

FEB - 5 1997



BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY

Course Outline *Part A*

School of Health Sciences

Program: Nursing

Option:

NURS 1020

Clinical Techniques 1 — Laboratory

Hours/Week:	3	Total Hours:	51	Term/Level:	1
Lecture:	1	Total Weeks:	17	Credits:	3.5
Lab:	2				
Other:					

Prerequisites

None

NURS 1020 is a Prerequisite for:

Course No.	Course Name
NURS 2020	Clinical Techniques 2 — Laboratory
NURS 2030	Nursing Practicum 2

Course Goals

Clinical Techniques 1 — Laboratory facilitates student learning of particular hands-on nursing skills used in professional nursing practice.

Course Description

This course presents basic nursing skills related to hygiene, touch therapies and therapeutic touch, movement and rest, feeding, oxygen use, voiding, bowel care, and oral and topical medications. **Emphasis** is placed on student understanding of the purpose of the skill, focused assessment related to the skill, as well as the safe and confident performance of the skill. The communication and research aspects of the skills are also included. Student independent and laboratory practice, demonstrations and examinations are part of the course.

Process threads relevant to this content:

- Leadership — decision making, risk management, priority setting.
- Communication — giving information to people — what helps, what hinders? Developmental considerations, using a focused assessment relevant to the skill, identifying vocabulary related to the skill.
- Systematic inquiry — the research process — posing questions, sources of data, reliability, generalizability, etc. Using written sources — textbooks, hospital policy manuals, research articles. Using questioning and modeling to develop thinking and reflection during the lab session.
- Professionalism — keeping standards of practice and ethics in mind for all skills.
- Learning — focus on individual responsibility in how skills are learned, practiced, demonstrated, etc.

Evaluation

Multiple choice exam	50%
Skill demonstration	30%
Research activity	20%
TOTAL	100%

Course Outcomes and Sub-Outcomes

The student will:

1. describe the safety principles for all hands-on nursing skills.
2. describe the purpose of the skills to the human being.
3. demonstrate selected skills safely and confidently.
4. appreciate the research base of selected skills.
5. demonstrate the communication aspects of hands-on nursing skills.
6. demonstrate responsibility for attaining and maintaining a safe level of skill performance.
7. recognize the real and potential risks of skills to people.

Course Record

Developed by: Linda Barratt, Nursing
Instructor Name and Department (signature)

Date: June 7, 1996

Revised by: Heidi Nezon
Instructor Name and Department (signature)

Date: Dec 11, 1996

Approved by: M. Bennett Ralston
Associate Dean / Program Head (signature)

Start Date: Aug. 19 1996



BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY

Course Outline **Part B**

School of Health Sciences

Program: Nursing

Option:

NURS 1020

Clinical Techniques 1 — Laboratory

Effective Date

January 6, 1997

Instructor(s)

Kay Negoro

Office No.: SE12 418

Phone: 451-6953

Office Hrs.: See posted hours at desk

Text(s) and Equipment

Required:

Snyder, M. (1992). *Independent nursing interventions*. (2nd ed.). Albany, New York: Delmar.

Choose between one of the following texts.

Craven, R.F. & Hirnle, C.J. (1996). *Fundamentals of nursing: Human health and function*. (2nd ed.). Philadelphia: Lippincott.

Dugas, B.W. & Knor, E.R. (1995). *Nursing foundations: A Canadian perspective*. Scarborough, ON: Appleton & Lange, Canada.

Course Notes (Policies and Procedures)

1. Course delivery and evaluation methods will be discussed during the first week of the class.
2. Selected clinical techniques will be self-taught with testing during laboratory periods. Other techniques will be practiced during laboratory periods and tested at specific times on the class schedule. These are noted on the class schedule.
3. A study guide for class reading and preparation will be distributed with this course outline.

Participation/Attendance

1. Regular attendance in lecture, seminars and laboratory periods is required of all students. If a student is absent for any cause other than illness for more than ten percent (10%) of the time prescribed for any subject, he/she may be prohibited from completing the course (4.07.10 BCIT Policy Manual).
2. If a lecture and/or laboratory period is missed, the student is responsible for the content of the class missed. The skill must be learned and practiced **prior** to performing the technique in the clinical area.

Evaluation of Clinical Technique: Final Exam

The final skill testing exam of clinical techniques is worth 30% of your final grade. **You must pass this component of the evaluation process to pass the course.** Your demonstration of specific techniques will be graded satisfactory/unsatisfactory according to criteria on a checklist which you will have seen prior to the test in practice labs. If you meet all criteria you will receive a satisfactory and be granted 30 marks (30%). If you do not meet all criteria you will receive an unsatisfactory and no numerical grade will be given (0%). You will be given the opportunity to redo a techniques demonstration exam **once** should you receive an unsatisfactory. For all techniques demonstration tests you will be asked to perform the technique as well as answer questions about the particular technique being demonstrated.

Assignment Details and Evaluation Methods (Research Activity)

Assignment Details

Identify a clinical technique or related issue to a clinical technique taught in Level 1. Investigate current knowledge, thinking and research significant to this technique or related issue. Conduct your investigation by:

- reviewing current research literature.
- comparing nursing textbook information with research reported in nursing journals.
- reviewing appropriate hospital documents, e.g., policy and procedure manuals.
- reviewing RNABC discussion papers.
- interviewing a practicing nurse and/or client.
- conducting a small research project yourself.

You may begin this process of inquiry by asking a question such as: "Does a back rub before bedtime promote relaxation and consequently induce sleep?"

Expectations and Evaluation Methods

1. A minimum of two research articles must be used to complete this assignment and at least two other sources of information. It is recommended that you consult more than **one type** of source as you may uncover conflicting information that may be significant to your investigation.
2. You are to convey your research findings to your classmates in a **poster** presentation format. It must meet the recommended criterias for a poster presentation.
3. You **must** submit prep work and a reference list. All printed and oral (interviewee) sources of information must be acknowledged and included in your reference list by the assignment deadline.
4. A class day will be scheduled for students to present and share information about the research topic. Faculty and students from the other levels will be invited to attend.
5. This research assignment is worth 20% of your final grade.
6. The grading of this assignment will be the responsibility of you and your clinical techniques instructors.

Evaluation of Research Assignment

1. You will work in pairs to complete this assignment.
2. Marks are assigned based on three criteria and self-reported work of each individual. Therefore, each person in the pair receives his/her own mark.
3. Your clinical techniques instructors will grade the assignment based on self-reported work and actual work for all three criteria:

- a. Content (10 marks)

Content presented should reflect the thinking of a beginning researcher. The thinking shows familiarity with the research process. A question or problem to investigate is clearly identified and is relevant to Nursing practice. Review of current research in journals is evident, evaluated and discussed. Comparisons of information gained from other sources (e.g., practicing nurses, textbooks, etc., etc.) are evident, evaluated and discussed. Implications of research findings for nursing practice are identified and discussed. Ideas for further research are identified.

- b. Organization (5 marks)

Information is presented in a logical and orderly manner. A systematic approach to gathering evidence is evident. Language used (oral or written) is clear and precise and is free of jargon, vagueness and ambiguity. Research, nursing and medical terms are defined for the audience (Level 1 Nursing students). Sources of information are acknowledged and a typed bibliography is handed in. APA style of referencing is utilized.

- c. Creativity (5 marks)

Creativity refers to the visual impact the poster illicit. The research findings should be presented in an interesting, stimulating and thought provoking manner.

4. Students may request one review of their assignment mark. This may involve a meeting with the instructor and students involved in the assignment. Another instructor may be requested to conduct the review.



BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY

School of Health Sciences

Program: Nursing

Option:

Schedule

NURS 1020

Clinical Techniques 1 — Laboratory

Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment	Due Date
Jan. 6, 97 Week 1	<p>Introduction to Clinical Techniques 1</p> <ul style="list-style-type: none"> • Overview of course content and relevant process threads • Discussion of course delivery methods • Discussion of course requirement and evaluation methods <p>Principles that apply to Level 1 Clinical Techniques: e.g.,</p> <ul style="list-style-type: none"> • medical asepsis • body substance precautions • body mechanics • conservation of energy and time • comfort • safety 	<p>Clinical Techniques Course Outline</p> <p>Back Talk – WCB publication</p> <p>Any recommended Fundamentals of Nursing text</p> <p>* See study guide for specific reading and class preparation</p> <p>View BSP videotape</p>		
Jan. 13, 97 Week 2	<p>Clinical Techniques related to nutrition and EENT/face/head and neck</p> <ul style="list-style-type: none"> • mouth care* • denture care (demo)* • feeding • touch therapy e.g., back massage (demo) <p>* Clinical Technique will be self-taught with return demonstration during the lab</p>	<p>Any recommended Fundamentals of Nursing text</p> <p>* See study guide for specific reading and class preparation</p>		

Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment	Due Date
Jan. 20, 97 Week 3	<p>Clinical Techniques related to Integumentary System</p> <ul style="list-style-type: none"> • bed bath (complete and partial)* • occupied bed* • practice back massage <p>* Techniques are self-taught with return demonstration during the lab period on classmate or doll. Method of return demonstration must be indicated to instructor prior to this lab</p>	<p>Any recommended Fundamentals of Nursing text</p> <p>* See study guide for specific reading and class preparation</p> <p>Snyder, M. (1992). Independent Nursing Interventions (2nd ed.). Albany, New York: Delmar, pp. 199–205</p>		
Jan. 27, 97 Week 4	<p>Clinical Techniques related to Musculoskeletal System</p> <ul style="list-style-type: none"> • ROM* • positioning* • discussion of the Hazard of Immobility <p>Restraints</p> <ul style="list-style-type: none"> • demo and practice • discussion: legal and ethical implications of restraints <p>* Clinical Techniques will be self-taught with return demonstration during the lab</p>	<p>Any recommended Fundamental of Nursing text</p> <p>* See study guide for specific reading and class preparation</p>	<p><u>Research Assignment</u></p> <p>Inform Clinical Techniques instructor(s) of method selected for dissemination of findings</p>	Jan. 31, 97 by 4 p.m.
Feb. 3/97 Week 5	<p>Clinical Techniques Assessment Course: Testing Day</p> <p>0830–1000 – Multiple choice exam</p> <p>1030–1230 { Assessment skill performance testing</p> <p>1330–1630 }</p>		prepare for exam	

Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment	Due Date
Feb. 10, 97 Week 6	Clinical Techniques related to Musculoskeletal System <ul style="list-style-type: none"> • lifts and transfers • crutch walking • walking and assertive devices } Demo & Practice	Any recommended Fundamentals of Nursing text * See study guide for specific reading and class preparation		
Feb. 17, 97 Week 7	Midterm Multiple Choice Exam (1 hour) Skill testing practice exam (2 techniques) You will select one technique you wish to be tested on. A second technique from a hat will be drawn from a hat when you come to the test.		prepare for exam	
Feb. 24, 97 Week 8	Oral and Topical Medications (demo and practice) <ul style="list-style-type: none"> • safety principles associated with medication administration • math for meds • pharmacology • legal aspects of drug administration * Bring drug handbook to class	Any recommended Fundamental of Nursing text Any recommended Math for Meds or Calculations text * See study guide for specific reading and class preparation		
Mar. 3, 97 Week 9	Break Week			

Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment	Due Date
Mar. 10, 97 Week 10	Clinical Techniques related to Genitourinary System <ul style="list-style-type: none"> • measures to increase voiding* • intake and output* • urine testing • bedpans and urinals • catheter and condom care • unsterile specimens * The above will be tested in the lab <div style="display: inline-block; vertical-align: middle; margin-left: 10px;"> } Demo & Practice </div>	Any recommended Fundamentals of Nursing text * See study guide for specific reading and class preparation Bring urine sample to lab		
Mar. 17, 97 Week 11	Research Process <ul style="list-style-type: none"> • Discussion of the research assignment • Why research in nursing practice? • How to get started? • Posing research questions • Sources of information • What's relevant? * Bring a research article related to a skill to the practice lab	Any recommended Fundamental of Nursing text (chapter on Research in Nursing)		
Mar. 24, 97 Week 12	Clinical Techniques related to Anorectal System <ul style="list-style-type: none"> • bowel care (demo) • discussion "what research questions might there be related to use of bowel interventions such as enemas?" • practice math tests for calculation of medications 	Any recommended Fundamental of Nursing text		
Mar. 31, 97 Week 13	Clinical Techniques related to Respiratory System <ul style="list-style-type: none"> • oxygen by cannula and mask, demo and practice • oral suctioning 	Any recommended Fundamentals of Nursing text * See study guide for specific reading and class preparation		

Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment	Due Date
Apr. 7, 97 Week 14	Therapeutic Touch Discussion: What research questions might there be related to the use of therapeutic touch?	1. Snyder, M. (1992). Independent Nursing Interventions (2nd ed.). Albany, New York: Delmar, pp. 173–183		
Apr. 14, 97 Week 15	Research Project			
Apr. 21, 97 Week 16	Research Day — Presentation of Findings <ul style="list-style-type: none"> • poster presentation • students will display posters and present findings to classmates, instructors and invited guests 		Research Assignment Submission of all work	Apr. 25, 97
Apr. 28, 97 Week 17	Skill-Testing Exam		See schedule posted on bulletin board	
May 8, 97 Exam Week	Final Multiple Choice Exam – 1½ hours	See exam schedule posted on bulletin board	Demo & Practice	



This schedule outlines a guide for you to use when preparing for the laboratory classes. Hopefully the points that are outlined will assist you to focus and guide your readings. For some of the topics a more detailed study outline will be provided prior to the scheduled class.

Included in the weekly schedule are the videos available for you to view. This will assist you to learn specific skills. Your clinical instructor will have the tapes that have (*) asterisks beside the title.

Week #1 — Thursday, January 9, 1997

Medical Asepsis

- Basic concepts of Asepsis, Medical Asepsis, Surgical Asepsis
- Elements in the chain of infection
- Body's normal defenses that protect against infection
- Nosocomial infections
- Practices followed by nurses to prevent and control infections
- Hand washing procedure
- Comparison between body substance precaution and universal precautions and its application

Body Mechanics

- Manual on Back Talk
- Principles of body mechanics
- Normal physiologic function — alignment, posture, balance, coordinated movements
- Describing the correct body alignment for a person who is standing, sitting and lying
- Exercises that help prevent back injury

Comfort and Safety

- Common problems resulting from altered safety
- Nursing interventions to promote a safe health care environment



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Independent Study Schedule

Week #2 — Thursday, January 16, 1997

- Bedmaking — read procedure, focus on comfort and safety principles
- Oral hygiene — routine and special mouth care
- Denture care
- Feeding — manual on “A Little More”
 - techniques to feed clients with dysphagia
 - nurses’ responsibility related to special diets
 - safety and comfort assessment related to feeding
 - how to deal with anorexia
 - view video on feeding VC4144 (first part only)
 - * – view video on mouth care, denture care

Week #3 — Thursday, January 23, 1997

- Procedure for complete and partial bed bath
- Grooming — involves eyes, hair, nails, and shaving
- * • Videotape on the complete bed bath
- * • View video on occupied bed
- Snyder, Independent Nursing Intervention, pp. 199–205 on back massage

Week #4 — Thursday, January 30, 1997

Techniques Related to Musculoskeletal Systems

- Positioning
 - consequences resulting from poor positioning
 - view video on Immobility VC4610
 - how to move and turn clients
 - common positions — prone, supine, Fowler’s, lateral, Sim’s (semiprone)
 - * – view video tape on positionings
- Range of motion exercise ROM
 - types of ROM
 - general guidelines related to ROM
 - read procedure on how to provide ROM exercise for the major joints
 - * – view video tape on ROM
- Hazard of immobility
- Restraints
 - bring an article for discussion related to the legal aspects of restraint use (1 between 4 students)

Week #5 — Testing Week — See Course Outline



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Week #6 — Thursday, February 13, 1997

Clinical Techniques Related to Musculoskeletal System

- Lifts and Transfers
 - review principles of body mechanics
 - criteria to assess in a client before transferring
 - procedure for pivot transfers, use of a sliding board, hydraulic lifts
- Assistive Devices
 - what to teach clients about the use of crutches, canes, and walkers

Week #7 — February 20, 1997 (Testing Week)

Week #8 — Thursday, February 27, 1997

Oral and Topical Meds

- View video on Oral and Topical Meds VC1580
Medication Error, A Closer Look VC4624
- * • Routes of drug administration, oral, topical, inhalation, parenteral
- * • Legal aspects of drug administration, e.g., food and drug control, client's rights, substance abuse, hospital policies, etc.
- Components of a drug order
 - interpretation of a drug order
 - types of medication orders
- Principles related to drug administration
- Correct method of pouring and administering medications
- Documentation
 - assessment before and after drug administration
- Article — Cohen, Senders, "12 Ways to Prevent Medication Errors" Nursing 94, February 1994.

Week #9 — Break Week — March 6, 1997

Week #10 — Thursday, March 13, 1997

- Intake and output — monitoring, measuring, documenting, evaluating and promoting
- Problems related to voiding
- Nursing interventions to promote voiding
- Use of reagent strips for urine testing
- Procedure for the collection of unsterile specimens
 - urine (routine), stool and sputum
- Maintenance of catheter and condom drainage
 - how to maintain principles of asepsis and gravity flow
 - application of condom (read procedure)



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Week #11 — Thursday, March 20, 1997
Research Process <ul style="list-style-type: none">• Read section 6 on Research, Chapter 36, Independent Nursing Interventions — Snyder• Search library for an article that talks about research in nursing• Search library for an article related to research conducted on a clinical procedure as a preparation for your research project.
Week #12 — Thursday, March 27, 1997 (Bring an article for discussion related to the legal aspects of restraint use.)
<ul style="list-style-type: none">• Bowel interventions (cleansing enema, suppository)• One hour will be devoted for writing math quizzes related to medication administration
Week #13 — Thursday, March 31, 1997
Clinical Techniques Related to Respiratory System <ul style="list-style-type: none">• Oxygen by Cannula and Mask<ul style="list-style-type: none">— general principles of oxygen administration— safety considerations for self and patient— patient teaching— review the procedure for oxygen delivery by cannula (nasal prongs) and mask— rate of flow and nursing consideration when using a cannula, venturi mask, simple mask and reservoir mask• Oral suctioning<ul style="list-style-type: none">— purpose— potential hazards of suctioning
Week 14 — Thursday, April 10, 1997
Therapeutic Touch <ul style="list-style-type: none">• Read one recent article on this subject
Week 15 — Thursday, April 17, 1997
Research Project
Week 16 — Thursday, April 24, 1997
Research Day — Presentation of Findings
Week 17 — Thursday, May 1, 1997
Skill Testing Exam



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