

Imperial Valley College  
 Division of Nursing Education and Health Technologies  
**Nursing 111 –Nursing Skills Laboratory I**  
**FALL 2013**

NUR 111 – Nursing Skills Laboratory I 1.5 UNITS  
 Class dates: 8/21/13 – 10/25/13 **W. TH.** 08:05 to 11:50 am, 1:30 to 2:50 pm; and **F.** 0805 to 2:50

**CRN# 10726**

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**CRN# 10727**

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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 Koziar and Erb

**Deadline to Drop with "W": 10/10/13**

08/16/13

Date	LAB	Description and Assignment	Lab Practice Skill	Supplies & Lab Set-up
<b>WEEK 1</b> Wed. 9/21/13  0805-1150 am 1330-1450 pm	Lab 1 - 2157 R. Jepson  Lab 3 - 2163 C.Fitzsimmons	<p><b>ORIENTATION</b>  <b>Unit #1: Vital Signs</b> Koziar: Ch. 29            Taylor: Ch.1, p.3-16, p.23-43, Ch. 14, p.704-709  <b>Audio-visuals:</b>            Taylor's Video Guide: Vital Signs (#1)            Blood Pressure, TPR, pulse oxymetry  <a href="http://www.saddleback.edu/alfa/">http://www.saddleback.edu/alfa/</a> Search this site for skills **</p> <p><b>Unit #15: Respiratory/Health Assessment</b>            Koziar: Ch 30, pp 577-581 (focus on normal)            Taylor: Ch 2, p.69-75 Assessing thorax (lung and heart)            Taylor: Ch 2,p. 45-69,76-92 Assessing health  <b>Audio – Visuals:</b>            Assessing Breath Sounds            Normal/Abnormal Breath Sounds (Focus on Normal)            Health Assessment</p> <p><b>Unit #13: Respiratory Procedures</b>            Koziar: Ch 50, p.1389-1404; p.1406-1497 (Yankauer suction)            Taylor's: Ch.14, p.700-723, p.730-734 and 773-776</p>	<p>Students will practice Vital Signs on each other</p> <p>Students will practice respiratory and health assessment assessment &amp; listen to breath sound</p> <p>Practice applications of respiratory equipment</p>	<p><b>Stethoscopes, BP cuffs</b>  <b>Thermometers &amp; probe covers,</b>  <b>alcohol wipes, Hand Sanitizer</b>  <b>BP arm model, <u>Victor &amp; Vicki respiratory &amp; Vital signs arms</u></b>  <b>Pulse oxymeter</b></p> <p><b>Stethoscopes; Respiratory sounds</b>  <b>*<u>Manikin Victor &amp; Vicky set-up with respiratory sounds, arm with BP</u></b></p> <p><b>Oxygen delivery supplies: nasal cannula, mask, ventri mask, rebreather/non-rebreather bags. Humidifier container, spirometer, peak flow meter, pulse oxymetry, Specimen collection supplies</b></p> <p>(set up lab 1 &amp; 3)</p>



Date	LAB	Description and Assignment	Lab Practice Skill	Supplies & Lab Set-up
<b>WEEK 3</b> Thus. 9/5/13  0805-1150 am 1330-1450 pm	Lab 1 - 2157 R. Jepson Lab 2 - 2163 C.Fitzsimmons	<p><b>Unit: 5: Bandages and Binders, Compression stockings</b>            Kozier: Ch.36, p 944-949; Ch 37, p.970-973            Taylor: Ch. 9, p.484-500  <b>Audio-visual:</b> Bandages and Binders; Antiembolism Stockings</p> <p><b>Unit #7: Wounds and Suture Removal</b>            Kozier: Ch. 31, pp700-705; Ch.36, p.920-946;            Ch. 37, p.987-994            Taylor: Ch.4, p.132-148; 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</p>	<p>Practice applying bandages, slings, abdominal binders, antiembolism stockings - compression stockings</p> <p>Practice sterile wound cleaning; dressing change; sutures and staple removal; identify stages of decubitus  <u>Visual aid:</u> various types of dressings</p>	<p>Ted hose stockings, Kerlix, ace wraps, abdominal binders, slings,</p> <p><b>Wound dressings: 4x4, hydrogel, bio-occlusive drsg, calcium alginate; steri-strips, Measure guide, culture swab, and tincture of Benzoid.</b>  <b>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>  <b>PU Buttocks Model</b>  <b>(in lab 1 &amp; 3 manikins in each lab)</b></p>
<b>WEEK 4</b> Fri. 9/13/13  0805-1450	Lab 1 - 2157 R. Jepson  Lab 3 - 2163 C.Fitzsimmons	<p><b>1) Written exam #3: unit 5, 7</b>  <b>2) 3<sup>rd</sup> Check-off :</b>            Unit 7 – Wounds &amp; Suture/staple removal            Unit 5 – Bandage wraps and slings</p>	Case study	<p>Dressings, wound irrigations, JP drains and wounds on manikins (Lab #1)  <b>* Suture/ staple arm model;</b>  <b>Decubitus buttock model; sterile gloves, sterile</b></p>
<b>WEEK 5</b> Fri. 9/20/13  0805-1450	Lab 1 - 2157 R. Jepson  Lab 3 - 2163 C.Fitzsimmons	<p><b>Units # 8 &amp; 9:</b> Administration of Meds (PO and injectable, <u>no IV's</u>)            Kozier Ch. 35, p.840-893, p.902-915 (no IV's)            Taylor: Ch.5, p.152-203; 227-273  <u>Glucometer: Diagnostic blood test</u>            Kozier, Ch.34,p.812-818; Taylor's: Ch18, p.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            Administering Injections            Administration and Absorption of Parenteral Medications</p>	Students will practice oral and parenteral administration of medication (PO, SC, and IM)	<p><b>Student kit: various syringes &amp; needles sizes: 2 insulin, 3cc, 5cc, 2 TB with/without detachable needle, vanish points.</b>  <b>Medication vials</b>  <b>*Manikins with injectable sites</b>  <b>(4 in lab #1 &amp; #3)</b>  <b>injection gel pad</b>  <b>Sample med profile</b></p> <p><b>Medication carts/Pyxis with supplies</b></p>
<b>WEEK 6</b> Fri. 9/27/13  0805-1450	Lab 1 - 2157 R. Jepson  Lab 2 - 2163 C.Fitzsimmons	<p><b>1) Written exam #4: unit 8, 9</b>  <b>2) 4<sup>th</sup> Check-off :</b>            Unit 8 and 9 – Medication Administration (PO, SC, IM)</p>	Case study	<p>Med cart with various syringes &amp; needles, gel pad, sharps container, MAR profile. Pyxis with PO meds</p>

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<b>WEEK 7</b> Fri. 10/4/13  0805-1450	Lab 1 - 2157 R. Jepson  Lab 2 - 2163 C.Fitzsimmons	<b><u>Unit #10: Urinary Catheterization / Elimination</u></b> Kozier: Ch 48, p.1313-1336 Taylor: Ch.12, p.613-642 <b>Audio-visual:</b> Taylor's Video Guide: Indwelling and Intermittent Catheters (#12) MO42 Urethral Catheterization Specimen Collection, Urine <b>Bowel Elimination:</b> Kozier's Ch. 49, p.1357-1366 Taylor's Ch 13, p.661-681 <b><u>Unit #12: Specimen Collection</u></b> Kozier: Ch.34, p.818-837 Taylor's: Ch.18, p.899-909, p.912-919, p.921-928, p.912-921 <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>  <b>Specimen collection supplies: occult blood, urinary/stool, sputum, multistix, Glucometer</b>
<b>WEEK 8</b> Fri. 10/11/13  0805-1450	Lab 1 - 2157 R. Jepson  Lab 3 - 2163 C.Fitzsimmons	<b>1) Written exam #5: unit 10, 12</b> <b>2) 5<sup>th</sup> Check off:</b> Unit 8 – Urinary catheterization	Case Study	
<b>WEEK 9</b> Fri. 10/18/13  0805-1450	Lab 1 - 2157 R. Jepson  Lab 3 - 2163 C.Fitzsimmons	<b><u>Unit #11: Nasogastric tubes and Tube and tube Feedings</u></b> Kozier: Ch. 47, p. 1282-1297 (Enteral Nutrition) Taylor: Ch.11, p.570-592 Ch.13, p.693-697 Audio – Visual Taylor's Video Guide: Nutrition (#10) Nasogastric intubation  <b><u>Unit #14: Surgical Procedures</u></b> Kozier: Ch.31, p.700-710 Taylor's: Ch.6, p.282-294 <b>Audio – Visuals:</b> Taylor's Video Guide: Preoperative Nursing ; Scrubbing, Gowning and Gloving. OR Procedures: Preparing and Maintaining a Sterile Field	Students will practice insertion of an NG tube and feeding thru a NG/feeding tube. Feeding thru G-tube  <b>Unit 14 – Demonstrate donning sterile gloves, sterile surgical gown/ surgical gloves</b>	<b>Nasogastric tubes (Salem sump/ Levine/bag &amp; plugs, wall suction, canister, connection tube and supplies. *manikin with green gastric content; G-tube in abdomen. Feeding pump and bags</b>  <b>Sterile gowns, gloves, and drape</b>
<b>WEEK 10</b> Fri. 10/25/13  0805-1450	Lab 1 - 2157 R. Jepson  Lab 3 - 2163 C.Fitzsimmons	<b>1) Written exam #6: unit 11-14</b> <b>2) 6<sup>th</sup> Check-off :</b> <b>Unit #11 – Nasogastric tube insertion</b> <b>Unit #14 – surgical scrubbing</b>	Case study	<b>NG tubes &amp; supplies, *Manikin with NG &amp; G-tube in abdomen, green gastric content</b> <b>Foley catheter kits, adhesive leg holder, lubricant, urethral models</b> <b>Sterile Surgical gowns, sterile glove, caps &amp; booties.</b>

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**Syllabus FALL 2013**

**Nursing 111 –Nursing Skills Laboratory I**

Course Number: CRN# 10726, and CRN# 10727 1.5 UNITS

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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: Medical kit supplies

**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.

**QSEN – Quality and Safety Education for Nurses** – QSEN competencies will be integrated into the course curriculum to build upon the fundamental concepts introduced in prior courses with the focus on health issues across the lifespan. Clinical opportunities are designed to facilitate application of QSEN competencies in knowledge, skills, and attitude focusing on lifespan health issues through care of diverse populations in a variety of settings.

**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

## Unit Content to be Covered in this Course:

Vital signs in clients of all ages; medical asepsis and standard precautions; skin integrity and basic hygiene care; body mechanics, turning and positioning; ambulation and restraints; non-injectable and injectable medication administration; bandages, slings and compression stockings application; heat and cold application; wound care management; specimen collection; urinary catheterization; nasogastric tubes and tube; administration of enteral feedings; respiratory assessment and procedures; and surgical gowning and gloving techniques.

**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:

1. Satisfactorily 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. (ILO1, ILO2, IOL, ILO4)

## 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.

## 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 by Oct. 10, 2013 will result in possible failure of the class**

## Instructional Methods

Audio visual, computer assisted instructions, demonstration, individual assistance, Lab activities, Lab simulation and case study.

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.

## Assignments:

Class activities: includes but is not limited to hands-on practice and demonstration, simulations, discussions, case studies, presentations, and unit exams.

Out-of-class: reading assignments from required textbooks listed for this course (see text book list); writing assignments related to case study care plans and documentation exercises reflecting course objectives; CD/DVD viewing, internet, and research evidence-base articles Additional reference materials will be available in the nursing learning center.

Students will:

- Read assigned chapters according to lesson plan listed on the syllabus.
- Includes integration of knowledge learned in Nursing 110
- Increase knowledge of terminology
- Practice skills and demonstration skills in a learning mock demonstration for Nursing Learning Center Tutors before the final check-off demonstration performed before an instructor.

### **Method of Evaluation if students met objectives**

Examinations, skills demonstrations, simulations and problem solving exercises

**Class Participation & Progressive Expectations:** Students 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, lecture notes and skills practice must be done prior to class.

**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.

### **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. Demonstrations of skills are on a PASS or FAIL basis. Students will be given the opportunity to remediate in the NLC and repeat the skills demonstration before an instructor. It is recommended that if a grade falls below 78% that the student will arrange to meet with the faculty member. Faculty can be reached in person, by email, or during office hours to discuss grades or other classroom or clinical matters.

**Acceptable behaviors:**

Working collaboratively on group projects as directed. Discussion of variant viewpoints or concerns when appropriately expressed in a manner conducive to the learning environment. An online component of this class is through Blackboard. It is the student's responsibility to keep their email information up to date. Students are expected to treat manikin simulators with care as if you would a patient. This is also taken into account when performing check-off demonstrations since students are expected to develop interpersonal skills and therapeutic communications with their patients. This is a good time to practice therapeutic communications. When students finish practicing skills, manikin simulators are to be covered and tucked in bed as you would a patient.

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

Phone texting, phone conversations, using personal computers for non-class activities, talking in class, eating or drinking in the lab classrooms, reading non-class 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. Unacceptable handling or mistreatment of manikins and laboratory equipment will not be tolerated. Do not sit on bed with manikins on them. The simulators are extremely expensive

**Uniforms and supplies**

It is not necessary to wear uniforms during skills class with the exception of "Check-off" days. The skills laboratory is your simulation hospital and therefore must be kept clean and free of clutter. Please put away lab items and supplies when you have finished practicing. Please ask an instructor or the NLC tutors if you need to move the manikins from the bed. Please bring your purchased medical supplies to class, you will need them to practice with. When working in a clinical setting, nurses require the following tool: a stethoscope, surgical or blunt tip stainless steel scissors, a pen-light (for eye assessments), second hand watch and a **black** ink pen. Make sure the second hand watch can be quickly removed from the wrist and can be easily cleaned.

**TEXTBOOK(S):**

Lynn (2010). Taylor's Clinical Nursing Skills w/CD (4th/e). Lippincott, William, Wilkins. ISBN: 071879384X

Berman (2012). Kozier & Erb's Fundamental of Nursing w/CD (9th /e). Upper Saddle River Pearson/Prentice Hall. ISBN: 0138024618

OPTIONAL: Berman (2012). Study Guide for Kozier & Erb's Fundamentals of Nursing (9th/e). Upper Saddle River Pearson/Prentice Hall. ISBN: 0131889389

Delgin (2013). Davis' Drug Guide for Nurses w/CD (13th/e). FA Davis. ISBN: 0803619111

Taber's (2011). Taber's Cyclopedic Medical Dictionary (22/e). Prentice Hall. ISBN: 803629776

**HELPFUL RESOURCES:**

Doenges (2010). Nursing Care Plans (8th/e). FA Davis. ISBN: 803630413

Doenges, Marilyn (2013). Application of Nursing Process and Nursing Diagnosis (6th/e). FA Davis . ISBN: 0803629125

Nursing Skills demonstration online: IVC Student Portal – Nursing Videos