

Imperial Valley College  
Division of Nursing and Health Technologies

**Nursing 121**  
**Nursing Skill Lab II**

**I. Course Description:**

This course builds on theory, skills and clinical applications learned in first semester. Tactile skills essential to 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. Skills will be part of the demonstration.

**II. A. Prerequisites, if any:**

NURS 110  
NURS 111  
NURS 112  
NURS 121

**B. Co-requisites, if any:**

NURS 125  
NURS 123

**III. Student Learning Objectives:**

Upon completion of this unit, the student will be able to:

1. Demonstrate correct technique in initiating, maintaining and discontinuing peripheral infusion therapy.
2. Demonstrate a physical assessment on a healthy individual.
3. Demonstrate a respiratory assessment on a healthy individual.
4. Identify abnormal breath sounds on an adult, geriatric, and pediatric patient.
5. Demonstrate correct insertion and removal of respiratory suction equipment
6. Demonstrate proper technique for tracheotomy care.
7. Demonstrate proper care of the patient with a musculoskeletal problem.
8. Demonstrate patient teaching for self-breast awareness.
9. Demonstrate patient teaching for testicular self-examination.
10. Demonstrate proper technique for post-mastectomy exercises.
11. Demonstrate proper technique for prenatal assessment.
12. Demonstrate proper technique for labor assessment and care.
13. Demonstrate proper technique for application of a fetal monitor.
14. Demonstrate proper technique for a newborn assessment.
15. Demonstrate proper technique for a post-partum assessment.
16. Demonstrate an integumentary assessment on a healthy individual.

**IV. Course Requirements**

**A. Hours**

Nursing Skill Lab II, Nursing 121, is a 1-unit lab course. Skills lab is held for 3 hours and 10 minutes per week.

### **B. Assignments**

Reading, CD/video, skills practice and check-offs, oral and writing assignments are required. The reading list will include texts used in prior nursing courses, those required of this course and the co-requisites, and additional outside assignments. Writing assignments will reflect the objectives listed and may include, but not be limited to, short essays and/or professional papers. Outside assignments including but not limited to nursing lectures, independent exercises, skills fairs, and learning center activities may be assigned and are required. Students may be referred back to the nursing learning center tutor if needed for more practice on skills being evaluated.

### **C. Methods of Evaluation**

Successful completion of the course will include the following: Students must show evidence of competence in all skills taught within Nursing 121. All skills described in the units must be satisfactorily demonstrated to the lab/clinical instructor by the dates designated on the schedule. Grading will include home assignments, skills check-offs, and no more than 6 quizzes and the final exam. Pop quizzes may be included. **EXCEPT UNDER EXTREME CIRCUMSTANCES, THERE WILL BE NO MAKE-UPS FOR TESTS, SKILLS OR QUIZZES MISSED DUE TO ABSENCE.** Along with satisfactory completion of skills, a total grade of 75% or above, and passing the final at 75% or above are required to pass Nursing 121. Schedule and total points available may change at the discretion of the instructor, taking into account the progress of students with the materials.

Prior to any skill check off, a pre assignment may be required and signed off by the tutor or instructor. If no documentation of completion, the student will not be allowed to check off or participate on the scheduled date. This constitutes an absence for the day and a "0" (zero) for the skill. Any failed skills check off requires timely remediation and one (1) opportunity to demonstrate skill competence. This evaluation will be scored at a maximum of 75% of the total assigned points for that skill.

### **There is no make up for simulation skills days.**

Students must maintain a "C" average grade as determined by the scale below:

A = 92-100%

B = 83-91%

C = 75-82%

D = 68-74%

F = Below 68%

Grades will not be "rounded". To advance to the next semester, a "C" or better is required in this course and the co-requisite courses.

The student is responsible for dropping (W) the class before the deadline as outlined on registration forms. Failure to pass this class will affect the ability to progress to the next semester. Students failing must make an appointment to speak with the Director of Nursing Education.

#### **D. Attendance**

It is the responsibility of each student to attend all lab hours and to contact the faculty person before the start of class of any need to be excused from class. ADN students are expected to attend all classes. **Absences are limited to 3 hours 10 minutes throughout the semester (equivalent to number of hours class meets in one week).** A student who reaches the maximum allowable hours of absenteeism may be dropped by the instructor. Demonstrated competence on a skill is required for safe clinical performance. Students must successfully complete skill prior to participating in clinical. Failure to meet skill class check off will therefore result in failure.

Acceptance of absenteeism excuses is at the discretion of the faculty member. A student who reaches the maximum allowable number of hours absent may file a petition to reenter the nursing program. The teaching team will meet with the student to discuss remediation and the possibility of reentry.

Students who are late for class three times will be considered absent for one day.

#### **VI. Methods of Instruction**

The appropriate method of instruction will be determined by each instructor and may include, but not be limited to the following: classroom lecture, small group discussions, student presentations, demonstration and return demonstration, simulations, video/CD assisted instruction, audiovisuals, textbooks, handouts, and required reading and assignments.

Simulations may be utilized during this class and simulation materials will be handed out during the semester. All advance assignments must be completed before the start of class. Failure to complete the pre-assignment will prevent you from attending the class for the day and results in a clinical absence.

#### **VII. Student Learning Outcomes**

Upon completion of this course, the student will be able to

1. Demonstrate physical assessment on a postpartum and a non-obstetric patient in a simulated setting.
2. Demonstrate appropriate and safe technique for IV insertion in lab or simulated setting.
3. Plan, develop, and demonstrate a patient education session.

#### **VIII. Disabilities**

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible.

DSP&S

Health Sciences Building, Room 2117  
355-6312

Required books:

**Books for 2<sup>nd</sup> semester F13-NS125 and NS121**

Required

Author	ISBN	Title	Edition	Year	Publisher
Ball Bindler Cowan	9780132111751	Principles of Pediatric Nursing: Caring for Children	5 <sup>th</sup>	2012	Pearson Prentice Hall
Davidson London Ladewig	9780132109079	Old's Maternal Newborn Nursing & Women's Health across the Lifespan w/CD	9 <sup>th</sup>	2012	Prentice Hall
Smeltzer	9780781785907	Brunner Textbook of Med-Surg Nursing w/CD (2-vol set)	12 <sup>th</sup>	2010	Wolters Kluwer LWW
Lynn	9780781793841	Taylor's Clinical Skills	3rd	2011	Wolters Kluwer LWW

Recommended

Author	ISBN	Title	Edition	Year	Publisher
Hogan	9780132956864	Reviews & Rationales: Maternal Newborn Nursing	3rd	2013	Prentice Hall
Smeltzer	9780781785921	Handbook for Brunners Textbook of Med-Surg Nursing	12 <sup>th</sup>	2009	Wolters Kluwer LWW
Smeltzer	9780781785945	Brunners Study Guide for Textbook of Med-Surg Nursing	12 <sup>th</sup>	2009	Wolters Kluwer LWW
Springhouse	9781451108187	NCLEX-RN Maternal Neonatal Nursing Made Incredibly Easy w/CD	1st	2010	Wolters Kluwer LWW
Springhouse	9781605471983	IV Therapy Made Incredibly Easy	4 <sup>th</sup>	2009	Wolters Kluwer LWW
Fischbach	9780781771948	Manual of Lab and Diagnostic Testing	8 <sup>th</sup>	2008	Wolters Kluwer LWW

(7/5/13)

## **Unit # 1: Nursing Assessment**

### **Description:**

This unit presents skills related to general physical assessment of an adult, pediatric, , or elderly patient.

### **Unit Outcome Competencies:**

The student will demonstrate a physical assessment on a healthy individual.

### **Student Learning Objectives:**

By completion of this unit, the student will:

1. Verbalize and discuss with the lab group the data collection needed for the assessment process.
  - a. Subjective
  - b. Objective
2. Conduct a patient interview.
3. Verbalize and discuss the components of a chief complaint and a history of present illness.
4. Conduct a review of systems.
5. Conduct a developmental assessment and discuss and compare developmental stages of adult, children and elderly.
6. Conduct a cultural assessment.
7. Practice and verbalize physical assessment techniques on the mannequin.
8. Demonstrate a systematic order for assessment procedures.

### **Learning Activities:**

To assist in learning these skills, the student will

1. Read assigned chapters
2. Watch assigned videos/CDs
3. Know terminology
4. Practice physical assessment skills on mannequin or lab partner.
5. Complete and document one physical assessment.

## **Unit #2: Infusion Therapy**

### **Description:**

This unit presents skills related to the nurse's role in administering peripheral infusion therapy.

### **Unit Outcome Objectives:**

The student will demonstrate the ability to begin and maintain infusion therapy.

### **Student Learning Objectives:**

By completion of this unit, the student will practice and demonstrate

1. The cannulation of a vein and state risks, complications and adverse reactions associated with I.V. therapy
2. Intravenous therapy including:
  - a. Cannula-needle placement
  - b. Selection of I.V. site
  - c. Selection of cannula or needle
  - d. Selection of I.V. fluids and tubing
  - e. Intermittent infusion/heparin lock
  - f. Infusion/controller pumps
  - g. Additive sets/partial fills/volutrol/primary solutions
  - h. IV push medications
  - i. Saline lock conversion
  - j. Saline lock flush
  - k. Changing I.V. tubing
  - l. I.V. site care
3. The delivery, care, maintenance and discontinuation of I.V. infusion therapy.
4. The calculation, regulation and monitoring of I.V. flow rates
5. Fluid and electrolytes balance as a prerequisite to safely initiating, maintaining and monitoring intravenous infusion.
6. Verbalization of the difference between local and systemic infection.
7. Verbalization of the recommended CDC guide lines for intravenous therapy.
8. Verbalization of the use of isotonic, hypotonic and hypertonic infusion and their osmolarity.
9. Sites accessed and used by the nurse for intravenous therapy
10. Verbalization of the use of primary and secondary infusion administration sets.
11. Verbalization of the importance of labeling, reporting and documentation in the practice of intravenous therapy.

### **Learning Activities:**

To assist in learning these skills, the student will:

1. Read assigned chapters.
2. View assigned videos/CDs
3. Know terminology
4. Practice IV insertion on a mannequin and a lab partner
5. Discuss IV maintenance, medications, documentation with the lab group

### **Unit# 3: Nursing Skills related to the Respiratory System**

#### **Description:**

This unit presents skills related to the care of a patient with a chronic respiratory system problem.

**Unit Outcome Competencies:** The student will demonstrate ability to manage care of the patient with a respiratory system problem.

#### **Student Learning Objectives:**

Upon completion of this unit, the student will be able to:

1. Demonstrate suctioning techniques using the following:
  - a. Nasal/oropharyngeal (catheter)
  - b. Oral (yankauer)
  - c. DeLee sampler
2. Perform a respiratory assessment and identify abnormal breath sounds
3. Demonstrate appropriate care of the tracheostomy patient, including cleaning, plugging, and suctioning
4. Verbalize alterations in skills related to the pediatric, adult, and geriatric patient.

#### **Learning Activities:**

To assist in learning these skills, the student will:

1. Read assigned chapters
2. Watch assigned videos/CDs
3. Know terminology
4. Practice suctioning, tracheostomy, and lung sound skills on mannequin
5. Practice respiratory assessment on lab partner

## **Unit #4: Nursing Skills Related to the Integumentary System**

### **Description:**

This unit presents skills needed in caring for the patient with an integumentary system problem.

### **Unit Outcome Competencies:**

The student will demonstrate competence in skin assessment and identification of common problems of the integumentary system.

### **Student Learning Objectives:**

Upon completion of this unit, the student will:

1. Demonstrate a skin assessment
2. Discuss alterations in skin assessment and problems of the integumentary system in the pediatric, adult, and geriatric patient
3. Identify signs of cancerous skin lesions vs. benign causes.

### **Learning Activities:**

To assist in learning these skills, the student will:

1. Read assigned chapters
2. Watch assigned videos/CDs
3. Know terminology
4. Practice physical assessment skills on mannequin.

## **Unit #5: Nursing skills related to the Musculoskeletal System**

### **Description:**

This unit presents skills needed in caring for the patient with a musculoskeletal system problem.

### **Unit Outcome Competencies:**

The student will demonstrate competence in assessment and nursing care of common problems of the musculoskeletal system.

### **Student Learning Objectives:**

Upon completion of this unit the student will:

1. Demonstrate review of systems related to the musculoskeletal system
2. Demonstrate musculoskeletal assessment with a lab partner
3. Demonstrate setting up the over-head frame
4. Demonstrate skeletal and skin traction
5. Verbalize and demonstrate knowledge of splints, skeletal traction, and Buck's traction
6. Verbalize and discuss with class the preventive nursing care needs of the patient in traction
7. Demonstrate positioning of the patient with total hip replacement
8. Verbalize cast care

### **Learning Activities:**

To assist in learning these skills, the student will:

1. Read assigned chapters
2. Watch assigned videos/CDs
3. Know terminology
4. Practice skills on mannequin.
5. Present traction, cast, total hip replacement, and splint skills.

## **Unit #6: Nursing Skills Related to the Reproductive System**

### **Description:**

This unit presents skills needed in caring for the patient with a reproductive health system problem.

### **Unit Outcome Competencies:**

The student will demonstrate appropriate teaching skills related to self-breast awareness (SBA), self-testicular examination, and post-mastectomy instructions.

### **Student Learning Objectives:**

Upon completion of this unit, the student will:

1. Identify recommendations for and demonstrate teaching of self-breast awareness
2. Identify recommendations for and demonstrate teaching of self-testicular examination (STE)
3. Identify abnormal findings on SBA and STE
4. Demonstrate post-mastectomy exercises
5. Identify appropriate teaching for the post-mastectomy patient

### **Learning Activities:**

To assist in learning these skills, the student will:

1. read assigned chapters
2. watch assigned videos/CDs
3. know terminology
4. practice teaching of SBA, STE, and post-mastectomy patient

## **Unit #7: Skills Related to Caring for the Pregnant Patient**

### **Description:**

This unit presents skills needed in providing care to the pregnant patient.

### **Unit Outcome Competencies:**

The student will demonstrate knowledge of prenatal history taking and physical assessment of the pregnant patient.

### **Student Learning Objectives:**

Upon completion of this unit, the student will be able to:

1. Identify and complete essential components of a prenatal history
2. Explain common obstetric terminology used in history taking
3. Demonstrate routine physical assessment of a pregnant woman using a mannequin

### **Learning Activities:**

The student will:

1. Read assigned chapters
2. Practice skills on mannequin and/or simulator
3. View assigned videos/CD
4. Know terminology

## **Unit #8: Skills Related to Caring for the Pregnant Woman at Risk**

### **Description:**

This unit presents skills needed in caring for the pregnant woman with a complicated pregnancy.

### **Unit Outcome Competencies:**

The student will demonstrate ability to identify reassuring and non-reassuring results of non-stress tests and indications for fetal testing.

### **Student Learning Objectives:**

Upon completion of this unit, the student will be able to:

1. Demonstrate proper use of the Doppler to hear FHT and identify normal FHR
2. Identify types of fetal testing, indications for each, and nursing actions related to fetal testing
3. Identify indicators for reassuring and nonreassuring NST results

### **Student Learning Activities:**

To assist in learning these skills, the student will:

1. Read assigned chapters
2. Watch assigned fetal monitor videos/CDs
3. Practice Doppler placement on the mannequin
4. Review NST strips and practice identifying patterns

## **Unit #9: Skills related to Caring for the Intrapartum Patient**

### **Description:**

This unit presents skills needed in providing care to the intrapartum patient.

### **Unit Outcome Competencies:**

The student will demonstrate skills needed to do a labor assessment and care of the laboring patient.

### **Student Learning Objectives:**

Upon completion of this unit, the student will be able to:

1. Identify essential components of assessing labor status.
2. Identify common coping mechanisms used by patients in labor.
3. Describe labor room admission assessment and standard procedures performed.
4. Identify patient education needs of the laboring patient and her coach.

### **Learning Activities:**

To assist in learning the skills needed, the student will:

1. Read assigned chapters
2. Watch assigned videos/CDs
3. Know terminology
4. Practice breathing techniques used by laboring patients
5. Practice vaginal exams to identify dilation and effacement using models
6. Participate in simulated vaginal delivery using Noelle.

## **Unit #10: Skills Related to Caring for the Intrapartum Woman at Risk**

### **Description:**

This unit presents skills related to use of the electronic fetal monitor and reading of strips.

### **Unit Outcome Competencies:**

The student will demonstrate ability to identify reasons for use of fetal monitors, baseline fetal heart rates, differences from normal, and contraction frequency, duration, and intensity.

### **Student Learning Objectives:**

Upon completion of this unit, the student will be able to:

1. Compare use of internal and external fetal monitors
2. Identify types of decelerations and indications for nursing practice
3. Recognize FHR elements such as baseline, variability, decelerations, and evidence of fetal wellbeing
4. Recognize uterine contraction elements such as frequency, duration, and intensity
5. Describe proper placement of the EFM

### **Learning Activities:**

To assist in learning these skills, the student will:

1. Read assigned chapters
2. Watch assigned videos/CDs
3. Know terminology
4. Review EFM strips and identify FHR and uterine contraction data
5. Practice intrapartum management skills with simulator.

## **Unit#11: Skills Related to Caring for a Patient during the Puerperium**

### **Description:**

This unit presents skills needed in caring for the postpartum patient and her family.

### **Unit Outcome Competencies:**

The student will demonstrate ability to do a postpartum assessment and provide appropriate education.

### **Student Learning Objectives:**

Upon completion of this unit, the student will be able to:

1. Demonstrate physical assessment of a postpartum patient
2. Describe normal and abnormal findings in the postpartum patient
3. Demonstrate appropriate patient education of a postpartum patient

### **Learning Activities:**

To assist in learning the skills required, the student will:

1. Know terminology
2. Read assigned chapters
3. Watch assigned videos/CDs
4. Practice postpartum physical assessment on a simulator
5. Practice patient education with class

## **Unit #12: Skills related to Caring for the Newborn**

### **Description:**

This unit presents nursing skills needed when caring for a newborn.

### **Unit Outcome Competencies:**

The student will demonstrate ability to perform a newborn physical assessment and identify key aspects of nursing care in the nursery setting.

### **Student Learning Objectives:**

Upon completion of this unit, the student will be able to:

1. Demonstrate physical assessment of a newborn using a mannequin.
2. Describe key aspects of education related to infant care.
3. Describe key aspects of education related to infant feeding choices.
4. Identify components of nursing care on admission of a newborn to the nursery.

### **Learning Activities:**

To assist in learning these skills, the student will:

1. Read assigned chapters
2. View assigned videos/CDs
3. Know terminology
4. Practice newborn assessment using the simulator
5. Practice patient education with class