

Virginia Western Community College

PNE 141

Nursing Skills I

Prerequisites

None

Course Description

Studies principles and procedures essential to the basic nursing care of patients.

Semester Credits: 3

Lecture Hours: 2

Lab/Clinical/Internship Hours: 3

Required Materials

Textbook:

Henke's Med-Math Dosage Calculation, Preparation and Administration. Buchholz, Susan. (2016). 8th Edition. Lippincott, Williams, & Wilkins. ISBN: 9781496302847

Fundamental Nursing Skills and Concepts. Timby, B.K. (2013). 10th Edition. Wolters Kluwer/Lippincott Williams & Wilkins. ISBN: 9781608317875

Workbook for Fundamental Nursing Skills and Concepts. Timby, B.K. (2013). 10th Edition. Wolters Kluwer/Lippincott, Williams, & Wilkins. ISBN: 9871451151671

Other Required Materials:

The Point

PrepU

Docucare

Course Outcomes

At the completion of this course, the student should be able to:

- Explain principles of homeostasis and its effect on health and illness.
- Describe the six components of the chain of infection.
- Discuss the concept of asepsis

- Differentiate between medical and surgical asepsis.
- Discuss and demonstrate the procedures for assessing, reporting, and recording vital signs.
- Discuss and demonstrate certain topics and procedures related to nutrition.
- Discuss the principles of infection control.
- Discuss the principles of standard and transmission-based precautions.
- Demonstrate infection control measures, including donning and removing personal protective equipment (PPE) and disposing of equipment.
- Discuss the purpose of the National Patient Safety goals.
- Discuss certain safety factors and environmental hazards.
- Discuss the legal, ethical, and client safety aspects of using physical and chemical restraints.
- Discuss restraint alternatives.
- Demonstrate safe application of physical restraints.
- Discuss and demonstrate appropriate body mechanics when performing selected nursing skills.
- Discuss and demonstrate selected procedures related to client hygiene.
- Discuss nursing measures to promote comfort, rest, and sleep.
- Demonstrate the technique for making an occupied and an unoccupied bed.
- Discuss the principles of correct body mechanics and purpose of ergonomics.
- Discuss and demonstrate the correct procedures for turning, moving, and transferring clients with assistance, without assistance, and using mechanical devices.
- Differentiate between fitness exercise and therapeutic exercise.
- Discuss and demonstrate active and passive range-of-motion exercises.
- Discuss and demonstrate the use of ambulatory aids.
- Discuss cultural and age-related considerations as they relate to basic nursing care.

Topical Description

Unit I: Asepsis

- Microorganisms
- Chain of Infection
- Asepsis
- Nursing Implications

Unit II: Infection Control

- Infection
- Infection Control Precautions
- Infection Control Measures
- Psychological Implications
- Nursing Implications

Unit III: Vital Signs

- Body Temperature
- Pulse
- Respirations
- Blood Pressure
- Documenting Vital Signs
- Nursing Implications

Unit IV: Nutrition

- Overview of Nutrition
- Nutritional Patterns and Practice
- Nutritional Status Assessment
- Management of Problems Interfering with Nutrition
- Management of Client Nutrition

Unit V: Hygiene

- Integumentary System
- Hygiene Practices
- Visual and Hearing Devices

Unit VI: Comfort Rest and Sleep

- Client Environment
- Sleep and Rest
- Sleep Assessment
- Sleep Disorders
- Nursing Implications

Unit VII: Safety

- Age-Related Safety Factors
- Environmental Hazards
- Restraints
- Nursing Implications

Unit VIII: Body Mechanics, Positioning and Moving

- Maintaining Good Posture
- Body Mechanics
- Ergonomics
- Positioning Clients
- Protective Devices
- Transferring Clients

Unit IX: Therapeutic Exercise

- Fitness Assessment
- Exercise Prescription
- Types of Exercise
- Nursing Implications

Unit X: Ambulatory Aids

- Preparing for Ambulation
- Assistive Devices
- Ambulatory AIDS
- Prosthetic Limbs
- Nursing Implications

Skills Lab Topics

- Handwashing
- Hand antisepsis with alcohol-based rub
- Creating a sterile field / adding items
- Donning sterile gloves
- Assessing body temperature
- Assessing the radial pulse
- Assessing the respiratory rate
- Assessing blood pressure
- Feeding a client
- Administering perineal care
- Giving a bed bath
- Giving oral care to unconscious clients
- Shampooing hair
- Making an unoccupied bed
- Making an occupied bed
- Giving a back massage
- Using physical restraints
- Removing PPE
- Turning and moving a client
- Moving client up in bed (1 nurse and client)
- Moving client up in bed (2 nurse & roller sheet)
- Transferring client from bed to chair (gait belt)
- Transferring client from bed to chair (transfer board)
- Transferring client (mechanical lift)
- Performing range of motion exercises
- Measuring for Crutches, Canes, and Walkers

Note to Instructors