

SAULT COLLEGE NURSING PROGRAM

NURSING PRACTICE THEORY 1A

NURSING 104

1982-83

YEAR 1, SEMESTER 1

UNIT: EXERCISE & REST

OBJECTIVES

LEARNING RESOURCES

I Define the following concepts as they relate to exercise and rest.

Kozier B. & Erb, G.L.,
Fundamentals of Nursing
Concepts & Procedures,
Addison-Wesley Publ.,
Chapters 20, 22, 23, 24

II Identify norms which indicate adaptation in:

A. Exercise

1) Mobility

- a) ambulation
- b) methods of assistance
- c) developmental variations
(reflexes, fine & gross
motor skills)

2) Posture

- a) alignment
- b) positions
- c) body mechanics
- d) developmental variations

3) Range of Motion

- a) normal R.O.M. for each joint
- b) passive/active
- c) joint flexibility

4) Muscle Tone/Strength

5) Exercise Program

- a) frequency
- b) type
 - i) active, passive, isometric,
isotonic
 - ii) pre and post natal
- c) physical fitness

SAULT COLLEGE NURSING PROGRAM

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B. Rest

- 1) Feeling in Control
- 2) Feeling refreshed
- 3) Feeling comfortable
- 4) Feeling relaxed
- 5) Feeling satisfied with activity and relationships
- 6) Relaxation techniques

C. Sleep

- 1) Bedtime rituals/routines
- 2) Sleep environment
- 3) Sleep patterns
 - a) time taken to fall asleep
 - b) hours of sleep
 - c) wakeful periods
 - d) naps
 - e) developmental variations
- 4) Physical changes
 - a) facial expression
 - b) eyes*
 - c) sense of balance
 - d) posture
 - e) activity level
- 5) Changes in mood. Behaviour, Performance throughout processes.

D. Hygiene

- 1) Ability to perform self care related to:
 - a) general hygiene
 - b) grooming/dressing
 - c) toileting

SAULT COLLEGE NURSING PROGRAM

UNIT: EXERCISE & REST

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- 3) Fluids and Electrolytes
 - a) hydration
- 4) Oxygen and Circulation
 - a) pulmonary capacity
 - b) circulatory status
- 5) Regulation of Temperature
 - a) hyperthermia
 - b) hypothermia
- 6) Regulation of Senses
 - a) perceptual or cognitive impairment
 - b) senses of balance and vision
 - c) level of stimulation
- 7) Regulation of Endocrine System
 - a) developmental stage
 - b) B.M.R.
 - c) sex
- 8) Regulation of Pain
 - a) pain or discomfort
- 9) Safety
 - a) use of aids/devices

B. Self Concept

- 1) Mood
- 2) Emotions
- 3) Attitudes and values
- 4) Motivation
- 5) Habit

C. Role Function

- 1) Parenting
- 2) male/female expectations
- 3) role adaptation

0. Interdependence

- 1) Social interaction pattern

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UNIT: EXERCISE & REST

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2) Condition of Skin

- | | |
|---------------|----------------|
| a) odour | f) turgor |
| b) texture | g) elasticity |
| c) discharge | h) rashes |
| d) colour | i) warmth |
| e) intactness | j) dryness |
| | k) cleanliness |

3) Condition of Oral cavity

- a) teeth and gums
- b) mucous membrane
- c) tongue
- d) odour

4) Condition of Hair & Scalp

- a) shininess
- b) brittleness
- c) dryness
- d) cleanliness
- e) growth patterns

5) Condition of Nails

- a) shape
- b) brittleness
- c) clubbing
- d) cleanliness

6) Condition of Eyes

7) Condition of Ears and Nose

III Identify stimuli which influence adaptation in Exercise & Rest.

A. Physiological

1) Nutrition

- a) nutritional intake vs. energy expenditure
- b) digestion
- c) ability to feed self

2) Elimination

- a) incontinence of bowel/bladder

SAULT COLLEGE NURSING PROGRAM

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E. External

- 1) Economics
- 2) Culture
- 3) Religion
- 4) Education/knowledge
- 5) Technology
- 6) Family
- 7) Community
- 8) Health Care Delivery System
(Medications resources)
- 9) Environment
 - a) geographical
 - b) physical

IV Role of the Nurse

A. Assessment

- 1) Describe what sources of information are to be accessed in order to promote and maintain adaptation.

patient (client)
physiotherapist's progress notes
occupational therapist's progress notes
x-ray reports
nurse's progress notes
care plans
doctor's assessment
lab reports eg: Hgb
rehabilitation reports
environment, present & past
literature (journals, pamphlets, textbooks)
Lecture, Case Study
- 2) Describe what data gathering skills are appropriate for assessing Exercise, Rest & Hygiene.
Lecture, Case Study

SAULT COLLEGE NURSING PROGRAM

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- a) interviewing
 - b) use of senses by the nurse
 - c) vital signs - respiration, pulse
 - eye movement
 - reflexes
 - d) R.O.M. assessment
 - e) observation skills
- 3) a) Determine first level assessment by identifying adaptive responses that assist the client in maintaining adequate exercise and rest. Case Study
- b) Identifying ineffective responses of the client that inhibit exercise & rest. Case Study
- 4^ Determine second level assessment by identifying stimuli that elicit, adaptive or ineffective responses in the client. Case Study
- 5) Determine Adaptation Level
- 6) Explain the following nursing diagnoses associated with exercise & rest:
- a) impaired physical mobility
 - b) potential for contractures
 - c) potential skin breakdown
 - d) self toileting deficits
 - e) self grooming/dressing deficit
 - f) hygiene self care deficit
 - g) disrupted sleep/rest pattern
 - h) adaptive exercise/rest/sleep/hygiene patterns
- B. Planning
- 1) prioritize nursing diagnoses
 - 2) define goals which will:
 - a) reinforce or promote adaptation in exercise & rest
 - b) change ineffective behaviour

SAULT COLLEGE NURSING PROGRAM

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C. Implementing

- 1) Explain how the nurse manipulates stimuli in order to promote or maintain adaptation in the following nursing interventions:
 - a) hygiene
 - i) skin - bathing (tub, shower, complete & partial bed bath, infant, hands)
- back rub
 - ii) perineal care
 - iii) foot and nail care
 - iv) hair care (shaving, shampooing)
 - v) mouth care (dentures, flossing, brushing)
 - vi) care of eyes, ears, nose
 - vii) toileting (toilet, commode, bedpan, urinal, diapers)
 - viii) grooming/dressing
 - b) exercise
 - i) R.O.M. (active & passive)
 - ii) flexibility exercises
 - iii) pre natal & post natal exercises
 - iv) positioning (Fowler's, Supine, Prone, Sim's)
 - v) body mechanics
 - vi) ambulation assistance
 - vii) lifts and transfers
 - c) health teaching re: hygiene, rest, sleep, exercise
 - d) recording and reporting
- 2) Explain the dependent, independent, & interdependent role of the nurse.

D. Evaluation

- 1) Evaluate goal achievement
- 2) Revise nursing care plan on an on-going basis if care is not appropriate.