



Presented by

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Cammy is a nationally known speaker with over 35 years of critical care experience. Cammy has taught the CCRN® Review as well as Critical Care Updates with an emphasis on the critical thinking skills of the bedside practitioner. As well as lecturing across the country, Cammy is a reviewer for several refereed nursing journals, has numerous publications in the area of critical care and continues to have an active practice as an Acute Care Nurse Practitioner at the University of Florida, Division of Cardiothoracic Surgery. As a critical care nurse practitioner, Cammy brings much clinical practice skill to the lectures as well as providing clinical pearls for bedside care.

10.5 Contact Hours | Course Length: 607 minutes

Program Description

This course is designed for those nurses working in the progressive care unit who wish to take the PCCN Examination offered by the American Association of Critical-Care Nurses (AACN). The progressive care area is defined as any unit referred to as intermediate care, direct observation, step-down, telemetry units or transitional care and could also include the GI laboratory, the cardiac catheterization laboratory and the emergency room. The course will focus on core concepts defined by AACN that are essential for caring for this diverse population of adult patients.

Program Learning Outcomes

This program prepares the learner to:

1. Describe the PCCN Exam, test plan and the practice requirements to sit for the exam.
2. Construct a study plan for the exam based on understanding the blueprint and domains of practice covered.
3. Identify common mistakes and pitfalls that are made during studying and testing for the exam.
4. Recall the core components covered in the exam through didactic supplementation and test questions.

Topics Covered

1 Introduction

57 minutes

Module Description

The Introduction module will introduce the American Association of Critical-Care Nurses' (AACN) test blueprint for the Progressive Care Examination. Test requirements, application process, topic blueprint and scoring will be reviewed. The recertification, or renewal, process will also be outlined.

The Professional Caring and Ethical Practice module defines and discusses the professional caring and ethical concepts of caring for critically ill adult patients. AACN's Synergy Model will be introduced with examples of patient, family and nursing characteristics.

Module Learning Objectives

This module prepares the learner to:

1. Describe the application process for the PCCN Examination.
2. Describe the blueprint of the examination.
3. Define the Synergy Model of Care.
4. Discuss the application of the Synergy Model to patient- and family-centered care.
5. Distinguish systolic, diastolic and pulse pressures.
6. Define the goals of critical care nursing.

2 Hematology and Immunology

43 minutes

Module Description

This module will review the hematology and immunology section of the examination. This review focuses on inflammatory response, shock states and platelet function. The vascular response to bleeding and the use of blood products are reviewed as well as immune responses in patients with inflammation.

Module Learning Objectives

This module prepares the learner to:

1. Discuss the stress response in critical illness.
2. Describe the normal immune system as it is related to the hospitalized adult patient.
3. List the types of anemia that occur commonly in the critically ill adult.
4. Discuss interventions for the patient with disseminated intravascular coagulation (DIC) and bleeding precautions.
5. Discuss the use of blood products for the coagulopathic patient.
6. Devise a plan of care for the patient who is immune-compromised.

3 Cardiovascular

102 minutes

Module Description

Since 20% of the exam covers cardiac, this module provides a focused review of the cardiac essentials: cardiac physiology, hemodynamics, CV pharmacology, acute coronary syndrome (ACS), non-ST-elevation myocardial infarction (NSTEMI)/ST-elevation myocardial infarction (STEMI), heart failure, valvular disease, vascular disorders, aortic aneurysm and dissection are reviewed in detail. A brief review of 12-Lead ECG interpretation, general monitoring, dysrhythmias, endocarditis and tamponade is included.

Module Learning Objectives

This module prepares the learner to:

1. Describe the cardiovascular assessment parameters of the adult patient with low cardiac output syndrome.
2. Discuss hemodynamics and the utilization of pharmacology to enhance cardiac performance.
3. Devise nursing interventions for the patient with acute and chronic cardiac dysfunction.
4. Discuss ACS and the nursing interventions needed to care for this population of patients affected.
5. Devise a plan of care for the patient with acute and/or chronic heart failure.
6. Describe the three types of aortic aneurysm and the nursing interventions for caring for each group of patients affected.
7. Discuss valvular disease with medical and surgical interventions and nursing care.
8. Devise nursing care for the patient with vascular disease.

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4 Endocrine

32 minutes

Module Description

This module will focus on diabetes insipidus (DI), syndrome of inappropriate secretion of antidiuretic hormone (SIADH), diabetic ketoacidosis (DKA), hyperosmolar hyperglycemic syndrome (HHS) and metabolic syndrome. Comparison of laboratory results and treatments are reviewed, including glucose control.

Module Learning Objectives

This module prepares the learner to:

1. Describe the physiological effects of acute stress on the hospitalized adult patient.
2. Compare and contrast DKA and HHS.
3. List and discuss the nursing care of the patient with DI/SIADH.
4. Define metabolic syndrome.
5. List signs and symptoms of adrenal and thyroid dysfunction.
6. Review electrolyte dysfunction in the patient with endocrine disorders.
7. Define hemoconcentration and hemodilution.

5 Gastrointestinal

66 minutes

Module Description

This module will focus on the gastrointestinal system. Gastrointestinal problems commonly seen in the progressive care environment are discussed with treatment rationale. Prevention of complications, such as bleeding, ulcerations, ileus, bowel obstruction, GERD, irritable bowel syndrome and translocation, are discussed. The focus will include the topics: the gastrointestinal bleeding patient, pancreatitis, liver failure, intestinal ischemia and infarction, and abdominal compartment syndrome. Review of diarrhea and *C. difficile* and metabolic alkalosis are also covered, as well as nutrition.

Module Learning Objectives

This module prepares the learner to:

1. Discuss the pathophysiology of gastrointestinal bleeding, bowel ischemia, bowel obstruction, pancreatitis, liver failure and diarrhea, and how this relates to the critically ill adult patient.
2. List and discuss strategies to prevent gastrointestinal complications in the critically ill adult.
3. Devise a nutrition plan for the acutely and chronically ill adult patient.
4. Discuss the need for preventive treatment of gastric complications.
5. Review coagulopathies in the patient with gastrointestinal dysfunction.
6. Devise a nursing care plan for the patient with esophageal varices.

6 Neurology

45 minutes

Module Description

This module covers the neurological portion of the exam. The review focuses on intracranial hypertension, nursing assessment and care of the brain-injured patient. A brief review of neurologic physiology and pathophysiology are included: increased cerebral pressure (ICP), cerebral perfusion pressure, stroke, intracranial hemorrhage, subarachnoid hemorrhage, encephalopathic events and seizure activity. Focus is nursing assessment with altered neurologic function. This section also includes care of the post-stroke patient including: bedside assessment for dysphagia, as well as aspiration precautions.

Module Learning Objectives

This module prepares the learner to:

1. List and discuss the complete neurological assessment.
2. Describe and list nursing interventions for the patient with altered neurologic function.
3. Define the vital changes seen in the patient with increasing intracranial pressure.
4. Define Stroke Alert and the use of the National Institutes of Health (NIH) Stroke Assessment Scale.
5. Discuss the care of the patient after stroke including assessment of swallow and speech.
6. Discuss the primary treatment of seizure activity.
7. Define encephalopathic causes of altered mental status.
8. Devise a nursing assessment of the patient with altered mental status.

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7 Behavioral and Psychosocial

53 minutes

Module Description

This module is combined with the neurological component of the review. Topics concerning altered mental status, delirium, dementia, depression, combative and suicidal patients are reviewed. Psychological disorders such as anxiety and depression are reviewed. Substance abuse is discussed: alcohol, drugs and drug-seeking behavior are included. Altered neurological behavior requires aggressive nursing assessment and planning of care to protect the patient and staff.

Module Learning Objectives

This module prepares the learner to:

1. Discuss current nursing therapeutic modalities to improve normal circadian rhythms for hospitalized and critically ill patients.
2. Define and discuss the differences between delirium and dementia.
3. Devise a plan of care for the patient with suicide precautions.
4. Discuss the use of the delirium assessment tool for patient care.
5. Review the effects of alcohol use and abuse, chronic drug abuse and drug withdrawal.

8 Renal

39 minutes

Module Description

This module reviews the renal portion of the exam. This review will cover renal function, acute and chronic renal failure. Electrolytes, pharmacology and the indications for dialysis will also be discussed.

Module Learning Outcomes

This module prepares the learner to:

1. Discuss renal assessment of the hospitalized adult patient.
2. List and discuss the types and phases of acute renal failure (AKI).
3. Devise a nursing care plan for the hospitalized patient with chronic renal failure.
4. Review electrolyte disorders in the hospitalized adult patient.
5. Review dialysis strategies for the patient with renal failure.

9 Pulmonary

110 minutes

Module Description

This module reviews the respiratory blueprint for the exam. This review includes physiology, drugs, acute respiratory failure, mechanical ventilation strategies, pneumonia, aspiration pneumonia, chest-tube care, tracheostomy tubes and nursing care, acute asthma, pulmonary embolus, acute respiratory distress syndrome (ARDS) and thoracic surgery. Nursing care of the patient with respiratory failure is the focus, as well as monitoring oxygenation and ventilation.

Module Learning Objectives

This module prepares the learner to:

1. Discuss the concepts of oxygenation and ventilation for the adult patient with or without pulmonary dysfunction.
2. List and discuss strategies to enhance oxygenation and ventilation.
3. Devise nursing interventions for the patient with pulmonary dysfunction.
4. Discuss chronic obstructive pulmonary disease and list appropriate nursing interventions.
5. Review pneumothorax and tension pneumothorax presentation and treatment.
6. Discuss nursing strategies to prevent aspiration pneumonia, improve alveolar ventilation and prevention of deep vein thrombosis.
7. Discuss monitoring techniques for the assessment of oxygenation and ventilation and mechanical ventilation and the nursing care of the intubated and trached patient.
8. List and discuss strategies of care for the thoracic surgery patient.
9. Interpret the results of an arterial blood gas test.

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10 Musculoskeletal/Multisystem

60 minutes

Module Description

This module reviews musculoskeletal dysfunction, multisystem organ failure (MSOF), sepsis, infection, pain control, toxic ingestion and wound care in preparation for the exam. This review covers the physiology of shock: cardiogenic, hypovolemic, anaphylactic and septic shock. Nursing assessment, hemodynamics and interventions are discussed. Also included is a review of urinary tract and bloodstream infections, along with wound care.

Module Learning Objectives

This module prepares the learner to:

1. Define hypoperfusion and the resultant "shock" state.
2. List and discuss the types of shock: cardiogenic, hypovolemic and vasogenic.
3. Discuss early goal-directed therapy in the identification and treatment of sepsis.
4. Discuss the prevention of hospital-acquired infections (HAIs), such as urinary tract and bloodstream infections and skin injuries.
5. Discuss the care of wounds in the critical care area.
6. Discuss toxic ingestion and treatments of patients with overdose.
7. Define rhabdomyolysis.
8. Define pain control.

Accreditation

RN/LPN/LVN/Other: 10.5 Contact Hours

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