RN – Long Term Care Exam Content Outline

Exam Objective

To measure the overall clinical knowledge of the RN in the Long-Term Care setting.

Knowledge Domains

Each question in this assessment is categorized by a cognitive level that the test taker would use to respond. These categories are:

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Recall: The ability to recall or recognize specific information.

Application: The ability to comprehend, relate, or apply knowledge to new or changing situations.

Analysis: The ability to analyze and synthesize information, determine solutions, and/or evaluate the usefulness of a solution.

Content Outline

I. Cardiovascular
   A. Knowledge of anatomy, physiology, and signs and symptoms (acute and chronic) of congestive heart failure.
   B. Knowledge of pharmacologic and dietary factors that contribute to CHF exacerbation.
   C. Knowledge of dietary education related cardiac disease process.
   D. Knowledge of pathophysiology of common cardiac disease processes such as hypertension, Afib, tachycardia, etc., including discharge teaching in the long-term care setting.
   E. Knowledge of common cardiac medications used in the long-term care setting, including:
      1. Appropriate assessments prior to administering medications
      2. Indications/contraindications
      3. Side effects
   F. Knowledge of contraindications for anticoagulant medication therapy.
   G. Knowledge of emergency treatment protocols for myocardial infarction (MI).
   H. Knowledge of common cardiac emergency protocols and when to initiate treatment for emergency situations (ex: chest pain, angina, etc.)
I. Knowledge of contraindicated procedures for residents with pacemaker (i.e. MRI)

II. Endocrine
   A. Knowledge of basic pathophysiology and observation findings for common disease processes including but not limited to:
      1. Diabetes (Hypoglycemia/Hyperglycemia)
      2. Electrolyte imbalances
      3. Syndrome of inappropriate antidiuretic hormone secretion (SIADH)
      4. Hyperthyroidism
      5. Hypothyroidism
      6. Pituitary tumor
      7. Diabetic ketoacidosis (DKA)
   B. Knowledge of diabetic education for:
      1. Dietary considerations
      2. Insulin requirements related to secondary diseases processes
   C. Knowledge of treatment of care and post-operative complications of common endocrine surgical procedures such as: Thyroidectomy, etc.

III. Gastrointestinal
   A. Knowledge of enteral feedings via G-tube (GT) including but not limited to:
      1. Signs and symptoms of feeding intolerance
      2. Feeding pump malfunction and/or troubleshooting
      3. Medication administration through an enteral feeding tube
   B. Knowledge of Nasogastric tube (NGT) placement and indication for use.
C. Knowledge of common gastrointestinal post-operative complications.
D. Knowledge of pathophysiology, assessment findings, and treatment protocols for common gastrointestinal disease processes and/or conditions, including but not limited to:
   1. Upper GI bleed
   2. Lower GI bleed
   3. Diarrhea
   4. Diverticulitis
   5. Esophageal varices

E. Knowledge of normal and abnormal lab values related to gastrointestinal disease processes and/or conditions.

F. Knowledge of dysphagia and appropriate dietary restrictions such as NPO, clear liquid diet, mechanical-soft diet, etc.

IV. General Knowledge

A. Knowledge of care for non-ambulatory residents including but not limited to:
   1. Prevention and treatment of skin breakdown
   2. Wound and incision dressing changes
   3. Pressure injury classification and or staging

B. Knowledge of normal and abnormal lab values commonly seen in the long-term care setting.

C. Knowledge of the commonly used needle size for administration of subcutaneous injections.

D. Knowledge of the purpose of medication reconciliation.

E. Knowledge of how to assist in emergencies as well as how to use emergency procedure acronyms such as P.A.S.S. and R.A.C.E., etc.

F. Knowledge of how to use S.B.A.R technique when communicating with the healthcare provider.
G. Knowledge of Cardiopulmonary Resuscitation (CPR) and when to perform.

H. Knowledge of military time versus ordinary time when documenting in resident health record.

I. Knowledge of unit measurement abbreviations and basic metric equivalence such as grams to milligrams, kilograms to pounds, etc.

V. Multisystem
A. Knowledge of signs and symptoms of compartment syndrome.
B. Knowledge of signs and symptoms of dehydration and appropriate interventions in the long-term care population.
C. Knowledge of fractures secondary to falls in the long-term care setting.
D. Knowledge of signs and symptoms of infection.
E. Knowledge of signs and symptoms of alcohol withdrawal in a long-term care resident.
F. Knowledge of signs and symptoms of an allergic reaction related to oral and intravenous medications, blood transfusion, etc.

VI. Neurological
A. Knowledge of the signs and symptoms of neurological disorders commonly seen in the long-term care setting:
   1. Epilepsy
   2. Alzheimer’s disease
   3. Dementia
   4. Hemorrhagic CVA
   5. Ischemic CVA
B. Knowledge of the normal stages associated with the aging process.
C. Knowledge of different diagnostic tests that used in the diagnosis of neurological disease diagnosis and/or condition (ex: MRI, CT scan, etc.)

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D. Knowledge of the common risk factors associated with cerebrovascular accident (CVA) (i.e. race, age, gender, medical history, etc.)

VII. Pharmacology
A. Knowledge of the “Six Rights” of medication administration.
B. Knowledge of medication administration principles:
   1. Drug classifications, indications/contraindications
   2. Dietary considerations/contraindications
   3. Baseline vital signs
   4. Use of at least two appropriate resident identifiers
C. Knowledge of medication contraindications based on resident status.
D. Knowledge of medication contraindications related to known drug allergies.
E. Knowledge of medication considerations related to diagnostic tests using contrast dye.
F. Knowledge of common cardiac medications used in the long-term care setting, including:
   1. Appropriate knowledge of cardiac medication parameters (e.g. Blood pressure and heart rate)
   2. Indications for use of commonly used cardiac medications (e.g. lisinopril, metoprolol, lanoxin, etc.)
   3. Side effects of commonly used cardiac medications
G. Knowledge of correct medical abbreviation (e.g. OS, OU, OD, PRN, etc.).
H. Knowledge of contraindications for anticoagulant medication therapy.
I. Knowledge of how to perform mathematical conversions:
J. Knowledge of how to perform dosage calculations:

**Tablet dosage calculation:**

\[
\text{Dose ordered} = \frac{\text{Number of tablets to give}}{\text{Dose on hand}}
\]

L. Knowledge of monitoring normal and abnormal lab parameters associated with medication administration such as:

1. Potassium level monitoring for residents on furosemide (Lasix)
2. Heart rate monitoring for residents on lanoxin (Digoxin)
3. Blood sugar monitoring for residents on insulin regimen
4. aPTT level monitoring for residents on heparin therapy

VIII. Professional/Ethical Issues

A. Knowledge of principles and protocols for advance healthcare directives.

B. Knowledge of principles of cultural diversity and protocols for communicating with non-English speaking residents.
C. Knowledge of principles of resident privacy and HIPAA guidelines.
D. Knowledge of prioritizing resident assessments.
E. Knowledge of principles for obtaining informed consent.

F. Knowledge of Minimum Data Set (MDS) used in the long-term care setting.

G. Knowledge of different models of care used in the long-term care setting (i.e. resident centered care).

H. Knowledge of the “5 Stages of grief”.

I. Knowledge of criteria commonly used to determine appropriate/inappropriate use of medications in older adults.

J. Knowledge of therapeutic communication for residents with suicidal ideation and psychological conditions.

K. Knowledge of common nursing interventions that accompany suicidal precautions.

L. Knowledge of resident care plan and the ability to individualize to specific needs of each resident.

IX. Renal

A. Knowledge of placement and management of indwelling urinary catheters.

B. Knowledge of pathophysiology and treatment of care of common renal and genitourinary conditions such as:
   1. Urinary tract infection (UTI)
   2. Renal failure with hemodialysis
   3. Diabetes Insipidus

C. Knowledge of normal and abnormal lab values for residents with renal disease.

D. Knowledge of how to assess an AV Fistula for residents on hemodialysis.

E. Knowledge of renal diet for residents with renal failure.

F. Knowledge of appropriate urine specimen collection procedures including but not limited to urinalysis (UA), 24-hour urine collection, etc.
X. Respiratory
   A. Knowledge of performing comprehensive respiratory assessment in the long-term care setting.
   B. Knowledge of normal and abnormal respiratory assessment findings.
   C. Knowledge of pathophysiology and appropriate treatment interventions of common pulmonary conditions:
      1. Emphysema
      2. Pneumonia
      3. Hypoxia
   D. Knowledge of oxygen therapy and delivery systems, including resident and family education related to therapy (ex: nasal cannula, non-rebreather mask, etc.).
   E. Knowledge of how to collect sputum specimen including but not limited to the timing of collection, resident teaching on how to obtain specimen, etc.

XI. Safety
   A. Knowledge of principles of isolation precautions:
      1. Proper hand hygiene protocols
      2. Personal Protective Equipment (PPE)
      3. Different types of isolation precautions in the long-term care setting such as standard, droplet, contact, etc.
   B. Knowledge of non-ambulatory resident transfer from bed to chair or vice versa.
   C. Knowledge of different resident precautions for safety such as:
      1. Aspiration precautions
      2. Bleeding precautions
      3. Seizure precautions
      4. High-fall risk precautions
D. Knowledge of principles of assessment for a resident with restraints.

E. Knowledge of de-escalation techniques used in the long-term care setting for combative behaviors, verbal abusive residents, etc.

F. Knowledge of proper body mechanics to avoid staff and resident injuries including but not limited to the use of mechanical lift, seeking assistance from nursing staff, etc.

G. Knowledge of environmental modifications to prevent falls such as: removal of area rugs, using handrails during bathroom use, etc.