## OB/PEDS
### Cyanotic Defects
- **The 4 T’s**
  - Tetralogy of Fallot
  - Truncus Arteriosus
  - Transposition of the Great Vessels
  - Tricuspid Atresia

## LABS
### Hyperkalemia - Causes
**MACHINE**
- Medications: ACE Inhibitors, NSAIDS, K sparing diuretics
- Acidosis: metabolic and respiratory
- Cellular destruction: burns, injury, hemolysis
- Hypoaldosteronism: Addisons
- Intake: excess
- Nephrons: renal failure
- Excretion: impaired

### Hyperkalemia - Management
**KIND**
- Kayexalate
- Insulin
- Na HCO3
- Diuretics

## PHARMACOLOGY
### Beta 1 and Beta 2
- Beta1: you have 1 heart
- Beta2: you have 2 lungs

### Bradycardia Drugs
**IDEA**
- Isoproterenol
- Dopamine
- Epinephrine
- Atropine Sulfate

### Emergency Drugs
**Drugs to LEAN on**
- Lidocaine
- Epinephrine
- Atropine Sulfate
- Narcan

### Steroid Side Effects
**6 S’s**
- Sugar: hyperglycemia
- Soggy bones: osteoporosis
- Sick: decreased immunity
- Sad: depression
- Salt: water and salt retention
- Sex: decreased libido

### Lidocaine Toxicity
- Slurred speech
- Altered central nervous system
- Muscle twitching
- Seizures

### Diuretic Classes
**Leak Over The CAN**
- Loop
- Osmotics
- Thiazide
- Carbonic anhydrase inhibitors
- Aldosterone inhibitors
- Na channel blockers

## Episiotomy - Evaluation of Healing
**REEDA**
- Redness
- Edema
- Ecchymosis
- Discharge
- Approximation

## Fetal Accelerations and Decelerations
**VEAL CHOP**
- Variable - Cord Compression
- Early - Head Compression
- Accelerations - Okay
- Late - Placental Insufficiency

## Non-Stress Test
**NNN**
- Non-reactive
- Non-Stress is
- Not-good

## Severe Pre-Eclampsia Signs and Symptoms
**HELLP**
- Hemolysis
- Elevated
- Liver Function tests
- Low
- Platelet count

## Hypoxia - Signs and Symptoms
**FINES**
- Feeding difficulty
- Inspiratory stridor
- Nares flares
- Expiratory grunting
- Sternal retractions

## Hypertension - Signs/Symptoms
**CATS**
- Convulsions
- Arrhythmias
- Tetany
- Spasms and Stridor

## Hypernatremia - Causes
**MODEL**
- Medications/Meals
- Osmotic diuretics
- Diabetes insipidus
- Excessive water loss
- Low water intake

## Hyponatremia - Signs/Symptoms
**SALT LOSS**
- Stupor/coma
- Anorexia
- Lethargy
- Tendon reflexes decreased
- Limp Muscles
- Orthostatic hypotension
- Seizures
- Stomach cramping

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### Mental Health

#### Anorexia - signs and symptoms
- **ANOREXIA**
  - Amenorrhea
  - No organic factors accounts for weight loss
  - Obviously thin but feels FAT
  - Refusal to maintain normal body weight
  - Epigastric discomfort is common
  - X-symptoms (peculiar symptoms)
  - Intense fears of gaining weight
  - Always thinking of foods

#### Alcoholism-behavioral problems
- **5 D's**
  - Denial
  - Dependency
  - Demanding
  - Destructive
  - Domineering

#### Alzheimer's Disease
- **5 As**
  - Amnesia – loss of memories
  - Anomia – unable to recall names of everyday objects
  - Apraxia – unable to perform tasks of movement
  - Agnosia – inability to process sensory information
  - Aphasia – disruption with ability to communicate

### Med Surg

#### Arterial Blood Gas Evaluation
- **ROME**
  - Respiratory
  - Opposite
  - Metabolic
  - Equal

#### Pulmonary Edema - treatment
- **MAD DOG**
  - Morphine – causes vasodilation resulting in decreased BP
  - Aminophylline – relaxes airways to make breathing easier
  - Digitalis – improve heart function in pulmonary edema
  - Diuretics (Lasix) – pull excess fluid off
  - Oxygen – improve oxygenation
  - Gases (Blood Gases ABGs) – assess respiratory status

#### Hypoxia - signs/symptoms
- **RAT BED**
  - Early Hypoxia:
    - Restlessness
    - Anxiety
    - Tachycardia/ Tachypnea
  - Late Hypoxia:
    - Bradycardia
    - Extreme Restlessness
    - Dyspnea

#### Asthma - management
- **ASTHMA**
  - Adrenergic (Albuterol)
  - Steroids
  - Theophylline
  - Hydration (IV)
  - Mask (Oxygen)
  - Antibiotics

#### Pupillary reaction
- **PERRLA**
  - Pupils
  - Equally
  - Round and
  - Reactive to
  - Light and
  - Accommodate

#### Hypertension - complications
- **4 C's**
  - Coronary Artery Disease
  - Coronary Rheumatic Fever
  - Congestive Heart Failure
  - Cerebral Vascular Accident

### Hypoglycemia-signs/symptoms
- **TIRED**
  - Tachycardia
  - Irritability
  - Restless
  - Excessive Hunger
  - Diaphoresis/ Depression
  - Sulfate

### Cranial Nerves
- **Oh Oh Oh To Touch And Feel Very Good Velvet AH!**
  - Olfactory
  - Optic
  - Oculomotor
  - Trochlear
  - Trigeminal
  - Abducens
  - Facial
  - Vestibulocochlear
  - Glossopharyngeal
  - Vagus
  - Accessory
  - Hypoglossal

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