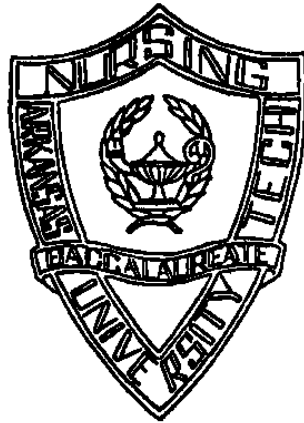


ARKANSAS TECH UNIVERSITY

DEPARTMENT OF NURSING



NURSING SKILLS II

NUR 3513

FALL 2009

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ARKANSAS TECH UNIVERSITY

Department of Nursing

Course: NUR 3513

Course Title: Nursing Skills II

Credit Hours: 3 Semester Hours

Contact Hours: 4 Hours/Week

Placement: Junior Year

Instructor: Additional Faculty will participate in check-offs, as well as guest lectures.

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Course Description:

Nursing Skills II is a continuation of NUR 3103, Nursing Skills I. Psychomotor skills will consist of supportive and restorative procedures needed for adults and children. The role of the nurse is focused on providing care, communicating appropriate information, and teaching. Simulation of the nurse-client setting is used in the skills laboratories. A faculty member will be present to instruct, coordinate, and supervise the laboratory experiences.

Required Textbooks

Taylor, C., Lillis, C., LeMone, P. & Lynn, P. (2008). Fundamentals of Nursing. (6th Ed.). Philadelphia: Lippincott, Williams, & Wilkins.

Lynn, P. (2008) Taylor's Clinical Nursing Skills. (2nd Ed.)_Philadelphia: Lippincott, Williams, & Wilkins.

Cohn/Gilroy-Dooan (2002). Flip and See ECG. (2nd ed.) Philadelphia, W.B. Saunders.

Smeltzer, S., Bare, B., Hinkle, J., Cheever, K. (2008) Textbook of Medical-Surgical Nursing. (11th ed.) Philadelphia: Lippincott, Williams, & Wilkins.

Justification/Rationale for the Course

By the completion of this course the student will progress toward program goals/outcomes 1, 2, 3, and 4.

This upper division professional nursing course provides opportunities for the student to apply knowledge and skills from the general education component and from nursing courses to the care of individuals.

Course Objectives:

Upon successful completion of this course, the student should be able to:

1. Apply the scientific principles and knowledge acquired in the foundation and first-level nursing course in the performance of selected skills.
2. Demonstrate accuracy in the performance of selected psychomotor nursing skills necessary for supportive and restorative care.

Evaluation:

1. Grading Scale

A = 90-100

B = 80-89

C = 75-79

D = 68-74

F = 67 or below

2. A grade of "C" or above must be achieved in every nursing course in order to progress in the nursing program.
3. A grade of "I" may be recorded for a student whose work is incomplete due to circumstances beyond the student's control. The student must remove the "I" from his/her record before progressing to the next nursing course.
4. Examinations are administered according to schedule. Make-up exams will be given on the first day the student returns to class. The format of the test may be changed. Daily quizzes cannot be made up as they reflect class attendance.

5. Routine Skills validation - Validation of skills will be completed in the skills lab with a lab partner following the skills checklists that accompany the current skills text. Each student will be held responsible for their skill performance as well as their partner's. Partner selection will be at the instructor's discretion. The student is responsible for seeking assistance from the instructor as needed.

Final Skills Validation – The student will be randomly draw various skills to perform in the skills lab with an instructor. These skills learned in skills I and II. Each Student will do these independently for a grade. This activity is worth 20 % of the overall grade.

6. Composition of grade:

Daily Quizzes.....20%

Unit Test (2).....30%

Comprehensive Final.....20%

Final Skills Validation.....20%

Lab Assignments.....10%

7. Unannounced quizzes may be given at the discretion of the instructor.
8. Composition of the final course grade will be determined by calculating all exam scores, all unannounced quiz scores, and any applicable deductions as outlined in the Nursing Skills Validation Guidelines.

CONDUCT OF THE COURSE

Assessment Methods:

Teacher Role: Demonstrator, Evaluator, Facilitator, Supporter

Student Role: Learner, Communicator, Assessor

Teacher-Learning Strategies:

Lecture, Discussion, Audiovisual Materials, Skills Demonstration in Learning Resources Laboratory.

POLICIES

Nursing Skills Validation Guidelines

1. During the semester each student will demonstrate the ability to perform selected skills. This return demonstration will be done in the presence of the assigned faculty member. Skills are graded as "Pass" or "Fail". Skills will be graded according to criteria made available in advance of the return demonstration. Lab assignments will assist in learning proper technique for each skill.
2. Students failing to keep a scheduled return demonstration without notification will lose two (2) points on the final grade for each occurrence.
3. Each student must pass their Final Skills Validation in order to pass Skills II.
4. A student may repeat only one skill during the semester. Repeat validation and practice must be done outside of scheduled laboratory time. A minimum of one day must elapse before repeating this skill. Scheduling of all skills validations and practice sessions are the responsibility of the student.
5. Repeat validations will be scheduled at the convenience of the faculty.
6. A student's performance will be discussed by the Level faculty if the student demonstrates any apparent lack of seriousness in the pursuit of skill competency since this places the student at risk for being required to withdraw from Skills and Practicum.

POLICIES

Class Attendance:

1. Regular attendance in Skills I is required; even excused absences must be compensated for by making arrangements to take required tests and validate the skills at the convenience of the Instructor. Students unable to attend a regularly scheduled laboratory session must contact the Instructor, prior to the absence if possible, and make-up laboratory time will be arranged.
2. If a consistent pattern of absences (3absences) from class develops, the situation will be evaluated and managed by the faculty and/or the level team, and may result in the student being dropped from the course. Three tardies will be converted into one class absence. Because Skills II is a prerequisite of Practicum I, the student could not progress to Practicum I if unable to complete Skills II.

Dress and Behavior:

1. The dress code of the Department of Nursing is the same as that of Arkansas Tech University. The nursing student is expected to dress appropriately while attending class.
2. Drinking, eating, and using any form of tobacco are not allowed in Skills Labs.

Nursing Skills and Reading Index

Topics	Skill
I. Parental Technique	Venipuncture techniques, IV push, Piggybacks, Heparin locks, Flow rates, TPN, Blood transfusion, Infusaport, Subclavian
II. NG Tubes	NG tube insertion, Placement, Check. Lavage. Removal Dextrostix Clean Catch UA's
III. Diagnostic Testing	Hemocult Urine Dips Spinal Taps
IV. Skin Integrity	Staging pressure ulcers, Prevention, treatment
V. Ostomy Care	Applying and changing appliances, irrigation, diet, stomach and skin assessment, complications
VI. Isolation Techniques	Protective equipment, room assignments, MRSA, Universal precautions, Psychosocial needs of client
VII. Surgical Asepsis	Gown and Glove, setting up sterile field, adding measurements, adding fluids
VIII. Radiation	Safety, hair care, nursing care
IX. Oxygen Therapy	O2 adm., Updraft, equipment
X. Chest Tubes	Assessment, assisting with placement, indications
XI. Suctioning	Oropharyngeal suctioning, Trach. Care, mline suctioning

XII. Basic EKG Interpretation

XIII. Post Mortum Care
Guest Speakers – AORA
Living Will

Talking with the family, calling the
coroner/funeral home, organ donation

XIV. Traction/Cast Care
Fractures/Joint replacement

Cast application, removal, splints, traction,
Post-op care

XV. Ear/Eye Assessment

Medication, irrigation, assessment,
cataracts, glaucoma, meniere's, hearing
loss, hearing aids

XVI. Hot/Cold/Bandage/Binders

Heat & cold application, Bandages, binders,
slings, immobilizers

XVII. Laboratory Tests

Interpret common laboratory findings and
discuss collection techniques.

NUR 3513: Nursing Skills II

**FOCUS: Isolation Techniques: Protective Aseptic Precautions
Radiation Care: Safety Measures**

OBJECTIVES

Upon completion of this unit, the student will:

1. Review normal body defenses.
2. Review the chain of infection and methods to break the chain.
3. Discuss the universal precautions.
4. Discuss the types of isolation procedures and the patients requiring them.
5. Perform isolation procedures safely and effectively.
6. Identify measures to enhance the patient's psychological comfort while isolated.
7. Document procedure correctly on patient's chart.
8. Identify Safety measures for the patient and the nurse undergoing a radiation treatment and the proper protocols for care.

LEARNING ACTIVITIES

Required Reading: Taylor, Lillis, Lynn.
Ch. 27, p. 699-744
Lynn.
Skills 4-7
Brunner & Suddarth.
1842-1849, 2572-2574

NUR 3513: Nursing Skills II

FOCUS: Parenteral Techniques: Venipuncture, Total Parenteral Nutrition (TPN), Blood Transfusions, IV Medications

OBJECTIVES

Upon completion of this unit, the student will:

1. Review the types of fluids given and the purpose of each and the fluid shifts caused by each.
2. Identify the hazards of IV therapy.
3. Identify assessment data required for venipuncture technique.
4. Perform venipuncture technique safely and effectively at a site appropriate for IV infusion.
5. Discuss the procedures/methods (direct line, I.V. push, piggyback, heparin lock) used to give I.V. medicines.
6. Identify measure to enhance the patient's comfort during I.V. procedures.
7. Identify methods of regulating fluid flow rate.
8. Discuss data used to document the procedure correctly on a patient's chart.
9. Demonstrate the methods used to calculate the amount of fluid and electrolytes needed for replacement and/or to meet daily requirements.
10. State the rationale for total parenteral nutrition.
11. Identify the nutrients in TPN.
12. Describe common side effects of patients receiving TPN.
13. Describe nursing measures required for patients receiving TPN.
14. Describe the nurses' role in the administration of blood.
15. Describe selected types of blood transfusions, and purpose of each.
16. Identify possible complications of blood transfusions.
17. Identify specific nursing actions for each complication of blood transfusions.
18. Discuss the purposes and nursing care for subclavian catheters, infusaports, and epidurals.

LEARNING ACTIVITIES

Required Reading: Taylor, Lillis, Lynn.
Ch. 46, p. 1703-1742
Lynn.
Skills 15-1, 15-2, 15-3, 15-4, 15-5, 15-6, 15-8, 15-9, 5-9, 5-10,
5-11, 5-12, 5-13, 5-14
Brunner & Suddarth
p. 342-349

Required A-V: SK 020 Starting IVs
SK 025 Blood Administration

Return Demonstration

NUR 3513: Nursing Skills II
FOCUS: Surgical Asepsis

OBJECTIVES

Upon completion of this unit, the student will:

1. Relate Scientific principles to surgical asepsis.
2. Differentiate between surgical asepsis and medical asepsis.
3. Perform basic sterile techniques safely and accurately according to technique outline in text.
4. Understand techniques for surgical gowning and gloving.
5. Discuss operating room techniques to maintain sterility.

LEARNING ACTIVITIES

Before Class Read:

Taylor, Lillis, Lynn
p. 718-720
Lynn.
Skills 4-3, 4-4, 4-5, 4-6
Brunner & Suddarth
p. 505-508

NUR 3513: Nursing Skills II

FOCUS: Ostomy Care

OBJECTIVES

Upon completion of this unit, the student will:

1. Discuss the types of bowel and urinary diversions and the characteristics of each.
2. List three major kinds of stomas and the purpose of each.
3. Identify independent nursing functions in providing care to “ostomy” patients.

LEARNING ACTIVITIES

Required Reading: Taylor, Lillis, Lynn
p. 1516-1547, 1580-1600
Lynn
p. 253-299 - Skills 12-11, 13-7
Brunner & Suddarth
p. 1259-1273

Required A-V: SK 009 Ostomy Care

NUR 3513: Nursing Skills II
FOCUS: Oxygen Therapy

OBJECTIVES

Upon completion of this unit, the student will:

1. Identify situations that require increased oxygen concentration.
2. List the signs and symptoms of hypoxemia.
3. Identify the precautions for oxygen administration and their rationales.
4. Discuss the types and purposes of selected oxygen delivery systems.
5. Discuss application of the nursing process to oxygen administration.

LEARNING ACTIVITIES

Required Reading: Taylor, Lillis, Lynn
Ch. 45, p. 1601-1668
Lynn
Skills – 14-1, 14-2, 14-4, 14-5, 14-6, 14-7
Brunner & Suddarth
p. 552-777

Suggested A-V: SK 010 O₂ Administration

NUR 3513: Nursing Skills II
FOCUS: Tracheobronchial Suctioning/Tracheostomy/Artificial Airways

OBJECTIVES

Upon completion of this unit, the student will:

1. List the various methods of suctioning used to remove secretions from the tracheobronchial tree
(Nasopharyngeal, oral pharyngeal, endotracheal, tracheostomy).
2. Discuss the steps with rationales in performing suctioning techniques.
3. Discuss the steps with rationales of tracheostomy care.
4. Discuss methods of liquefying thick tracheobronchial secretions.
5. Discuss application of the nursing process to the suctioning procedures and tracheostomy care.
6. Demonstrate the ability to perform tracheostomy care and suctioning safely.
7. Discuss the indicated usages for oropharyngeal, nasopharyngeal & endotracheal airways.

LEARNING ACTIVITIES

Required Read: Taylor, Lillis, Lynn
p. 1406-1424
Lynn
Skills- 14-3, 14-8, 14-9, 14-10, 14-11, 14-12, 14-13, 14-14
Brunner & Suddarth's
p. 552-777

Required A-V: SK 008 Tracheostomy & Artificial Airway

Return Demonstration Skill 14-3

NUR 3513: Nursing Skills II

FOCUS: A. Chest Tubes

OBJECTIVES

Upon completion of this unit, the student will:

1. Define the purpose of closed chest drainage.
2. List methods of closed chest drainage.
3. Discuss the principles of the operation of chest drainage.
4. Application of the nursing process to the care of a patient with chest tubes.

LEARNING ACTIVITIES

Required Reading: Taylor, Lillis, Lynn
p. 1393-1394
Lynn
Skills- 14-15, 14-16
Brunner & Suddarth
p. 552-777

Required A-V: SK 005 Chest Tube Drainage

NUR 3513: Nursing Skills II
FOCUS: Nasogastric Tubes

OBJECTIVES

Upon completion of this unit, the student will:

1. Identify four purposes for which the N/G tube may be used.
2. Contrast the appearance and purpose of the common N/G tubes (levin, Salem sump, small bore feeding tube).
3. Describe the procedures for tube feedings.
4. Discuss application of the nursing process to the insertion, irrigation, care of nasogastric tubes and to the administration of tube feedings.

LEARNING ACTIVITIES

Required Reading: Taylor, Lillis, Lynn
p. 1578-1580
Lynn
Skills- 11-2, 11-3, 11-4, 11-5
Brunner & Suddarth
p. 1174-1202

Required A-V: TX 0253 Nasogastric Intubation (HVS)

Return Demonstration Skill 11-2

NUR 3513: Nursing Skills II
FOCUS: Traction & Joint Replacement

OBJECTIVES

Upon completion of this unit, the student will:

1. Discuss the purposes of traction.
2. Differentiate between skin and skeletal traction.
3. Differentiate between the types of running and suspension tractions and the purposes of each.
4. Identify four common types of skin traction and the purposes of each.
5. Discuss application of the nursing process to the care of traction.
6. Discuss common musculoskeletal injuries in children.
7. Identify common types of traction used with children and the purposes of each.
8. Discuss the management of the patient with a total joint replacement including pre-op and post-op care.

LEARNING ACTIVITIES

Required Reading:

Lynn
p. 327, Skills- 9-17, 9-18, 9-19
Brunner & Suddarth
p. 2365-2390

Required A-V: SK 026 Mobility: Casts & Traction

NUR 3513: Nursing Skills II
FOCUS: Cast Care & Fractures

OBJECTIVES

Upon completion of this unit, the student will:

1. Name two common kinds of casts.
2. Identify fractures in terms of severity and type.
3. Describe three ways fractures are reduced.
4. Discuss application of nursing process to the application and care of casts.
5. Discuss possible complications.
6. Describe discharge teachings and follow-up care and cast removal techniques
7. Identify the 5 “P’s” that are assessed for neurovascular function.

LEARNING ACTIVITIES

Required Reading:

Lynn
Skills – 9-15, 9-16
Brunner & Suddarth
p. 2355-2363, 2424-2460

Required A-V: SK 026 Mobility: Casts & Traction

NUR 3513: Nursing Skills II
FOCUS: Hot/Cold Applications

OBJECTIVES

Upon completion of this unit, the student will:

1. Describe the local physiologic responses to applications of heat.
2. Describe the local physiologic responses to applications of cold.
3. Identify recommended temperatures for hot/cold applications.
4. Identify methods of applying hot/cold applications.
5. Name common therapeutic uses of hot/cold.
6. Identify conditions that contradict hot/cold applications.
7. Discuss application of the nursing process to the application of heat or cold.
8. Document procedure correctly on patient's chart.

LEARNING ACTIVITIES

Required Reading: Taylor, Lillis, Lynn
p. 1089-1100
Lynn
Skills- 8-11, 8-12, 8-13, 8-14
Brunner & Suddarth
p. 2393, 289, 987, 1894, 2403, 2357, 2399

Required A-V: SK 007 Heat & Cold

NUR 3513: Nursing Skills II
FOCUS: Bandaging and Binders

OBJECTIVES	
Upon completion of this unit, the student will:	
1.	Define and state purposes for a binder (slings, abdominal binders, chest binders, and T-binders.)
2.	Identify common types of bandages (Montgomery straps, gauze, Kling, Kerlix, elastic).
3.	Discuss the guidelines and rationales for bandaging.
4.	Discuss application of the nursing process to the application of binders and bandages.
LEARNING ACTIVITIES	
<u>Required Reading:</u>	Taylor, Lillis, Lynn p. 1213-1215 Lynn Skills- 9-13, 9-14 Brunner & Suddarth p. 2424-2460
<u>Required A-V:</u>	SK 006 Bandages & Binders

NUR 3513: Nursing Skills II

FOCUS: Post Mortum Care/Dying Patient/Organ Donation

OBJECTIVES

Upon completion of this unit, the student will:

1. Describe the nursing responsibilities to the dying patient and their family.
2. List the legal responsibilities associated with the dying patient.
3. Describe the process of organ donation and notification of AORA.
4. Discuss the process of notifying and supporting the family of the dying patient.
5. Discuss the need for and legalities of advance directives including the nurse's responsibility.
6. Review the documentation needed with the dying patient.

LEARNING ACTIVITIES

Required Reading: Taylor, Lillis, Lynn
Ch. 33, p. 981-1016
Brunner & Suddarth
p. 469-471

Required A-V: SK 017 Post Mortum Care

Guest Speaker: ARORA

NUR 3513: Nursing Skills II
FOCUS: ECG Rhythms & Basic Interpretation

OBJECTIVES

Upon completion of this unit, the student will:

1. Identify the physiologic basis supporting ECG monitoring.
2. Identify 12 basic ECG rhythms and their significance.
3. Measure and evaluate ECG rhythm strips with accuracy.
4. Describe appropriate nursing measures to treat deadly ECG rhythms.
5. Review proper placement of 3-Lead and 12-Lead ECG, especially for Lead II.

LEARNING ACTIVITIES

Required Reading: Flip and See ECG
Lynn
Ch. 16, p. 879, Skills 16-1, 16-2
Brunner & Suddarth's
p. 808-889

Required A-V: E-Z ECG's—Mosby

NUR 3513: Nursing Skills II
UNIT XII – Diagnostic & Laboratory Testing
FOCUS: Dextrostix, UA’s, Hemocult, Spinal Taps

OBJECTIVES

Upon completion of this unit, the student will:

1. Describe the proper technique for specimen collection of blood, urine, or any other bodily fluid.
2. Demonstrate the ability to perform dextrostix.
3. Demonstrate the ability to perform a hemocult.
4. Discuss the nursing responsibility for specimen collection.
5. Describe the nurse’s role for each of the phases involved in diagnostic testing.
6. Interpret and communicate lab work.

LEARNING ACTIVITIES

Required Reading: Handout
Lynn
Ch. 18, p. 949, Skills 18-1, 18-2, 18-3, 18-4, 18-5, 18-6,
18-7, 18-8

Return Demonstration: 18-3

NUR 3513: Nursing Skills II

UNIT XI – Eye and Ear Disorders

**FOCUS: Glaucoma, Cataract, Macular degeneration labyrinthitis,
Meniere’s acoustic neuroma**

OBJECTIVES

Upon completion of this unit, the student will:

1. Describe the assessment findings of the various eye and ear disorders listed above.
2. Discuss the care of the patient with these disorders including any pre-op or post-op care.
3. Identify the appropriate nursing measures used in the care of these type of patients

LEARNING ACTIVITIES

Required Reading: Brunner & Suddarth
p. 2040-2125