NCLEX-PN Cheat Sheets Study Guide

Positioning Techniques (F) -

Re-position at least 1-2 hours in bed.

Every 20-30 mins in a chair.

- Clients who have impaired nervous or musculoskeletal systems benefit from routine therapeutic positioning.
- At least every 1 to 2 hr in bed.
- Every 20 to 30 min if in a chair to prevent skin breakdown over bony prominences.
- Tools for repositioning clients
- Pillows, foot boots.
- Trochanter rolls, sandbags.
- Hand rolls.
- Hand-wrist splints.
- Trapeze bar.
- Side rails
- All side rails cannot be up or they will be considered a restraint.
- Bed boards.
- Wedge pillow (abductor pillow).

Positions (F) -

High Fowler's: 90 degrees

Fowler's: 45-60 degrees

Semi Fowler's: 30-45 degrees

Supine: On back with head and shoulders on pillow.

Prone: Flat on abdomen with head to the side. Allows dorsiflexion of feet.

Lateral: Side-lying.

Sims': On side halfway between lateral and prone.

Trendelenburg: Entire bed is tilted with the head of the bed lower than the foot of the bed. Promotes venous return.

Reverse Trendelenburg: Entire bed is tilted with the foot of the bed lower than the head of the bed. Promotes gastric emptying.

Assistive Devices (F) -

Wheelchair.

Walker: Take a step, move walker, take another step.

Cane: Single leg or quad. Keep cane on stronger side of the body. Move cane, move weak leg, move strong leg.

Crutches: 2.3.4-point gaits. When ascending stairs, good food then crutches then bad food. When descending stairs, crutches then bad foot then good foot.

Splints and Braces (F) -

 Primary Nursing Concern: Assessment and prevention of neurovascular dysfunction or compromise.

Assess every hour for the first 24 hrs. Every 2-4 hours afterwards.

Elevate immobilized extremity higher than the heart.

Nclex Pn Cheat Sheet

J Rink



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