I. Course Description

Tactile skills essential to a safe nurse will be taught in the nursing skills laboratory. Students will have the opportunity to practice and checkoff skills fundamental in client care. Those skills will include administration of medications, wound care, respiratory and musculoskeletal assessment, and insertion of catheters.

II. Prerequisites, if any

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

Corequisites, if any:
1. NURS 110 Nursing Process 1
2. NURS 112 Nursing Process Application 1
3. NURS 114 Pharmacology
4. Introduction to Sociology (SOC 101) or Cultural Anthropology (ANTH 102)

III. 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.
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

IV. Specific Course Information

1. The passing course grade is 75% according the A.D.N. Student Handbook
2. There may be tests every one to two weeks and one comprehensive final that must be passed with a 75%.
3. Cell phones, pagers, blackberrys, etc. will be turned off during class, lab, and simulations (or at least turned to the lowest volume of vibrate). If the instructor can hear it, it is too loud and disruptive to class and the student may be asked to leave.
4. The cheating and plagiarism policy of Imperial Valley College will be enforced. This is identified in the college catalog on page 27.

Unit #1: Vital Signs/Medical Asepsis
Description:
This unit presents the various components involved in mastering basic skills in vital signs and medical asepsis.

Unit Learning Competencies:
The student will practice the principals of medical asepsis and vital signs.

Student Learning/Skills Laboratory Objectives:
Upon completion of this module the student will be able to:

1. Perform correct medical hand washing
2. Demonstrate correctly how to obtain the following temperatures:
   a. oral
   b. rectal
   c. axillary
   d. electronic
   e. tympanic
3. Demonstrate correct method for taking pulse:
   a. radial
   b. apical
4. Demonstrate the correct method for obtaining respirations.
5. Demonstrate the correct method for obtaining blood pressures
6. Verbalize normal ranges for vital signs
7. Compare and contrast factors that influence fluctuations in vital signs
8. Demonstrate good judgment when choosing sites to measure vital signs

Student Learning Activities:
In order for the student to master the principles and concepts of vital signs and medical asepsis, the student will:

1. Know terminology
2. Read assigned chapters
3. View assigned CAI
4. Practice assigned skills

Unit #2: Standard Precautions

Description:
This unit presents the skills necessary for the safe care of clients using Standard Precautions

**Unit Learning Competencies:**
The student will practice skills required to implement Standard Precautions. Student will review basic principles of transmission of infectious agents, traditional isolation measures and the principles of infection

**Student Learning Objectives:**
Upon completion of this unit the student will be able to:
1. Correctly demonstrate donning and removing of gloves, mask, and gown
2. Biohazard bagging

**Student Learning Activities:**
To assist in learning these skills, the student will:
1. Review anatomy and physiology
2. Know terminology
3. View assigned CAI
4. Read assigned chapters
5. Practice assigned skills

**Unit #3: Skin Integrity/Basic Care**

**Description:**
This unit presents basic principles involved in providing basic care for assigned clients
Unit Learning Competencies:
The student will practice the basic skills required to provide basic care for assigned clients.

Student Learning/Skills Laboratory Objectives:
Upon completion of this unit the student will be able to:
1. Bathe a client
2. Provide oral hygiene for:
   a. conscious client
   b. unconscious client
   c. client with dentures
3. Provide hair care
   a. combing
   b. shampooing
4. Perineal/Genital Care
5. Eye care
6. Ear care
7. Foot care
8. Back care
9. Making a bed
   a. Occupied
   b. Unoccupied/surgical

Student Learning Activities:
To assist in learning these skills, the student will:
1. Review anatomy and physiology
2. Know terminology
3. View assigned CAI
4. Read assigned chapters
5. Practice assigned skills

Unit #4: Body Mechanics, Turning, Positioning, Ambulation and Restraints

Description:
This module presents the skills necessary to maintain proper body alignment while moving and the correct application of vest and wrist restraints.
Unit Learning Competencies:
The student will practice the principles of body mechanics and application of restraints

Student Learning Objectives:
Upon completion of this module the student will be able to:
1. Demonstrate proper body alignment
2. Demonstrate correctly active and passive ROM
3. Demonstrate the turning and positioning of clients
   a. Protective supine
   b. Protective fowlers
   c. Protective side-lying
   d. Protective prone
   e. Turning from abdomen to back
   f. Logrolling
   g. Moving clients without assistance
   h. Moving clients with assistance
   i. Dangling
4. Demonstrate correctly the procedures for transfer and ambulation of clients
   a. Pivot from bed to chair
   b. Using a Hoyer lift
   c. Ambulate with 2
   d. Ambulate with 1
   e. Ambulate with cane/walker
5. Correctly apply vest and wrist restraints

Student Learning Activities:
To assist in learning these skills, the student will:
1. Review anatomy and physiology
2. Know terminology
3. View assigned CAI
4. Read assigned chapters
5. Practice assigned skills

Unit #5: Bandages, Binders, TED=s and Slings

Description:
This unit presents the skills involved in applying bandages, binders, TED hose and slings.

Unit Learning Competencies:
The student will practice the skills necessary to apply bandages, binders, TED hose and
slings to assigned clients.

**Student Learning Objectives:**

Upon completion of this module the student will be able to:

1. Apply a figure-eight, circular and spiral bandage
2. Apply a scultetus and elastic binder
3. Apply TED hose
4. Apply an arm sling
5. Apply a shrink wrap bandage to a stump

**Student Learning Activities:**

To assist in learning these skills, the student will:

1. Review anatomy and physiology
2. Know terminology
3. View assigned CAI
4. Read assigned chapters
5. Practice assigned skills

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**Unit #6: Application of Heat and Cold**

**Description:**

This unit presents the principles of safe application of heat and cold to assigned clients.

**Unit Learning Competencies:**

The student will practice the safe application of heat and cold.
Student Learning Objectives:
Upon completion of this module the student will be able to:
1. Apply moist heat
   a. Hot pack
   b. Moist compresses
2. Apply dry heat
3. Hot water bottle
4. K-pad
5. Apply cold applications
   a. Tepid bath
   b. Ice applications
   c. Hypothermia blanket

Student Learning Activities:
To assist in learning these skills, the student will:
1. Review anatomy and physiology
2. Know terminology
3. View assigned CAI
4. Read assigned chapters
5. Practice assigned skills

Unit #7: Wound Management

Description:
This unit presents the components necessary in the performance of wound management for assigned clients

Unit Learning Competencies:
The student will practice the skills necessary for performance of safe wound management
Student Learning Objectives:
Upon completion of the unit the student will be able to:
1. Prepare a sterile field
2. Perform open sterile gloving
3. Change a dry sterile dressing
4. Perform irrigation of wounds
5. Change a dressing around a drain
6. Perform packing of a wound
7. Obtain a wound culture
8. Apply sterile moist compresses
9. Remove sutures and staples
10. Advance and remove drains
11. Perform care of closed wound suction devices
   a. Maintain suction
   b. Empty
12. Perform decubitus care utilizing AHCPR guidelines
   a. Opposite

Student Learning Activities:
To assist in learning these skills, the student will:
1. Review anatomy and physiology
2. Know terminology
3. View assigned CAI/VHS
4. Read assigned chapters
5. Practice assigned skills

Unit #8: Administration of Non-Injectable Medications

Description:
This unit presents the skills and principles necessary for the safe administration of non-injectable medications to assigned clients

Unit Learning Competencies:
The student will practice the skills necessary for the safe administration of non-injectable medications
Student Learning Objectives:
Upon completion of this unit the student will be able to:
1. Demonstrate appropriate safety guidelines for the administration of medications
   a. 5-rights
   b. 3-way check
   c. Charting
2. Administer oral medications
   a. Preparation
   b. Adult vs child
3. Topicals
   a. Preparation
   b. Ointments/salves
   c. Topical vasodilators
   d. Antibacterials
4. Sublinguals
5. Mucous membranes including nose drops
6. Suppositories: Rectal vs Vaginal
7. Eye: Drops vs Ointment
8. Ear drops
9. Inhalants

Student Learning Activities:
To assist in learning these skills, the student will:
1. Review anatomy and physiology
2. Know terminology
3. View assigned CAI
4. Read assigned chapters
5. Practice assigned skills

Unit #9: Administration of Injectable Medications

Description:
This unit presents the skills necessary for the safe administration of injectable medications

Unit Learning Competencies:
The student will practice the skills necessary for the safe administration of injectable medications to clients of various ages

Student Learning Objectives:
Upon completion of the unit the student will be able to:
1. Demonstrate the appropriate safety guidelines for the administration of medications to clients of all ages
   a. 5-rights
   b. 3-way check
   c. Identify landmarks
2. Administer
   a. I.M.
   b. I.D.
   c. S.C.
   d. Z-track
3. Use Glucometer

**Student Learning Activities:**
To assist in learning these skills, the student will:
1. Review anatomy and physiology
2. Know terminology
3. View assigned CAI
4. Read assigned chapters
5. Practice assigned skills

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**Unit # 10: Urinary Catheterization**

**Description:**
This unit presents the skills necessary to safely perform urinary catheterization on assigned clients including precautions and safety measures

**Unit Learning Competencies:**
The student will practice the skills necessary to safely perform urinary catheterization on a client

**Student Learning Objectives:**
Upon completion of the unit the student will be able to:
1. Perform insertion and removal of a urinary catheter on
   a. Male
   b. Female
2. Instill medications into catheters
3. Irrigation of catheters
   a. With a bulb syringe
   b. With a syringe via port

Student Learning Activities:
To assist in learning these skills, the student will:
1. Review anatomy and physiology
2. Know terminology
3. View assigned CAI/VHS
4. Read assigned chapters
5. Practice assigned skills

Unit #11: Nasogastric Tubes and Tube Feedings

Description:
This unit presents content necessary to safely insert a nasogastric tube and perform a tube feeding on assigned client

Unit Learning Competencies:
The student will practice the skills necessary to safely insert a nasogastric tube and perform and tube feeding

Student Learning Objectives:
Upon completion of this unit the student will be able to demonstrate the following:
1. Insert an N/G tube
2. Check placement of N/G tubes
3. Instill and/or irrigate and N/G tube
4. Administer medications via an N/G tube
5. Administer a tube feeding via N/G or other type of tube
6. Correctly document procedures performed

Student Learning Activities:
To assist in learning these skills, the student will:
1. Review anatomy and physiology
2. Know terminology
3. View assigned CAI
4. Read assigned chapters
5. Practice assigned skills

Unit #12: Specimen Collection

Description:
This unit presents the principles necessary for collecting various specimens from assigned clients

Unit Learning Competencies:
The student will practice collecting various specimens from clients

Student Learning Objectives:
Upon completion of this module the student will be able to:
1. Provide bedpan-urinal
2. Collect urine specimens
   a. Routine
b. Clean catch
   c. From a catheter
   d. 24 hour collection
   e. Testing for specific gravity
   f. Testing urine with Multistix

3. Collect stool specimens
   a. Testing stool for occult blood

4. Collect sputum specimens
5. Test urine for sugar and acetone
6. Administer a douche
7. Administer an enema
8. Apply external catheters

Student Learning Activities:
To assist in learning these skills, the student will:
1. Review anatomy and physiology
2. Know terminology
3. View assigned CAI
4. Read assigned chapters
5. Practice assigned skills

Unit # 13: Respiratory Procedures

Description:
This unit presents skills necessary for the safe performance of respiratory procedures on assigned client

Unit Learning Competencies:
The student will practice the skills necessary for the safe performance of respiratory procedures

Student Learning Objectives:
Upon completion of this unit the student will be able to:
1. Verbalize guidelines for managing clients requiring respiratory procedures
2. Demonstrate a normal respiratory assessment
3. Teach deep breathing and coughing exercises
4. Teach controlled diaphragmatic breathing
5. Collect a sputum specimen
6. Administer oxygen therapy
   a. Nasal cannula (prongs)
   b. Nasal catheter
   c. Mask
   d. Croupette
7. Perform postural drainage

**Student Learning Activities:**
To assist in learning these skills, the student will:
   1. Review anatomy and physiology
   2. Know terminology
   3. View assigned CAI
   4. Read assigned chapters
   5. Practice assigned skills

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**Unit # 14: Surgical Techniques**

**Description:**
This unit presents the skills necessary in the proper performance of surgical techniques

**Unit Learning Competencies:**
The student will practice the skills necessary to perform required surgical techniques

**Student Learning Objectives:**
Upon completion of this unit the student will be able to:
   1. Demonstrate surgical hand scrub
   2. Demonstrate setting up of a gowning/gloving table
   3. Demonstrate gowning and closed gloving of doctor and nurse

**Student Learning Activities:**
To assist in learning these skills, the student will:
   1. Review anatomy and physiology
2. Know terminology
3. View assigned CAI
4. Read assigned chapters
5. Practice assigned skills

Unit #15: Normal Respiratory Assessment

Description:
This unit presents the skills necessary to safely perform a respiratory assessment of assigned clients and identify normal lung sounds.

Unit Learning Competencies:
The student will practice the skills necessary to perform a respiratory assessment safely on assigned clients.

Student Learning Objectives:
Upon completion of the unit the student will be able to:
1. Demonstrate correct technique for assessment of the thorax.
2. Describe normal breath sounds/locations: vesicular; bronchovesicular; bronchial.
3. Inspect for thoracic configuration.
4. Palpate skin of chest wall
5. Palpate for chest excursion
6. Demonstrate percussion over lung fields to assess quality of normal sounds
and tissue density

7. Demonstrate auscultation techniques.

**Student Learning Activities:**
To assist in learning these skills, the student will:

1. Review anatomy and physiology of the respiratory system
2. Know terminology related to respiratory assessment
3. View assigned CAI/VHS/DVD
4. Read assigned chapters
5. Practice skills prior to checkoff