

BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY

Operating Unit: Health Sciences

Program: Bachelor of Technology in Nursing

Option:

Course Outline

NURS 1020 Clinical Techniques 1 — Laboratory

Start Date: August 17, 2000 End Date: November 30, 2000

Course Credits: 3.5 Term/Level: 1

Total Hours: 51
Total Weeks: 17

Hours/Week: 3 Lecture: 1 Lab: 2 Shop: Seminar: Other:

Prerequisites NURS 1020 is a Prerequisite for:

Course No. Course Name Course No. Course Name

NURS 2020 Clinical Techniques 2 — Laboratory

NURS 2030 Nursing Practicum 2

NURS 1020 is a Corequisite for:

NURS 1030 Nursing Practicum I

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%
Multiple choice exam (FINAL)	35%
Skill demonstration	30%
Research activity	20%

TOTAL 100%

- Students must achieve a 50% average between the 2 multiple choice exams in order to achieve credit for this course.
- All assignments must be completed to achieve a passing grade.

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.
- 5. demonstrate the communication aspects of hands-on nursing skills.
- 6. demonstrate responsibility for attaining and maintaining a safe level of skill performance.
- 7. think and reflect about nursing skills by:
 - 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.

Process Learning Threads

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

Professionalism: Students begin to develop an understanding of the professional nurse's role regarding technical skills. They keep standards of practice in mind for all skills.

Communication: Students thoughtfully discuss clinical techniques verbally and in writing. They dialogue with colleagues and teachers in the process of learning. They learn to share information about skills with people.

Systematic Inquiry: Students think and reflect about nursing skills appreciating the research base, recognizing the real and potential risks associated with the skills and making judgments about the skill considering the context. Students learn to critique research on technical skills and develop a poster explaining their critique.

Professional Growth: Students take responsibility for their learning and for preparing information for classes that is accurate and relevant. They take responsibility for attaining and maintaining a safe level of skill performance. Also, they are responsible and accountable for their actions.

Creative Leadership: Students identify agency policies for technical skills prior to performing them. They are able to set priorities for technical skills and become confident in performing them. They understand the safety aspects of technical skills so can identify when they should not be performed.

Technical Skills: Students anticipate skills to be performed and prepare and organize themselves to perform them. They maintain patient and own safety when performing skills. The specific skills included are:

- medical asepsis, universal precautions, incontinent briefs, bedpans, urinals.
- feeding, mouth care, special mouth care, oral suctioning, dental care.
- body mechanics, transfers, assistive devices, restraints.
- hygiene bed bath, perineal care, catheter care, condom care, back massage.
- bedmaking.
- positioning, hazards of immobility, range ofmotion, transparent clean dressings.
- medications oral medications, topical medications, inhaled medications, anorectal interventions, oxygen therapy.
- collection of samples, intake and output.
- therapeutic touch.

Course Content Verification

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

Program Head/Chief Instructor

JUNE 19,2000

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

Office Phone: 451-6956

Office Hrs.: See posted hours at desk

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. Jarvis, C. (2000). Physical Examination and Health Assessment (3rd ed.). Philadelphia: Saunders.
- 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 criteria. The distribution of marks is outlined for you. A more detailed outline will be provided during class time.
- 3. Your clinical techniques instructors will grade the assignment.

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.





BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY

Operating Unit: Health Sciences Program: Nursing Option:

NURS 1020 Clinical Techniques 1 — Laboratory

Week of/ Number	Outcome/Material Covered	Reference/Reading
Aug. 17 /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	Articles: (Library Reserve)
Set B Practice	Discussion of course requirements and evaluation methods	Metules, T.J. (2000). Tips for nurses who wash too much. RN, 63(3), 34–37.
1430–1630	Concept and Principles of Medical Asepsis	
	Hand washing	In Class:
	Clean gloving	Handouts
		 Course outline
	Standard Precautions (Routine Precautions)	- Clinical do's and don'ts
	Universal precautions	 Proper hand washing technique
	Body substance precautionsModes of transmission	 Borton, D. (Jan. 1997). Isolation precautions: Clearing up the confusion. <i>Nursing</i>, 49–51.
	Perineal Care	Video
	Incontinent briefs	- Handwashing (BCIT 1994)
	Bed pans Urinals	- Body Substance Precautions (VC 4016)
		Practice Activities:
		During this session you will practice hand washing, clean gloving,
÷		changing an incontinent brief, perform pericare on a mannequin and place a classmate on a bed pan.
		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.

Week of/ Number	Outcome/Material Covered	Reference/Reading
	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.

Week of/ Number	Outcome/Material Covered	Reference/Reading
	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 Transfer belt for assisting patient to walk Crutches Canes Walkers Restraints Chemical Physical Alternatives to restraints	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. 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.

Week of/ Number	Outcome/Material Covered	Reference/Reading
Sep. 7/2000	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 job. Journal of
	• Nail care	Gerontological Nursing, 23(5), 45–49.
	• Shaving	D. 1' Hard' as G (1000) H. P. 4 1 4
	Perineal care (review)Catheter care	Poznaski-Hutchinson, C. (1999). Healing touch: An energetic approach. American Journal of Nursing, 99(4), 43–48. (Focus
	 Catheter care Condom care 	on p. 44).
	• Condom care	on p. 44).
	Touch Therapy	In Class:
	Back massage	• Video
		- Bed Bath (BCIT 1996)
	Occupied Bed Making	
		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 ther
		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.
·		

Week of/ Number	Outcome/Material Covered	Reference/Reading
Sep. 14/2000	Positioning	Readings:
-	Dorsal recumbent (supine)	Nursing Fundamentals text
Week 5	• Lateral	
•	Semi-prone	In Class:
	• Fowler's	• Video
	- Semi-Fowler's (45–60°)	 Impaired Mobility: Physical Consequences (VC 4610)
	- High Fowler's (>60°)	
	• Prone	Practice Activities:
		In groups of two, you will practice passive ROM exercise and
	Hazards of Immobility	place your partner in the five positions.
	• Clean dressing changes (transparent dressings for Stage I and	
•	II	
	Decubitus Ulcers)	
	Range of Motion Exercises (ROM)	
	Passive range of motion exercises	
Sep. 21/2000	Clinical Techniques Assessment Course: Testing Day	
Week 6	0830–1020 Multiple Choice Exam	
	1030–1230 Assessment Skill Performance Testing	
	5	
	•	
v		
	·	

Week of/ Number	Outcome/Material Covered	Reference/Reading
Sep. 28/2000 Week 7 Set B Practice 1430–1630	Common Hour • Midterm Multiple Choice Exam (1 hour) 0830–0930 Town Square A and B 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)	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.
	Administering oral medications	
Oct. 5/2000 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 documentation	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.

Week of/ Number	Outcome/Material Covered	Reference/Reading
Oct. 12/2000	Medications Part 3 • Anorectal Interventions	Readings: • Nursing Fundamentals text
Week 9	EnemasCleansingOil retention	• Henke, p. 301 In Class:
	- Carminative - Micro - Fleet	• Lecture
	- Medicated	Practice Activity:
:	 Rectal suppository Rectal disimpaction Rectal check Rectal tube Preparation of bowel for diagnostic tests 	First hour: Three different clinical scenarios present opportunities to perform a focused assessment, prepare, administer and document an anorectal intervention to a mannequin.
	Focused assessmentsDocumentation	Second hour: Game — "Anorectal Jeopardy"
		 Next Week in Practicum: Locate oxygen therapy equipment Observe how nurses and respiratory therapists collaborate to provide care
:		

Week of/ Number	Outcome/Material Covered	Reference/Reading
Oct. 19/2000	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 - Face tent	Carroll, P. (Feb. 1977). Pulse oximetry at your fingertips. RN,
	Face tentMobilizing pulmonary secretions	22–27.
	- Humidity therapy	Calianno, C., Clifford, D., & Titano, K. (Dec. 1995). Oxygen
	- Aerosol-nebulization therapy	therapy: Giving your patient breathing room. Nursing, 33–38.
	 Maintaining patent airway 	thorapy. Giving your patient oreathing room. Ivarsing, 33–36.
	- Coughing techniques	In Class:
	- Oral suctioning (review)	• Video
	- Oral airway	- Oxygen Therapy (VC 5035)
	 Oxygen saturation/oximetry 	- Pulse Oximetry (VC 3519)
	 Focused assessments 	
	- Documentation	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.
Oct. 26/2000	Practice Skill Testing	
Week 11		
WCCK II		

Week of/ Number	Outcome/Material Covered	Reference/Reading	
Dutoomo/Motorial Covered		challenge of Antibiotic Resistance. through six scenarios which will perform focused assessments and	
Nov. 9/2000 Week 13	 Eye and ear Collection for screening for MRSA Use of reagent strips for testing urine Research Process Introduction Overview of poster project 	Readings: • Page 4–5 course outline • Bring your research article related to a skill in the practice lab. Assignment: Therapeutic touch assumption assignment handed out.	

16

Week of/ Number	Outcome/Material Covered Therapeutic Touch	Reference/Reading	
Nov. 16/2000 Week 14		Readings: Nursing Fundamentals text Articles: (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 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.	Assignment: Complete assumption assignment prior to class.
Nov. 23/2000 Week 15	Research Project • Presentation of poster		
Nov. 30/2000 Week 16	Skill Testing Exam (A schedule for testing will be posted.)		
Exam Week	Final Multiple Choice Exam (2 Hours) (includes weeks 7–14) Date, time and place TBA.		