

# ZombieNotes

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**Anaphylaxis:** is a serious allergic reaction that is rapid in onset and may cause death. It typically causes an itchy rash, throat swelling, and low blood pressure. Common causes include insect bites/stings, foods, and medications.

**Anorexia nervosa (Anorexia):** eating disorder characterized by low body weight (less than 85 percent of normal weight for height and age), a distorted body image, and an intense fear of gaining weight.

**Apgar test:** this numeric score is calculated based on an infant's condition at one minute and five minutes after birth. Low to high score of 10. Ten is normal.

**Asthma:** chronic, inflammatory lung disease involving recurrent breathing problems; the most common chronic health problem among children.

**Atopic dermatitis:** red, itchy, dry skin most common in infants; a result of an exposure to an allergen or an irritant.

**Bronchiolitis:** is inflammation of the bronchioles caused by respiratory syncytial virus. Occurs in children less than one year of age. It presents with coughing, wheezing and shortness of breath.

**Bulimia nervosa (Bulimia):** disease in which there is uncontrolled episodes of overeating that are usually followed with purging (self-induced vomiting), and misuse of laxatives, enemas, or medications.

**Capnography (PETCO<sub>2</sub>):** is the monitoring of partial pressure end tidal of carbon dioxide (CO<sub>2</sub>) in the respiratory gases. It is a monitoring tool for use during anesthesia/procedural sedation (35-40 mmHg) and during chest compressions (>10mmHg.).

**Cardiopulmonary resuscitation (CPR):** an emergency method of life-saving. Artificial respirations and chest compressions used to restart the heart and lungs.

**Cardioversion (synchronized):** delivery of a shock (0.5-1J/kg) on the R wave for pediatric patients with unstable rapid cardiac rhythms.

**Cephalohematoma:** an area of bleeding underneath one of the cranial bones that appears as raised lump on the baby's head.

**Chemical burns:** burns due to strong acids or alkalies coming into contact with the skin and/or eyes.

**Chickenpox:** a highly viral infectious disease, usually associated with childhood. Caused by the varicella-zoster virus (VZV). Transmission occurs from person-to-person by direct contact or through the air.

**Contact dermatitis:** itchy rash; a result of an exposure to an allergen or an irritant.

**Cooling Cap:** a hypothermia cap is a therapeutic device used to cool the human scalp. In infants it is used to prevent cerebral palsy in babies born with neonatal encephalopathy caused by hypoxic-ischemic encephalopathy (HIE). It is also used to provide neuroprotection after cardiac arrest.

**Croup:** a childhood disease involving a barking cough, difficult breathing, stridor, and laryngeal spasm

**Cystic fibrosis:** inherited disorder of the exocrine glands, causing those glands to produce abnormally thick secretions of mucus and causing elevation of sweat electrolytes; usually recognized in infancy or early childhood; chiefly among Caucasians; the diagnostic tool is the sweat test, which shows elevations of levels of both sodium and chloride.

**Cystitis:** an infection of the bladder often with signs of frequency, urgency and burning with urination.

**Defibrillation:** an unsynchronized cardioversion delivered to patients in V-FIB or V-TACH, no pulse. In pediatric patients 2J/kg then 4J/kg, maximum 10J/kg.

**Diarrhea:** increase in frequency of stools compared to normal, or looser bowel movements than usual; causes include infections of the digestive system, medications such as antibiotics, malabsorption, and irritable bowel syndrome.

**Disordered control of breathing:** abnormal breathing pattern related to a neurological disease or brain damage; ie: trauma, drug overdose, seizures.

**Down syndrome:** a congenital condition characterized by mild to severe mental retardation that occurs from a tripling of chromosome 21.

**E. coli (Escherichia coli):** Species of bacteria found in the intestines of man and healthy cattle; often the cause of urinary tract infections, diarrhea in infants, and wound infections.

**Epi pen:** an epinephrine autoinjector is used to deliver a measured dose of epinephrine most frequently for the treatment of anaphylaxis (300-500mcg of the 1:1,000 concentration).

**Epilepsy:** a condition in which there is a problem with the brain that causes long-term seizures in the child.

**Fever (Pyrexia):** an abnormal temperature of the body. Generally indicates that there is an abnormal process occurring in the body.

**Food allergy:** a physiological reaction caused when the immune system mistakenly identifies a normally harmless food as damaging to the body.

**Fontanelle:** in the infant the largest is the diamond-shaped anterior fontanelle where the two frontal and two parietal bones join. It remains open until the child is about two years of age.

**Haemophilus influenzae (H. influenzae):** Represents a group of bacteria that may cause different types of infections in infants and children. Most commonly causes ear, eye, or sinus infections, and pneumonia.

**Heat exhaustion:** a heat-related illness that is more severe than heat cramps and results from a loss of water and salt in the body. Heat exhaustion occurs when the body is unable to cool itself properly. If left untreated, heat exhaustion can progress to heat stroke and death.

**Hepatitis:** inflammation of the liver that sometimes causes permanent damage; caused by viruses, medicines, or alcohol.

**Hydrocephalus:** a condition marked by excessive accumulation of cerebral spinal fluid resulting in dilation of cerebral ventricles and raised intracranial pressure; may also result in enlargement of cranium and atrophy of the brain.

**Inguinal hernia:** a portion of the bowel passes through an open inguinal channel into the scrotum. May occur during fetal development.

**Intraosseous:** a needle access into the marrow cavity to infuse blood, drugs, and fluids in an emergency situation. Jamshidi needle or drill is often used.

**Jaundice:** a yellow color of the skin and eyes that is caused by too much bilirubin in the bloodstream due to liver problems.

**Kernicterus:** is a bilirubin-induced brain dysfunction. Bilirubin is a highly neurotoxic substance that may become elevated in the serum, a condition known as hyperbilirubinemia. Neonates serum levels are monitored for bilirubin changes.

**Measles:** a very contagious viral illness characterized by a distinct rash and a fever; spread through airborne droplets of nasal secretions.

**Meconium:** a sticky, greenish-black substance that forms in the intestines during fetal development and is the first bowel movement of a newborn.

**Meningitis:** inflammation of the membrane that covers the brain and spinal cord.

**Mumps:** (parotitis) an acute and highly contagious viral illness that usually occurs in childhood. Spread by airborne droplets from the upper respiratory tract, the disease usually takes two to three weeks to appear. Swelling of the salivary and parotid glands is common.

**Omphalitis:** an inflammation of the umbilical stump marked by redness, swelling, and purulent exudate in severe cases.

**Oxygen toxicity:** Supplemental oxygen in premature infants contributes to the development of chronic lung disease as well as vasoconstriction in the retina (retinopathy) and blindness. Normal saturation 94-99%.

**Paradoxical or Sea-Saw breathing (rocking):** abnormal or opposite chest and stomach movements with breathing seen in infants with respiratory distress. May be part of a lung is deflated during inhalation and inflated during exhalation, such as in flail chest or paralysis of the diaphragm.

**Patent ductus arteriosus:** is a congenital disorder in the heart wherein a neonate's ductus arteriosus fails to close after birth, causing increased work of breathing and poor weight gain. Certain NSAIDs/Ibuprofen is used to facilitate the closing.

**Peak flow monitoring:** a measurement of obstruction in the bronchi/airways.

**Pertussis (Whooping cough):** mainly affects infants and young children; caused by a bacterium, it is characterized by paroxysms of coughing that end with the characteristic whoop sound as air is inhaled. The cough can last 6 weeks.

**Phenylketonuria:** a metabolic disorder caused by absence of an enzyme responsible for the conversion of the amino acid phenylalanine into tyrosine; accumulation of phenylalanine is toxic to brain tissue; untreated individuals have very fair hair, eczema, a "mousy" odor of the urine and skin, and progressive mental retardation. Most newborns are tested at birth.

**Prostaglandins:** prevents closure of patent ductus arteriosus in neonates until surgical ligation is performed. When surgical ligation is not indicated, prostaglandin inhibitors (NSAIDs) are used to close the ductus arteriosus.

**Scarlet Fever (Scarlatina):** contagious disease caused by erythrogenic-producing strain of group "A" hemolytic streptococcus; characterized by sore throat, fever, facial flush, "strawberry" tongue, and petechiae on the body. If not treated leads to endocarditis, valve disease and glomerulonephritis.

**Shingles:** Herpes Zoster is a painful blistering skin rash. It is the same virus that causes Chicken Pox. The virus remains inactive in the nervous system. Getting the vaccine can reduce the chances of getting and also reduce symptoms of future cases of chicken pox and shingles.

**Shock:** a syndrome that results from inadequate oxygen delivery to meet metabolic and tissue demands. Shock can lead to death if not treated:

-Septic: caused by an infectious agent;

-Distributive: (vasoactive) anaphylactic, neurogenic, septic;

-Hypovolemic: hemorrhage, fluid loss, drugs;

-Cardiogenic: congenital heart disease, arrhythmias;

-Dissociative: oxygen exchange problem; CO poisoning;

-Obstructive: pneumothorax, cardiac tamponade, aortic dissection.

**Spina Bifida Occulta:** defective closure of the laminae of the vertebral column in the lumbosacral region without hernial protrusion of the spinal cord or meninges.

**Stridor:** high-pitched sound heard on exhalation due to constriction/obstruction in the upper airway. Airway obstruction and epiglottitis are causes.

**Sudden Infant Death Syndrome (SIDS):** unexplained, sudden death of an infant up to 1 year of age.

**Syrup of ipecac:** was used as an emetic (causes vomiting) agent made from the root of plant called Carapichea Ipecacuanha, in cases of poisoning. Evidence has not found it to be as effective as activated charcoal or antidotes.

**Tetanus:** acute, sometimes fatal, disease of the central nervous system; caused by the toxin of the tetanus bacterium, usually enters the body through an open wound.

**Thermal burns:** burns due to external heat sources which raise the temperature of the skin and tissues and cause tissue cell death or charring.

**Torsion:** urgent medical condition in which the testicle twists in the scrotal sac resulting in a lack of circulating blood to the testicle. Can cause severe pain and loss of the testicle if not treated within four hours upon the onset of pain.

**Urinary tract infection (UTI):** infection in the urinary system. Can be present with/without signs or symptoms of frequency, urgency, burning with urination, abdominal pain, back pain or fever. Diagnosed by a urine culture.

**Urticaria (Hives):** a condition in which red, itchy, and swollen areas appear on the skin - usually as an allergic reaction from eating certain foods or taking certain medications.

**Wheeze:** the sounds heard upon exhalation from lower airway constriction or obstruction (asthma).



Watch Michele's YouTube videos that go with this study guide:

- PALS Orientation
- PALS Zombie Notes



Questions? Email me at MicheleKunz@TheNurseEducator.com  
Michele G. Kunz, MSN, ANP, RN-BC  
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