

Addison

Absent Steroids **LOW**
Small, Weak, Tanned

PATHO

- A - ADD** "some steroids" (Cortisol & Aldosterone)
A - ADDED Stress will **KILL!**

CAUSE

- A - AUTOIMMUNE** (body kills adrenals or Pituitary)
D - DISEASES: Cancer, Infections (TB/HIV)
D - DAMAGE: Adrenal Hemorrhage (Trauma)

SIGNS & SYMPTOMS

LOW BP, WT, Glucose, Temp, Hair, Mood, Sodium, Energy
HIGH Skin Tan (bronze) + Potassium (K+) Over 5.0

ADDS

- A - ADDED** Tan
"Bronze pigmentation" "hyper pigmentation"
A - ADDED Potassium
"Hyperkalemia" Over 5.0 (normal 3.5-5.0)
D - DECREASE Weight (Water loss + weight loss)
NOT TRUNCAL OBESITY
D - DECREASED BP, hair, sugar & energy
"fatigue" "alopecia" "hypoglycemia" "hypotension"
S - SODIUM loss 135 or LESS
(135-145 normal)
S - SALT craving

*NOT hairy NOT "Hirsutism" = hair suit &
*NOT thin skin is cushings.



TREATMENT

- A - Add** Steroids "-sone" Prednisone)
Increase the Dose during **Stress, Surgery, Sepsis**
D - Diet HIGH in Protein, Carbs & Sodium
D - Don't "Abruptly" STOP Steroids! (Crisis)
D - Don't believe this medication will cure you
I - Indefinitely: "Lifelong" hormone replacement

ADDisonian "Adrenal" Crisis

Caution: No Steroids = DEATH!

- A - Addisonian** Crisis
D - Drop in BP 89/40 LESS (Normal: 120/80)

1ST NURSE ACTION

ADD steroids (IV push)
"-sone" hydrocortisone prednisone

NOTES

Cushing

Cushion of Steroids **HIGH**
Big, Round, Hairy

PATHO

- C - Cushing** (HIGH Cortisol Steroids)
C - Cushion Pillow "Air Bag"

CAUSES

STERIODS Prednisone **LONG TERM** Therapy (asthma + RA)
TUMOR (Pituitary/Adrenal)
SMALL CELL LUNG CANCER **NCLEX TIP**

SIGNS & SYMPTOMS

BIG BP, Infections, WT, Hair, Belly, Brittle Bones

CUSH

- C - CUSHION**
TRUNCAL Obesity + Moon Face + Buffalo hump
U - UNUSUAL HAIR Growth
"Hirsutism" (hairy suit)
S - SKIN
"Purple Striae" "butterfly mark"
H - HIGH Sugar, BP, Weight



TREATMENT

SURGERY Cut out Tumor **RE**move organ = **RE**place Steroids
SLOWLY decrease Steroids "taper off gradually"

7 S's STEROID PRECAUTIONS

"-sone" prednisone,

S **SWOLLEN** (Water gain = Weight gain)

KEY TERMS: "Sudden" "excessive", "rapid"
REPORT: 1 Lb. in 1 day, or 2-3lbs in a few days

S **SEPSIS** (Infections or Illness)

Low WBC Fever is **PRIORITY** **NCLEX TIP**

S **SUGAR INCREASED**

"Hyperglycemia" **NCLEX TIP**

S **SKINNY**

Muscle & Bones "Osteoporosis" (R/F Fx)

S **SIGHT**

(Cataracts risk) refer to Optometrist **NCLEX TIP**

PREVENT CRISIS

S **SLOWLY** taper off

(NEVER abruptly stop) **NCLEX TIP**

S **STRESS or SURGERY**

(increase dose) **NCLEX TIP**

Med Surg Study Guide Linton

Lingsheng Yao



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