypoxemia
4. nicotine cravings
5. tearful demeanor

The nurse is caring for a 60-year-old client.

ITEM 4 OF 6

Vital Signs | Diagnostic Results

Day 1: 1130	Day 1: 1230	Day 1: 1700	
T	98.9 F (37.1 C)	98.9 F (37.1 C)	98.4 F (36.8 C)
P	100	104	90
RR	24	24	20
BP	126/78	134/80	142/68
Pulse oximetry reading	92% on room air	89% on room air	94% on 4 L/min via nasal cannula

NOTES:

The nurse is caring for a 60-year-old client.

ITEM 4 OF 6

Vital Signs | Diagnostic Results

Computed tomography (CT) of the chest

Day 1: 1700

Left hilar mass measuring 4.2 x 3.9 x 3.6 cm likely reflecting bronchogenic carcinoma.
Associated metastatic left supraclavicular lymphadenopathy.

ITEM 4 OF 6

The nurse reviews the Diagnostic Results and updates the Vital Signs at 1700.

Which of the following healthcare orders would the nurse anticipate? Select all that apply.

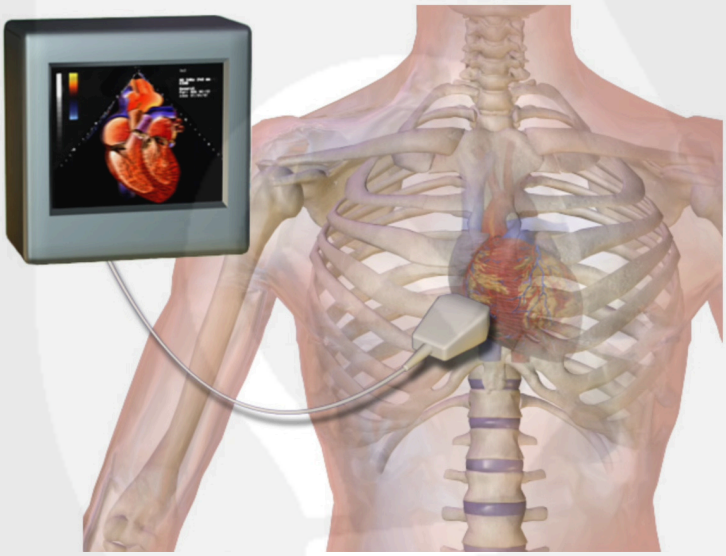
1. Consult palliative care
2.Echocardiogram STAT
3. Pulmonary function tests
4. Obtain an arterial blood gas
5. Prepare for chest tube insertion
6. Administer 10 mg hydralazine IV
7.Prepare for bronchoscopy with biopsy
8. Positron emission tomography (PET) scan

NOTES:

REMEMBER

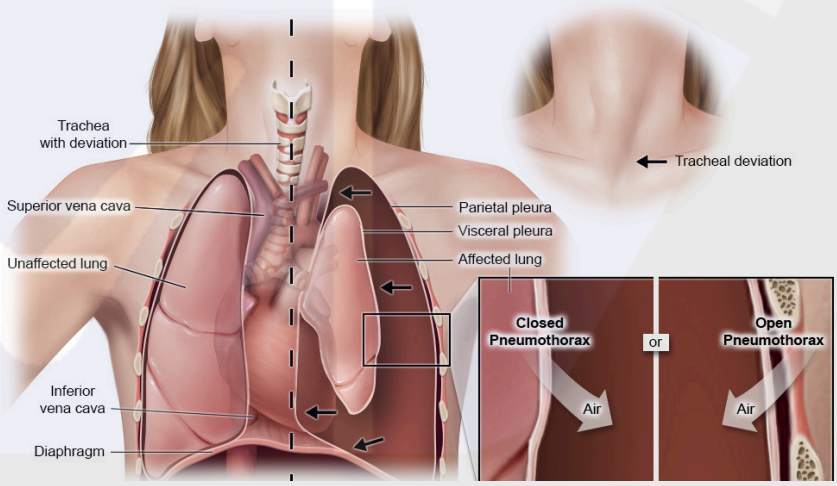
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Echocardiogram



NOTES:

Tension Pneumothorax



NOTES:

The nurse is caring for a 60-year-old client.

ITEM 5 OF 6

Diagnostic Results

Bronchoscopy

Day 2: 0900

Local anesthesia provided with topical benzocaine spray to the posterior pharynx. Bronchoscopy performed with fluoroscopic guidance. Endobronchial stent placed in the left superior bronchus. Transbronchial fine needle biopsy of left superior bronchial hypervascular tumor.

Findings: Preliminary biopsy consistent with small cell lung cancer.
Estimated blood loss: minimal.
Complications: None.
Disposition: Post-anesthesia care unit then floor.

ITEM 5 OF 6

The nurse reviews the updated Diagnostic Results from Day 2 at 0900.

The client returns to the hematology/oncology unit after the bronchoscopy. The experienced nurse is supervising a new graduate nurse who is planning care for the client. The nurse has not yet assessed the client. Which statement(s) by the new graduate nurse indicates an **understanding** of the plan of care? **Select all that apply.**

1. "I would expect the client to have a low-grade fever."
2. "I messaged dietary to bring the client a regular meal tray now."
3. "We should reassess the client's lung sounds and pulse oximetry."
4. "I will call a rapid response if the client begins to need more oxygen."
5. "It is normal for the client to have some blood-tinged sputum after the procedure."

NOTES:

The nurse is caring for a 60-year-old client.

ITEM 6 OF 6

Nurses' Notes

Day 4: Hematology/Oncology Unit

1400: Client confirmed to have stage IV small cell lung cancer diagnosis. Started first cycle of carboplatin and etoposide yesterday. Client oriented to place and date; requires frequent reorientation to situation; appears withdrawn. Denies shortness of breath; cough producing tan sputum; pulse oximetry 98%; weaned to 2 L/min oxygen via nasal cannula. Wearing sequential compression devices while in bed. Reports nausea; no vomiting. PRN ondansetron provided. Acetaminophen provided for left scapular pain 2/10 and headache 4/10. Plan for discharge at the end of the week.

ITEM 6 OF 6

The nurse reviews the Nurses' Notes from Day 4 at 1400.

Click to highlight the findings in the Nurses' Notes that would indicate that interventions were effective.

Day 4: Hematology/Oncology Unit

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NOTES:

The emergency room nurse cares for a 12-year-old female client.

ITEM 1 OF 6

Nurses' Notes | Vital Signs

Emergency Department
Day 1
1345:

A 12-year-old female client presents to the emergency department with her mother. Mother states that since this morning, the client "hasn't been herself' and could not focus in school. The client complains of dysuria and urinary frequency. The client states she felt tired all day, especially after running for an hour outside in the sun for physical education class. The client asked her mother if she could come home early when she started having abdominal pain. She states her menstrual period started today. When she arrived home, she had emesis x1 and has not been able to eat anything since. The mother states that over the last couple months, she had to buy the client smaller-sized clothes since she had lost a few pounds even though she has been "eating more than what she usually eats." The mother called the pediatrician once they got home who recommended taking the client to the emergency department right away. The mother states the client was diagnosed with yeast infection a month ago and was treated by her pediatrician.

Upon examination, the client is taking fast, deep breaths with a fruit-like smell. Lung sounds are clear and equal bilaterally. Heart sounds are auscultated with no murmurs present. Bowel sounds are active and auscultated in all four quadrants. Capillary refill 4 seconds and dry skin; she has blanchable redness on her shoulders and nose that is painful when touched.

The emergency room nurse cares for a 12-year-old female client.

ITEM 1 OF 6

Nurses' Notes | Vital Signs

1345	
T	98.6 F (37 C)
P	109
RR	32
BP	98/61
Pulse oximetry reading	97% on room air

NOTES:

The nurse reviews the Vital Signs and Nurses' Notes from 1345.

ITEM 1 OF 6

Click to highlight below the findings that require immediate follow up.

Emergency Department
Day 1
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The emergency room nurse cares for a 12-year-old female client.

ITEM 2 OF 6

Laboratory Results

Laboratory Test and Reference Range	1400
Glucose (random) Adult/child >2 years: ≤200 mg/dL (<11.1 mmol/L)	440 mg/dL (24.4 mmol/L)
Ketones None	Present
Glucose None	Present

NOTES:

The nurse reviews the Laboratory Results from 1400.

For each client finding below, click to specify if the finding is consistent with the disease process of diabetes insipidus, diabetic ketoacidosis, or hyperosmolar hyperglycemic state. Each finding may support more than 1 disease process.

ITEM 2 OF 6

Assessment Finding	Diabetes Insipidus	Diabetic Ketoacidosis	Hyperosmolar Hyperglycemic Syndrome
Ketonuria			
Hyperglycemia			
Excessive thirst			
Excessive hunger			
Frequent Urination			
Deep, rapid breaths			
Fruit-like breath odor			

The emergency room nurse cares for a 12-year-old female client.

ITEM 2 OF 6

Nurses' Notes

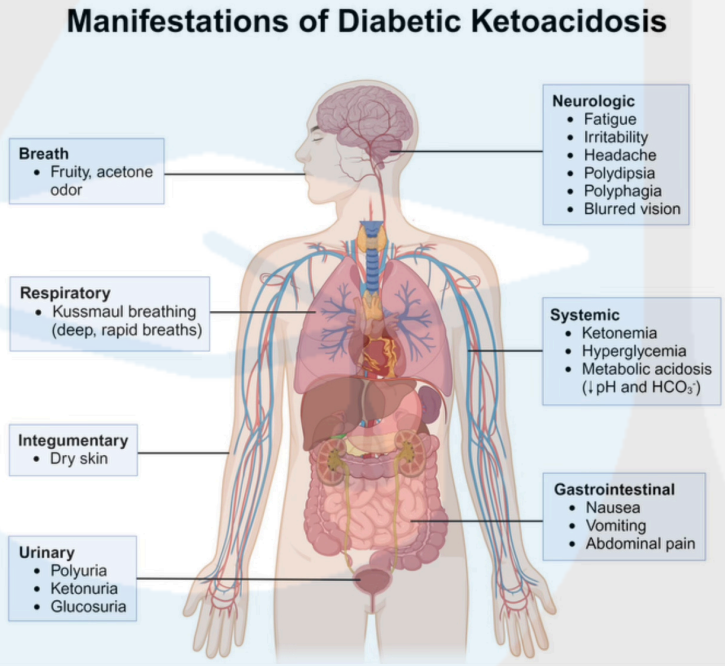
Emergency Department

1415:

Client started on IV 0.9% normal saline. Client being admitted to the hospital with a diagnosis of diabetic ketoacidosis. The client will be transferred to the pediatric intensive care unit.

NOTES:

REMEMBER



3 Ps of Diabetes Mellitus
Polydipsia (↑ increased thirst)
Polyuria (↑ increased urination)
Polyphagia (↑ increased hunger)

Features	Diabetic Ketoacidosis	Hyperosmolar Hyperglycemic Syndrome
Condition	Type 1	Type 2
Pathophysiology	Severe deficiency of insulin with hyperglycemia, ketosis, acidosis, and dehydration.	Enough insulin produced to prevent ketosis but not enough to prevent severe hyperglycemia and dehydration.
Onset	Rapid (<24 hrs)	Slower (over several days)
Blood Glucose Level	Usually 250-800 mg/dL (11.1-44.4 mmol/L)	Usually 600-1200 mg/dL (33.3-66.6 mmol/L)
Dehydration	Present	Severe
Ketosis	Present	Absent
Acid-Base Balance	Metabolic acidosis	Normal

The nurse reviews the Nurses' Notes from 1415

ITEM 3 OF 6

Drag the words from the choices below to fill in each blank in the following sentence.

The nurse should prioritize monitoring the client for [ ], [ ] and [ ].

Word Choices

1. stroke
2. neuropathy
3. retinopathy
4. cardiac arrest
5. cerebral edema
6. severe dehydration
7. urinary tract infection (UTI)

For each body system below, click to specify the potential nursing intervention that would be anticipated for the care of the client.

ITEM 4 OF 6

Body System	Potential Nursing Interventions
Nervous	1. Prepare for MRI 2. Administer antiepileptic medication 3. Monitor for changes in level of consciousness (LOC)
Endocrine	1. Administer PO metformin 2. Monitor blood glucose every 2 hours 3. Administer continuous IV regular insulin
Respiratory	1. Place client in high Fowler's 2. Monitor arterial blood gases (ABGs) 3. Prepare for continuous positive airway pressure (CPAP)
Cardiovascular	1. Administer blood 2. Connect client to cardiac monitor 3. Assess for deep vein thrombosis (DVT) every 4 hours

NOTES:

The emergency room nurse cares for a 12-year-old female client.

ITEM 5 OF 6

Nurses' Notes

Pediatric Intensive Care Unit

1430:
Client started on continuous IV regular insulin with hourly glucose monitoring.

1815:
Mother calls nurse to the bedside. Client vomited and states she is still tired but "feeling better" than before. Health care provider notified.

The emergency room nurse cares for a 12-year-old female client.

ITEM 5 OF 6

Laboratory Results

Laboratory Test and Reference Range	1400	1500	1600	1700	1800
Glucose (random) Adult/child >2 years: ≤200 mg/dL (<11.1 mmol/L)	440 mg/dL (24.4 mmol/L)	390 mg/dL (21.6 mmol/L)	365 mg/dL (20.3 mmol/L)	305 mg/dL (16.9 mmol/L)	260 mg/dL (14.4 mmol/L)

NOTES:

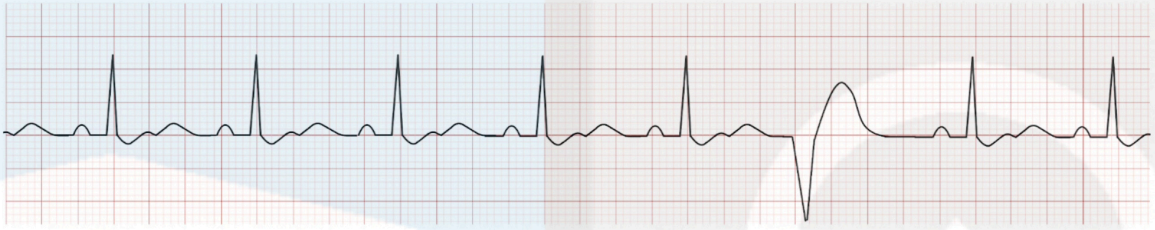
The emergency room nurse cares for a 12-year-old female client.

ITEM 5 OF 6

Diagnostic Results

Electrocardiogram (ECG)

1830:



ITEM 5 OF 6

The nurse reviews the updated Laboratory Results from 1500 through 1800, Diagnostic Results from 1830, and Nurses' Notes from 1430 and 1815.

Which actions should the nurse take at this time? Drag potential interventions the nurse should take at this time to the box on the right. Choose only the steps that are appropriate.

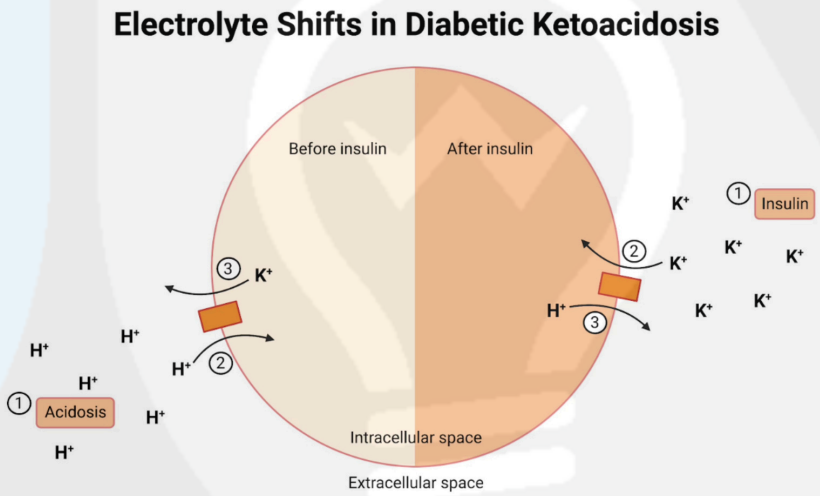
Potential Complications	Completed Interventions
1. Administer IV labetalol. 2. Administer IV potassium. 3. Obtain a troponin level. 4. Prepare for cardioversion. 5. Stop the IV insulin infusion. 6. Administer IV ondansetron. 7. Start subcutaneous insulin. 8. Obtain a basic metabolic panel. 9. Start IV dextrose 5% in sodium chloride 0.45%.	

NOTES:

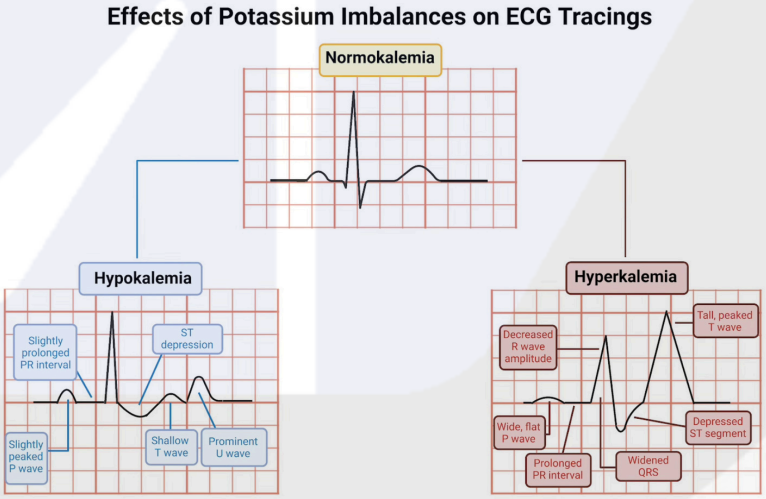
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NOTES:



NOTES:



The emergency room nurse cares for a 12-year-old female client.

ITEM 6 OF 6

Nurses' Notes

Pediatric Intensive Care Unit

1115:

Client is alert and responsive, asking about when she can go home. Client is tolerating solid foods with no emesis. Client's pre- and postprandial glucose levels are euglycemic.

The health care provider, diabetic educator, and nurse provided discharge teaching about diabetes management, medication education, and disease prevention for the client and her mother.

The emergency room nurse cares for a 12-year-old female client.

The nurse and diabetic educator have provided discharge teaching to the client and her mother. The nurse has reviewed the Nurses' Note from Day 3 at 1115.

For each of the statements made by the client, click to specify whether the statement indicates an understanding or no understanding of the discharge teaching provided

ITEM 6 OF 6

Client Statement	Understanding	No understanding
1. "If I am sick and not eating, I should skip my insulin dose."		
2. "Healthy diet and exercise changes can reverse my type 1 diabetes."		
3. "I should bring snacks to eat when I go to dance class or tennis practice."		
4. "If I feel super tired for no reason, it may be good to check my blood sugar."		
5. "I should eat foods like whole wheat breads and fruits rather than white breads and jam. "		
6. "I need to have a snack if I start to feel sweaty, nauseous, and my heart is beating fast."		
7. "If my blood sugar is under 70 mg/dL (4 mmol/L) I can drink a ½ cup of diet soda to increase my blood sugar."		
8. "When I throw out my insulin needle I should put the cap back on the needle before I put it in the trash."		

NOTES:

REMEMBER

Signs and Symptoms of Hypoglycemia	
Etiology	Symptoms
Decreased neurologic glucose supply	• Dizziness • Weakness • Confusion • Lethargy • Blurred vision • Hunger If severe: • Loss of consciousness • Seizure • Coma

Sympathetic nervous system activation	• Irritability
	  • Tremor
	  • Tachycardia
	  • Palpitations
	  • Diaphoresis

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