ESSENTIALS for **340** unit test # **3**

CV

1.	Preload	volume
2.	Afterload	resistance
3.	S_1	mitral valve closure
4.	Aortic valve closure	S_2
5.	S_3	CHF
6.	Hypertension	S_4
7.	Vasodilators	decrease preload
8.	Increase afterload	vasoconstrictors
9.	Normal CVP	6-10 cm H_2O
10.	Distended neck veins first appear	CVP 11 cm H_2O
11.	SOB first appears at	11 cm H_2O
12.	Cardiac output =	HR x SV
13.	fluid resuscitation preload effect	increase in preload
14.	JVD to mid neck	CVP 14 cm H_2O
15.	Increase LV preload	decreased pulmonary vascular resistance
16.	Systole	mitral + tricuspid regurgitation murmurs
17.	Low CVP	hypovolemia, spinal shock, anaphylaxis
18.	High CVP	tension pneumo, MAST, heart failure, tamponade
19.	SV determined by	preload, afterload, contractility
20.	In CHF, vasodilators will	elevate stroke volume
21.	Pink frothy sputum	pulmonary edema
22.	JVD	right heart failure
23.	trigger of acute CHF	atrial fibrillation

24.	Late inspiratory rales	CHF
25.	Right heart failure	hepatomegaly, RUQ pain, JVD, peripheral edema
26.	Afterload	resistance against LV
27.	Sternal angle ___ above R atrium	5 cm
28.	CVP best estimated by	external jugular estimate
29.	Pulse pressure	SBP – DBP
30.	Left heart failure treatment	reduce afterload
31.	Determinants of arterial pressure	aortic elasticity, peripheral vascular distensibility, LV ejection volume
32.	Pressure in aorta at end of systole	afterload
33.	? decrease preload for treatment of left CHF or for right failure treatment	for <u>both</u> left <u>and</u> right failure treatment
34.	For treatment for shock ____ the afterload ____ the preload	increase afterload (to increase BP), increase preload
35.	Treatment for CHF	decrease afterload (to improve CHF), decrease preload (to improve CHF), decrease myocardial oxygen demand
36.	Paradoxical pulse during inspiration	systolic BP drop greater than 10 mm
37.	Alpha drug's effect on afterload	increase afterload
38.	Beta " " "	decrease peripheral vascular resistance
39.	Heart failure results in ___ renal blood flow	reduced blood flow to kidneys
40.	Reduced blood flow to kidneys results in	sodium + water retention worse preload
41.	beginning of systole	mitral valve closure
42.	Nitroglycerine____ preload	decreases preload
43.	best paramedic drug for left heart failure	Nitroglycerine

44.	Epinephrine	increases left ventricular afterload
45.	Cardiac output affected by	afterload (peripheral vascular resistance) preload (blood volume)
46.	Stroke volume determined by	preload, afterload, contractility
47.	Cardiac tamponade associated with	JVD shocky pulse paradoxical pulse > 10 mm
48.	Systolic heart sounds	mitral valve closure tricuspid valve closure
49.	Diastolic heart sounds	aortic valve closure pulmonic valve closure
50.	Preload reducer drugs	lasix, vasodilators
51.	decreases RV afterload	Albuterol

Abdomen / GU

52.	12 YO with pain in scrotum	R/O torsion
53.	Incarcerated hernia	trapped
54.	Strangulated hernia	ischemia-infarct-gangrene
55.	Pacing posture	obstructed hollow organ
56.	Motionless posture	inflammation, bleeding
57.	Pulsatile mass:	AAA
58.	Cullin's [1 word]	(1 site: periumbilical) intraabdominal bleed
59.	Gray Turner's [2 words]	(“2 flanks”) intraabdominal bleed
60.	Hyperactive BS	intestinal virus
61.	Hypoactive BS	bowel obstruction
62.	Tickles / rushes	partial bowel obstruction

63.	Positive peritoneal signs [need for ALS / O_2 M_3 IV and probable surgery]	distended hypoactive bowel sounds rigid guarding diffuse tenderness percussion (rebound) tenderness
64.	RUQ pain	GB (cholecystitis)
65.	LUQ pain	spleen (Mono)
66.	Epigastric	ulcer ; MI
67.	RLQ	appendicitis
68.	LLQ	diverticulosis / diverticulitis

Peripheral Vascular

69.	Femoral vein is located	medial to artery (V ein on same side as the V agina) [in half the population]
70.	Dorsal foot artery (anterior)	dorsalis pedis artery
71.	Leg vein (anterior)	saphenous
72.	Do before 𝔸BG test	𝔸llen test (of ulnar 𝔸.)
73.	Hot leg	DVT
74.	Cold leg	acute arterial occlusion
75.	Acute arterial occlusion	5 P s (Pulseless,Pallor,…)
76.	Saphenous vein	in front of medial malleolus
77.	Posterior tibial artery	just posterior to medial malleolus
78. 79.	Wrist injury (s erious ; n on healing)	R/O s caphoid (n avicular) fx.
80.	Red, hot, swollen palm “ “ “ digit	thenar abscess / admit +/or referral tenosynovitis “ “ risk of disabling infection
81.	hot, tender, swollen, calf	risk of pulmonary embolus due to DVT

Epidemiology and Prevention *(PC …# 82-115: FYI, i.e., probably* ***NOT*** *on your unit test --unless you're otherwise notified)*

82.	*Keeping injury from occurring*	*primary prevention*
83.	*"Teachable moment" after an injury*	*secondary prevention*
84.	*Factor in 50 % of motor-vehicle fatalities.*	*alcohol*
85.	*Disabling injuries occurring workplace*	*22 %*
86.	*Cause of 70,000 deaths / year*	*~~accidental~~ unintentional injuries*
87.	*Study of factors influencing frequency,*	*epidemiology*
88.	*distribution, + causes of injury in population*	
89.	*Distribution and determinants of health in specified population*	*another definition of epidemiology.*
90.	*In '94 why the sudden. increase in HIV*	*changes in the diagnostic criteria, improved reporting + / or diagnostic techniques*
91.	*Significant p value*	*less than 0. 05*
92.	*Cardiac arrhythmia suppression trial*	*antiarrhythmic therapy causes higher mortality (JAMA '93)*
93.	*Chronic diseases now the major killers because :*	*infectious disease are no longer causing premature deaths*
94.	*Major killers in years past (circa 1348- 1776)*	*smallpox plague (Yersinia pestis) malaria*
95.	*Protection ag. malaria*	*sickle cell disease*
96.	*Historical Native American epidemic (killed 2/3 of Mayan population)*	*small pox [probably chicken pox also]*
97.	*First used the terms epidemic and endemic*	*Hippocrates*
98.	*First used handwashing as effective disease prevention*	*Semmelweis*
99.	*Smallpox vaccine*	*Jenner*

100.	*Eating Limes found to prevent scurvy*	*Lind*
101.	*Cholera **case / control** distribution* *Toxic Shock - Rely tampon*	*Snow* *CDC (~50 pt.s)*
102.	*Visual thinking for decision making pioneered by:*	*Snow*
103.	*"Removing the handle" solution to epidemic:*	*Snow*
104.	*Classic CV disease **cohort** study*	*Framingham*
105.	*Leading causes of death from mechanical energy transfer*	*injuries from motor vehicle crashes, firearms, and falls*
106.	*Homicide as cause of death*	*10th in US, overall; # 1 in urban US areas*
107.	*Alcohol-involved crashes most likely to occur at what time of day*	*10pm - 2 am*
108.	*Acquired Immune Deficiency Syndrome (AIDS) has incubation period :*	*months to years*
109.	*Time between contact with disease organism and appearance of 1st symptoms:*	*incubation period*
110.	*If a microbe causes a disease state it is called*	*pathogen*
111.	*Method of killing some of the microorganisms :*	*disinfecting* ~~*sterilizing*~~
112.	*Chemical or physical kill of all microorganisms:*	*sterilizing* ~~*disinfecting*~~
113.	*Most important [cost effective] measure of infection control (of microorganisms) :*	*handwashing* ~~*sterilizing*~~ , ~~*disinfecting*~~
114.	*Most important [cost effective] measure if you suspect TB*	*hepa respirator*
115.	*Non airborne, fomite(surface)*	*Hepatitis B; Hepatitis C*

Wellness

116.	Squat lift	"locking in" the back Exhale
117.	Back prevention	abdominal muscles
118.	Activity that increases CV endurance	increase HR
119.	Physiologic phenomena occurring Q 24 hr.s; normal biorhythms	circadian rhythms