

NSG 6101 FINAL EXAMS

What does PICO stand for?

P = population/patient

I = intervention/exposure (new/questioning text)

C = comparison (known effective treatment)

O = outcome

4 steps to EBP

1. Ask (PICO)

2. Acquire (find evidence)

3. Appraise (hierarchy pyramid of evidence)

4. Apply

Hierarchy pyramid of evidence (weakest)

Laboratory studies -

In Vito "tube test" research

Comparative animal research

Expert opinion - ideas, editorials, opinion (textbook)

Hierarchy pyramid of evidence (observational studies ranked)

Weakest:

Single case reports

Case studies (more than one)

Strongest ranking: OAR

1. Cohort study - follow a group of animals and unknown if sick or not. (No bias)

2. Case-control study - take sick animal and control (not sick) then gather into

3. Cross-sectional study - intervention what happened (single day)

Hierarchy pyramid of evidence (strongest evidence)

Strongest:

Meta-analysis = find new data and summaries

Systematic review = find all studies that are relevant. Collaborate everything other.

Randomized control trail = experimental stud. Intervention is assigned by researcher

SMART goals

Specific

Measurable

Actionable-orientated

Realistic

Time-constrained

Veterinary practitioner's code of conduct

Primary concern for welfare of animals

maintaining professional standards to stand expected by other vet practioner, users of veterinary services, the public.

Veterinary practitioner's code of conduct mean?

- Informed consent
- Record management
- Confident
- Provide estimates
- Signing of documents
- Special interest areas

Ethics 1

- Your own thoughts
- Own view
- Right vs. wrong
- Parents views

Ethics 2

- Analysis of ethics
- Studies and arguments of ethics.
- How to justify topic

Consequentialism

- Choices/actions are morally assessed in the light of the state of affairs they bring about.
- Promote welfare/wellbeing

Utilitarianism

- Weighs out the costs and benefits of situation.
- Greatest good with least harm.
- Good outweighs the bad.
- All about the outcome

Effective altruism

- Not the good you can do but how much good you can do.
- Become a doctor and save 3000 lives or become rich and donate to save 6000 people.

Deontology

- A choice or action is right if it conforms to a moral norm.
- Some choices are morally forbidden.
- Right is privatized over good.

Principlism

- Emphasis on harm minimization, promoting good, required disclosure of information that fosters autonomous decision making.
- Normative ethics

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Descriptive ethics

Descriptive

Metaethics

How to know if it is right or wrong

Self-awareness (3 parts)

Self-confidence

Emotional self-awareness

accurate self-evaluation

Emotional intelligence (4 parts)

Self-awareness

Self-management

Social awareness

Relationship management

Johari Window Model

Open/free space = things you do not mind sharing

Blind area = things people do that they are unaware of.

Hidden area = you know about yourself and hide it from people.

Unknown area = ability that is underestimated due to lack of opportunity.

Teams

Shared leadership roles

Individual and mutual accountability

Collective work products

Works together

Work groups

Strong leader

Individual work products

Discusses, decides and delegates

Stages of group development

1. Forming

2. Storming = issues, sounds decisions, voice concerns

3. Norming = comes up with ways to work, achieve things.

4. Performing

5. Adjourning

WHS (work, health, safety) hazards for vets

1. Physical - bites, kick

2. Chemical = anesthetic gases, antibiotic inject

3. Biological = allergens, zoonoses, substance abuse

Risk management process

1. Hazard identification/measurement
2. Hazard assessment/evaluation
3. Hazard control/management (elimination, isolation)

Managing WHS risks

Risk management process
Review and improvement
Communicate and consult with all employees

Hazard control (hierarchy to control)

Eliminate hazard
Substitute
Isolate
Automate process (people not involved)
Minimize size
Rearrange work area
Safe work
Training
PPE

Five factor model

1. Openness to experience
2. Conscientiousness
3. Extraversion
4. Agreeableness
5. Neuroticism

DISC profile

Dominance
Influence
Steadiness - not wanting change
Compliance - adhere to rules

Extrovert vs. introvert

Extrovert = gain energy from outside world (let's talk about it)
Introvert = gain energy from inner world (need to think alone)

Sensing vs. intuition

Sensing = facts, present resources
Intuition = possibilities (ideas), future, brainstorming

Thinking vs. feeling

Thinking = logic, objective, impersonal

Feeling = values, empathetic, thinking about others,

Judging vs. perceiving

Judging = plans, schedule, decisive, structure. Let's make a plan

Perceiving = spontaneous, casual, open ended, flexible. Let's wait and see.

Self-care - SPIRE

Spiritual

Physical

Intellectual

Relationships

Emotions

Self-compassion

Self-kindness vs. self-judgement

Common humanity vs. isolation

be mindful

Anthrozoology

Study of interactions and relationships between humans and animals

Anthropomorphism

Attribution of human-like mental states, desires and motivations to non-human animals.

Worthy of greater moral consideration.

Motivates humans to become activists, vets, vegetarians

Fie domains model (physical/functional)

1. Nutrition

2. Environment

3. Health

4. Behavior

5. Mental state - negative affects

HAR

Human animal relationship

Good: feeding, handling, need to see how the animals will perceive you.

HAB

Human animal bond

Bond tend to promote well being

HAI

Human animal interaction

Animals handled in different ways. Language being used around animals