

# Walden University

## NRNP 6568: Synthesis in Advanced Nursing Practice Care of Patients in Family Care Settings

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# Week 3: HEENT Conditions

Which simple pleasures do you most enjoy? Perhaps there is a certain comfort food that always hits the spot. It may be that you enjoy listening to your favorite music—or even singing along. Or perhaps you simply enjoy stopping to smell the flowers. The beauty of a simple pleasure is that while it may not change the course of your day, it can briefly put a smile on your face. But what if your ability to enjoy these simple pleasures was suddenly impaired? Suddenly, minor pleasures would make a significant impact on your life.

Conditions of the head, eyes, ears, nose, and throat (HEENT) can impair many of the activities that put smiles on faces. Hearing, balance, taste, swallowing, speech, and breathing are just some of the functions that can suffer as a result. HEENT issues represent some of the most common reasons that patients visit primary and family care offices. And while the conditions can be relatively minor issues, such as allergies or sinusitis, HEENT issues can also result from injury, infection, or serious disease.

This week, you practice assessing, diagnosing, and treating patients with HEENT conditions and complete a Knowledge Check on these disorders. You will also reflect on your practice exam results from last week and use them to create a study plan that you will use throughout this course to prepare for the national certification exam.

## Learning Objectives

Students will:

- Create a study plan for the nurse practitioner national certification examination
- Evaluate patients with HEENT conditions
- Develop differential diagnoses for patients with HEENT conditions
- Develop treatment plans for patients with HEENT conditions
- Identify key concepts related to HEENT conditions

## Learning Resources

**Required Readings** (click to expand/reduce)

Buttaro, T. M., Polgar-Bailey, P., Sandberg-Cook, J., & Trybulski, J. (2021). *Primary care: Interprofessional collaborative practice* (6th ed.). Elsevier.

**Note:** Review the following chapters, as needed.

- Ch. 52, Evaluation of the Eyes
- Ch. 53, Cataracts
- Ch. 54, Blepharitis, Hordeolum, and Chalazion
- Ch. 55, Conjunctivitis
- Ch. 56, Corneal Surface Defects and Ocular Surface Foreign Bodies
- Ch. 57, Dry Eye Syndrome
- Ch. 58, Nasolacrimal Duct Obstruction and Dacryocystitis
- Ch. 59, Preseptal and Orbital Cellulitis
- Ch. 60, Pingueculae and Pterygia
- Ch. 61, Traumatic Ocular Disorders
- Ch. 62, Auricular Disorders
- Ch. 63, Cerumen Impaction
- Ch. 64, Cholesteatoma
- Ch. 65, Impaired Hearing
- Ch. 66, Inner Ear Disturbances
- Ch. 67, Otitis Externa
- Ch. 68, Otitis Media
- Ch. 69, Tympanic Membrane Perforation
- Ch. 70, Chronic Nasal Congestion and Discharge
- Ch. 71, Epistaxis
- Ch. 72, Nasal Trauma
- Ch. 73, Rhinitis
- Ch. 74, Sinusitis
- Ch. 75, Smell and Taste Disturbances
- Ch. 76, Tumors and Polyps of the Nose
- Ch. 77, Dental Abscess
- Ch. 78, Diseases of the Salivary Gland
- Ch. 79, Epiglottitis
- Ch. 80, Oral Infections
- Ch. 81, Peritonsillar Abscess
- Ch. 82, Pharyngitis and Tonsillitis

Leik, M. T. C. (2018). *Family nurse practitioner certification intensive review: Fast facts and practice questions* (3rd ed.). Springer Publishing Company.

- Ch. 5, Head, Ear, Eyes, Nose, and Throat Review

American Nurses Association. (2020). <https://www.nursingworld.org/>

American Association of Nurse Practitioners. (2020). <https://www.aanp.org/>

American Nurses Credentialing Center. (2020). <https://www.nursingworld.org/ancc/>

Centers for Disease Control and Prevention. (2020). <https://www.cdc.gov/>

Office of Disease Prevention and Health Promotion. (2020b). *Healthy people 2020.* <https://www.healthypeople.gov/>

Office of Disease Prevention and Health Promotion. (2020a). *Development of the national health promotion and disease prevention objectives for 2030.* <https://www.healthypeople.gov/2020/About-Healthy-People/Development-Healthy-People-2030>

World Health Organization. (2020). <https://www.who.int/>

**Document:** Focused SOAP Note Template (Word document)

**Recommended Reading** (click to expand/reduce)

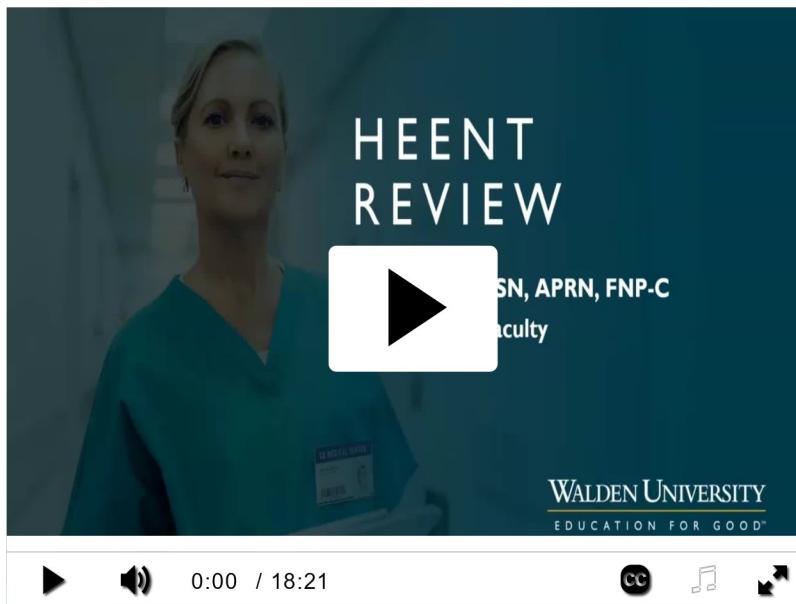
Buppert, C. (2021). *Nurse practitioner's business practice and legal guide* (7th ed.). Jones & Bartlett.

- Appendix 4-A “Ear, Nose, Mouth, and Throat Examination” (pp. 191–192)

### Required Media (click to expand/reduce)

#### HEENT Review

In this video, Dr. Jodi Duncan reviews important considerations when assessing, diagnosing, and treating patients with HEENT conditions. (18 min)



Accessible player

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### Optional Media (click to expand/reduce)

### Adult HEENT

Dr. Stefanie Gatica discusses how to listen to the patient and what to look for as you assess your patient. (25m)



Accessible player

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## Assignment 1: Study Plan

Based on your practice exam question results, identify strengths and areas of opportunity and create a tailored study plan to use throughout this course to help you prepare for the national certification exam. This will serve as an action plan to help you track your goals, tasks, and progress.



Photo Credit: AJ\_Watt / E+ / Getty Images

## To Prepare:

- Reflect on your practice exam results. Identify content-area strengths and opportunities for improvement.
- Also reflect on your overall test-taking. Was the length of time allotted comfortable or did you run out of time? Did a particular question format prove difficult?

## The Assignment:

- Summarize your practice exam results, including your strengths and opportunities for improvement.

**Note:** Your grade for this Assignment will not be derived from your test results but from your self-reflection and study plan.

- Create a study plan, including 3–4 specific goals and the tasks you need to complete to accomplish each goal. Include a timetable for accomplishing them and a description of how you will measure your progress.
- Describe resources you would use to accomplish your goals and tasks, such as ways to participate

in a study group or review course, mnemonics and other mental strategies, and print or online resources you could use to study.

## By Day 7

Submit your study plan.

## Submission and Grading Information

### To submit your completed Assignment for review and grading, do the following:

- Please save your Assignment using the naming convention “WK3Assgn1+last name+first initial.(extension)” as the name.
- Click the **Week 3 Assignment 1 Rubric** to review the Grading Criteria for the Assignment.
- Click the **Week 3 Assignment 1** link. You will also be able to “View Rubric” for grading criteria from this area.
- Next, from the Attach File area, click on the **Browse My Computer** button. Find the document you saved as “WK3Assgn1+last name+first initial.(extension)” and click **Open**.
- If applicable: From the Plagiarism Tools area, click the checkbox for **I agree to submit my paper(s) to the Global Reference Database**.
- Click on the **Submit** button to complete your submission.

## Grading Criteria

To access your rubric:

Week 3 Assignment 1 Rubric

## Check Your Assignment Draft for Authenticity

To check your Assignment draft for authenticity:

Submit your Week 3 Assignment draft and review the originality report.

## Submit Your Assignment by Day 7

To participate in this Assignment:

Week 3 Assignment 1

# Assignment 2: Assessing, Diagnosing, and Treating Patients With HEENT Conditions

Most everyone has at some point experienced minor HEENT conditions, such as a head cold or seasonal allergies, and symptoms, such as a runny nose, watery eyes, or a sore throat. While they are relatively minor and short-lived, they nevertheless impair many of the simple pleasures so many enjoy.

HEENT symptoms can represent a wide variety of issues, some of which suggest problems that extend well beyond their temporary impact on life's simple pleasures. HEENT conditions can result in dangerous respiratory impairment or be symptoms of life-threatening conditions or disease.

For this Assignment, your instructor will assign a case study, which will give you the opportunity to practice assessing, diagnosing, and treating patients with HEENT conditions.



Photo Credit: Getty Images/iStockphoto

**To Prepare:**

- Review this week's Learning Resources. Consider how to assess, diagnose, and treat patients with conditions of the head, eyes, ears, nose, and throat.
- Review the case study provided by your Instructor. Based on the provided patient information, think about the health history you would need to collect from the patient.
- Consider what physical exams and diagnostic tests would be appropriate in order to gather more information about the patient's condition. Reflect on how the results would be used to make a diagnosis.
- Identify three to five possible conditions that may be considered in a differential diagnosis for the patient.
- Consider the patient's diagnosis. Think about clinical guidelines that might support this diagnosis.
- Develop a treatment plan for the patient that includes health promotion and patient education strategies for patients with HEENT conditions.

## The Assignment

Use the Focused SOAP Note Template to address the following:

- Subjective: What details are provided regarding the patient's personal and medical history?
- Objective: What observations did you make during the physical assessment? Include pertinent positive and negative physical exam findings. Describe whether the patient presented with any morbidities or psychosocial issues.
- Assessment: Explain your differential diagnoses, providing a minimum of three. List them from highest priority to lowest priority and include their CPT and ICD-10 codes for the diagnosis. What would your primary diagnosis be and why?
- Plan: Explain your plan for diagnostics and primary diagnosis. What would your plan be for treatment and management? Include pharmacologic and non-pharmacologic treatments, alternative therapies, and follow-up parameters as well as a rationale for this treatment and management plan.
- Reflection notes: Describe your "aha!" moments from analyzing this case.

## By Day 7

Submit your focused SOAP note.

## Submission and Grading Information

**To submit your completed Assignment for review and grading, do the following:**

- Please save your Assignment using the naming convention "WK3Assgn2+last name+first initial. (extension)" as the name.
- Click the **Week 3 Assignment 2 Rubric** to review the Grading Criteria for the Assignment.

- Click the **Week 3 Assignment 2** link. You will also be able to “View Rubric” for grading criteria from this area.
- Next, from the Attach File area, click on the **Browse My Computer** button. Find the document you saved as “WK3Assgn2+last name+first initial.(extension)” and click **Open**.
- If applicable: From the Plagiarism Tools area, click the checkbox for **I agree to submit my paper(s) to the Global Reference Database**.
- Click on the **Submit** button to complete your submission.

### Grading Criteria

To access your rubric:

Week 3 Assignment 2 Rubric

### Check Your Assignment Draft for Authenticity

To check your Assignment draft for authenticity:

Submit your Week 3 Assignment draft and review the originality report.

### Submit Your Assignment by Day 7

To participate in this Assignment:

Week 3 Assignment 2

## Knowledge Check: HEENT Conditions

This Knowledge Check consists of 10 short-answer and true/false questions that focus on conditions of the head, eyes, ears, nose, and throat (HEENT).



Photo Credit: Getty Images

### To Prepare:

- Review this week's Learning Resources.

### By Day 7

Complete the Knowledge Check.

### Submission Information

Submit Your Knowledge Check by Day 7

To submit your Knowledge Check:

[Week 3 Knowledge Check](#)

## What's Coming Up in Week 4?



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In Week 4, you will continue your review of disease processes related to various body systems, with a focus on cardiac and pulmonary conditions. You will also complete your first set of Comprehensive Practice Questions, which are designed to help you prepare for your certification exam.

[To go to the next week:](#)

[Week 4](#)