

# Exam 3 Fundamentals Study Guide

## Anatomy and Physiology:

- **Kidneys:** Assist with RBC production and BP regulation.
- **Fallopian Tubes:** Carry ova from ovaries to the uterus.
- **Cardiac Landmarks:**
  - **Aortic:** Right of sternum/2nd ICS
  - **Pulmonic:** Left of sternum/2nd ICS
  - **Erb's Point:** Left of sternum/3rd ICS
  - **Tricuspid:** Left of sternum/4th ICS
  - **Mitral:** Left of sternum/5th ICS
- **Prostate Gland:** Located surrounding the urethra near the bladder.
- **Liver Span:** Normal size range is 2.5-3 inches.

## Clinical Skills and Assessment:

- **Blumberg Sign:** Assessing for rebound tenderness in RLQ for appendicitis.
- **Assessing Pulses:** Use Doppler ultrasound for non-palpable pulses in patients with bilateral lower extremity edema.
- **Cardiac Assessment:** Auscultate heart sounds, palpate pulses, and check capillary refill. Do not percuss pericardium.
- **Rectal Exam Positioning:** The patient should be placed in a side-lying position.

## Pathophysiology and Disease Processes:

- **Hypovolemia Risk Factors:** Excessive nausea, vomiting, diarrhea.
- **Venous Insufficiency:** Results in bilateral edema of the lower extremity.
- **Lymphedema:** Results in unilateral edema of the lower extremity.
- **DVT (Deep Vein Thrombosis):** Characterized by pain, redness, swelling, and a positive Homan sign in the calf.
- **UTIs In Geriatrics:** The first sign is often acute mental confusion.
- **Viral Hepatitis Causes:** Contaminated stool/food/water, undercooked/raw shellfish, sexual contact, sharing needles, close contact with infected person.
- **Bowel Obstruction:** NPO to allow bowel rest is an appropriate intervention.

# Fundamentals Study Guide

**Huangqi Zhang**



## **Fundamentals Study Guide:**

The Top Books of the Year Fundamentals Study Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have captivated audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Fundamentals Study Guide : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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