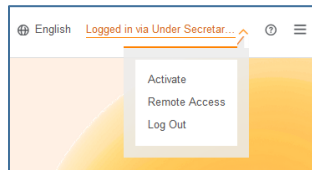


ClinicalKey for Nursing CE

You need a personal account in ClinicalKey for Nursing to earn CE.

There are two ways to create a personal account.

1. Access ClinicalKey for Nursing through the AVL site. Click on “Register” in the top right corner and follow the prompts to create a personal account. **OR**
2. Access ClinicalKey for Nursing through the AVL Athens remote access platform. Click on the “Logged in via Under Secretar...” in the top right corner. Click on “Activate.” Complete the “Activate Personalization” form to create personal account.



Activate Personalization

You must complete the information below to activate personalized features on ClinicalKey.

* = Required. [Privacy policy.](#)

Your details

First name *

Family name *

Email address *

> Additional profile details

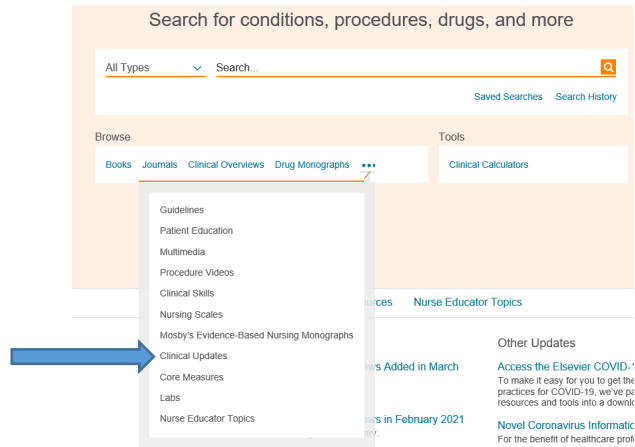
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[Register >](#)

How do I access the Clinical Updates?

1. Log into ClinicalKey for Nursing with your email and the password you created.
2. Once logged in, there are three access point for Clinical Updates.
 - a. Click your name in the top corner and then click on “CE”; **OR**
 - b. Click on the menu ☰ in the top corner and then click on “CE”; **OR**
 - c. Click on “Clinical Updates” under the Browse section.



- Once on the Clinical Updates page, select one of the topics to read. Instructions on earning credit are on each update.

Learning Outcome

Addison's Disease

Cushing's Syndrome

Side-by-Side Comparison of Addison's Disease and Cushing's Syndrome

Summary

References

CLINICAL UPDATE

Addison's Disease and Cushing's Syndrome: The Role of the Nurse in Patient Education and Interventions

Mark A. Meyer, PhD, RN, Dolores C. Jones, RN, EdD, CPNP Updated by: Donna Cleary ACNS, BC, AE-C, CNE

Last Revised: 2019-06-26

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Learning Outcome

Achieving a passing score on the posttest demonstrates your ability to:

- Describe the role of cortisol and aldosterone in the body and their relationship to Addison's disease and Cushing's syndrome.
- Differentiate between the pathophysiology and clinical manifestations of Addison's disease and Cushing's syndrome.
- Describe current treatment recommendations for patients with Addison's disease and Cushing's syndrome.
- Discuss nursing management of patients with Addison's disease and Cushing's syndrome.

Addison's Disease

Addison's disease was first described by Thomas Addison in 1855. Most of the first cases were caused by tuberculosis, but now autoimmunity is the main cause. (Brooke & Monson 2017) Partial or complete failure of adrenocortical function—that is, glucocorticoid, mineralocorticoid, and androgenic function—marks life-threatening Addison's disease, which is adrenal insufficiency. (Mosby's Medical, Nursing & Allied Health Dictionary 2017; NIDDKD 2019) Addison's disease is associated with elevated serum levels of adrenocorticotrophic hormone (ACTH), causing insufficient corticosteroid (primarily cortisol) and



[How to Earn Credit](#)

[Go to test](#)

Hours/Credits

Contact Hours 0.75

Pharmacology Credits 0.25

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- [Hydrocortisone](#)
- [Prednisone](#)
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Related Patient Education

- [Addison's Disease](#)
- [ACTH Stimulation Test](#)
- [Cortisol Test](#)
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