

# NUR 2063 / NUR2063 Essentials of Pathophysiology Exam 1 Review| Highly Rated Complete Guide| Latest, 2021 / 2022 | Rasmussen College

1. What are the levels of disease prevention?

- Primary,
- Secondary,
- Tertiary

2. Explain Primary Prevention

- "Preventing"; altering susceptibility or reducing exposure of disease for people.

3. Examples of Primary Prevention

- Vaccinations and Handwashing

4. Explain Secondary Prevention

- "Screening"; early detection, screening, and management of disease to catch disease early before it spreads

5. Examples of Secondary Prevention

- PAP smears for STDs,
- lab work for HBA1C check,

- mammogram

6. Explain Tertiary Prevention

- "Treating" and preventing further complications from a disorder or disease after the person has the condition

7. Examples of Tertiary Prevention

- Rehab for hip surgery,
- relearning ADL's after amputation,
- Wound care after stroke to prevent pressure ulcers.

8. What is homeostasis?

- a state of equilibrium in which all body systems are in balance and the body is at its most optimal in functioning.
- Stable

learnexams

9. What is allostasis?

- ability to successfully adapt to challenges. It is not a balance but an attempt to adapt to achieve homeostasis. Example: sweating to lower ones body temp.

10. Stages of the General Adaptation Syndrome

- alarm,
- resistance,
- exhaustion

11. Explain alarm stage of general adaptation syndrome

- Where the sympathetic nervous system is activated due to stress. Fight or Flight responses are activated and energy is given off by the HPA axis to flee or fight the danger ahead. Blood must be redirected to vital organs in this stage to give the organs energy to work.

12. Explain Resistance stage of general adaptation syndrome

- the activity of the Parasympathetic Nervous system and the endocrine system to return the body to homeostasis. The body should ultimately adapt to the stressor.

13. Explain the exhaustion stage of general adaptation syndrome

- Occurs when the stressor is not removed or overcome in the body. The body can no longer return to homeostasis after prolonged exposure to stressor. It causes the body to be depleted and damaged that can lead to disease or death.

learnexams

14. What complications can occur if stressors are not resolved from general adaptation syndrome?

- disease can occur physically and mentally, such as anxiety, depression, headaches, insomnia, infection, and heart disease.

15. Name the hormones released during alarm stage of general adaptation syndrome

- Corticotrophin releasing hormone,
- adrenocorticotrophic hormone,
- catecholamines (norepinephrine and epinephrine) and
- cortisol

16. Explain the Role of corticotrophin releasing hormone in alarm stage

- **activates the sympathetic nervous system and adrenocorticotrophic hormone.**

17. Explain the role of norepinephrine during alarm stage

- **helps to slow down certain organs such as the GI and GU systems to prepare the body for fight or flight.**

18. Explain the role of epinephrine during alarm stage

- **Stimulates the fight or flight response by increasing heart rate, bronchodilation of the lungs to increase respirations and amount of air let in, dilates pupils to let more light in, stimulates more glucose to be released.**

19. Explain the role of cortisol during alarm stage

- **released by ACTH reaching the adrenal cortex, this allows for more energy creation to increase glucose and to reduce inflammation. Suppresses the immune system.**

20. Explain the symptoms of a sympathetic nervous system response

- **Pupils dilate, salivation inhibited, increase in HR, bronchodilation of airway, increased respirations, glucose release, inhibit GI/GU.**

21. Explain the symptoms of a parasympathetic nervous system response

- **Pupils constrict, salivation occurs, decreased HR, bronchoconstriction, decreased respiration, GI/GU systems resume action.**