

Odessa College  
School of Vocational Nursing  
Monahans Extensions

Syllabus to Accompany Applied Nursing Skills I

Course Number: VNSG 1502  
Course Level: Introductory

Course Description: Introduction to and application of primary nursing skills. Emphasis on utilization of the nursing process and related scientific principles. Also included will be an introduction to the nursing profession, including history, standards of practice, legal and ethical issues, and the role of the vocational nurse. Topics include the application of therapeutic communication, cultural and spiritual diversity, and the development of holistic awareness.

Course Learning Outcomes: The student will describe the underlying principles of selected nursing skills and their relationship to client health status; demonstrate satisfactory performance of selected nursing skills utilizing principles of safety; and identify the nursing process used to solve basic client care problems across the life span utilizing appropriate medical terminology. (SCANS 1,2,3,4,5,6,7,8,9,10,11,)

Lab required. Semester Hours:5 Contact Hours: 128 Lecture 4 Lab: 4

**ESSENTIAL COMPETENCIES OF GRADUATES OF TEXAS  
VOCATIONAL NURSING EDUCATIONAL PROGRAMS**

**I. Member of the Profession:**

- A. Function within the nurse=s legal scope of practice and in accordance with the policies and procedures of the employing health care institution or practice setting.
- B. Assume responsibility and accountability for the quality of nursing care provided to patients and their families.
- C. Contribute to activities that promote the development and practice of vocational nursing.
- D. Demonstrate responsibility for continued competence in nursing practice, and develop insight through reflection, self-analysis, self-care, and lifelong learning.

**II. Provider of Patient-Centered Care:**

- A. Use clinical reasoning and established evidence-based policies as the basis for decision making in nursing practice.
- B. Assist in determining the physical and mental health status, needs, and preferences of culturally, ethnically, and socially diverse patients and their families based on interpretation of health-related data.
- C. Report data to assist in the identification of problems and formulation of goals/ outcomes and patient-centered plans of care in collaboration with patients, their families, and the interdisciplinary health care team.
- D. Provide safe, compassionate, basic nursing care to assigned patients with predictable health care needs through a supervised, directed scope of practice.
- E. Implement aspects of the plan of care within legal, ethical, and regulatory parameters and in consideration of patient factors.
- F. Identify and report alterations in patient responses to therapeutic interventions in comparison to expected outcomes.
- G. Implement teaching plans for patients and their families with common health problems and well defined health learning needs.
- H. Assist in the coordination of human, information, and materiel resources in providing care for assigned patients and their families.

**III. Patient Safety Advocate:**

- A. Demonstrate knowledge of the Texas Nursing Practice Act and the Texas Board of Nursing Rules that emphasize safety, as well as all federal, state, and local government and accreditation organization safety requirements and standards.
- B. Implement measures to promote quality and a safe environment for patients, self, and others.
- C. Assist in the formulation of goals and outcomes to reduce patient risks.
- D. Obtain instruction, supervision, or training as needed when implementing nursing procedures or practices.
- E. Comply with mandatory reporting requirements of the Texas Nursing Practice Act.
- F. Accept and make assignments that take into consideration patient safety and organizational policy.

**IV. Member of the Health Care Team:**

- A. Communicate and collaborate with patients, their families, and the interdisciplinary health care team to assist in the planning, delivery, and coordination of patient-centered care to assigned patients.
- B. Participate as an advocate in activities that focus on improving the health care of patients and their families.
- C. Participate in the identification of patient needs for referral to resources that facilitate continuity of care, and ensure confidentiality.
- D. Communicate and collaborate in a timely manner with members of the interdisciplinary health care team to promote and maintain optimal health status of patients and their families.
- E. Communicate patient data using technology to support decision making to improve patient care.
- F. Assign nursing care to LVNs or unlicensed personnel based upon an analysis of patient or unit need.
- G. Supervise nursing care provided by others for whom the nurse is responsible.

9/17/10

**2011-2012 TEXT BOOK LIST**

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**ISBN # 978-1-45114-711-7-----\$568.35 plus tax**

**FUNDAMENTAL NURSING SKILLS AND CONDEPTS 9<sup>TH</sup> EDITION**

Barbara K. Timby, RN, BC, BSN, MA  
Lippincott, Philadelphia 2009  
VNSG 1502

STUDY GUIDE: FUNDAMENTAL NURSING SKILLS AND CONCEPTS 9<sup>TH</sup> EDITION

Barbara K. Timby, RN, BC, BSN, MA  
Lippincott, Philadelphia 2009  
VNSG 1502

INTRODUCTORY TO MEDICAL/SURGICAL NURSING 10<sup>TH</sup> EDITION

Barbara K. Timby  
Lippincott, Philadelphia 2007  
VNSG 1500, 1260, 1361, 1363, 1510

WORKBOOK TO ACCOMPANY: INTRODUCTORY TO MEDICAL/SURGICAL NURSING 10<sup>TH</sup> EDITION

Barbara K. Timby  
Lippincott, Philadelphia 2010  
VNSG 1500, 1260, 1361, 1363, 1510

MEMMLER'S THE HUMAN BODY IN HEALTH & DISEASE 11<sup>TH</sup> ED

Barbara Cohen  
Lippincott /Baltimore 2005  
VNSG 1505

STUDY GUIDE FOR MEMMLER'S HUMAN BODY IN HEALTH & DISEASE 11<sup>TH</sup> ED

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NURSE'S QUICK REFERENCE TO COMMON LABORATORY AND DIAGNOSTIC TESTS

Marshall B. Dunning III , BS, MS, PhD.  
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VNSG 1500, 1260, 1406, 1407, 1361, 1509, 1238, 1363, 1510

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***The following books and video module are single not in any bundle***

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Clayton L. Thomas, MD, MPH  
F A Davis/Philadelphia 2001  
ISBN: 978-0-8036-2041-4  
VNSG 1327, 1260, 1505, 1500, 1502, 1219, 1406, 1407, 1361, 1509, 1238, 1363, 1510

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VNSG 1219

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Kathy Neeb, RN, BA

F. A. Davis/Philadelphia 2006

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VNSG 1238

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Elaine U. Poulan, RNC, MS, PhD,

Daphne R. Taylor, RN, MS

FA Davis/Philadelphia 2007

ISBN: 978-0-8036-2316-3

VNSG 1500, 1509, 1510

SUCCESS IN PRACTICAL/VOCATIONAL NURSING 6<sup>TH</sup> EDITION-----\$49.95 plus tax

Signe S. Hill, RN, BSN, MA

Helen Stephens Howlett, RN, BSN, MS

Saunders-Elsevier/St. Louis 2009

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VNSG 1219

THE NURSE, THE MATH, THE MEDS 2<sup>nd</sup> EDITION-----\$68.85 plus tax

Joyce M. Mulholland, APRN, BC

Mosby, St. Louis, 2007

ISBN: 978-0-323-06904-5

VNSG 1327, 1500

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Staci Nix, MS, RD, CD

Elsevier Mosby/St. Louis 2005

ISBN: 978-0-323-05199-6

VNSG 1505, 1500, 1502, 1509, 1510

**Supplies:**

Stethoscope

Nurse Pac

Scissors

Pen Light

Tape Measure

Course Requirements: See Odessa College Vocational Nursing, Monahans Extension, Student Handbook.

Method of Evaluation: See Odessa College Vocational Nursing, Monahans Extension, Student Handbook.

Attendance Policy: See Odessa College Vocational Nursing, Monahans Extension, Student Handbook.

Academic Ethics: See Odessa College Vocational Nursing, Monahans Extension, Student Handbook.

Student Assistance: Available upon request

A. A-V materials available in LRC and Extension laboratories

B. Tutoring Center Services: Tutoring available 10 hours per week

C. Computer Availability: computer time and computers are available in the Monahans laboratories. At the main campus in Odessa, the LRC has computer availability from 0730 until 2130 Monday through Thursday and room 0730 until 1300 Friday.

**5.0** At the conclusion of this course, VNSG 1502, Applied Nursing Skills I, the following Differentiated Entry-Level Competencies will have been presented:

The student's competency in these roles is evaluated by:

- Testing
- Discussion
- Video Taping
- Clinical Demonstration
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### **PROCEDURE FOR REQUESTING SPECIAL ACCOMMODATIONS**

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If the student has any special needs or issues pertaining to access to and participation in any class at Odessa College, please contact Becky Rivera-Weiss in the Office of Disability Services at 432-335-6861 to request assistance and accommodations.

Nursing students with a disability who request reasonable accommodations should meet with the Program Director no later than the first week of classes. Reasonable accommodations will be provided as authorized by the Office of Disability Services as long as the ability to meet course requirements is not compromised. Nursing faculty provide no accommodations without authorization. It is the student's responsibility to be a self-advocate when requesting accommodations. The student will need to meet with each course instructor at the beginning of class to discuss the particular accommodation needed. Documentation of special needs will be maintained in the student's file.

Approved: 5/25/10

### **Course Objectives Applied Nursing Skills I**

1502.1 Exploring Contemporary Nursing:

## Nursing Foundations

- Name one historical event that led to the demise of nursing in England before the time of Florence Nightingale.
- Identify four reforms for which Florence Nightingale is responsible.
- Describe at least five ways in which early U.S. training schools deviated from those established under the direction of Florence Nightingale.
- Name three ways that nurses used their skills in the early history of U.S. nursing.
- Explain how art, science, and nursing theory have been incorporated into contemporary nursing practice.
- Discuss the evolution of definitions of nursing.
- List four types of educational programs that prepare students for beginning levels of nursing practice.
- Identify at least five factors that influence choice of educational nursing program.
- State three reasons that support the need for continuing education in nursing.
- List examples of current trends affecting nursing and health care.
- Discuss the shortage of nurses and methods to reduce the crisis.
- Describe four skills that all nurses use in clinical practice.

### 1502.2 Nursing Process:

- Define nursing process.
- Describe six characteristics of the nursing process.
- List five steps in the nursing process.
- Identify four sources for assessment data.
- Differentiate between a data base assessment and a focus assessment.
- Distinguish between a nursing diagnosis and a collaborative problem.
- List three parts of a nursing diagnostic statement.
- Describe the rationale for setting priorities.
- Discuss appropriate circumstances for short-term and long-term goals.
- Identify four ways to document a plan of care.
- Describe the information that is documented in reference to the plan of care.
- Discuss three outcomes that result from evaluation.
- Describe the process of concept mapping as an alternative learning strategy for student clinical experiences.

### 1502.3 Integrating Basic concepts: Laws and Ethics:

- Name six types of laws
- Discuss the purpose of nurse practice acts and the role of the state board of nursing.
- Explain the difference between intentional and unintentional torts.

- Describe the difference between negligence and malpractice.
- Identify, three reasons a nurse should obtain professional liability insurance.
- List five ways that a nurse's professional liability can be mitigated in the case of a lawsuit.
- Define the term ethics.
- Explain the purpose for a code of ethics.
- Describe two types of ethical theories.
- Name and explain six ethical principles that apply to health care.
- List five ethical issues common in nursing practice.

#### 1502.4 Health and Illness:

- Describe how the World Health Organization (WHO) defines health.
- Discuss the difference between values and beliefs.
- List three health beliefs common among Americans.
- Explain the concept of holism.
- Identify five levels of human needs.
- Define illness.
- Explain the meaning of the following terms used to describe illnesses: morbidity, mortality, acute, chronic, terminal, primary, secondary, remission, exacerbation, hereditary, congenital, and idiopathic.
- Differentiate primary, secondary, tertiary, and extended care.
- Name two programs that help finance health care for the aged, disabled, and poor.
- List four methods to control escalating health care costs.
- Identify two national health goals targeted for the year 2010.
- Discuss five patterns that nurses use to administer client care.

#### 1502.5 Homeostasis, Adaptation, and Stress:

- Explain homeostasis.
- List four categories of stressors that affect homeostasis. ,.
- Identify two beliefs about the body and mind based on the concept of holism.
- Identify the purpose of adaptation and two possible outcomes of unsuccessful adaptation.
- Trace the structures through which adaptive changes take place.
- Differentiate between sympathetic and parasympathetic adaptive responses.
- Define stress.
- List 10 factors that affect the stress response.
- Discuss the three stages and consequences of the general adaptation syndrome.
- Name three levels of prevention that apply to the reduction or management of stress-related disorders.
- Explain psychological adaptation and two possible outcomes.

- List eight nursing activities helpful to the care of clients prone to stress.
- List four approaches to preventing, reducing, or elimination stress response.

#### 1502.6 Culture and Ethnicity

- Differentiate culture, race, and ethnicity.
- Discuss two factors that interfere with perceiving others as individuals.
- Explain why U.S. culture is described as being anglicized.
- List at least five characteristics of Anglo-American culture.
- Define the term subculture and list four major subcultures in the United States.
- List five ways in which people from subcultural groups differ from Anglo-Americans.
- Describe four characteristics of culturally sensitive care.
- List at least five ways to demonstrate cultural sensitivity.

#### 1502.7 Fostering Communication The Nurse-Client Relationship

- Name four roles that nurses perform in nurse-client relationships.
- Describe the current role expectations for clients.
- List at least five principles that form the basis of the nurse-client relationship.
- Identify the three phases of the nurse-client relationship.
- Differentiate between social communication and therapeutic verbal communication.
- Give five examples of therapeutic and nontherapeutic communication techniques.
- List at least five factors that affect oral communication.
- Describe the four forms of nonverbal communication.
- Differentiate task-related touch from affective touch.
- List at least five situations in which affective touch may be appropriate.

#### 1502.8 Client Teaching

- Describe the three domains of learning.
- Discuss three age-related categories of learners.
- Discuss at least five characteristics unique to older adult learners.
- Identify at least four factors that nurses assess before teaching clients.

#### 1502.9 Recording and Reporting:

- Identify seven uses for medical records.



- List six components generally found in any client's medical record.
- Differentiate between source-oriented and problem-oriented records.
- Identify six methods of charting.
- Explain the purpose and applications associated with the Health Insurance Portability and Accountability Act.
- List four aspects of documentation required in the medical records of all clients cared for in acute settings.
- Discuss why it is important to use only approved abbreviations when charting.
- Explain how to convert traditional time to military time.
- List at least 10 guidelines that apply to charting.
- Identify four written forms used to communicate information about clients.
- List five ways that health care workers exchange client information other than by reading the medical record.

#### 1502.10 Performing Basic Client Care Asepsis

- Describe microorganisms.
- Name eight specific types of microorganisms.
- Differentiate between nonpathogens and pathogens, resident and transient microorganisms, and aerobic and anaerobic microorganisms.
- Give two examples of the ways some microorganisms have adapted for their survival.
- Name the six components of the chain of infection.
- Cite examples of biologic defense mechanisms.
- Define nosocomial infection.
- Discuss the concept of asepsis.
- Differentiate between medical and surgical asepsis.
- Identify at least three principles of medical asepsis.
- List five examples of medical aseptic practices.
- Name at least three techniques for sterilizing equipment.
- Identify at least three principles of surgical asepsis.
- List at least three nursing activities that require application of the principles of surgical asepsis.

#### 1502.11 Admission, Discharge, Transfer, and Referrals

- List four major steps involved in the admission process.
- Identify four common psychosocial responses when clients are admitted to a health agency.
- List the steps involved in the discharge process.
- Give three examples of the use of transfers in client care.
- Explain the difference between transferring clients and referring clients.
- Describe three levels of care that nursing homes provide.
- Discuss the purpose of a Minimum Data Set.

- Identify two contributing factors to the increased demand for home health care.

#### 1502.12 Vital Signs

- List four physiologic components measured during assessment of vital signs.
- Differentiate between shell and core body temperature.
- Identify the two scales used to measure temperature.
- List four temperature assessment sites and indicate the site considered the closest to core temperature.
- Name four types of clinical thermometers.
- Discuss the difference between fever and hyperthermia.
- Name the four phases of a fever.
- List at least four signs or symptoms that accompany a fever.
- Give two reasons for using an infrared tympanic thermometer when body temperature is subnormal.
- List at least four signs and symptoms that accompany subnormal body temperature.
- Identify three characteristics noted when assessing a client's pulse.
- Name the most commonly used site for pulse assessment and three other assessment techniques that may be used.
- Explain the difference between systolic and diastolic blood pressure.
- Name and explain at least four terms used to describe abnormal breathing characteristics,
- Discuss the physiologic data that can be inferred from a blood pressure assessment.
- Name three pieces of equipment for assessing blood pressure.
- Describe the five phases of Korotkoff sounds.
- Identify three alternative techniques for assessing blood pressure.

#### 1502.13 Physical Assessment

- List four purposes of a physical assessment.
- Name four assessment techniques.
- List at least five items needed when performing a basic physical assessment.
- Discuss at least three criteria for an appropriate assessment environment.
- Identify at least five assessments that can be obtained during the initial survey of clients.
- State two reasons for draping clients.
- Differentiate a head-to-toe and a body systems approach to physical assessment.

- List six ways in which the body may be divided for organizing data collection.
- Identify two self-examinations that nurses should teach their adult clients.

#### 1502.14 Special Examinations and Tests

- Differentiate between an examination and a test.
- List 10 general nursing responsibilities related to assisting with special examinations and tests.
- Name five positions commonly used during tests or examinations.
- Explain what is involved in a pelvic examination and Pap test.
- List six commonly performed categories of tests or examinations.
- Identify four word endings and their meanings that provide clues as to how tests or examinations are performed.
- Explain the following procedures: sigmoidoscopy, paracentesis, lumbar puncture, throat culture, and measurement of capillary blood glucose.
- Discuss at least three factors to consider when performing examinations and tests on older adults.

#### 1502.15 Assisting With Basic Needs Nutrition

- Define nutrition and malnutrition.
- List six components of basic nutrition.
- List at least five factors that influence nutritional needs.
- Discuss the purpose and components of a food pyramid.
- Describe three facts available on nutritional labels.
- Explain protein complementation.
- Identify four objective assessments for determining a person's nutritional status.
- Discuss the purpose of a diet history.
- List five common problems that can be identified from a nutritional assessment.
- Plan nursing interventions for resolving problems caused or affected by nutrition.
- List seven common hospital diets.
- Discuss four nursing responsibilities for meeting clients' nutritional needs.
- Identify three facts the nurse must know about a client's diet.
- Describe and demonstrate techniques for feeding clients.
- Explain how to meet the nutritional needs of clients with visual impairment or dementia.
- Discuss at least three unique aspects of nutrition that apply to older adults.

#### 1502.16 Fluid and Chemical Balance

- Name four components of body fluid.

- List five physiologic transport mechanisms for distributing fluid and its constituents.
- Name 10 assessments that provide data about a client's fluid status.
- Describe three methods for maintaining or restoring fluid volume.
- Describe four methods for reducing fluid volume.
- List six reasons for administering intravenous fluids.
- Differentiate between crystalloid and colloid solutions, and give examples of each.
- Explain the terms isotonic, hypotonic, and hypertonic when used in reference to intravenous solutions.
- List four factors that affect the choice of tubing used to administer intravenous solutions.
- Name three techniques for infusing intravenous solutions.
- Discuss at least five criteria for selecting a vein when administering intravenous fluid.
- List seven complications associated with intravenous fluid administration.
- Discuss two purposes for inserting an intermittent venous access device.
- Identify three differences between administering blood and crystalloid solutions.
- Name at least five types of transfusion reactions.
- Explain the concept of parenteral nutrition.

#### 1502.17 Hygiene

- Define hygiene.
- Name five hygiene practices that most people perform regularly.
- Give two reasons why a partial bath is more appropriate than a daily bath for older adult.
- List at least three advantages of towel or bag baths.
- Name two situations in which shaving with a safety razor is contraindicated.
- Name three items recommended for oral hygiene.
- Identify two methods to prevent the chief hazard when providing oral hygiene to an unconscious client.
- Describe two techniques for preventing damage to dentures during cleaning.
- Describe two methods for removing hair tangles.
- Name two types of clients for whom nail care is provided with extreme caution.
- Name four visual and hearing devices.
- List two alternatives for clients who cannot insert or care for their own contact lenses.
- Discuss four reasons for sound disturbances experienced by people who wear hearing aids.
- Describe an infrared listening device.

#### 1502.18 Comfort, Rest, and Sleep

- Differentiate among comfort, rest, and sleep.
- Describe four ways to modify the client environment to promote comfort, rest, and sleep.
- List four standard furnishings in each client room.
- State at least five functions of sleep.
- Describe the two phases of sleep and their differences.
- Describe the general trend in sleep requirements as a person ages.
- Name 10 factors that affect sleep.
- List four categories of drugs that affect sleep.
- Name four techniques for assessing sleep patterns.
- Describe four categories of sleep disorders.
- Discuss at least five techniques for promoting sleep.
- Name two nursing measures that promote relaxation.
- Discuss unique characteristics of sleep among older adults.

#### 1502.19 Safety

- Give an example of one common injury that predominates during each developmental stage (infancy through older adulthood).
- Name six injuries that result from environmental hazards.
- Identify at least two methods for reducing latex sensitization.
- List four areas of responsibility incorporated into most fire plans.
- Describe the indications for using each class of fire extinguishers.
- Discuss five measures for preventing burns.
- Name three common causes of asphyxiation.
- Discuss two methods for preventing drowning.
- Explain why humans are susceptible to electrical shock.
- Discuss three methods for preventing electrical shock.
- Name at least six common substances associated with poisonings.
- Discuss four methods for preventing poisonings.
- Discuss the benefits and risks of using physical restraints.
- Explain the basis for enacting restraint legislation and JCAHO accreditation standards.
- Differentiate between a restraint and a restraint alternative.
- Give at least four criteria for applying a physical restraint.
- Describe two areas of concern during an accident.
- Explain why older adults are prone to falling.

#### 1502.20 Pain Management

- List four phases in the pain process.
- Explain the difference between pain perception, pain threshold, and pain tolerance.
- Describe the gate-control theory of pain transmission.
- Discuss how endogenous opioids reduce pain transmission.

- Name at least five types of pain.
- Give at least three characteristics that differentiate acute pain from chronic pain.
- List five components of a basic pain assessment.
- Name four common pain-intensity assessment tools that nurses use.
- Identify at least three occasions when it is essential to perform a pain assessment and document assessment findings.
- Name four physiologic mechanisms for managing pain.
- Give three categories of drugs used alone or in combination to manage pain.
- Identify two surgical procedures used when other methods of pain management are ineffective.
- List at least five nondrug, nonsurgical methods for managing pain.
- Discuss the most common reason why clients request frequent administrations of pain-relieving drugs.
- Define addiction.
- Discuss how addiction affects pain management.
- Define placebo and explain the basis for its positive effect.

#### 1502.21 Oxygenation

- Explain the difference between ventilation and respiration.
- Differentiate between external and internal respiration.
- Name two methods for assessing the oxygenation status of clients at the bedside.
- List at least five signs of inadequate oxygenation.
- Name two nursing interventions that can be used to improve ventilation and oxygenation.
- Identify four items that may be needed when providing oxygen therapy.
- Name four sources for supplemental oxygen.
- List five common oxygen delivery devices.
- Discuss two hazards related to the administration of oxygen.
- Describe two additional therapeutic techniques that relate to oxygenation.
- Discuss at least two facts concerning oxygenation that affect the care of older adults.

#### 1502.22 Infection Control

- Explain the meaning of infectious diseases.
- Differentiate between infection and colonization.
- List five stages in the course of an infectious disease.
- Define infection control measures.
- Name two major techniques for infection control.
- Discuss situations in which nurses use standard precautions and transmission-based precautions.
- Describe the rationale for using airborne, droplet, and contact precautions.

- Explain the purpose of personal protective equipment.
- Discuss the rationale for removing personal protective equipment in a specific sequence after caring for a client with an infection.
- Explain how nurses perform double-bagging.
- List two psychological problems common among clients with infectious diseases.
- Provide at least three teaching suggestions for preventing infections.
- Discuss one unique characteristic of older adults in relation to infectious diseases.

#### 1502.23 Assisting the Inactive Client

##### Body Mechanics, Positioning, and Moving

- Identify characteristics of good posture in a standing, sitting, or lying position.
- Describe three principles of correct body mechanics.
- Explain the purpose of ergonomics.
- Give at least two examples of ergonomic recommendations in the workplace.
- Describe at least 10 signs or symptoms associated with the disuse syndrome.
- Describe six common client positions.
- Explain the purpose of five different positioning devices used for safety and comfort.
- Name one advantage for each of three different pressure-relieving devices.
- Discuss four types of transfer devices.
- Give at least five general guidelines that apply to transferring clients.

#### 1502.24 Therapeutic Exercise

- List at least five benefits of regular exercise.
- Define fitness.
- Identify seven factors that interfere with fitness.
- Name at least two methods of fitness testing.
- Describe how to calculate a person's target heart rate.
- Define metabolic energy equivalent.
- Differentiate fitness exercise from therapeutic exercise.
- Differentiate isotonic exercise from isometric exercise.
- Give at least one example of isotonic and isometric exercises.
- Differentiate between active exercise and passive exercise.
- Discuss how and why range-of-motion exercises are performed.
- Provide at least two suggestions for helping older adults become or stay physically active.

#### 1502.25 Mechanical Immobilization

- List at least three purposes of mechanical immobilization.
- Name four types of splints.
- Discuss why slings and braces are used.
- Explain the purpose of a cast.
- Name three types of casts.
- Describe at least five nursing actions that are appropriate when caring for clients with casts.
- Discuss how casts are removed.
- Explain what traction implies.
- List three types of traction.
- Name seven principles that apply to maintaining effective traction.
- Describe the purpose for an external fixator.
- Identify the rationale for performing pin site care.

#### 1502.26 Ambulatory Aids

- Name four activities that prepare clients for ambulation.
- Give two examples of isometric exercises that tone and strengthen lower extremities.
- Identify one technique for building upper arm strength.
- Explain the reason for dangling clients or using a tilt table.
- Name two devices used to assist clients with ambulation.
- Give three examples of ambulatory aids.
- Identify the most stable type of ambulatory aid.
- Describe three characteristics of appropriately fitted crutches.
- Name four types of crutch-walking gaits.
- Explain the purpose of a temporary prosthetic limb.
- Discuss two criteria that must be met before constructing a permanent prosthetic limb.
- Name four components of above-the-knee and below-the-knee prosthetic limbs.
- Describe how a prosthetic limb is applied.
- Discuss age-related changes that affect the gait and ambulation of older adults.

#### 1502.27 The Surgical Client Perioperative Care

- Define perioperative care.
- Identify the three phases of perioperative care.
- Differentiate inpatient from outpatient surgery.
- List at least four advantages of laser surgery.
- Discuss two methods for donating blood before surgery.
- Identify four major activities that nurses perform for all clients immediately before surgery.



- Name three topics to address in preoperative teaching.
- Explain the purpose of antiembolism stockings.
- Name three methods for removing hair when preparing the skin for surgery.
- List at least five items that are verified on the preoperative checklist.
- Name three parts of the surgical department used during the intraoperative period.
- Describe the focus of nursing care during the immediate postoperative period.
- Give four examples of common postoperative complications.
- Discuss the purpose of a pneumatic compression device.
- Describe at least two items of information included in discharge instructions for postsurgical clients.
- Discuss at least two ways in which the surgical care of older adults differs from that of other age groups.

#### 1502.28 Wound Care

- Define the term *wound*.
- Name three phases of wound repair.
- Identify five signs and symptoms classically associated with the inflammatory response.
- Discuss the purpose of phagocytosis, including the two types of cells involved.
- Name three ways in which the integrity of a wound is restored.
- Explain first-, second-, and third-intention healing.
- Name two types of wounds.
- State at least three purposes for using a dressing.
- Explain the rationale for keeping wounds moist.
- Describe two types of drains, including the purpose of each.
- Name the two major methods for securing surgical wounds together until they heal.
- Explain three reasons for using a bandage or binder.
- Discuss the purpose for using one type of binder.
- Give examples of four methods used to remove nonliving tissue from a wound.
- List three commonly irrigated structures.
- State two uses each for applying heat and for applying cold.
- Identify at least four methods for applying heat and cold.
- List at least five risk factors for developing pressure ulcers.
- Discuss three techniques for preventing pressure ulcers.

#### 1502.29 Gastrointestinal Intubation

- Define intubation.
- List six reasons for gastrointestinal intubation.

- Identify four general types of gastrointestinal tubes.
- Name at least four assessments that are necessary before inserting a tube nasally.
- Explain the purpose of and how to obtain a NEX measurement.
- Describe three techniques for checking distal placement in the stomach.
- Discuss three ways that nasointestinal feeding tubes or their insertion differ from their gastric counterparts.
- Name two common problems associated with transabdominal tubes.
- Define enteral nutrition.
- Name four schedules for administering tube feedings.
- Explain the purpose for assessing gastric residual.
- Name five nursing activities involved in managing the care of clients who are being tube-fed.
- List four items of information to include in the written instructions for clients administering their own tube feedings.
- Name two nursing responsibilities for assisting with the insertion of a tungsten-weighted intestinal decompression tube.

#### 1502.30 Promoting Elimination Urinary Elimination

- Identify the collective functions of the urinary system.
- Name at least five factors that affect urination.
- List four physical characteristics of urine.
- Name four types of urine specimens that nurses commonly collect.
- List six abnormal urinary elimination patterns.
- Identify three alternative devices for urinary elimination.
- Define continence training.
- Name three types of urinary catheters.
- Describe two principles that apply to using a closed drainage system.
- Explain why catheter care is important in the nursing management of clients with retention catheters.
- Discuss the purpose for irrigating a catheter.
- Identify three ways of irrigating a catheter.
- Define urinary diversion.
- Discuss factors that contribute to impaired skin integrity in clients with a urostomy.
- Describe two age-related changes in older adults that may affect urinary elimination.

#### 1502.31 Bowel Elimination

- Describe the process of defecation.
- Name two components of a bowel elimination assessment.
- List five common alterations in bowel elimination.
- Name four types of constipation.

- Identify measures within the scope of nursing practice for treating constipation.
- Identify two interventions that promote bowel elimination when it does not occur naturally.
- Name two categories of enema administration.
- List at least three common solutions used in a cleansing enema. •
- Explain the purpose of an oil retention enema.
- Name four nursing activities involved in ostomy care.

#### 1502.32 Medication Administration Oral Medications

- Define the term "medication."
- Name seven components of a drug order.
- Explain the difference between trade and generic drug names.
- Name four common routes for administration.
- Describe the oral route and two general forms of medication administered this way.
- Explain the purpose of a medication record.
- Name three ways that drugs are supplied.
- Discuss two nursing responsibilities that apply to the administration of narcotics.
- Name the five rights of medication administration.
- Give the formula for calculating a drug dose.
- Discuss at least one guideline that applies to the safe administration of medications.
- Discuss one point to stress when teaching clients about taking medications.
- Explain the circumstances involved in giving oral medications by an enteral tube and one commonly associated problem.
- Describe three appropriate actions in the event of a medication error.

#### 1502.33 Topical and Inhalant Medications

- Explain how topical medications are administered.
- Give at least five examples of where topical medications commonly are applied.
- Give three examples of an inunction.
- Name two forms of drugs applied by the transdermal route.
- Discuss at least two principles nurses follow when applying a skin patch.
- Describe where eye medications are applied.
- Explain how the administration of ear medications differs for adults and children.
- Explain the rebound effect that accompanies the administration of nasal decongestants.
- Describe the difference between sublingual and buccal administration.

- Name a common reason for vaginal applications.
- Give the form of medication used most often for rectal administration.
- Explain why inhalation is a good route for medication administration.
- Describe the mechanism for creating an aerosol.
- Name two types of inhalers.
- Name a device that can maximize absorption of an inhaled medication.

#### 1502.34 Parenteral Medications

- Name three parts of a syringe.
- List five factors to consider when selecting a syringe and needle.
- Explain the rationale for redesigning conventional syringes and needles.
- Name three ways that pharmaceutical companies prepare parenteral drugs.
- Discuss an appropriate action before combining two drugs in a single syringe.
- List four injection routes.
- Identify common sites for intradermal, subcutaneous, and intramuscular injections.
- Name a type of syringe commonly used to administer an intradermal, subcutaneous, and intramuscular injection.
- Describe the angles of entry for intradermal, subcutaneous, and intramuscular injections.
- Discuss why most insulin combinations must be administered within 15 minutes of being mixed.
- Describe two techniques for preventing bruising when administering heparin subcutaneously.

#### 1502.35 Intravenous Medications

- Name two types of veins into which intravenous medications are administered.
- Describe at least three appropriate situations for administering intravenous medications.
- Name two ways intravenous medications are administered.
- Describe one method for giving bolus administrations of intravenous medications.
- Describe two methods for administering medicated solutions intermittently.
- Explain the technique for administering a piggyback infusion.
- Discuss two purposes for using a volume-control set.
- Describe a central venous catheter.
- Name three types of central venous catheters.
- Discuss two techniques for protecting oneself when administering antineoplastic drugs.

#### 1502.36 Intervening in Emergency Situations

## Airway Management

- Define airway management.
- Identify the structural components of the airway.
- Discuss four natural mechanisms that protect the airway.
- Explain methods nurses use to help maintain the natural airway.
- Name two techniques for liquefying respiratory secretions.
- Explain the three techniques of chest physiotherapy.
- Describe at least three suctioning techniques used to clear secretions from the airway.
- Discuss two indications for inserting an artificial airway.
- Name two examples of artificial airways.
- Identify three components of tracheostomy care.

## 1502.37 Resuscitation

- Explain why an airway obstruction is life threatening.
- Give at least three signs of an airway obstruction.
- Describe two appropriate actions if a client has a partial airway obstruction.
- Explain the purpose of the Heimlich maneuver.
- Describe the circumstances for using subdiaphragmatic thrusts and chest thrusts.
- Discuss the technique used to dislodge an object from an infant's airway.
- Identify the recommended action for relieving an airway obstruction in an unconscious person.
- List the four steps in the Chain of Survival.
- Explain cardiopulmonary resuscitation (CPR) and its associated "ABCs."
- Name two techniques for opening the airway.
- List three ways to administer rescue breathing.
- Describe the purpose of chest compression.
- Discuss appropriate use of an automated external defibrillator.
- Identify the maximum time allowed for interrupting CPR.
- Name at least three criteria used in the decision to discontinue resuscitation efforts.

## 1502.38 Caring for the Terminally Ill End of Life Care

- Define terminal illness.
- Name the five stages of dying.
- Describe two methods by which nurses can promote acceptance of death in dying clients.
- Define respite care.
- Discuss the philosophy of hospice care.
- List at least five aspects of terminal care.

- Name at least five signs of multiple organ failure.
- Explain why a discussion of organ donation must take place as expeditiously as possible following a client's death.
- Name three components of postmortem care.
- Discuss the benefit of grieving.
- Describe one sign that a person is resolving his or her grief.

Odessa College  
 School of Vocational Nursing  
 Monahans Extension  
 Time Line to Accompany Applied Nursing Skills I

**August 24**  
 Timby Ch 1 and 2  
**Examination #1**

**August 31**

**August 31**  
 Timby Ch 3-6  
**Examination #2**

**September 7**

**September 7, 14**  
 Timby Ch 7-9  
**Examination #3**

**September 21**

**September 21, 28**  
 Timby Ch 10, -14  
**Examination #4**

**October 5**

**October 5, 12**  
 Timby Ch 15-18  
**Examination #5**

**October 19**

**October 19, 26**  
Timby Ch 19-22  
**Examination #6**

**November 2**

**November 2**  
TimbyCh 23-26  
**Examination #7**

**November 9**

**November 9**  
Timby Ch 27-29  
**Examination #8**

**November 16**

**November 16**  
Timby Ch 30, 31  
**Examination #9**

**November 23**

**November 23**  
Timby Ch 36-38  
**Examination #10**

**November 30**

**Final Examination**

**December 7**

Time line subject to change