

## Foundations exam 1 study guide

### Clinical Reasoning:

- Purposeful
- Informed
- Outcome-focused
- Uses both intuition and logic

### The Nursing Process – ADPIE (Assess, Diagnose, Planning, Intervention, Evaluate)

- ✓ Systematic: order sequence of activities
- ✓ Dynamic: interaction and overlapping among the five steps. Always changing!
- ✓ Interpersonal: human being is always the focus
- ✓ Outcome oriented

### Assessment:

- ✓ Initial: upon being admitted
- ✓ Focused: specific diagnosed condition
- ✓ Emergency: life threatening problem
- ✓ Time-lapsed: comparing current assessment to baseline assessment
- Two types of assessment – Subjective (pt symptoms) & Objective (measurable findings)
- Assessment's are important in order to be able to identify and treat health conditions
- Includes physiological, psychological, socio-cultural, spiritual, economic, and life-style factors
- The **primary source of data collection is the pt.**
- Data is collected by examinations, observations, medical records, interviewing pt/spouse/family
- When interviewing pt's we **always** ask open ended questions.

### Diagnosis:

- ✓ **Nursing diagnosis** – Describes client problems nurses can treat independently
- ✓ **Medical diagnosis** – Describes problems for which the physician directs the primary treatment
- ✓ **Collaborative problems** – Managed by using physician-prescribed and nursing-prescribed interventions
- ✓ **Data Interpretation & Analysis**
  - Recognizing significant data by comparing to standards **ex.** objective data, subjective data
  - Recognizing patterns or clusters **ex.** significant pt changes
  - Identifying strengths and problems
  - Reaching conclusions: **ex.** no problem, possible problem, actual or potential problem, clinical problem other than nursing diagnosis

### Planning (Using SMART GOALS):

- ✓ Specific
- ✓ Measurable
- ✓ Attainable
- ✓ Relevant
- ✓ Time bound
- **Knowledge deficit is ALWAYS** a diagnosis because the goal is to educate the pt.

# Foundations Study Guide Answers

**Léo Pomar**



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