



WELCOME TO RACHELL ALLEN PRE-LIVE MODULES!

The Free Refresher Modules are carefully designed to help you prepare for the 10-Day Live Course. They are designed to help you refresh your basic concepts that were commonly asked in the actual NCLEX for the last 3-6 months. The modules are very crucial to your NCLEX success! According to our own study, 98.38% of Rachell Allen students who really studied the modules performed better than those who did not pay much attention to the modules prior to attending the 10-Day Comprehensive Live Course.

Since you are getting the modules for free, let us make it a habit to say "Thank You". A grateful heart attracts success, brilliance and abundance!

Happy Learning!

- The Rachell Allen Success Team

MODULE 6

Health Promotion & Maintenance

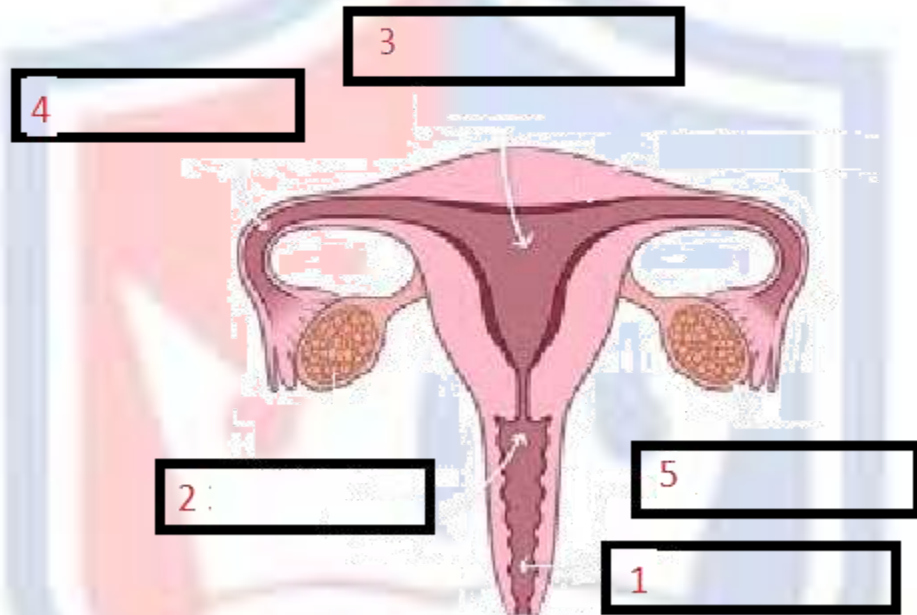
"You'll never change your life until you change something you do daily."

The secret of your success is found in your daily routine."

- John C. Maxwell



Identify the different parts of the female reproductive system.



The female reproductive organs are shown below. Identify and label the different structures.

1. _____

It is a fibromuscular (made up of fibrous and muscular tissue) canal leading from the outside of the body to the cervix of the uterus or womb. It is also referred to as the birth canal in the context of pregnancy. It accommodates the male penis during sexual intercourse. Semen containing spermatozoa is ejaculated from the male at orgasm, into this structure potentially enabling fertilization of the egg cell (ovum) to take place.

2. _____

It is the *neck* of the uterus, the lower, narrow portion where it joins with the upper part of the vagina.

3. _____

It is a pear-shaped muscular organ. Its major function is to accept a fertilized ovum which becomes implanted into the endometrium, and derives nourishment from blood vessels which develop exclusively for this purpose. The fertilized ovum becomes an embryo, develops into a fetus and gestates until childbirth.

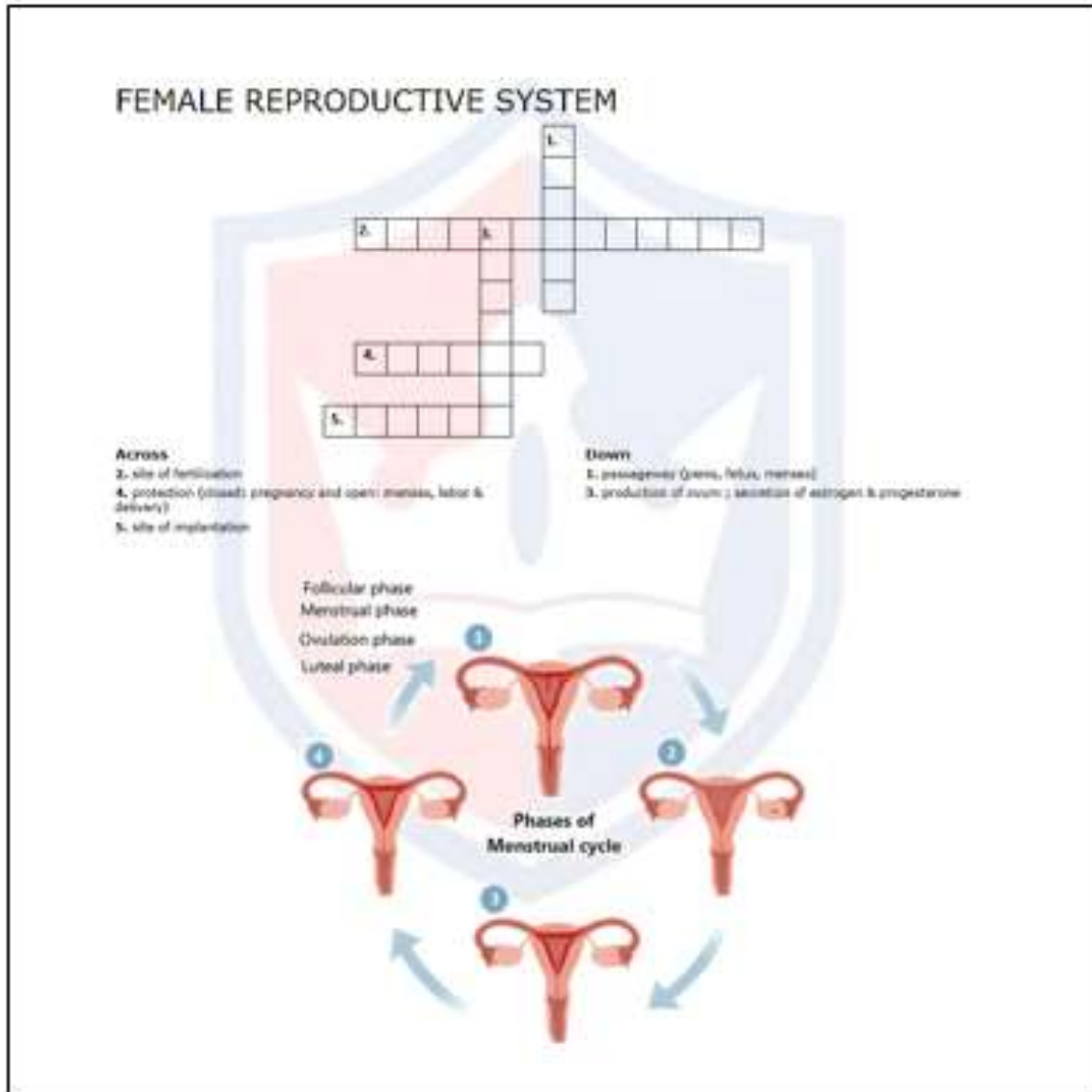
4. _____

These are two tubes leading from the ovaries into the uterus. On maturity of an ovum, the follicle and the ovary's wall rupture, allowing the ovum to escape and enter this structure. There it travels toward the uterus, pushed along by movements of cilia on the inner lining of the tubes. This trip takes hours or days. If the ovum is fertilized while in this structure, then it normally implants in the endometrium when it reaches the uterus, which signals the beginning of pregnancy.

5. _____

These are small, paired organs located near the lateral walls of the pelvic cavity. These organs are responsible for the production of the egg cells (ova) and the secretion of hormones.

MENSTRUAL CYCLE





Identify the different clinical types of menstrual flow.

Q L R V U I A V B Y A K O R Y
A F I F L C P M K Z U L N S P
I I F G B C H W A T Y S M T E
G Y G B O U Z B N M K Q Y V R
A Z O A N M J N E N Y F Y R M
H P M X H T E N P A Y B P H E
R A E H R R O N E M O P Y H N
R R N P N R R N O S G B J P O
O H D X R E F O N R Q P F W R
N S I H M A P S R N R S G R R
E Z E K K Y M K D T Z H Z H H
M A S V A P R R R P E D E W E
F O M I Q C Y Z U S Z M K A A
I X I B O A U J Q X Z K A L J

HYPERMENORRHEA

HYPOMENORRHEA

MENORRHAGIA

METRORRHAGIA

OLIGOMENORRHEA

POLYMENORRHEA



Identify which of the following are presumptive signs and symptoms of Pregnancy. Encircle your answer.

Presumptive S/Sx		
Fetal outline	Urinary frequency	Breast changes
Ballotement	Chloasma	Amenorrhea
Fetal outline	Braxton Hicks	Hegar's sign



Identify which of the following are probable signs and symptoms of pregnancy. Encircle your answer.

Probable S/Sx

Fetal outline	Chadwick's sign	Breast changes
Ballotement	Braxton Hicks	Amenorrhea
Fetal outline	(+) Pregnancy Test	Hegar's sign



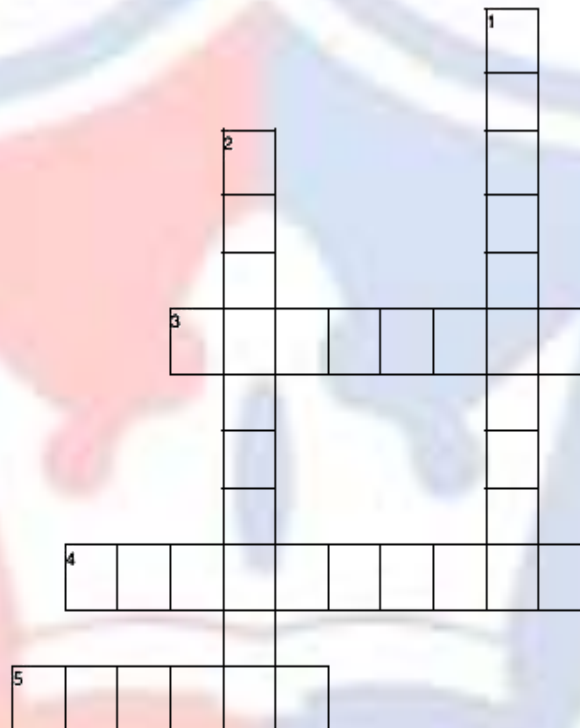
Identify which of the following are positive signs and symptoms of pregnancy. Encircle your answer.

Positive S/Sx		
Chadwick's sign	Braxton Hicks	Fetal heart tone
Fetal movement	Fetal outline	Amenorrhea
Quickening	(+) Pregnancy Test	Hegar's sign



Determine the types of spontaneous abortion by completing the crossword puzzle below.

Spontaneous Abortion



Across

3. all products of conception are expelled
4. vaginal bleeding is present during the first 20 weeks of pregnancy
5. no products of conception are expelled

Down

1. cervical dilatation and uterine contractions are present
2. some products of conception are expelled



Which of the following are characteristics of placenta previa? Encircle your answer.

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PLACENTA PREVIA

Risk factor: Maternal age > 35 years	Dark red bleeding	Risk factor: Hypertension
Bright red bleeding	Rigid abdomen	Painful bleeding
Risk factor: Polyhydramnios	Painless bleeding	Soft uterus



Which of the following are characteristics of abruptio placenta? Encircle your answer.

ABRUPTIO PLACENTA

Risk factor: Maternal age >35 years	Dark red bleeding	Risk factor: Hypertension
Bright red bleeding	Rigid abdomen	Painful bleeding
Risk factor: Polyhydramnios	Painless bleeding	Soft uterus



As a nurse, it is important to assess for fetal heart rate patterns. Identify what type of pattern (*early deceleration*, *late deceleration* or *variable deceleration*) is shown below, then identify if it is normal or abnormal.

FHR VARIABILITIES		
FHR Pattern	Pattern?	Normal or Abnormal?



Which of the following applies during toddler stage? Mark your answer.

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Which of the following applies during pre-school stage? Mark your answer.

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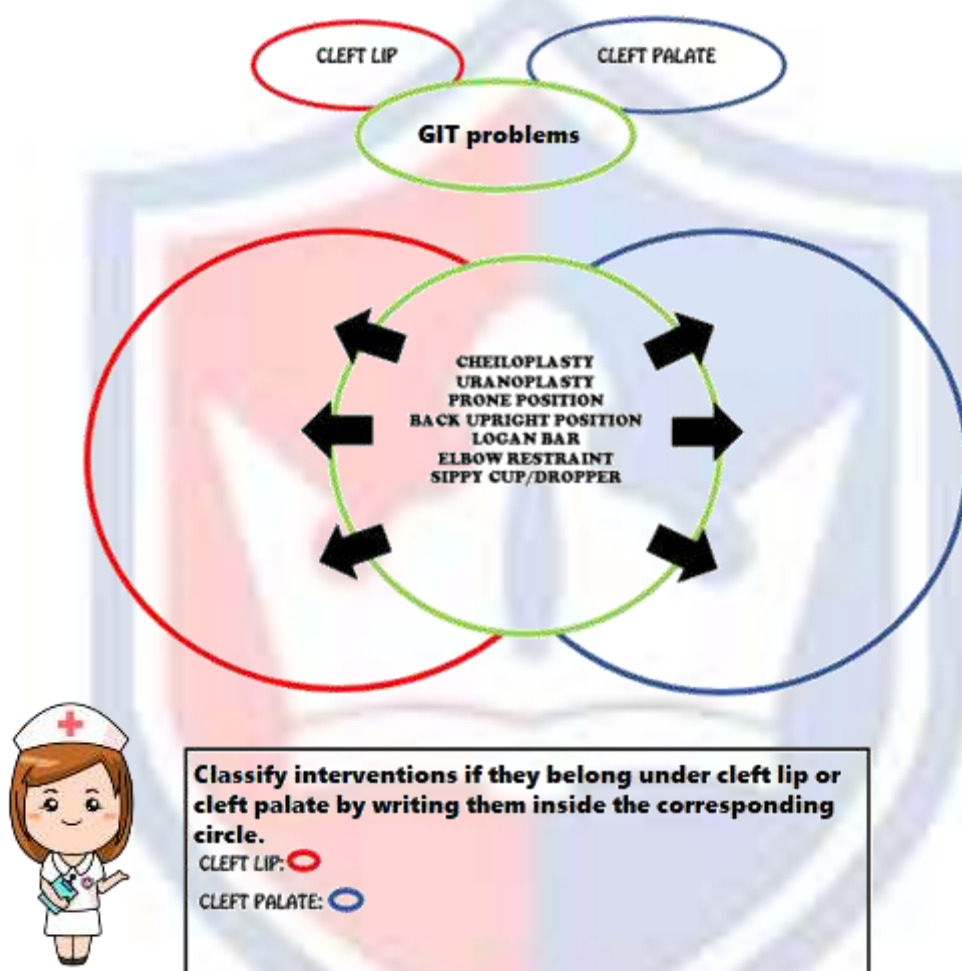
PRESCHOOL		
castration	doing wrong	autonomy vs. shame
separation	competitive	industry vs. inferiority
cooperative	initiative vs. guilt	trust vs. mistrust



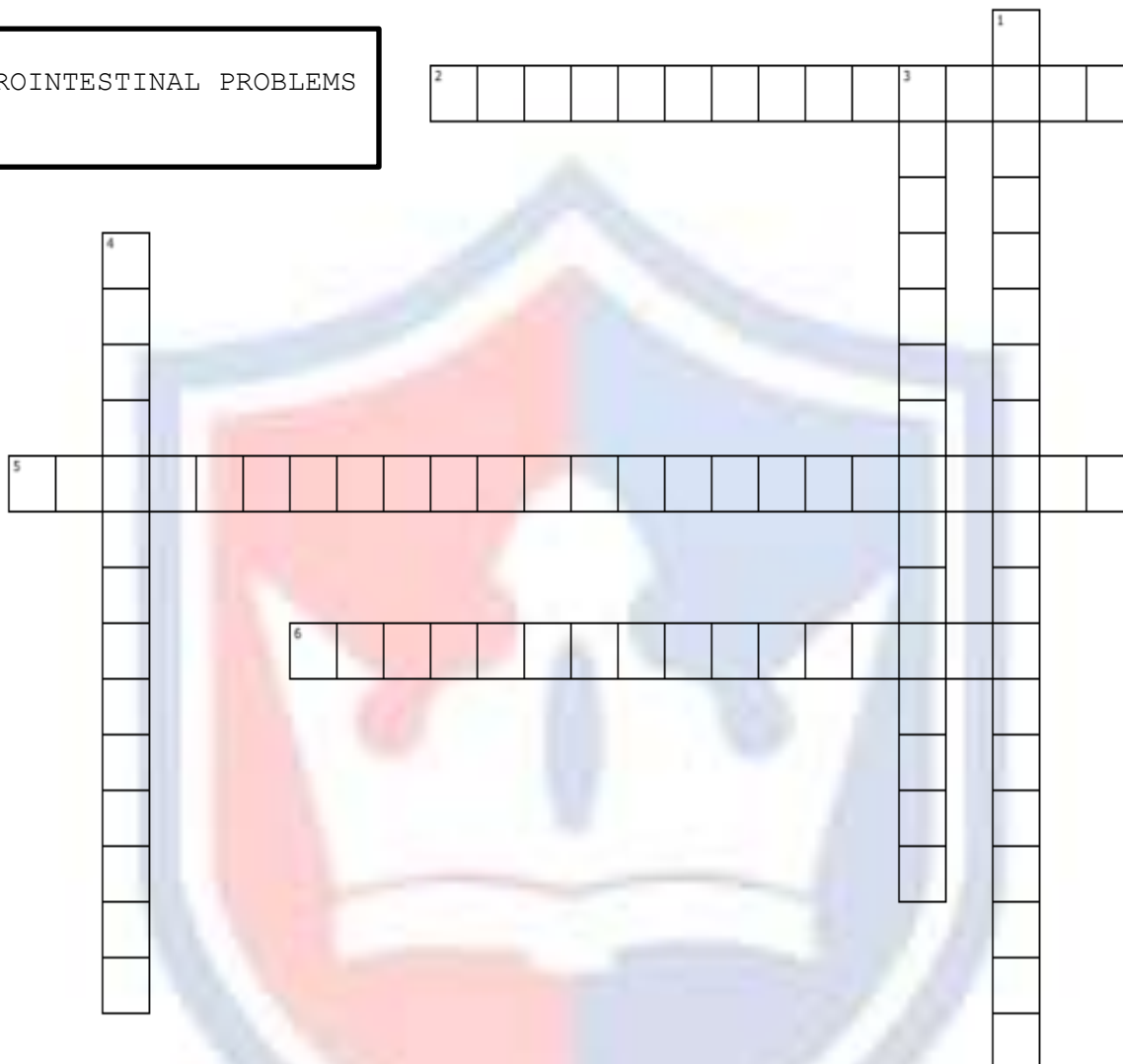
Which of the following applies during school age? Mark your answer.

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SCHOOL AGE		
castration	doing wrong	autonomy vs. shame
separation	competitive	industry vs. inferiority
cooperative	initiative vs. guilt	trust vs. mistrust



GASTROINTESTINAL PROBLEMS

**Across**

2. telescoping of the intestine
5. failure of the trachea and esophagus to divide into 2 separate structures
6. absence of the anal opening

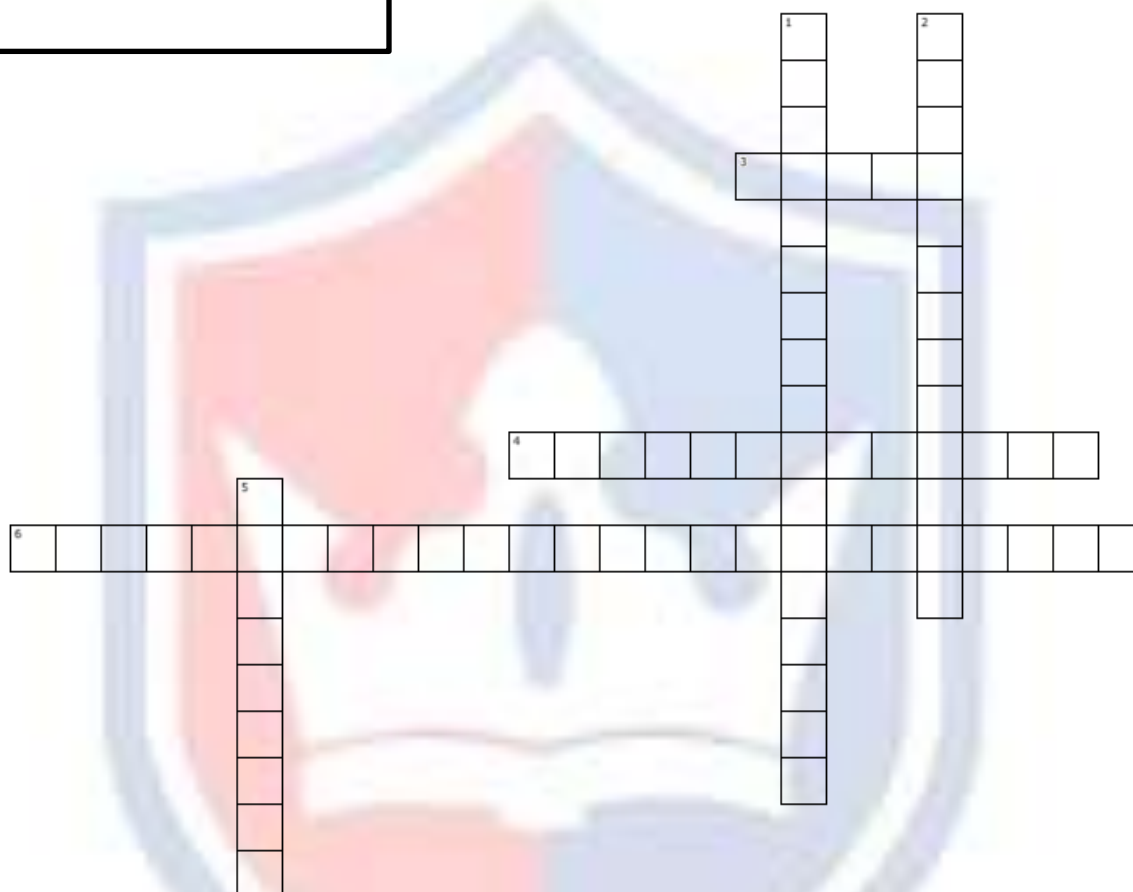
Down

1. aganglionic megacolon (absence of of ganglion cells)
3. narrowing of the pylorus which leads to projectile vomiting
4. intolerance to gluten



Identify different gastrointestinal problems by completing the puzzle.

NEUROLOGICAL DISORDERS



Across

3. position for clients with neural tube defects
4. accumulation of CSF which increases ICP to infants, toddlers or children
6. surgery for hydrocephalus

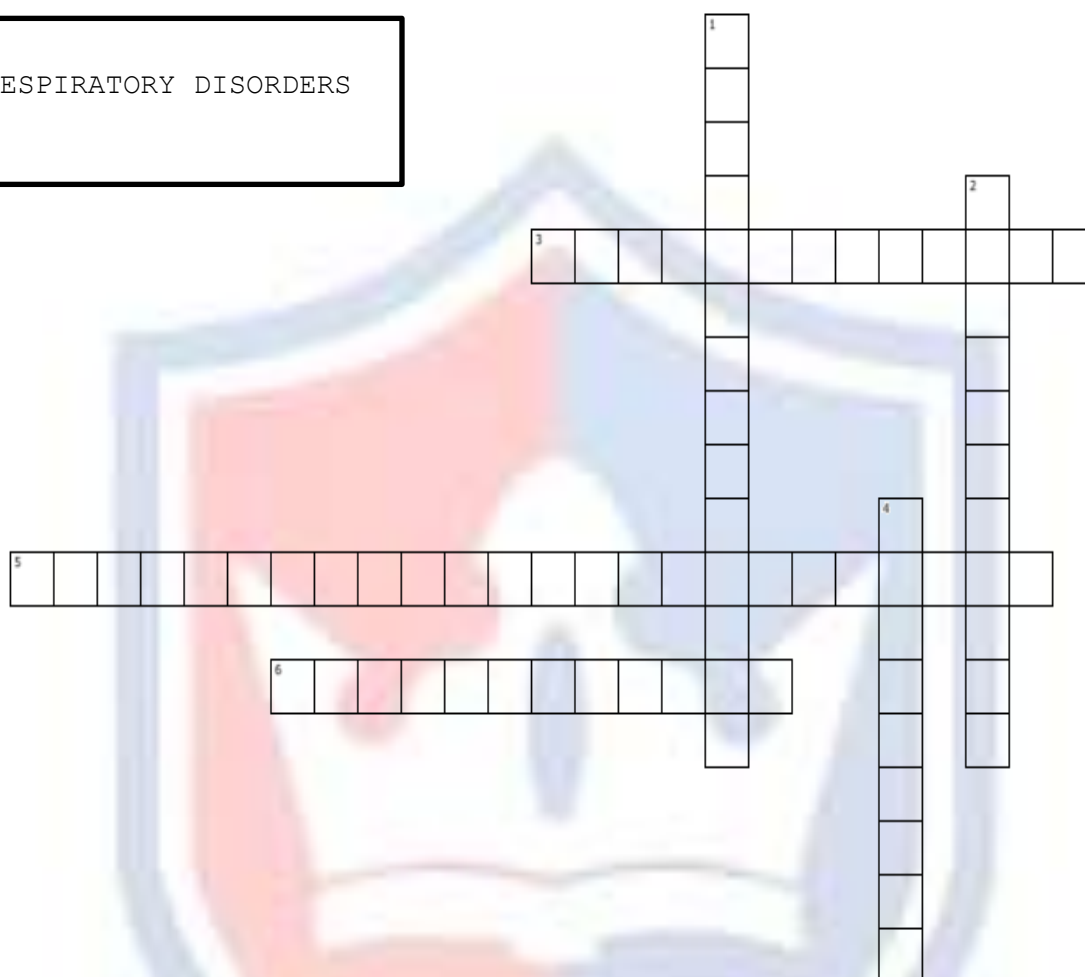
Down

1. CNS defect resulting from failure of the neural tube to close during embryonic development
2. abnormality in the pyramidal and extrapyramidal motor system of the brain
5. best position for patients with hydrocephalus



Complete the puzzle to know about the different conditions and interventions related to the nervous system.

RESPIRATORY DISORDERS

**Across**

3. surgical management for tonsillitis
5. "croup disease" caused by parainfluenza virus
6. inflammation of the epiglottitis caused by haemophilus influenza

Down

1. "mucoviscidosis" autosomal recessive trait disorder that affects mostly the lungs, but also the pancreas, liver, kidneys, and intestine
2. inflammation of the tonsils caused by GABHS/Staphylococcus
4. post operative position after tonsillectomy



Know concepts related to the respiratory system by completing the puzzle.



Encircle which of the following occur in a geriatric client.

Physiologic Changes in Aging		
Increased clotting	Impaired tactile stimulation	Presbycusis
Decreased hearing	Decreased gastric enzymes	Decrease in lung residual volume
bone demineralization	Cognitive decline	Presbyopia