

NCLEX[®] Essentials MED SURG

The NCLEX[®] Doesn't
Have to be so
DAMN Hard!



Purchase the complete book on Amazon.com

Get FREE NCLEX[®] Courses at NRSNG.com
Get the Friday Freebies at NRSNG.com/FridayFreebies

Disclaimer

Medicine and nursing are continuously changing practices. The author and publisher have reviewed all information in this book with resources believed to be reliable and accurate and have made every effort to provide information that is up to date with best practices at the time of publication. Despite our best efforts we cannot disregard the possibility of human error and continual changes in best practices the author, publisher, and any other party involved in the production of this work can warrant that the information contained herein is complete or fully accurate. The author, publisher, and all other parties involved in this work disclaim all responsibility from any errors contained within this work and from the results from the use of this information. Readers are encouraged to check all information in this book with institutional guidelines, other sources, and up to date information. For up to date disclaimer information please visit: <http://www.nrsng.com/about>.

NCLEX®, NCLEX®-RN ®are registered trademarks of the National Council of State Boards of Nursing, INC. and hold no affiliation or support of this product.

All Rights Reserved. No part of this publication may be reproduced in any form or by any means, including scanning, photocopying, or otherwise without prior written permission of the copyright holder. This book is intended for entertainment purposes only and does not imply legal, medical, financial or other professional advice. The reader should seek the help of a competent professional for all matters.

Photo Credits:

All photos are original photos taken or created by the author or rights purchased at Fotolia.com. All rights to appear in this book have been secured.

Some images within this book are either royalty-free images, used under license from their respective copyright holders, or images that are in the public domain. Images used under a creative commons license are duly attributed, and include a link to the relevant license, as per the author's instructions. All Creative Commons images used under the following [license](#). All works in the public domain are considered public domain given life of the author plus 70 years or more as required by United States law.

Eye, Ear, Nose and Throat Disorders

Strabismus

1. Overview
 - a. eyes do not properly align with each other
 - b. due to lack of ocular muscle coordination
2. NCLEX® Points
 - a. Assessment
 - i. cover-uncover test
 - ii. squinting
 - b. Therapeutic Management
 - i. patch good eye 1-2 hours daily
 - ii. surgical repair

Amblyopia

1. Overview
 - a. also referred to as lazy eye involves decreased vision in an otherwise normal appearing eye
2. NCLEX® Points
 - a. signs of visual impairment
 - b. diagnosed by optometrist
3. Therapeutic Management
 - a. corrective lenses
 - b. cover good eye a few hours daily

Glaucoma



By James Heilman, MD (Own work) [CC BY-SA 3.0 (<http://creativecommons.org/licenses/by-sa/3.0>) or GFDL (<http://www.gnu.org/copyleft/fdl.html>)], via Wikimedia Commons

1. Overview
 - a. Optic nerve damage caused by increased intra ocular pressure
 - b. Two main categories
 - i. Open-angle
 1. painless
 2. develops slowly
 3. no symptoms until advanced

- ii. Closed-angle (medical emergency)
 - 1. sudden eye pain
 - 2. redness
 - 3. vomiting
 - 4. sudden spike in intraocular pressure
- 2. NCLEX® Points
 - a. Medication
 - i. miotic drugs to constrict pupils
 - b. requires lifelong drug therapy
 - c. avoid medication that dilate pupils
 - i. atropine
 - ii. mydriatics
 - d. institute safety measures for poor vision especially at night and in low light

Cataracts

- 1. Overview
 - a. Clouding of the lens leading to decrease in vision
 - b. risks include age, smoking, injury, DM
- 2. NCLEX® Points
 - a. Assessment
 - i. vision changes
 - ii. loss of color vision
 - iii. clouding of pupil
 - iv. halos
 - v. absence of red reflex
 - b. Therapeutic Management
 - i. surgery for removal of lens one eye at a time
 - ii. patient safety is a priority
 - iii. assist with ADLs
 - iv. instruct client on eye protection

Detached Retina

- 1. Overview
 - a. retina peels away from underlying support tissue
 - b. medical emergency
- 2. NCLEX® Points
 - a. Assessment
 - i. sensation of curtain covering vision field
 - ii. painless
 - iii. gray retina
 - b. Therapeutic Management
 - i. the goal is to find and repair retinal breaks

- ii. lay client with affected side dependent
- iii. protect client from injury

Ménière's Disease

1. Overview
 - a. disorder of the inner ear affecting hearing and balance
2. NCLEX® Points
 - a. Assessment
 - i. vertigo
 - ii. tinnitus
 - iii. hearing loss
 - iv. head ache
 - b. Therapeutic Management
 - i. ↓Na intake
 1. ↑Na intake can exacerbate symptoms
 - ii. bedrest
 - iii. cochlear implant
 - iv. endolymphatic sac decompression: create shunt for fluid drainage

NCLEX® Cram - Eye, Ear, Nose and Throat Disorders

1. Myopia
 - a. nearsightedness
2. Hyporopia
 - a. farsightedness
3. Closed Angle Glaucoma
 - a. sudden eye pain with N/V
4. Never remove a penetrating object from the eye
5. Chemical splash
 - a. flush the eyes for 15-20 minutes
6. Never use ear candles to remove cerumen
7. Rinne Test
 - a. hearing test used to evaluate unilateral hearing loss
 - b. vibrating tuning fork on mastoid bone
8. Weber Test
 - a. used to detect unilateral conductive hearing loss
 - b. vibrating tuning fork placed in middle of forehead