



BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY

Course Outline **Part A**

School of Health Sciences

Program: Nursing

Option:

**NURS 1020****Clinical Techniques 1 — Laboratory**


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

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**Prerequisites**

None

**NURS 1020 is a Prerequisite for:**

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

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**Course Goals**

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

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**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%	(Mid Term & Finals; must get 50% on the final exam.)
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  
Instructor Name and Department (signature)

Date: May, 1996

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

Date: December 1997

Approved by: M. Bernard Raley  
Associate Dean / Program Head (signature)

Start Date: 97.12.11



BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY

Course Outline **Part B**

School of Health Sciences

Program: Nursing

Option:

**NURS 1020**

**Clinical Techniques 1 — Laboratory**

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### Effective Date

August 18, 1997

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### Instructor(s)

Kay Negoro

Office No.: SE12 418

Phone: 451-6953

Office Hrs.: See posted hours at desk

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### 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.

*Optional:* Math for Meds

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### 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. The skill must be learned and practiced **prior** to performing the technique in the clinical area. **The student must discuss with the course instructor how he or she plans to learn this content.** This must be completed within a week. You will be expected to perform this skill in the clinical area ASAP. Your clinical instructor will be notified about your plan.

Evaluation of Clinical Technique: Final Exam (See page 2 of this course outline for the marks distribution.)

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.

***You must achieve a passing grade (50%) on the final multiple choice exam to pass this course.***

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### 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.

By following these steps you should be able to locate a research article related to your topic of interest.

You might 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. You are to analyze the research article by looking at the critical components essential to a research study. These criterias will be discussed in class.
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 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 groups of 4 students (quads) to complete this assignment.
2. Marks are assigned based on three criteria and self-reported work of each individual. Therefore, each person in the quad receives his/her own mark.
3. Your clinical techniques instructors will grade the assignment based on self-reported work and actual work. The distribution of marks is outlined for you.

- 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 is clearly identified and is relevant to Nursing practice. It should describe the sample studied, the method and tools used and a data analysis. A summary and conclusion should be clearly stated. Implications of research findings for nursing practice are identified and discussed. Ideas for further research are identified.

- b. Organization (5 marks)

The research study must relate to the skills you have learned in this course. Information is presented in a logical and orderly manner. A systematic approach to gathering evidence is evident. Language used is clear and precise, condensed 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. A reference list must be submitted along with a copy of the research paper.

- 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. Look at the sample posters in 418 to get an idea of some of the possibilities.

4. Students may request one review of their assignment mark. This may involve a meeting with the instructors and students involved in the assignment.



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. 5, 98  Week 1	<p>Introduction to Clinical Techniques 1</p> <ul style="list-style-type: none"> <li>• Overview of course content and relevant process threads</li> <li>• Discussion of course delivery methods</li> <li>• Discussion of course requirement and evaluation methods</li> </ul> <p>Principles that apply to Level 1 Clinical Techniques: e.g.,</p> <ul style="list-style-type: none"> <li>• medical asepsis</li> <li>• body substance precautions</li> <li>• body mechanics</li> <li>• conservation of energy and time</li> <li>• comfort</li> <li>• safety</li> </ul>	<p>Clinical Techniques Course Outline</p> <p>Back Talk – WCB publication (on reference shelf)</p> <p>Fundamentals of Nursing text</p> <p>* See study guide for specific reading and class preparation</p> <p>BSP videotape will be shown in lab</p>		

Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment	Due Date
Jan. 13, 98  Week 2	<p>Clinical Techniques related to Integumentary System</p> <ul style="list-style-type: none"> <li>• bed bath (complete and partial) (video will be shown in class)</li> <li>• occupied bed*</li> <li>• practice back massage</li> </ul> <p>* Techniques are self-taught with return demonstration during the lab.</p>	<p>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. 19, 98  Week 3	<p>Clinical Techniques related to nutrition and EENT/face/head and neck</p> <ul style="list-style-type: none"> <li>• mouth care* (routine and special mouth care)</li> <li>• denture care (demo)</li> <li>• feeding</li> <li>• touch therapy, e.g., back massage (demo)</li> </ul> <p>* Clinical Technique will be self-taught with return demonstration during the lab</p>	<p>Fundamentals of Nursing text</p> <p>* See study guide for specific reading and class preparation</p>		
Jan. 26, 98  Week 4	<p>Clinical Techniques related to Musculoskeletal System</p> <ul style="list-style-type: none"> <li>• ROM*</li> <li>• positioning (video will be shown in class)</li> <li>• discussion of the Hazards of Immobility (view tape before lab)</li> </ul> <p>* Clinical Techniques are self-taught with return demonstration in lab.</p>	<p>Fundamental 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
Feb. 2, 98 Week 5	<b>Clinical Techniques Assessment Course: Testing Day</b> 0930–1020 – Multiple choice exam 1030–1230 { Assessment skill performance testing 1330–1630 {	No 1020 this week. Assessment cause testing		
Feb. 9, 98 Week 6	Clinical Techniques related to Musculoskeletal System • lifts and transfers } Demo • crutch walking } & • walking and assertive devices } Practice	Fundamentals of Nursing text  * See study guide for specific reading and class preparation		
Feb. 16, 98 Week 7	Midterm Multiple Choice Exam (1 hour)  Skill testing <i>practice exam</i> (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. 19, 98
Feb 23, 98 Week 8	Oral and Topical Medications (demo and practice) • safety principles associated with medication administration • math for meds • pharmacology • legal aspects of drug administration • bring drug handbook to class • must prep the medication situation given to you prior to this lab. Research all drugs to be administered.	Fundamental of Nursing text  Any recommended Math for Meds or Calculations text  * See study guide for specific reading and class preparation		



Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment	Due Date
Mar. 2, 98  Week 9	<p>Clinical Techniques related to Genitourinary System</p> <ul style="list-style-type: none"> <li>• measures to increase voiding*</li> <li>• intake and output*</li> <li>• bedpans and urinals</li> <li>• incontinent briefs</li> </ul> <p>* The above content will be tested in lab.</p>	<p>Fundamentals of Nursing text</p> <p>* See study guide for specific reading and class preparation</p> <p>Bring urine sample to lab</p>		
Mar. 9, 98	<b>Break Week</b>			
Mar. 16, 98  Week 10	<p>Clinical Techniques related to Genitourinary System, cont'd.</p> <ul style="list-style-type: none"> <li>• catheter and condom drainage</li> <li>• urine testing</li> <li>• collection of unsterile specimen</li> </ul>	<p>* See study guide for specific reading and class preparation</p>		
Mar. 23, 98  Week 11	<p>Clinical Techniques related to Anorectal System</p> <ul style="list-style-type: none"> <li>• bowel care (demo)</li> <li>• discussion "What research questions might there be related to the use of bowel interventions such as enemas?"</li> <li>• find out what bowel routine protocol is practiced in your clinical area</li> <li>• practice math tests for calculations of medications</li> </ul>	<p>Fundamental of Nursing text (chapter on Research in Nursing)</p>		
Mar. 30, 98  Week 12	<p>Research Process</p> <ul style="list-style-type: none"> <li>• Discussion of the research assignment</li> <li>• Why research in nursing practice?</li> <li>• How to get started?</li> <li>• Posing research questions</li> <li>• Sources of information</li> <li>• What's relevant?</li> </ul> <p>* Bring a research article related to a skill to the practice lab.</p>	<p>Fundamental of Nursing text</p>		

Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment	Due Date
Apr. 6, 98 Week 13	Clinical Techniques related to Respiratory System <ul style="list-style-type: none"> <li>• oxygen by cannula and mask, demo and practice</li> <li>• oral suctioning</li> </ul>	Fundamentals of Nursing text  * See study guide for specific reading and class preparation		
Apr. 13, 98 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. 20, 98 Week 15	Research Day — Presentation of Findings <ul style="list-style-type: none"> <li>• poster presentation</li> <li>• students will display posters and present findings to classmates, instructors and invited guests</li> </ul>		Poster presentation	Apr. 23, 98
Apr. 27, 98 Week 16	Skill-Testing Exam		See schedule posted on bulletin board	Apr. 30, 98
May 4, 98 Exam Week	Final Multiple Choice Exam – 1½ hours	See exam schedule posted on bulletin board		