

Option:

BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY Operating Unit: Health Sciences Program: Nursing

Course Outline

NURS 1020 Clinical Techniques 1 — Laboratory

Start Date: January 10, 2000			End Date:		
Course Credits:	3.5				Term/Level: 1
Total Hours: Total Weeks:	51 17				
Hours/Week: 3	Lecture: 1	Lab: 2	Shop:	Seminar:	Other:
Prerequisites			NURS 1020	is a Prerequisite for:	
Course No. Cours	se Name		Course No.	Course Name	
			NURS 2020 NURS 2030	Clinical Techniques 2 – Nursing Practicum 2	- Laboratory

Course Calendar 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.

Course Goals

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

Evaluation

Multiple choice exam (Midterm)	15%	Students must achieve a 50% average between the 2 multiple
Multiple choice exam (FINAL)	35%	choice exams in order to achieve credit for this course.
Skill demonstration	30%	
Research activity	20%	
TOTAL	100%	

Course Learning Outcomes/Competencies

The student will:

- 1. prepare a focused assessment of the patient related to the skill.
- 2. describe the safety principles for all hands-on nursing skills.
- 3. describe the purpose of the skills to the patient.
- 4. demonstrate selected skills safely and confidently while maintaining patient comfort.
- demonstrate the communication aspects of hands-on nursing skills. 5.
- demonstrate responsibility for attaining and maintaining a safe level of skill performance. 6.
- think and reflect about nursing skills by: 7.
 - 7.1 demonstrating awareness of the research base associated with the skills.
 - 7.2 recognizing the real potential risks associated with the skills.
 - 7.3 making judgements about the skill considering the context.

This course facilitates student growth in relation to these graduate outcomes:

- **Creative Leadership** decision making, risk management, priority setting, collaboration with other healthcare professionals.
- **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. Patient documentation.
- Systematic inquiry the research process posing questions, sources of data, reliability, generalizability, etc. Using written sources — textbooks, hospital policy manuals, research articles to understand what evidence supports skill protocols. 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 related to how skills are learned, practiced and demonstrated.
- **Technical Skills** competency with hands-on skills nurses use in their daily practice.

Course Content Verification

I verify that the content of this course outline is current, accurate, and complies with BCIT Policy.

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N VL Mer Program Head/Chief Instructor

Sune L6 '99 Date

Note: Should changes be required to the content of this course outline, students will be given reasonable notice.



BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY Operating Unit: Health Sciences Program: Nursing Option:

NURS 1020 Clinical Techniques 1 — Laboratory

Instructor(s)

Fairleth McCuaig

Office No.: SE12 418 Office Hrs.: See posted hours at desk Office Phone: 451-6956 E-mail Address: fmccuaig@bcit.ca

Text(s) and Equipment

Required:

- 1. A nursing fundamentals text.
 - Kerr, J., & Sirotnik, M. (Eds.) (1997). Canadian Fundamentals of Nursing. Toronto, ON: Mosby Yearbook Inc.

OR

- DuGas, B.W., Esson, L., & Ronaldson, S.E. (1999). Nursing Foundations: A Canadian Perspective (2nd ed.). Scarborough, ON: Prentice Hall Canada Inc.
- 2. A math for medications book.
 - Henke, G. (1999). Med-math: Dosage calculation, preparation and administration (3rd ed.). Philadelphia: J.B. Lippincott Co.

Supplemental:

The following textbooks are compulsory for other courses but will be used as a supplement to NURS 1020.

- 1. Sims, L.K., D'Amico, D., Stiesmeyer, J.K., & Webster, J.A. (1995). *Health Assessment in Nursing*. Meno Park, CA: Addison Wesley.
- 2. A medical-surgical nursing text.
 - Black, J.M., & Matassarin-Jacobs, E. (1997). Medical-surgical nursing: Clinical management for continuity of care (5th ed.). Philadelphia: Saunders.

OR

Phipps, W.J., Sands, J.K., & Marek, J.F. (1999). Medical-surgical nursing: Concepts and clinical practice (6th ed.). St. Louis: Mosby.

3. A medical dictionary.

Text(s) and Equipment (cont'd.)

4. Wilson, D.D. (1999). Nurses guide to understanding laboratory and diagnostic texts. Philadelphia: Lippincott.

OR

Malarkey, L.M., & McMorrow, M.E. (1996). Nurse's manual of laboratory tests and diagnostic procedures. Philadelphia: W.B. Saunders Co.

Recommended:

Carpenito, L.J. (1999). Nursing care plans and documentation: Nursing diagnoses and collaborative problems (3rd ed.). Philadelphia: Lippincott.

BCIT Policy Information for Students

- 1. Course delivery and evaluation methods will be discussed during the first week of the class.
- 2. Clinical techniques will be practiced during laboratory periods and tested at specific times on the class schedule. These are noted on the class schedule.
- 3. Unforeseeable circumstances may necessitate the alteration of course content, sequencing, timing or evaluation. As much as possible, students will be given adequate notice of such changes.

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.

Assignment Details

- 1. The final multiple choice exam covers all course content. Students must achieve a 50% average between the midterm multiple choice exam and the final multiple choice exam in order to achieve credit for the course.
- 2. The skill testing demonstration is worth 30% of your final grade. 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%. One opportunity to retake this test will be offered. If the second demonstration is satisfactory, the student is awarded 15%. If neither the first or the second demonstration is satisfactory, the student will receive 0%. 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 (cont'd.)

3. Research Activity

Identify a *clinical technique* or related issue to a *clinical technique* taught in Level 1 (NURS 1020). 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

Once you have chosen a research article, you are ready to go on to the following.

- 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) from the same practicum area to complete this assignment.
- 2. Marks are assigned based on three criterias and the 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. The distribution of marks is outlined for you.

Assignment Details (cont'd.)

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 illicits. 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.



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Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment
Jan. 13/2000	Introduction to Clinical Techniques 1	Readings:	
Week 1	• Overview of course content, course outcomes relevant process threads	Nursing Fundamentals text	
	Discussion of course delivery methods	In Class:	
	• Discussion of course requirements and evaluation methods	Handouts	
		- Course outline	
	Concept and Principles of Medical Asepsis	 Clinical do's and don'ts 	
	Hand washing	 Proper hand washing technique 	
	Clean gloving	- Borton, D. (Jan. 1997). Isolation	
		precautions: Clearing up the confusion.	
	Standard Precautions	Nursing, 49–51.	
	Universal precautions		
	Body substance precautions	Video	
	Modes of transmission	 Handwashing (BCIT 1994) 	
		 Body Substance Precautions (VC 4016) 	
	Perineal Care		
	• Incontinent briefs	Practice Activities:	
	• Bed pans	During this session you will practice hand	
	• Urinals	washing, clean gloving, changing an	
		incontinent brief, perform pericare on a	
		mannequin and place a classmate on a bed	
ί		pan.	
		Next Week in Dreading	
		Next Week in Practicum:	
		• Locate the bed pans, urinals and	
		incontinent briefs in your practicum area.	
		Locate and read your practicum areas infection control policy	
		infection control policy.	

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Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment
Jan. 20/2000 Week 2	 Feeding Nutritional intake/Types of diets Measuring and monitoring intake Feeding techniques Dysphagic patient Deficits such as blindness Confused patient Mouth Care Routine mouth care Special mouth care Oral suctioning related to mouth care (Yaunker or Tonsillar suctioning (clean technique)) Denture care 	 Readings: Nursing Fundamentals text Oral suction Dugos, Esson & Ronaldson, p. 754 Kerr & Sirotnik, p. 1221 Articles: (Library reserve) Lugger, K.E. (1994). Dysphagia in the elderly stroke patient. Journal of Neuroscience Nursing, 26(2), 78–84. Hineman, M., Anderson, C., & Hardy, J. (Nov. 96). Self-learning package: Dysphagia nursing assessment. Royal Columbia Hospital. In Class: Video Practice Activities: In groups of two, you will brush each others teeth. Please bring your toothbrush and toothpaste. Three different clinical scenarios present opportunities to perform focused assessments and feed patients with various disabilities. Come prepared to play the role of the patient as well as the nurse. 	

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Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment
Number Jan. 27/2000 Week 3	 Mobility Concepts and principles of mobility Body mechanics Criteria to assess in a patient before transferring Moving patient up in bed 1-person pivot transfer 2-person front and back transfer Assistive Aids and Devices Transfer belt for assisting patient to walk Crutches Canes Walkers 	 Readings: Nursing Fundamentals text Articles: (Library reserve) Goodridge, D., & Laurila, B. (1997). Minimizing transfer injuries. Canadian Nurse, 93(7), 38–41. Cohen, C., Neufeld, R., Dunbar, J., Pflug, L., & Breuer, B. (1996). Old problem, different approach: Alternatives to physical restraints. Journal of Gerontological Nursing, 23–29. 	
	Restraints Chemical Physical Alternatives to restraints 	In Class: • Handout – 1-2-3 Lift – Applying Wrist Restraints • Volunteer for wheelchair study	
		 Video Transfers (BCIT 1996) Practice Activities: In groups of three, you will practice and evaluate partners performance with mobilizing patients maintaining proper body mechanics and utilizing assistive devices and restraints. 	

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Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment
Feb. 3/2000	Hygiene Practices	Readings:	
	• Bed bath (complete or partial)	Nursing Fundamentals text	
Week 4	• Tub bath		
	• Eye care	Articles: (Library reserve)	
	Hair care	Skewes, S.M. (1997). Bathing: It's a tough	
	Nail care	job. Journal of Gerontological Nursing,	
	Shaving	<i>23</i> (5), 45–49.	
	Perineal care (review)		
	Catheter care	Poznaski-Hutchinson, C. (1999). Healing	
	Condom care	touch: An energetic approach. American Journal of Nursing, 99(4), 43–48. (Focus	
	Touch Therapy	on p. 44).	
	Back massage		
		In Class:	
	Occupied Bed Making	• Video	
		- Bed Bath (BCIT 1996)	
		Practice Activities:	
		Come prepared to practice a bed bath and	
		making an occupied bed. You will be bathing	
		your partners arm and leg, as well giving them	
		a back massage. Bring your own comb and	
		massage lotion. Bring shorts and a tank top to	
		change into. A scenario involving catheter	
		care will be set up.	

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Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment
Feb. 10/2000 Week 5	 Positioning Dorsal recumbent (supine) Lateral Semi-prone Fowler's Semi-Fowler's (45–60°) High Fowler's (>60°) Prone Hazards of Immobility Clean dressing changes (transparent dressings for Stage I and II Decubitus Ulcers) Range of Motion Exercises (ROM) Passive range of motion exercises 	 Readings: Nursing Fundamentals text In Class: Video Impaired Mobility: Physical Consequences (VC 4610) Practice Activities: In groups of two, you will practice passive ROM exercise and place your partner in the five positions. 	
Feb. 17/2000 Week 6	Clinical Techniques Assessment Course: Testing Day 0830–1020 Multiple Choice Exam 1030–1230 Assessment Skill Performance Testing		

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Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment
Feb. 24/2000 Week 7	 Common Hour Midterm Multiple Choice Exam (1 hour) 0830–0930 Town Square C and D Medications Part 1 Legal aspects of drug administration Foundations for administering medications Medication orders Medication knowledge and calculations Focused assessment Medication preparation, e.g., 3 checks Health protecting strategies, e.g., 5 rights Documentation (Chart, MAR) Administering oral medications 	 Readings: Nursing Fundamentals text Henke pp. 79–84 BCIT student policies related to medication administration In Class: Video Oral and Topical Meds (VC 4657) Practice Activity: One clinical scenario present opportunities to perform a focused assessment, prepare and administer oral medications. 	Scenario for Week 8. Prepare medication cards for all medications in the scenario.
Mar. 2/2000 Week 8	Medications Part 2 • Routes of drug administration - Oral-narcotic medications - Topical - Transdermal - Powders - Creams - Ung - Pastes - Aerosols - Suppositories • Focused assessments • Documentation • Medication errors - responsibilities - incident reports - focused assessment	 Readings: Nursing Fundamentals text Henke p. 81, 261–279, 299–304 BCIT student policies In Class: Video Medication Error, A Closer Look (VC 4624) Practice Activity: Six different clinical scenarios present opportunities to perform focused assessments and prepare and administer oral and topical medications. Come prepared to play the role of both a patient and nurse. 	Bring completed med cards for meds in scenario

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Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment
Mar. 9/2000	Medications Part 3	Readings:	
	Anorectal Interventions	 Nursing Fundamentals text 	
Week 9	– Enemas	• Henke, p. 301	
	- Cleansing		
	- Oil retention	In Class:	
	- Carminative	• Lecture	
	- Micro		
	- Fleet		
	- Medicated	Practice Activity:	
	- Rectal suppository	First hour:	
	 Rectal disimpaction 	Three different clinical scenarios present	
	– Rectal check	opportunities to perform a focused	
	– Rectal tube	assessment, prepare, administer and document	
,	 Preparation of bowel for diagnostic tests 	an anorectal intervention to a mannequin.	
	Focused assessments		
Ň	• Documentation	Second hour:	
		Game — "Anorectal Jeopardy"	
		Next Week in Practicum:	
		Locate oxygen therapy equipment	
		 Observe how nurses and respiratory 	
		therapists collaborate to provide care	

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Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment
Mar. 23/2000	Medications Part 4	Readings:	
	Oxygen Therapy	 Nursing Fundamentals text 	
Week 10	 Oxygen delivery devices 	 Laboratory Diagnostics text 	
	- Cannula		
	- Simple face mask	Articles: (Library reserve)	
	- Venturi	Carroll, P. (Feb. 1977). Pulse oximetry at your	
	- Face tent	fingertips. RN, 22–27.	
	 Mobilizing pulmonary secretions 		
	- Humidity therapy	Calianno, C., Clifford, D., & Titano, K. (Dec.	
	- Aerosol-nebulization therapy	1995). Oxygen therapy: Giving your patient	
	 Maintaining patent airway 	breathing room. Nursing, 33–38.	
	- Coughing techniques		
	- Oral suctioning (review)	In Class:	
	- Oral airway	• Video	
	 Oxygen saturation/oximetry 	- Oxygen Therapy (VC 5035)	
	- Focused assessments	- Pulse Oximetry (VC 3519)	
	– Documentation	Due of an A of a fit and	
		Practice Activities:	
		Four scenarios present opportunities to	
		perform a focused assessment, administer	
		oxygen therapy, insert an oral airway in a	
		mannequin and perform oxygen oximetry.	
Mar. 30/2000	Practice Skill Testing		
Week 11			

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Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment
Apr. 16/2000	Intake and Output	Readings:	
	Monitoring	Nursing Fundamentals text	
Week 12	• Measuring	 Laboratory Diagnostics text 	
	• Documenting		
	Evaluating	Articles: (Library reserve)	
	 Problems related to voiding 	• MRSA	
	Promoting voiding		
		In Class:	
	Specimen Collection	Levy, S.B. (1998, March). The challenge of	
	• Types	Antibiotic Resistance. Scientific American,	
	– Urine	46–53.	
	 Routine urinalysis, 24 hour urine, double voided specimen, C&S 		
	– Stool	Practice Activities:	
	- Occult blood, C. difficile, ova and parasite	In groups of two, you will rotate through six	
	– Sputum	scenarios which will provide you the	
	– Throat	opportunity to perform focused assessments	
	– Vaginal	and collect a variety of samples. A game will	
	– Eye and ear	be provided for you to reinforce your	
	Collection for screening for MRSA	knowledge.	
	• Use of reagent strips for testing urine		
Apr. 13/2000	Research Process Introduction	Readings:	
•	Overview of poster project	• Page 4–5 course outline	
Week 13		• Bring your research article related to a skill in the practice lab.	

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Week of/ Number	Outcome/Material Covered	Reference/Reading	Assignment
Apr. 20/2000 Week 14	Therapeutic Touch	Readings:• Nursing Fundamentals textArticles: (Library reserve)Egan, E.C. (1992). Therapeutic touch. In M. Snyder (Ed.), Independent nursing interventions (2nd ed.), pp. 173–183. Albany, NY: Delmar Publishers, Inc.Poznaski-Hutchinson, C. (1999). Healing	Complete assumption assignment prior to class.
Ň		 touch: An energetic approach. American Journal of Nursing, 99(4), 43–48. In class: Guest speaker Practice Activity: 	
		In groups of two, you will practice therapeutic touch.	
Apr. 27/2000 Week 15	Research ProjectPresentation of poster		
May 4/2000 Week 16	Skill Testing Exam (A schedule for testing will be posted.)		
Exam Week	Final Multiple Choice Exam (2 Hours) Date, time and place TBA.		

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CLINICAL TECHNIQUES 1020

ASSESSMENT NURS 1019

Instructor: Fairleth McC Assistants: TBA	Cuaig Thurs: 0830-0930 Theory 1030-1220 Practice 1430-1630 Practice	• • • • • • • • • • • • • • • • • • • •
Week 1 – Aug. 16/99	Medical asepsis, universal precautions, perineal care, incontinent briefs, bedpans, urinals	Introduction to Assessments Health Assessment Process • 12 tape recorders, tape, batteries on Weds.
Week 2 – Aug. 23/99	Feeding, mouthcare, special mouthcare, oral suctioning, denture care	 Physical Assessment — measurement, integumentary system, head neurological and mental status 50 tongue depressors, 6 flash lights or pen lights, gloves, newspaper, garbage bags
Week 3 – Aug. 30/99	Body mechanics, transfers, assistive devices, restraints	 Respiratory and cardiovascular assessment 24 B/P cuffs, stethoscope, thermometers, alcohol swabs, 12 patient gowns, garbage bags
Week 4 – Sept. 7/99	Bedbath, perineal care, catheter care, condom care, back massage, occupied bed	Assessment urinary, musculoskeletal, reproductive dolls with breasts, male and female genitalia Foley catheter
Week 5 – Sept. 13/99	No lab (skill testing NURS 1019)	 Assessment, skill performance testing tube, attachment - O₂, etc. (See list from last term.) A doll on stretcher with attachments
Week 6 – Sept. 23/99	Positioning, hazards of immobility, ROM	
Week 7 – Sept. 30/99	Midterm (Multiple Choice) Meds Part I – oral meds	
Week 8 – Oct. 7/99	Meds Part II – alternate routes	
Week 9 – Oct. 14/99	Meds Part III – anorectal interventions	
Week 10 - Oct. 21/99	Meds Part IV – O_2 therapy	
Week 11 - Oct. 28/99	Practice Skill Testing	
Week 12 – Nov. 4/99	Collection of samples, intake and output, research process	
Week 13 – Nov. 11/99	No class — Remembrance Day	
Week 14 – Nov. 18/99	Therapeutic touch	
Week 15 – Nov. 25/99	Research poster presentations	
Week 16 – Dec. 2/99	Skill testing exam	