

### Presented by

#### Jeff Solheim, MSN, RN, CEN, TCRN, CFRN, FAEN

Jeff brings with him a wealth of nursing background, including clinical nursing in medical/surgical and emergency medicine, cruise-ship nursing, flight nursing, nursing management and administration, and as a state surveyor and nursing educator. Jeff currently finds his fulfillment speaking in front of audiences around the world on a variety of clinical and motivational topics. He was recently honored by the Emergency Nurses Association with the “Nursing Education Award” for his outstanding contributions to emergency nursing through education and publishing, and in 2008, was inducted as a fellow in the Academy of Emergency Nursing. Aside from his work in the nursing field, Jeff is also the founder and director of a third-world humanitarian organization called Project Helping Hands, which regularly takes medical teams into various third-world countries. Jeff has personally visited over 15 different countries and led over 50 teams through his organization. Jeff combines his sense of humor with stories from his travels around the world to make each seminar a fun and unforgettable experience.

### 16.25 Contact Hours | Course Length: 928 minutes

### Program Description

This course is a review of emergency nursing designed to assist the participant in successfully obtaining CEN certification. The course offers lectures, graphics, videos and practice questions in many of the areas that are tested on the CEN Exam. This review will provide not only a knowledge base for successfully completing the exam, but also a foundation for further study as the participant works toward emergency nursing certification.

### Program Learning Outcomes

*This program prepares the learner to:*

1. Discuss priorities of the primary and secondary assessment of patients in presenting to the emergency department.
2. Describe basic principles of disaster management.
3. Analyze the effectiveness of patient or family education in a clinical scenario.
4. Discuss the basic principles of safe interfacility transfer.
5. Describe anticipated assessment findings of patients with selected respiratory, medical, cardiovascular, neurologic, toxicologic, gastrointestinal and genitourinary emergencies.
6. Plan and prioritize interventions of patients with selected respiratory, medical, cardiovascular, neurologic, toxicologic, orthopedic, psychiatric or gastrointestinal emergencies.
7. Select appropriate triage categories for patients in clinical scenarios.
8. Differentiate cardiogenic, hypovolemic and distributive shock with regards to assessment and management.

## Topics Covered

### 1 Review of Exam, Medical Emergencies

138 minutes

#### Module Description

The CEN Exam consists of 175 multiple-choice questions. These questions can prove challenging, and potential test-takers must be prepared to face these challenges. This session gives the participant strategies for preparing to take the exam as well as strategies to successfully navigate the questions that are likely to be encountered. The exam contains 25 questions related to medical and psychosocial emergencies. Medical emergencies cover a wide variety of material, including: hematological emergencies, fluid and electrolyte emergencies, endocrine disorders, infections and sepsis, allergies and anaphylaxis. The pathophysiology of various medical emergencies will be covered as well as assessment, intervention and evaluation of care for patients who present with medical emergencies.

#### Module Learning Outcomes

*This module prepares the learner to:*

1. List at least three strategies for successfully preparing for the CEN Exam.
2. Differentiate between symptoms of diabetic ketoacidosis (DKA) and hyperosmolar hyperglycemic syndrome (HHS).
3. Verbalize precautions to consider when caring for a patient with neutropenia.
4. Recognize lab abnormalities associated with disseminated intravascular coagulation (DIC).
5. List what types of isolation precautions are appropriate for various infectious diseases.
6. Recognize what patients are at risk of developing herpes zoster.
7. Verbalize risk factors for developing Reye's syndrome.

### 2 Psychosocial

49 minutes

#### Module Description

The CEN Exam contains 25 questions related to medical and psychosocial emergencies. This module will cover topics as varied as anxiety disorders, psychosis, mood disorders and abuse. Pathophysiology, assessment, interventions and evaluation of care in the patient with psychosocial disorders will be covered.

#### Module Learning Outcomes

*This module prepares the learner to:*

1. List common assessment techniques for psychological and social emergencies that are encountered in questions on the exam.
2. Verbalize interventions commonly encountered in psychological and social questions on the exam.
3. Review the evaluation of interventions that are carried out for psychological and social situations on the exam.

### 3 Cardiovascular Emergencies

120 minutes

#### Module Description

The CEN Exam contains 20 questions related to cardiovascular emergencies. The content ranges from coronary artery disease to peripheral vascular disease. This session will assist participants to understand the various diseases that influence the cardiovascular system as well as the drugs used to treat them. Participants will be introduced to assessment of cardiovascular disorders, interventions that are appropriate for various cardiovascular disorders and methods for evaluating care given to patients with cardiovascular disorders.

#### Module Learning Outcomes

*This module prepares the learner to:*

1. Define preload, afterload, cardiac output and stroke volume.
2. Recognize problems with implanted pacemakers that present to the emergency department.
3. List drugs that are used to control tachycardic rhythms.
4. State nursing interventions for a patient experiencing an acute aortic dissection.
5. Differentiate between the symptoms of a right-sided myocardial infarction and a left-sided myocardial infarction.
6. Differentiate treatments implemented for arterial versus venous peripheral vascular occlusions.

## 4 Respiratory Emergencies

73 minutes

### Module Description

The CEN Exam has 16 questions that fit the category of respiratory emergencies. These questions may range from trauma to the respiratory system, chronic respiratory disorders or acute respiratory problems. This session will cover the pathophysiology of respiratory disorders, respiratory system assessments, interventions for respiratory disorders and evaluating the care given to patients with respiratory problems.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Analyze a blood gas abnormality by looking at blood gas values.
2. List side effects of drugs used to treat chronic obstructive pulmonary disease.
3. Differentiate between types of pulmonary emboli based on presenting symptomatology.
4. Verbalize treatment strategies for pulmonary edema.
5. List nursing interventions for various types of pneumothoraces.

## 5 Neurological Emergencies

78 minutes

### Module Description

The CEN Exam contains 16 questions related to neurological emergencies. These questions may be related to neurological trauma, acute neurological disorders or chronic neurological disorders. This session will present the pathophysiology of these diseases as well as prepare participants to answer questions related to neurological assessments, interventions for neurological disorders and evaluating the care given to patients with neurological disorders.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Differentiate between early and late signs of increased intracranial pressure.
2. Discuss care of the patient with a basilar skull fracture.
3. Define autonomic dysreflexia.
4. Recognize medications used in the treatment of seizures.
5. Verbalize discharge instructions that should be provided to patients with myasthenia gravis.

## 6 Maxillofacial and Ocular Emergencies

67 minutes

### Module Description

The CEN Exam contains 21 questions related to maxillofacial, ocular, orthopedic and wound emergencies. The pathophysiology of disorders related to ears, eyes, nose, mouth, throat and cranial nerves will be covered in this session as will assessment of the face and eyes, interventions for these disorders and evaluation of care for interventions related to disorders of the face and eyes.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Describe assessment of various cranial nerves.
2. Verbalize treatment considerations for maxillofacial trauma.
3. Describe the process for removing a foreign body from the ear canal.
4. Prioritize interventions for oral emergencies.

## 7 Orthopedic and Wound Emergencies

73 minutes

### Module Description

The CEN Exam contains 21 questions related to maxillofacial, ocular, orthopedic and wound emergencies. These disorders can range from simple lacerations and contusions to sprains, strains, fractures and amputations. Complications such as rabies, rhabdomyolysis and compartment syndrome, explosive injuries and joint effusions will also be covered. Topics will range from pathophysiology to assessment to interventions to evaluation of care related to orthopedic and wound disorders.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Verbalize discharge instructions for common wounds encountered in the emergency department.
2. Describe the process of assessing for nerve damage in the hands and feet.
3. State the symptoms of compartment syndrome and rhabdomyolysis.
4. Describe the process of preserving an amputated limb.

## 8 Environment and Toxicology Emergencies

127 minutes

### Module Description

The CEN Exam has 15 questions that fit this category. In clinical practice, emergency nurses can utilize poison control to assist in the assessment and care of patients with toxicological emergencies. On the CEN Exam, emergency nurses must be familiar with toxicological emergencies without the assistance of poison control. Emergency nurses are also faced with patients who present with a wide range of injuries related to environmental conditions such as heat, cold, animals, water and noxious substances. This session is designed to prepare participants to answer questions related to these conditions, including: assessment, intervention and evaluation of care. Emergency nurses are also on the front line of caring for communicable diseases and must be prepared to not only care for these patients but take precautions to protect themselves and others.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Identify the type of substance ingested based on the signs and symptoms demonstrated.
2. Treatment recommendations for various drugs of abuse.
3. List antidotes for common medicinal overdoses.
4. Describe decontamination procedures for chemical and radiation exposures.
5. Verbalize body temperatures that are considered life-threatening.
6. Describe treatment modalities appropriate for various poisonous animal envenomations.
7. Differentiate between various parasitical infections based on the symptoms presented.

## 9 Gastrointestinal Emergencies

58 minutes

### Module Description

The CEN Exam contains 21 questions, involving: gastrointestinal, gynecological, obstetrical and genitourinary emergencies. This session will begin with disorders of the esophagus and move through the gastrointestinal tract, covering disorders of the stomach, intestines, liver, pancreas, gallbladder and peritoneum. Pathophysiology of the illnesses will be covered as well as assessment techniques, interventions for each disorder as well as evaluating the care given for each disorder.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Prioritize treatments for patients with esophageal emergencies.
2. Recognize signs of gastritis.
3. Verbalize discharge instructions for patients with hepatitis.
4. Differentiate between symptoms of small-bowel obstructions and large-bowel obstructions.
5. Identify the abdominal organ most frequently injured in traumatic situations.

(continued)

## 10 Genitourinary, Gynecology and Obstetrical Emergencies

58 minutes

### Module Description

The CEN Exam contains 21 questions involving gastrointestinal, gynecological, obstetrical and genitourinary emergencies. Problems specific to the male genitourinary system will be presented as well problems specific to the female genitourinary system. Problems common to both sexes will also be covered. Pregnancy-related problems ranging from the first week of pregnancy through delivery and neonatal resuscitation will also be covered. Material will include pathophysiology of diseases, assessment of diseases, interventions for diseases and evaluation of care for diseases presented.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Prioritize interventions appropriate for genitourinary trauma.
2. Differentiate between various sexually transmitted diseases based on a patient's presenting complaint.
3. Verbalize nursing care for a patient with a fractured penis.
4. Differentiate between various causes of ovarian cysts based on a patient's complaints.
5. Define six types of abortion.
6. List the steps involved in assisting with childbirth.

## 11 Professional Issues

87 minutes

### Module Description

The CEN Exam has 16 questions that fit the category of professional issues. Emergency nurses are faced with challenges that extend beyond physical illnesses. They must deal with the assessment and treatment of pain, have knowledge of various legal and ethical issues and be prepared for unusual situations such as disasters and transfers. This section will present the theory for professional issues that may be encountered on the CEN Exam.

### Module Learning Outcomes

*This module prepares the learner to:*

1. List the nine steps of research.
2. Define three types of advanced directives.
3. Verbalize the steps in the research process.
4. Correctly apply triage levels to sample patients utilizing disaster triage.
5. Differentiate between a defusing and a debriefing.

## Accreditation

### RN/LPN/LVN/Other: 16.25 Contact Hours

MED-ED, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (**ANCC**).

MED-ED, Inc. is an approved provider by the following State Boards of Nursing: **Florida**/FBN 50-1286, **Iowa**/296, **California** #CEP10453.

If your profession is not listed, we suggest contacting your board to determine your continuing education requirements and ask about reciprocal approval. Many boards will approve this seminar based on the accreditation of the boards listed here.

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