

MNEMONICS

1. Inflammation (HIPER)

H-eat

I-nduration

P-ain

E-dema

R-edness

2. Adrenal Gland Hormones (SSS)

S-ugar (Glucocorticoids)

S-alt (Mineralcorticoids)

S-ex (Androgens)

3. Hypertension Nursing Care (DIURETIC)

D-aily Weight

I-ntake and Output (I & O)

U-rine Output

R-esponse of BP

E-lectrolytes

T-ake Pulses

I-schemic Episodes (TIA)

C-omplications: 4C's

4. Evaluation of Episiotomy Healing (REEDA)

R- Redness

E- Edema

E - Ecchymosis

D - Discharge, Drainage

A - Approximation

5. Post-Partum Assessment (BUBBLE)

B-reasts

U-terus

B-owels

B-ladder

L-ochia

E-pisiotomy/lateration/C-section incision

6. Cleft Lip - Post Op Care (CLEFT LIP)

C-hoking

L-ie on back

E-valueate Airway

F-eed Slowly

T-eaching

L-arger nipple opening

I-ncidence incerase in males

P-revent crust formation and aspiration

7. A's to Alzheimer Diagnosis

A-mnesia

A-nomia

A-praxia

A-gnosia

A-phasisia