

ACM EXAM 5 Study Guide



1. Plantar fasciitis:

- An inflammation of the plantar fascia, which is located in the area of the arch of the foot, causes pain.
- Also known as "flat feet."
- Commonly seen in middle-aged, older adults, and athletes.
- Nursing Interventions:
- Orthopedic shoes
- Insoles
- Avoid prolonged standing
- Resting, ice, stretching exercises
- Stapping of the foot to maintain the arch
- NSAIDs to control pain and inflammation
- *If conservative measures are unsuccessful, endoscopic surgery to remove the inflamed tissue may be required.*

2. Osteoporosis:

- Chronic disease of cellular regulation in which bone loss causes significantly decreased density and possible fracture.
- It is often referred to as a silent disease or silent thief because the first sign of osteoporosis in most people follows some kind of fracture.
- **FALL RISK PATIENTS**
- Kyphosis is a sign (hunchback)
- Generalized: involves many structures in the skeletal system and is divided into two categories.
- **Primary Osteoporosis** - is more common and occurs in postmenopausal women and men in their 70s or 80s.
- **Secondary Osteoporosis** - may result from other medical conditions such as hyperparathyroidism, long-term drug therapy (corticosteroids), or prolonged decreased mobility.
- **Regional (localized):** A type of secondary that can occur when a limb is immobilized related to fracture, injury, or paralysis.
- Decreased mobility for longer than 8 to 12 weeks can result in this type as well as prolonged time in a gravity-free environment (astronauts).
- Nursing Interventions:
- **Nutrition:**

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**Marcello Zillo Neto, Gustavo A. A.
Santana, Fernando Sapata, Mauricio
Munoz, Alexandre M. S. P.
Moraes, Thiago Morais, Dario Lucas
Goldfarb**

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AWS Certified Advanced Networking Official Study Guide Sidhartha Chauhan, James Devine, Alan Halachmi, Matt Lehwess, Nick Matthews, Steve Morad, Steve Seymour, 2018-02-13 The official study guide for the AWS certification specialty exam The AWS Certified Advanced Networking Official Study Guide Specialty Exam helps to ensure your preparation for the AWS Certified Advanced Networking Specialty Exam Expert review of AWS fundamentals align with the exam objectives and detailed explanations of key exam topics merge with real world scenarios to help you build the robust knowledge base you need to succeed on the exam and in the field as an AWS Certified Networking specialist Coverage includes the design implementation and deployment of cloud based solutions core AWS services implementation and knowledge of architectural best practices AWS service architecture design and maintenance networking automation and more You also get one year of free access to Sybex's online interactive learning environment and study tools which features flashcards a glossary chapter tests practice exams and a test bank to help you track your progress and gauge your readiness as exam day grows near The AWS credential validates your skills surrounding AWS and hybrid IT network architectures at scale The exam assumes existing competency with advanced networking tasks and assesses your ability to apply deep technical knowledge to the design and implementation of AWS services This book provides comprehensive review and extensive opportunities for practice so you can polish your skills and approach exam day with confidence Study key exam essentials with expert insight Understand how AWS skills translate to real world solutions Test your knowledge with challenging review questions Access online study tools chapter tests practice exams and more Technical expertise in cloud computing using AWS is in high demand and the AWS certification shows employers that you have the knowledge and skills needed to deliver practical forward looking cloud based solutions The AWS Certified Advanced Networking Official Study Guide Specialty Exam helps you learn what you need to take this next big step for your career

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