



University of Malawi
KAMUZU COLLEGE OF NURSING

Bachelor of Science in Nursing and Midwifery

Module 9

NUR 108: **Nursing Science: Practice 1**
 (Fundamentals of Nursing)

No of hours: **100 (320)**
 (10 Credits)

Author:

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METHOD OF ASSEMENT

Objective structured clinical evaluation OSCE	-	50%
Summative Evaluation	-	<u>50%</u>
		<u>100 %</u>

Learning Contract

I will complete this module within the specified period in order to gain the appropriate knowledge, skills and attitudes. I am aware that I have to achieve the stipulated outcomes in readiness for clinical placement and assessments.

Student Name:

Student's Signature :

Date:.....

MODULE DESCRIPTOR:

The aim of this course is to assist the students to acquire knowledge attitude and basic nursing skills relevant to the care of the hospitalized patient. The major emphasis is placed on applying nursing intervention in curative, preventive, promotive, psycho-social and restorative spiritual concepts to meet the specific needs of individuals and families. The nursing process in conjunction with theories of activities of living, self care Transcultural nursing will be utilized in the provision of care of patients.

MODULE LEARNING OUTCOMES

Upon completion of this module, learners should be able to:

- demonstrate beginning ability to assess activities of living and self-care abilities of patient / client.
- utilize biological, psychological principles and theories in providing comprehensive nursing care.
- utilize the knowledge of the nursing process in identifying patient's problems and setting priorities in providing care to patients in a variety of setting.
- demonstrate acceptable professional behaviour patterns that indicate her/his belief in the dignity of the nursing profession.

- demonstrates skills in the measurement and recording TPR and BP and utilizes this information in planning total patient care.
- demonstrate skills in making of different beds used in the hospital.
- demonstrate skills in positioning patients in bed according to patients needs maintaining proper body alignment at all times.
- demonstrate skills in moving patients in and out of bed.
- demonstrate knowledge attitude and skills in administration of drugs.
- demonstrate knowledge and skills in the administration of oxygen.
- commence and monitor intravenous infusion and blood transfusion at the correct rate of administration.
- maintain an accurate intake and output record chart.
- demonstrate beginning skills in various aseptic techniques and in the handling of sterile supplies.
- Carry out appropriate methods of sterilization and disinfection of equipment.
- provide appropriate nursing care to patients before and after general surgical operations.
- assist patients in feeding and maintaining adequate nutrition.
- prepare patients for and carry out procedures associated with elimination.
- instruct and assist patients on breathing and coughing exercise.
- demonstrate knowledge and skills in assisting patients in pain by applying heat and cold application appropriately and other nursing activities.

- demonstrate appropriate interpersonal skills when interaction with clients / patients and their relative and other members of the health team.
- demonstrate beginning skills of conducting a nursing interview.
- demonstrate skills in documenting the collected subjective data on appropriate nursing assessment form.
- collect and observe specimen of stool and urine and report any abnormalities to senior members.
- evaluate effectiveness of care given and determine whether the patients' needs have been met.
- recognise limitation and seek assistance when necessary.
- consult reference materials, clinical teacher, and / or other members of the health team to facilitate learning.
- demonstrate respect for all patient, relative and members of the health team.

MODULE TOPICS

Client's needs/problems
 Health assessment of clients
 Nursing care of clients
 School health services
 Professional conduct

FUNDAMENTAL SKILLS TO ACHIEVE

HISTORY TAKING

- Interviewing
- Purpose of health history
- Approach to history taking and interviewing
- Methods of interviewing and recording information
- Cultural and development considerations
- Nurses approach to the patient

MAINTAINING A SAFE ENVIRONMENT

- Factors affecting safety
- Assistive devices
- Providing a safe environment
- Prevention and Control of Infection
- Medical asepsis
- Surgical asepsis
- Universal precautions
- Isolation techniques

Laboratory Skills Required

- Hand washing
- Gloving and gowning
- Opening sterile package
- Sterilization of equipment
- Wrapping objects for sterilization
- Bed making

VITAL SIGNS

Temperature

Pulse

Respirations

Blood Pressure

Laboratory Skills required

- Assessing vital signs
- Tepid sponging

MEETING HYGIENIC NEEDS

- Personal cleansing
- Goals of bathing
- Types of baths
- Oral hygiene
- Hair care
- Nail and foot care
- Perineal and vaginal care
- Care of pressure areas

Laboratory Skills required

- Giving a bed bath
- Assisting patient with oral care

- Assisting patient with personal grooming

PROMOTING URINARY & INTESTINAL ELIMINATION

Assessment

Collection of specimen

Promotion normal elimination

Laboratory Skills required

- Offering and removing a bedpan
- Collecting and observation of stools/faeces
- Administering a cleansing enema
- Manual removal of faeces
- Inserting suppositories

PROMOTING REST, COMFORT AND SLEEP

Factors affecting sleep

- Assessing rest and sleep pattern
- Measures to promote sleep and rest
- Sleep disorders

PROMOTING PHYSICAL ACTIVITY

Exercise and ambulation

- Types of exercise
- passive
- active

Mobility

- body mechanics
- factors affecting alignment and mobility
- hazards of immobility

Laboratory skills required

- Assisting patients with ambulation
- Assisting patients to use ambulatory devices
- Turning a patient in bed
- Moving a patient up in bed
- Transferring a patient from bed to stretcher, stretcher to bed
- Bed to chair
- Chair to bed

Positions in Nursing

Moving and lifting the patient

WOUNDS AND TISSUE HEALING

- Physical reactions to trauma
- types of wounds
- dressings and bandages
- solutions used in dressings
- reasons for changing a dressing

Types of Dressing

- Procedure for wound dressing
- Irrigating a wound

Laboratory Skills required

- Preparation of trolley for wound dressing
- Changing and Securing addressing
- Applying bandages
- Removal of a drain
- Applying a binder, applying a sling

MEDICATION ADMINISTRATION

Assessment prior to administration

- Documentation
- Five rights of medication administration
- Legal aspects
- Terminologies regarding administration
- Drug dosage calculation
- Parenteral
- Inhaled medication
- Topical medication

Laboratory Skill required

Drug administration

- Drug dosage calculation
- reconstituting, nursing, drawing up medications

- Oral intradermal subcutaneous intramuscular and intravenous routes.

PRE AND POST OPERATIVE CARE

Pre-operative care

- Principles of pre-operative care
- Pre-operative assessment
- Patient teaching
- Pre-operative nursing interventions
- Taking patient to theatre

Post-Operative Care

- Principles of postoperative care
- Immediate post-operative care (in the recovery room)
- Subsequent post-operative care (in the ward)

THERAPEUTIC APPLICATION OF HEAT AND COLD

The body's response to heat and cold

- initial response
- secondary response

Factors that influence effectiveness of heat and cold

- Safety measures

Application of Heat

- dry heat
- moist heat
- compresses
- soaks
- sitz baths

Application of Cold

Laboratory skills required

- Application of compresses- cold or warm
- Sitz baths

NURSING CARE OF HOSPITALIZED PATIENTS

- Reception, admission, orientation, referral, transfer and discharge
- Patient education
- Nurse patient relationship

PHYSICAL ASSESSMENT APPROACH

- Techniques of examination
- Physical assessment equipment
- Documentation of physical assessment

ASSESSING THE BODY SYSTEMS

- General Survey
- Assessing vital signs: arterial pulse, respiratory rate and pattern, arterial blood pressure, body temperature (review)
- Head, neck, eye, ear, nose, sinuses, mouth
- Cardiovascular system, heart, pressures and pulses. Peripheral vascular system (arteries, veins, nodes)
- Respiratory system, thorax and lungs
- Breast and axilla
- Lymphatic system
- Abdomen
- Genito-urinary system (male & female)
- Musculoskeletal system
- Nervous system
- Mental status
- Skin, hair and nails

EMERGENCY CARE

- Principles of emergency care
- First Aid Techniques

- Cardio-pulmonary resuscitation

PAIN MANAGEMENT

Physiology of Pain

Assessment of pain

Management of Pain

- surgical
- pharmacologic non pharmacologic

nursing interventions

STRESS MANAGEMENT

- Stress health and illness
- Effects of stress on health
- Assessments
- Management of stress

CARE OF THE DYING PATIENT

- Loss, grief, dying and death
- Factors affecting grief and death
- Physical aspects of dying
- Last office lying out

PRACTICAL PLACEMENT ALLOCATIONS

- Schools settings
- Hospital settings

REFERENCES

Required Reading

Allendar, J and Spradley B (2005) Community health nursing. Baltimore: Lippincott Williams

Ehrardt C (2004). Ambulatory care procedures for the nurse practitioner. Chicago: F A Davis.

Estes M E (2006): Health Assessment and physical Examination. New York: Thomsom Delmar Learning.

Woodhead K and Wicker P (2005): A textbook of perioperative care, London: Elsevier Churhill.

Supplementary Reading

Altman G (2004). Delmar's fundamental and advanced nursing skills. New York: Thomson/Delmar.

Comer S (2005). Delmar's critical nursing care plans. Edinburgh: Thomson/Delmar.

Holt L (2000). Accident and emergency. Philadelphia: Bailliere Tindall

Luxner K L (2005). Critical care nursing: A holistic approach. Baltimore: Lippincott Williams

Appendix A: CLINICAL EVALUATION FORM

NAME OF STUDENT..... CLINICAL
AREA:.....

DATES OF CLINICAL EXPERIENCE FROM.....
TO.....

NUMBER OF HOURS PRESENT:
ABSENT:

GRADE CRITERIA

<u>GRADE</u>	<u>PERCENTAGE</u>	<u>REMARKS</u>
1.0 – 1.9	0% - 45%	Unsatisfactory
2.0 – 2.2	50% - 64%	Satisfactory
2.3 – 2.4	65% - 74%	Above Satisfactory
2.5 – 3.0	75% - 100%	Outstanding

DEFINITIONS

UNSATISFACTORY Performs nursing activity in an unacceptable manner with inadequate knowledge and/or skills

SATISFACTORY Performs nursing activity with assistance, and with adequate knowledge and skill.

ABOVE SATISFACTORY Perform nursing activity independently, and with exceptional knowledge and skills)

At the end of this clinical experience in basic nursing, the student should have developed the beginning ability to:-

	STUDENT'S	TEACHER'S SCORE
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	SCORE	E
A. <u>ASSESSMENT</u>		
- Establish a good nurse-patient relationship		
- Collect appropriate data from available sources		
- Clearly identify patient's basic needs		
- Assess patient's nutritional needs		
- Arrange patient's needs in order of priority		
- Identify cultural beliefs and health practices which may affect nursing care		
B. <u>PLAN</u>		
- Include patient and family planning care		
- Plan appropriate nursing actions in order of priority		
- Set objectives for each nursing action		
- Explain his/her nursing actions using theoretical knowledge		
C. <u>NURSING ACTION</u>		
- Perform nursing activities to meet patient's hygienic and comfort needs		
- Administer oral and injectable medications		
- Take record and interpret vital signs		
- Assist patients to meet their elimination needs		
- Assist patients who have breathing problems		
- Use appropriate methods of sterilization and disinfection of Equipment		
- Maintain intravenous infusion and blood transfusions at the correct rate of administration		
- Apply basic principles of health education in giving care to Patients		
- Give appropriate pre and post operative care		
- Use aseptic technique in the dressing of wound and in handling sterile equipment and supplies		
- Maintain an accurate record of all nursing activities and Observations		

D. <u>EVALUATION</u>		
- Evaluate nursing care given and decide if the patient's needs have been met		
- Modify nursing care plans and interventions as patient's needs Change		
E. <u>PROFESSIONALISM</u>		
- Be honest and reliable in her/his conduct		
- Accept constructive criticism and demonstrate positive behavioural change		
- Abide by the clinical policy		
- Demonstrate respect for all patients, families and members of the health team		
- Consult reference materials and ask appropriate questions		
- Demonstrate safety when giving nursing care		
- Recognize her/his own limitations and seek assistance when Necessary		

Sister In-Charges Comments:

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Sister In-Charge's Signature: Date:

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Teacher's Comments:

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Teacher's Signature: Date:
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Students's Comments

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Student's Signature: Date:
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Evaluation grade:

APPENDIX B: PRACTICE IN NURSING SKILLS

N O	SKILL	SATISFACTORY	UNSATISFACTORY	NOT DONE	COMMENTS	SIGN.
1.	Communication skills - Initiating nurse client interaction - Interviewing techniques					
2.	Introduction to the Nursing Process Assessment: - Collecting subjective data (Nursing History) - Collecting objective data (1) monitoring temperature, pulse, respiration and blood pressure. - Collecting data (2) assessment and initial identification of clients problems of activities of daily living. - Documentation of subjective data and objective data on appropriate form/chart - Nursing assessment form - Vital signs (temperature, pulse, respiration and blood					

	pressure) - Tepid sponging - Reporting abnormal vital signs findings - Admission/discharge					
3.	Care of the client with fever					
N O	SKILL	SATISFACTORY	UNSATISFACTORY	NOT DONE	COMMENTS	SIGN.
4.	Bed-making - occupied bed (with patient) - unoccupied bed (empty bed) - changing bedsheets side to side and top to bottom					
5.	Prevent the spread of infection - handwashing - cleaning trolleys - sterilization - barrier nursing technique - isolation technique					
6.	Meeting patients nutritional needs - oral feeding - naso gastric feeding - parenteral nutrition (calculation of rate of IVI) - Maintaining fluid balance charts					
7.	Meeting patients elimination					

	needs <ul style="list-style-type: none"> - giving bed pans - insertion of suppositories - passing flatus tube - giving soap enema - care of skin in continence (urine/fecal) 					
8.	Bathing techniques <ul style="list-style-type: none"> - in bed - in the shower - in tub 					
9.	Oral hygiene (toilet)					
10.	Prevention/management of decubitus ulcers					
11.	Wound care <ul style="list-style-type: none"> - dressings - types of solutions used for dressing and their indications - drain and suture removal - bandages and binders 					
12.	Compress <ul style="list-style-type: none"> - hot application - cold application 					
N O	SKILL	SATISFACTORY	UNSATISFACTORY	NOT DONE	COMMENTS	SIGN.
13.	Physiotherapy <ul style="list-style-type: none"> - Mobilizing a patient - Australian lift - Emergency lift - Postural drainage/percussion 					
14.	Drug administration/drug calculation in child/adult via <ul style="list-style-type: none"> - Oral - Intramuscular 					

	<ul style="list-style-type: none"> - intracermal - subcutaneous routes 					
15	Collecting of specimen <ul style="list-style-type: none"> - blood-vein-puncture - sputum - pus/swab - urine for lab/ward analysis - stool 					
16	Last office and intervention in bereavement					

APPENDIX C: STUDENT/CLINICAL MONITOR OF COMPETENCIES

Student Name:

Unit:

Clinical

Teacher/s:.....

								DATE	SUPERVISOR SIGN.	SATISFACTORY	UNSATISFACTORY	NOT OBSERVED	PROCEDURE TO BE REVIEWED
		WK 1	WK 2	WK 3	WK 4	WK 5	WK 6						
1.	Demonstrate familiarity with ward policies and procedures related to patient care.												
2.	Prepares and establishes rapport with the patient/client												
3.	Prepares and establishes a conducive environment for patients												
4.	Collects objective data/general survey and physical exam on admission												
5.	Assess clients needs and prioritizes												
6.	Plan patient care												
7.	Implement plan of care												
8.	Evaluates nursing care given to patients												

9.	Records relevant data pertaining to patient care												
10.	Writes report												
11.	Give report												
12.	Care of patient with pyrexia												
13.	Care of patient with pain												
14.	Make beds: Occupied												
	: Unoccupied												
	: Post operative												
	: Cardiac												

								DATE	SUPERVISOR SIGN.	SATISFACTORY	UNSATISFACTORY	NOT OBSERVED	PROCEDURE TO BE REVIEWED
		W K 1	W K 2	W K 3	W K 4	W K 5	W K 6						
15.	Provides hygienic needs: bathing												
	: oral hygiene												
	: perineal care												
16.	Provides pressure area care												
17.	Maintains aseptic technique												
18.	Prevent spread of infection: hand washing												
	: cleaning trolleys												
	: sterilization												

	: barrier nursing													
	: maintains aseptic techniques													
	: gloving technique													
19.	Meets nutritional and fluid needs of patients:													
	: oral feeding													
	: nasogastric tube feeding													
	: calculate rate of flow													
	: maintain fluid balance chart													
20.	Meets elimination needs of patients: giving bed pans													
	: insertion of suppository													
	: passing flatus tube													
	: urinary catheterization													
	: enema													
21.	Collection of specimens : blood													
	: sputum													
	: urine													
	: stool													
	: pus swabs													

								DATE	SUPERVISOR SIGN.	SATISFACTORY	UNSATISFACTORY	NOT OBSERVED	PROCEDURE TO BE REVIEWED
		W K 1	W K 2	W K 3	W K 4	W K 5	W K 6						
22.	Wound care: aseptic technique												
	: applied bandages and binders												
	: applies splints												
23.	Application of heat/cold compresses												
24.	Administers medications: oral												
	: intra-dermal												
	: subcutaneous												
	: intramuscular												
	: intravenous												
25.	Prepares patients undergoing surgery												
26.	Care of a post-operative patient												
27.	Assisting patients with problems of immobility:												
	: range of joint motion												
	: chest percussion												
	: moves patient in bed												
	: moves patient out of												

	bed												
28.	Administers oxygen via mask/cannulae												
29.	Performs suctioning (oropharyngeal)												
30.	Performs external cardiac massage												
31.	Care of the dying patient												
32.	Care of the bereaved family and relatives												
33.	Care of the dead.												

WEEK	1	2	3	4	5	6
Student Comments						
Ward Sister Comments						
Clinical Teacher Comments						

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