



Date	LAB	Description and Assignment	Lab Practice Skill	Supplies & Lab Set-up
Thus. 8/23/12 (Cont')		<b>Unit #4: Body Mechanics</b> Kozier: Ch. 32, pp729-745; Ch. 44, pp1122-1130; 1140-1178; Taylor's Ch. 3; Ch. 9, pp. 459-516; Ch.17, pp. 930-933 <b>Audio – Visual</b> CD by M. Carlson on Body Mechanics Introduction to PROM Restraints: The Last Resort Lippincott Clinical Skills: Applying Protective Devices Lippincott Clinical Skills: Using Principles of Body Mechanics Taylor's Video Guide: Activity(#9) <a href="http://www.youtube.com/watch?v=1uOq7cfhf7c">http://www.youtube.com/watch?v=1uOq7cfhf7c</a> <a href="http://www.youtube.com/watch?v=1uOq7cfhf7c">http://www.youtube.com/watch?v=1uOq7cfhf7c</a> Body mechanics <b>Demo of a Hoyer Lift</b> <a href="http://www.youtube.com/watch?v=EP2myQVns9s&amp;feature=related">http://www.youtube.com/watch?v=EP2myQVns9s&amp;feature=related</a>	Students will practice proper body mechanics & body alignment; apply the use of protective devices; and proper application of body restraints. Patient transfers  Practice vital signs/ respiratory assess.	<b>Beds, Restrains, plenty of pillows, Protective Devices, Draw sheets on beds, Towels (trochanter roll) Washcloths (hand rolls)</b>
Wed. 8/29/12  AM 0805 1350 PM 1330-1450	Lab 1 - 2157 R. Jepson  Lab 2 - 2163 C.Fitzsimmons	<b>Unit #2: Standard Precautions</b> Taylor: Ch. 4, pp.123-148 Kozier: Ch. 31, p.671-712      Taber's: p. 2635-2637 <b>Audio-visuals:</b> Taylor's Video Guide: Asepsis (#2) Medical Asepsis; Bloodborne Safety; Infection Control: Chain of Infection	Students will practice hand hygiene, apply personal protective equipment (PPE).	<b>PPE: Gloves, isolation gowns, face masks/shields, sterile gown/gloves.</b>
Thus. 8/30/12  AM 0805 1350 PM 1330-1450	Lab 1 - 2157 R. Jepson  Lab 2 - 2163 C.Fitzsimmons	<b>1. Written exam #1: unit 1-3, 15</b> <b>2. 1<sup>st</sup> Check-off :</b> Unit 1 – VS's Unit 15 – respiratory assessment Unit 3 – Skin Hygiene: occupied beds; bed bath Unit 4 – Body mechanics: protective positioning		<b>Stethoscopes, BP cuffs, oral thermometer, <u>Victor &amp; Vicki respiratory &amp; Vital signs arms</u></b>  <b>Bath/ oral care supplies, linen, restrains, pillows, draw sheets, Protective Devices, towels and washcloths</b>
Wed. 9/5/12  AM 0805 1350 PM 1330-1450	Lab 1 - 2157 R. Jepson  Lab 2 - 2163 C.Fitzsimmons	<b>Unit: 5: Bandages and Binders, Compression stockings</b> Kozier: Ch. 36, p 945-949; Ch 37, p.970-973 Taylor: Ch. 9, p.488-500 <b>Audio-visual:</b> Bandages and Binders; Antiembolism Stockings  <b>Unit: 6: Heat &amp; Cold</b> Kozier: Ch. 36, p.949-955 Taylor: Ch. 8, p.420-433 <b>Audio - Visual</b> 621.3 Application of Heat and Cold	Students will practice applying bandages, slings, abdominal binders, antiembolism stockings. Heat & cold pack application	<b>Ted hose stockings, Kerlix, ace wraps, abdominal binders, slings, Cold/Heat aquathermia pads, sitz basin</b>

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Thus. 9/6/12  AM 0805 1350 PM 1330-1450	Lab 1 - 2157 R. Jepson  Lab 2 - 2163 C.Fitzsimmons	<b>Unit #7: Wounds and Suture Removal</b> Kozier: Ch. 31, pp700-705; Ch36, p.920-945; Ch. 37, p.987-994 Taylor: Ch. 4, p.132-143; Ch. 8, p.359-420 <b>Audio - Visual</b> Surgical Wound Care; Closed Suction Wound Drainage Taylor's Video Guide: Skin Integrity and Wound Care(#8) M. Carlson's CD on Wound Care	Students will practice sterile wound cleaning and dressing change; sutures and staple removal; identify stages of wound decubitus  Visual aid: <b>Poster guide on various dressing.</b>	<b>Wound dressings: 4x4, hydrogel, bio-occlusive drsg, calcium alginate; steri-strips, Measure guide, culture swab, and tincture of Benzoid. Sterile drape/sterile gloves (various sizes). Suture/ staple removal kits arm models. Wound irrigation kit</b> <b>*Manikins with JP drains, thigh &amp; abdominal wounds. Hemovac.</b> (set up lab #1 &#3, 3-4 manikins in each lab) <b>Pressure Ulcer Buttocks Model</b>
Fri. 9/ 14/12 0805 1450	Lab 1 - 2157 R. Jepson  Lab 2 - 2163 C.Fitzsimmons	<b>1. Written exam #2: unit 5-7</b> <b>2. 2<sup>nd</sup> Check-off :</b> <b>Unit 5 – Bandages and Binders</b> <b>Unit 7 – wounds/suture removal</b>	During check-offs, students will self-check on: Heat & cold application, compression stockings	<b>Dressings, wound irrigations, bandages, Kerlix/ wraps, slings, binders, Ted hose</b> <b>*Arm model with suture/ staple</b> <b>*Decubitus buttock model</b> <b>* Require manikins with amputations, JP drains, thigh wound; (lab #1 &amp; #3)</b>
Fri. 9/21/12 0805 1450	Lab 1 - 2157 R. Jepson  Lab 2 - 2163 C.Fitzsimmons	<b>Units # 8 &amp; 9:</b> Administration of Meds (PO and injectable, <u>no IV's</u> ) Kozier Ch. 35, pp 840-893, 902-915 (no IV's) Taylor: Ch. 5, pp. 152-203; 227-273 <u>Glucometer: Diagnostic blood test</u> Kozer, Ch.34,p.812-817; Taylor's: Ch. 18, 909-912 <b>Audio - Visual</b> Taylor's Video Guide: Oral and Topical Medications (#3) Taylor's Video Guide: Injectable Medications (#4) Administering Oral, Topical, Suppository and Inhalant Medications Preventing Medication Errors Needle stick Prevention in Acute Care <b>CD:</b> Preparing Medication from an ampoule and a vial Site Selection and injection technique Parenteral Equipment Preparation Administering Injections Administration and Absorption of Parenteral Medications	Students will practice oral and parenteral administration of medication (PO, SC, and IM)	<b>Student kit: various syringes &amp; needles sizes: 2 insulin, 3cc, 5cc, 2 TB with/without detachable needle, vanish points. Medication vials</b> <b>*Manikins with injectable sites (4 in lab #1 &amp; #3)</b> <b>injection gel pad</b> <b>Sample med profile</b>
Fri. 9/28/12 0805-1450	Lab 1 - 2157 R. Jepson  Lab 3 - 2163 C.Fitzsimmons	<b>Unit #13: Respiratory Procedures</b> Kozier: Ch 50, p.1390-1404 and p.1406 Taylor's: Ch 14, p.709-723, 730-734 and 764-776		<b>Oxygen delivery supplies: nasal cannula, mask, ventri mask, rebreather/non-rebreather bags. Humidifier container, spirometer, peak flow meter, pulse oxymetry</b>

Date	LAB	Description and Assignment	Lab Practice Skill	Supplies & Lab Set-up
Fri. 9/28/12 (Cont')		<b>Unit #14: Surgical Procedures</b> Kozier: Ch 31, p.701-710 Taylor's: Ch6, p.287-294 <b>Audio – Visuals:</b> Taylor's Video Guide: Preoperative Nursing (#6) ( <i>view all except pre-op and post-op nursing care day of surgery</i> ) Scrubbing, Gowning and Gloving OR Procedures: Preparing and Maintaining a Sterile Field	Demonstrate donning sterile gloves, sterile surgical gown/ surgical gloves	<b>Sterile gowns, gloves, and drape</b>
Fri. 10/5/12 0805-1350 -	Lab 1 - 2157 R. Jepson  Lab 3 - 2163 C.Fitzsimmons	<b>1. Written exam #3: unit 5-7</b> <b>2. 3<sup>rd</sup> Check-off :</b> <b>Unit 8,9 – Medication Administration (PO, SC, IM)</b> <b>Unit 7 – sterile gloves, sterile surgical gowning/gloving</b>		<b>Med cart with various syringes &amp; needles, gel pad, sharps container, MAR profile. Pyxis with PO meds</b> <b>Sterile gloves &amp; surgical gown</b>
Fri. 10/12/12 0805-1450	Lab 1 - 2157 R. Jepson  Lab 3 - 2163 C.Fitzsimmons	<b>Unit #10: Urinary Catheterization</b> Kozier: Ch 48, p.1315-1336: Ch 48, p.1311-1322 Taylor: Ch.12, p. 652-682 <b>Audio-visual:</b> Taylor's Video Guide: Indwelling and Intermittent Catheters (#12) MO42 Urethral Catheterization Specimen Collection, Urine Bowel Elimination: Ch. 49, p.1355-1366 <b>Unit #12: Specimen Collection</b> Kozier: Ch 34, p.826-837 Taylor's: Ch. 18, p.912-921 Bowel Elimination: Ch. 49, pp. 1358-1365 <b>Audio-visual:</b> Administering large & small volume cleansing enema)	Students will practice insertion of an indwelling catheter	<b>Urinary catheter kits, Indwelling/Foley catheters (various types), adhesive leg holder, lubricant</b> <b>*Male/female urethral models</b>
Fri. 10/19/12 0805-1450	Lab 1 - 2157 R. Jepson  Lab 3 - 2163 C.Fitzsimmons	<b>Unit #11: Nasogastric tubes and Tube and tube Feedings</b> Kozier: Ch. 47, pp. 1282-1297 Taylor: Ch. 11, pp. 602-630 <b>Audio – Visual</b> Taylor's Video Guide: Nutrition (#10) Nasogastric intubation	Students will practice insertion of an NG tube and feeding thru a feeding tube. Feeding thru G-tube	<b>Nasogastric tubes (Salem sump/Levine/bag &amp; plugs/suction tubing/suction canister/wall suction) and supplies</b> <b>*manikin with green gastric content; G-tube in abdomen</b> <b>Feeding pump and bags</b>
Fri. 10/26/12 0805-1450	Lab 1 - 2157 R. Jepson  Lab 3 - 2163 C.Fitzsimmons	<b>1. Written exam #4: unit 10-12</b> <b>2. 4<sup>th</sup> Check-off :</b> <b>Unit #10 – Nasogastric tube insertion</b> <b>Unit #11 – Urinary catheterization</b>		<b>Nasogastric tubes and supplies</b> <b>*Manikin with green gastric content &amp; NG-tube; G-tube in abdomen</b> <b>Foley catheter kits, adhesive leg holder, lubricant, urethral models</b>

This class schedule is subject to minor changes.

## **Syllabus FALL 2011**

### **Nursing 111 –Nursing Skills Laboratory I**

Course Number: CRN# 10791 & 10793                      1.5 UNITS

Instructor: Rosalba Jepson RM MSN

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Instructor: Carmen Fitzsimmons RN BSN

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Textbooks: Taylor's Clinical Nursing Skills, 3<sup>rd</sup> ed., (2011) by Pamela Lynn

Fundamentals of Nursing, 9th ed., (2012) by Kozier and Erb

Supplies: Required Nurse-in-a-Box pack.

#### **Introduction and course description**

Tactile skills essential to the safe nursing practice will be demonstrated in the nursing skills laboratory. Students will have the opportunity for supervised and individual practice followed by skills check-off by an instructor. Those skills will include administration of medications, wound care, respiratory and physical assessment, and insertion of nasogastric tubes and catheters. Skills theory will be part of the demonstration.

#### **Prerequisites**

1. English 101
2. Demonstration of Math Competency
3. Demonstration of Reading Competency
4. Psychology 101
5. Biology 204 and Biology 206 or Biology 200 and biology 202
6. Biology 220 General Microbiology
7. Admission to the Nursing Program.

#### **Corequisites**

1. NURS 110 Nursing Process 1
2. NURS 112 Nursing Process Application 1
3. NURS 113 Pharmacology
4. Introduction to Sociology (SOC 101) or Cultural Anthropology (ANTH 102); Speech 100, and NURS 100

\*Prerequisites and corequisites may change from time to time. The college policies and the RN Handbook take president if there is a discrepancy.

## Course Objectives

1. Demonstrate obtaining vitals signs safely in clients of all ages in simulated situations
2. Utilize medical asepsis and Standard Precautions correctly and effectively.
3. Demonstrate basic hygiene care in clients of all ages in simulated situations.
4. Demonstrate correct techniques for maintaining body alignment, turning and positioning of clients of all ages in simulated client situations
5. Demonstrate correct techniques for administration of medications to clients of all ages in simulated client situations.
6. Apply bandages correctly to simulated client situations
7. Apply heat and cold to simulated client situations
8. Demonstrate wound care in simulated client situations
9. Demonstrate the correct techniques for collections of various types of specimens
10. Demonstrate correct techniques for insertion and/or removal of urinary catheters in simulated client situations.
11. Demonstrate correct insertion, irrigation, and removal of nasogastric tubes in simulated client situations.
12. Demonstrate administration of tube feedings via various types of feeding tubes
13. Demonstrate the use of various respiratory procedures in clients of all ages
14. Demonstrate correct gowning and gloving techniques in the skills laboratory

## Core Content to be Covered in This Course:

Vital signs in clients of all ages; medical asepsis and standard precautions; basic hygiene care; body mechanics, turning and positioning; medication administration; bandages and TED hose application; heat and cold application; wound care; specimen collection; urinary catheterization; nasogastric tube insertion and care; administration of enteral feedings; respiratory procedures; and surgical gowning and gloving.

**Student Learning Objectives (SLOs):** Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to: Students will demonstrate correct techniques for administration of medications to clients of all ages in simulated client situations. Medications will include oral, intramuscular and subcutaneous medications, and correct client identification in accordance to the National Patient Safety Goals.

## Grading

This course is for letter grade only. Course grades are based on the following scale and **are not rounded up.**

A = 92%-100%

B = 83% - 91%

C = 75% - 82%

D = 68% - 74%

F = Below 68%

Successful completion is based on the following:

75% or better of total possible points accumulated for entire course and

75% or better of total points on the final

Course grades and evaluation will be determined based on the course objectives by examination, class participation and problem solving exercises, and skills demonstration. Knowledge of skills will be evaluated through successful check-off demonstrations, which are required to meet course objectives. Instructional methods may include audio visual, computer assisted instructions, demonstration of skills, simulation/case studies, lab activities and individual assistance.

**Participation & Progressive Expectations:** You are expected to increase participation and readiness for class as the semester progresses. Participation includes class discussions, asking and answering questions, and group work. Assignments such as viewing videos, reading, and skills practice must be done prior to class.

Two (2) hours of independent work done out of class per each hour of lecture or class work, or 3 hours lab, practicum, or the equivalent per unit is expected.

## Standards

### **Acceptable behaviors:**

Working collaboratively on group projects as directed. Discussion of differing viewpoints or concerns when expressed in a manner conducive to the learning environment. An online component of this class is through Etudes. It is the student's responsibility to keep their email information up to date.

### **Unacceptable classroom behavior includes but is not limited to:**

Phone texting, phone conversations, using personal computers for non-class activities, talking in class, and reading other than class coursework materials, academic dishonesty, such as plagiarism and cheating and behavior disruptive to the learning environment. Any type of harassment including sexual will not be tolerated and will be handled according to the policies of the college.

**Academic dishonesty:** Any student guilty of academic dishonesty, including plagiarism, must meet with the instructor and Program Director to determine if the student shall remain in the nursing program. The student will also meet with the Dean of school.

**Deadlines:** Assigned written work is due on dates specified by the instructor and must be submitted at the beginning of class. Partially completed work is not accepted

Late work: Will have 10% deducted from the score achieved for each day late. (If over a two day weekend, only 10% will be deducted)

If events occur which prevent timely submittal, special permission may be requested in writing before the due date stating the reason for the extension and the amount of time requested.

If the student is unable to come to class the day work assignment is due or a test is assigned, it is the student's responsibility to contact the instructor and make arrangement for submission of the work or the test.

## **Attendance Policy**

According to Imperial Valley College catalog: attendance is expected of all students enrolled and will be considered when computing grades. A student may be excluded from further attendance in a class during any semester when absences have exceeded the number of hours that the class meets per week configured as if the class hours were spread over the semester. Furthermore, the instructor can request a student to be removed from class if the student is judged to be disruptive in the class.

In addition, the attendance policy of the Nursing Program includes but is not limited to the following:

- A. A student who exceeds the maximum allowable number of hours absent must file a petition to remain in the nursing program. The student will meet with the program team to discuss the situation and consideration for dismissal.
- B. If remediation is considered, additional study assignments will be based upon the classroom objectives as determined by the instructor
- C. Students who are **late to class 3 times** in any nursing course will be considered absent for one day.
- D. It is the student's responsibility to check on assignments or announcements any time they are absent or tardy
- E. It is the student's responsibility to drop the class through Webstar before the drop date if they do not intend to continue in the class.

**Failure to drop the class by the drop date will result in possible failure of the class.**

## **Special Considerations and Disabilities**

Any student with a documented disability who may need educational accommodations should notify the instructor and the Disabled Student Programs and Services (DSP&S) office as soon as possible. DSPS is in room 2117 at 760- 355-6312.