

**ACE II EXAM**  
**Sample Content Study Guide**

**Care of the Adult Client**

**I. Nursing care of the client who has a deficiency in the delivery of oxygen to the cells (22-28%).**

**A. Cardiac**

1. Angina Pectoris
2. Myocardial Infarction
3. Congestive Heart Failure
4. Rheumatic Heart Disease
5. Mitral Stenosis
6. Heart Block

**B. Vascular**

1. Aneurysms
2. Thrombophlebitis
3. Embolism
4. Cerebrovascular Accident
5. Varicose Veins
6. Buerger's Disease
7. Raynaud's Disease
8. Arteriosclerosis
9. Essential Hypertension

**C. Pulmonary**

1. Chronic Pulmonary Disease
2. Neoplasms
3. Tuberculosis
4. Asthma
5. Acute Respiratory Infections

**II. Nursing care of the client who has a problem in digestion, metabolism, elimination, and providing nutrients to cells (30-35%).**

**A. Upper G.I. System**

1. Hiatus Hernia
2. Peptic Ulcer
3. Food Poisoning
4. Regional Ileitis
5. Gallbladder Disease

**B. Large Bowel**

1. Appendicitis
2. Diverticulitis
3. Ulcerative Colitis
4. Cancer of the Colon
5. Hemorrhoids
6. Anal Abscess
7. Anal Fistula
8. Pilonidal Cyst

**C. Liver and Pancreas**

1. Cancer of the Liver
2. Hepatitis
3. Pancreatitis

4. Cirrhosis

**D. Metabolic Regulation**

1. Diabetes Mellitus
2. Hyperthyroidism
3. Hypothyroidism
4. Addison's Disease

**E. Blood**

1. Pernicious Anemia
2. Nutritional Anemia
3. Sickle Cell Anemia
4. Leukemia
5. Hodgkin's Disease
6. Ruptured Spleen

**F. Integumentary Conditions**

1. Herpes Zoster
2. Contact Dermatitis
3. Burns

**III. Nursing care of the client with impairment in sensorimotor function (25-30%).**

**A. Central Nervous System**

1. Brain Tumor
2. Parkinson's Disease
3. Convulsive Disorders
4. Head Injury
5. Meningitis
6. Multiple Sclerosis
7. Myasthenia Gravis
8. Meniere's Syndrome

**B. Skeletal System**

1. Fractures
2. Amputations

**C. Joint**

1. Rheumatoid Arthritis
2. Osteoarthritis
3. Gout

**D. Eye**

1. Detached Retina
2. Cataracts
3. Glaucoma
4. Trauma

**E. Ear**

1. Otosclerosis
2. Deafness

**F. Larynx: Tumors and Neoplasms**

**G. Nose: Deviated Septum**

**IV. Nursing care of the client with dysfunction of the genitourinary and reproductive systems (15-20%).**

**A. Female**

1. Uterine Fibroids
2. Uterine Prolapse

3. Pelvic Inflammatory Disease
4. Endometriosis
5. Ovarian Cyst
6. Breast Cancer

**B. Male**

1. Benign Prostatic Hypertrophy
2. Cancer of the Prostate
3. Cancer of the Testes

**C. Venereal Disease**

1. Syphilis
2. Gonorrhea
3. Genital Herpes

**D. Kidney**

1. Glomerulonephritis
2. Renal Calculi
3. Renal Tumor

**E. Bladder**

1. Cystitis
2. Tumors and Neoplasms

**Care of the Client During Childbearing**

**I. The Antepartal Period (35-45%).**

**A. Normal Pregnancy**

1. Symptoms and Physiologic Changes Associated with Pregnancy
  - a. Subjective changes
    - 1) Amenorrhea
    - 2) Nausea and vomiting
    - 3) Fatigue
    - 4) Urinary frequency
    - 5) Breast Changes
    - 6) Quickening
  - b. Objective changes
    - 1) Pregnancy tests
    - 2) Fetal heart sounds
    - 3) Fundal height
    - 4) Ultrasound
2. Developmental Tasks of the Expanding Family
  - a. Ambivalence to acceptance
  - b. Preparation of siblings/grandparents
3. Health Promotion Needs
  - a. Rest
  - b. Activities of daily living
4. Nutritional Needs
  - a. Dietary
  - b. Iron and folic acid supplements
5. Fetal Growth and Development
6. Preparation for Labor, Delivery, and Infant Care
  - a. Parent's classes
  - b. True vs. false labor
  - c. Signs of impending labor

7. Common Discomforts of Pregnancy
  - a. Nausea and vomiting
  - b. Heartburn
  - c. Constipation
  - d. Leg cramps
  - e. Backache
  - f. Urinary frequency
  - g. Monilial infection
8. Antepartal Tests
  - a. Alpha-fetoprotein
  - b. Amniocentesis
  - c. Fetal biophysical profile
  - d. Ultrasound

**B. High Risk Factors Associated with Pregnancy**

1. Pre-existing Medical Conditions
  - a. Cardiac disease
  - b. Diabetes mellitus
  - c. Human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS)
2. Age
  - a. Teenager
  - b. Mature
3. Other
  - a. Multiple pregnancy
  - b. Grand multiparity
  - c. Infertility
  - d. Sexually transmitted diseases

**C. Complications of Pregnancy**

1. Abortion
2. Pregnancy-Induced Hypertension
3. Bleeding Disorders
  - a. Abruptio placentae
  - b. Placenta previa
  - c. Placenta accreta
  - d. Disseminated intravascular coagulation
4. Other
  - a. Hyperemesis gravidarum
  - b. Hydatiform mole
  - c. Rh problems

**II. Intrapartal Period (25-35%)**

**A. Normal Labor**

1. Stages of Labor
2. Assessing Progress of Labor
3. Monitoring Vital Signs
4. Support Available during Labor
  - a. Relaxation techniques
  - b. Comfort measures
  - c. Analgesis/Anesthesia
5. Fetal Response to Labor

## **B. Complications of Labor**

1. Dystocia
2. Cephalopelvic Disproportion
3. Multiple Pregnancy
4. Fetal Malposition
5. Fetal Distress
6. Problems Affecting the Uterus
  - a. Rupture
  - b. Inversion
7. Premature Labor
8. Precipitous Labor-Emergency Delivery
9. Induction of Labor
10. Dependence on Drugs
11. Need for Cesarean Delivery
12. Prolapsed Cord
13. Bleeding Disorder

## **C. Delivery**

1. Management of a Woman Who is to Deliver Vaginally
2. The Cesarean Birth
3. Immediate Care of the Neonate
  - a. Meeting immediate needs
  - b. Apgar scoring
  - c. Routine procedures
4. Facilitating the Attachment Process
5. Care of the Mother in First Postpartal Hour

## **III. Postpartal Period (10-20%)**

### **A. Physical Needs of the Mother**

1. Assessment of Postpartal Adaptation
  - a. Fundus
  - b. Lochia
  - c. Breast changes

### **B. Psychosocial and Health Needs of the Family**

1. Attachment
2. Assistance with Breast and Bottle Feeding
3. Education for Infant Care and Family Living
4. Contraception

### **C. Complications of the Postpartal Period**

1. Physical Problems
  - a. Voiding difficulties
  - b. Hemorrhage
  - c. Infection
  - d. Thrombophlebitis
2. Psychosocial Problems
  - a. Impact of fetal problems
    - 1) Defective infant
    - 2) Loss of infant
  - b. Psychiatric disorders
3. Risk Factors

### **D. The Mother Who Has Had a Cesarean Birth**

### **E. The High Risk Mother**

**IV. The Neonate (10-20%)**

**A. The Normal Newborn**

1. Assessment
  - a. Gestational age
  - b. Adaptation to life
2. Nursing Care
  - a. Routine care
  - b. Circumcision

**B. Complications of the Neonatal Period**

1. Respiratory Problems
2. Neonatal Jaundice
3. Hemolytic Disease of the Neonate
4. Infection
5. Congenital Abnormalities
  - a. Gastrointestinal
  - b. Cardiac
  - c. Genitourinary
  - d. Neuromuscular
  - e. Orthopedic

**C. Care of the High-Risk Infant**

1. The Preterm Infant
2. The Small-for-Gestational Age Infant
3. The Postmature Infant
4. The Infant of a Mother Who Had
  - a. Diabetes mellitus
  - b. Drug dependence
  - c. Cesarean deliver
  - d. Prenatal infection
  - e. Human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS)

**Care of the Child**

**I. The Infant (25-35%)**

**A. Norms of Growth and Development**

**B. Deviations from Norms of Growth and Development**

**C. Promotion of Health**

**D. Family Relationships**

**E. The Hospitalized Infant**

**F. Health Problems of the Infant**

1. Congenital Defects
  - a. Myelomeningocele
  - b. Hydrocephalus
  - c. Cleft lip and cleft palate
  - d. Congenital hip dysplasia
  - e. Congenital heart disease
  - f. Tracheoesophageal fistula
2. Acute Respiratory Infections
3. Pyloric Stenosis
4. Diarrhea and Dehydration
5. Nutritional Disturbances
  - a. Iron deficiency anemia

6. Intussusceptions
7. Hirschsprung's Disease
8. Allergies
9. Child Abuse
10. Sudden Infant Death Syndrome
11. Phenylketonuria

**II. The Toddler and the Preschooler (35-45%)**

- A. Norms of Growth and Development**
- B. Deviations from Norms of Growth and Development**
- C. Promotion of Health**
- D. Family Relationships**
- E. The Hospitalized Toddler and Preschooler**
- F. Health Problems of the Toddler and Preschooler**

1. Tonsillitis and/or Tonsillectomy
2. Otitis Media
3. Acute Respiratory Infections
4. Ingestion of Poisonous Substance
5. Cystic Fibrosis
6. Celiac Disease
7. Appendicitis
8. Congenital Heart Disease
  - a. Cardiac surgery
9. Nephrosis
10. Hemophilia
11. Child Abuse
12. Burns
13. Accidents
14. Mental Retardation
15. Acute lymphocytic Leukemia
16. Amblyopia
17. Fractures

**III. The School Age Child (15-25%)**

- A. Norms of Growth and Development**
- B. Deviations from Norms of Growth and Development**
- C. Promotion of Health**
- D. Family Relationships**
- E. The Hospitalized Child**
- F. Health Problems of the School Age Child**

1. Accidents
2. Helminthic Infections
3. Mental Retardation
4. Acute Lymphocytic Leukemia
5. Brain Tumor
6. Acute Glomerulonephritis
7. Asthma
8. Cystic Fibrosis
9. Appendicitis
10. Rheumatic Fever
11. Sickle Cell Anemia

12. Diabetes Mellitus
13. Convulsive Disorder
14. Burns
15. Fractures

**IV. The Adolescent (5-15%)**

- A. Norms of Growth and Development**
- B. Deviations from Norms of Growth and Development**
- C. Promotion of Health**
- D. Family Relationships**
- E. The Hospitalized Adolescent**
- F. Health Problems**
  1. Accidents
  2. Obesity
  3. Bone Tumors
  4. Fractures
  5. Scoliosis
  6. Convulsive Disorder
  7. Venereal Disease
  8. Drug Abuse
  9. Suicide
  10. Acne

**V. General Topics (not age related, may apply to situations in any age group area)**

- A. Sensory Deprivation**
- B. The Dying Child**
- C. Cerebral Palsy**

**Care of the Client with Mental Disorder**

**I. Organic Mental Disorders (15-20%)**

- A. Dementias Arising in the Senium and Presenium**
- B. Substance Induces**
  1. Alcohol
  2. Amphetamine
  3. Barbiturate
- C. Mental Retardation**

**II. Psychological and Psychophysiological Mental Disorders (45-70%)**

- A. Schizophrenic Disorders**
  4. Catatonic Type
  5. Disorganized Type
  6. Paranoid Type
  7. Residual Type
  8. Undifferentiated Type
- B. Psychotic Disorders Not Elsewhere Classified**
- C. Affective Disorders**
  1. Manic Episode
  2. Major Depressive Episode
- D. Anxiety Disorders**
  1. Obsessive-Compulsive Disorder

2. Phobic Disorder
3. Crisis and Panic Disorder

**E. Somatoform Disorders**

1. Conversion Disorder
2. Somatization Disorder
3. Hypochondriasis
4. Psychic Pain Disorder

**F. Psychosexual Disorders**

1. Gender Identity Disorder
2. Psychosexual Dysfunctions
3. Ego-Dystonic Homosexuality

**G. Disorders of Impulse Control**

1. Intermittent Explosive Disorder
2. Isolated Explosive Disorder

**H. Psychological Factors Affecting Physical Conditions**

**I. Eating Disorders**

**J. Personality Disorders**

**III. Adjustment Disorders (20-30%)**

**A. Adjustment with Depressed Moods**

**B. Adjustment with Anxious Moods**

**C. Adjustment with Mixed Emotional Features**

**D. Adjustment with Disturbance of Conduct**

**E. Adjustment with Mixed Disturbances of Emotion and Conduct**

**F. Adjustment with Work (or Academic) Inhibition**

**G. Adjustment with Withdrawal**