

# Med Surg HESI concepts- a comprehensive study guide-2024-2025

1. Teaching-AGN- diet instructions:
  - a. **Acute Glomerulonephritis:** Inflammatory injury in the glomerulus caused by immunological reaction.
  - b. Cause by streptococcal infection
  - c. Complications: kidney failure, pulmonary edema, HF
  - d. Assessment: periorbital and facial edema, decrease urinary output, hematuria, hypertension, proteinuria (excessive foam in urine), increased BUN and creatinine
  - e. Risk for fluid volume overload- measuring daily weight and assessing for changes is the most useful and effective measure for determining fluid balance
  - f. **DIET RESTRICTIONS:** **restrict sodium intake** potassium may be restricted during periods of oliguria
  - g. Diuretics are usually administered with edema, antihypertension for hypertension and antibiotics for infection.
2. NP-Diabetes-Hypoglycemic shock:& altered LOC
  - a. **Hypoglycemic shock signs and symptoms:** headache, nausea, sweating, tremors, lethargy, hunger, confusion, slurred speech, tingling around mouth, anxiety, nightmares, **altered LOC**
  - b. **Nursing Action:** life threatening, check glucose- may seize if <40. Treat immediately with complex carbohydrates (CHO): Tube of glucose, Fruit juice, Cola, Hard candy
  - c. Emergency kit of glucagon for patients with DM should be taught to use only when notice signs of severe hypoglycemia
  - d. Check glucose levels, A1c levels if necessary
  - e. POLYURIA: THINK SHOCK
  - f. POLYURIA ☐ Oliguria ☐ Anuria (too much ☐ too little ☐ can't produce urine)
3. Teaching-CVA-Visual perception:
  - a. **Cerebral Vascular Accident (CVA):** also known as a stroke/Brain attack. Sudden loss of brain function resulting from a disruption in the blood supply to a part of the brain; classified as thrombotic or hemorrhagic.
  - b. CNS involvement related to cause of stroke:
    - i. Hemorrhagic: caused by a slow or fast hemorrhage into the brain tissue; HTN
    - ii. Embolic: caused by a clot that has broken away from a vessel and has lodged in one of the arteries of the brain, blocking the blood supply. It is often related to atherosclerosis (may occur again)
    - iii. **TROPONIN** is the diagnostic test that is most sensitive to MI
  - c. Risk factors: HTN; pervious ischemic attacks; smoking; diabetes; cardiac disease
  - d. Findings: Jugular vein distention, Palpable cervical lymph node, Carotid bruit, Nuchal rigidity, decreased BP, crackles in lungs
  - e. Expressive aphasia: **communicate with picture boards (visual perception)**
  - f. Be consistent in using the same words each time a question is asked
4. Leadership-Rheumatoid Arthritis-pain diagnosis:
  - a. **Rheumatoid Arthritis:** Chronic systematic progressive deterioration of the

# 13 Hesi Study Guide

**Michael Seilmaier**



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