### Mental Health

**Anorexia - signs and symptoms**

**ANOREXIA**
- Amenorrhea
- No organic factors account 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

### Moles - malignant assessment

**ABCD's**
- Symmetry – is the mole irregular in shape?
- Border – is the border irregular, notched, or poorly defined?
- Color – does the color vary (for example, between shades of brown, red, white, blue, or black)?
- Diameter – is the diameter more than 6 mm?

### Hypoglycemia - signs/symptoms

**TIRED**
- Tachycardia
- Irritability
- Restless
- Excessive Hunger
- Diaphoresis / Depression
- Sulfate

### Cardiac Blood Flow

**Oh Oh Oh To Touch And Feel Very Good Velvet AH!**
- Tricuspid
- Pulmonic
- Mitral
- Aortic

### 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

### HYPERGLYCEMIA vs HYPOGLYCEMIA

**Hyper** - hot/dry - sugar high
**Hypo** - cold/clammy - needs candy