

Patient Crisis:

Identify the Signs and Symptoms Before the Patient Crashes

November 2, 2011

San Juan Regional Medical Center

Location of Training:
Center for Workforce Excellence

Registration: 7:30am • Time: 8:00am – 4:00pm

Lunch: 12:00noon – 1:00pm (on your own)

Target Audience: Registered Nurses

Speaker

CAROL WHITESIDE, MSN, PHD, has been a nurse for over 35 years. She is a clinical nurse specialist and a cardiovascular nurse specialist. Carol has been a staff nurse, cath lab manager, nursing supervisor and director of education. She previously worked in a trauma unit, medical surgical unit, cardiac ICU, medical ICU, adult and pediatric open heart surgery, neonatal ICU and a burn unit.

Carol has also been a preceptor and a clinical nursing instructor. Additionally, she is a nurse entrepreneur presenting courses in critical care topics, EKG interpretation, ACLS, critical thinking and a variety of other nursing topics. Carol has been a sought-after speaker for many years. She has the unique ability to combine her vast clinical background and information with critical thinking strategies. You will leave with the skills and techniques to anticipate the subclinical signs of impending doom and therefore improve the care you provide your patients.

Learner Objectives

At the end of this class the participant should have a working knowledge of:

1. Recognize the signs of compensation in the human body before illness appears.
2. Interpret what is happening in the body physiologically when the heart rate and respiratory rate go up.
3. Identify the components of cardiac output.
4. List three signs of left heart failure and describe the physiology behind them.
5. Describe two symptoms that differentiate ARDS from other forms of respiratory failure.
6. Identify the level of oxygen to be given a CO₂ retaining COPDer in crisis.
7. Recognize three ways that CHF differs from the other forms of shock.
8. Explain two ways in which benign and malignant headaches differ in their presentation.
9. Relate four signs found through the look test indicating a change in the patient's condition.
10. Describe the physiological mechanism driving the changes seen in patients after surgery.
11. Identify the first sign of compartment syndrome.
12. List three components of "painting the picture".
13. Integrate the concept of critical thinking as it applies to your clinical practice and patient care.

Seminar Topics

Cellular Metabolism

The city and the cell
ATP and the Kreb's Cycle

Cardiopulmonary System

Oxygenate and perfuse at the same time
Oxygen transport to the cells
What the ABG is trying to tell you
How much oxygen do you give a
Cardiac output
Forms of shock and their treatment
Left and right heart failure
Signs of compensation in the cardiopulmonary system
Myocardial ischemia in women

The Inflammatory Process

Physiology of inflammation
Adult respiratory distress syndrome
Clinical presentation

Headaches

Benign and malignant
Pain patterns
Characteristics vs. cause
Increase in ICP
Temporal arteritis
Meningitis
Primary and secondary headaches

The Look Test

"What da ya mean he doesn't look right?"
Things you can't measure and manipulate scientifically but are signs the patient is getting ready to crash

Surgery's Effect on the Body's Regulatory Systems

Surgical trauma and the response to injury

The Earliest Sign of Compartment Syndrome

Blood flow in the muscle compartments
When the pressure in the compartment exceeds perfusion pressure
Complications

Conveying Your Concerns

Painting the picture
Responsibility

Critical Thinking

What it is and what it is not
Whiteside Critical Thinking Model
Case studies/patient care scenarios



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This educational activity is being provided by PESI HealthCare for San Juan Regional Medical Center.

Contact Information:

Staff Education Department 609-6258

Registration deadline: October 15, 2011

Tuition:

- \$80 for SJRMC employees
- \$150 fee for others

Cancellation policy: You must cancel by October 15 to receive a full refund.

Credit Information

Nurses/Nurse Practitioners/Clinical Nurse Specialists: CMI Education Institute Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. No partial contact hours will be issued for partial attendance.



The following individuals contributed to the planning of this educational event: Content Expertise: Carol Whiteside, MSN, PhD; Nurse Planner: Mary Meyers, RN, MSN

Registration and payment information:

For SJRMC employees, please turn in the Education Benefits Request form to pay and register in HealthStream.

Others please call the Education Department to register and pay.

