

:il5LiIiIi-l; Health Maintenance Skills CODE: MRC 107-3

•:~RA\1: flental Retardation Counsellor

::iSTRUCTOR: Carol Graham

DATE: September 1979 (and September 1978)

TEXT: Textbook of Basic Nursing - 2nd Edition, Thompson/Rosdahl

Course Description:

This is an Integrated program involving basic health as it relates to the daily living practices of the exceptional client.

Three hours per week,

'Course Evaluation :and Requirements:

a) Testing

1. Regular attendance at class
- 2, Responsibility for all materials

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b) End of Term Exam 40%

A grade according to College policy will be assigned

Final Mark 100%

b) ' Skill Laboratories

Health Maintenance Skills, a number of laboratory periods will be held in whtch each student must demonstrate a satisfactory level of competence while performing a variety of health maintenance skills. These labs will be announced v/ell in advance and the performance criteria for each skill will .be distributed. By the end of each term, **every** student must exhibit satisfactory performance in all skills for that term before s/he is considered complete for that term.

Objectives

- a) Be aware of bacteria and microorganisms and how they are spread.
- b) Be aware of how they can be controlled.
- c} Meet the basic physical and emotional needs of the exceptional client.
- d} Meet the physical and emotional needs of certain multiply-handicapped persons.
- e) Sustain an environment conducive to the maintenance of safety for residents and staff.

GUIDELINE HAN DWASH -^''^^r-^cr^^^n^-/ f.-.r;

Objective: To reduce the number of microorganisms on the hands and forearms to ensure a high degree of cleanliness.

PRINCIPLE OR REASON

EXPECTED BEHAVIOUR

Adequate cleansing is hampered by jewellery.
Jewellery harbours microorganisms.

Remove watch.

Microorganisms can be spread by direct contact.

Have running water regulated to "a comfortable temperature before beginning wash.

Microorganisms thrive in moist areas.

Keep uniform as dry as possible.

Microorganisms can move through wet media due to the capillary action of water.

Soaps emulsify foreign matter and reduce surface tension.

Wash hands and forearms with soap and water using a circular motion, while paying particular attention to areas between the fingers and nails.

Friction loosens microorganisms.

Microorganisms stick tenaciously in the creases and crevices of the skin.

Mechanical action of running water washes away bacteria and 'oils emulsified in the lather.

Rinse hands and forearms allowing water to flow freely.

Soap predisposes to skin irritation.

•Re-washing further reduces number of microorganisms.

Re-wash and rine hands and forearm:

Microorganisms can be spread by direct . contact.

Turn taps off using dry paper towels.

Drop paper towels into waste container.

Leave area tidy.

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PERFORMANCE CHECKLIST

The student will demonstrate the correct method used to obtain a radial pulse

RADIAL PULSE

- 1- Wash hands.
- 2, Identify patient and explain procedure,
- 3, Position patient with arm supported and relaxed with palm down.
- 4, Place fingers over radial artery and compress slightly.
- 5, Count beats for one-half minute and multiply by two.
- 6, Note rate, rhythm and volume of beats.
- 7, Record appropriately,
- 8, State principle for each step performed.

The student will demonstrate the ability to correctly obtain a person's respiratory rate.

RESPIRATION

- 1, - Identify patient,
- 2, Keep fingers on patient's wrist after taking pulse and observe rise and fall of chest without patient being aware of it.
- 3, Note rate, depth and rhythm of respirations.
- 4, Count respirations for one-half minute and multiply by two.
- 5, Record appropriately on chart.

-A..</ *Assessment*
Theory + Application

CHECKLIST FOR NURSING OFFICE FOR OCCUPIED BED

- 1, Assemble linen and place in order of use on chair beside bed.
- 2, Adjust bed to appropriate level.
- 3, Remove top linen from bed, placing it on chair for re-use.
- A. Remove bottom linen and set aside in appropriate place in bed unit.
5. Adjust position of mattress as necessary.
- 6- Check mattress cover for soiling or wrinkles.
- 7- Make foundation of bed, using original top sheet as bottom sheet.
- 8, Apply top linen - fanfold to open bed.
- 9< Apply pillow case and position pillow/s on bed.
10. Lower bed to lowest position. Adjust head of bed to Semi-Fowler's position.
11. Explain or show how "Toe room" is allowed.
12. Explain other details of leaving unit tidy.

POINTS TO OBSERVE DURING BEDMAKING

- 1« (Good body mechanics.
2. Avoid wasted motions, proceed in organized manner.
3. All linen kept away from floor and from uniform above waist.
4. Avoid excessive "brushing or smoothing" of linen - instead pull gently to
• smooth out wrinkles.
- 5- Mitred corners neat and taut.
- 6- Foundation of bed smooth, taut, free of wrinkles.
7. Cranks of bed pushed in except when using.
- 8., Complete neat and correctly made bed in 10 minutes.

PERFORM^N'CE CHECKLISTHandwashing Technique for Medical Asepsis.

The student will demonstrate correct handwashing technique.

1. Makes sure all necessary materials are readily available.
2. Removes watch and ring.
3. Stands away from sink so as not to have clothing in contact with sink.
4. Adjusts water temperature.
5. Wets hands and forearms to elbows.
6. Soaps and rinse thoroughly twice,
7. Gives special attention to nails and between fingers.
8. Dries thoroughly with paper towel.
9. Turns taps off with dry paper towel.
10. Leaves area tidy.
11. Can state a principle for each step performed as requested.

"Performance Checklist"

for use of Mercury Thermometer

Oral Temperature:

The student will demonstrate correct method of taking an oral temperature:

1. Wash hands _____
2. Identify patient and explain procedure.' _____
3. Obtain equipment. _____
4. Prepare equipment for use, _____
5. Check level of mercury in thermometer - if above 35 C shake it down.
6. Place thermometer in patient's mouth:
 - A/ place under tongue
 - B/ place deep into area
 - O/ instruct patient to keep lips closed
7. Leave thermometer in place for 3 minutes
- 8- Remove thermometer and wipe it with a tissue be sure to wipe away from hand towards bulb.
9. Read the thermometer at eye level in good light
10. Place used thermometer in appropriate container
11. Record results
12. State a principle for each step performed

for use of a Mercury Thermometer

AXILLARY METHOD

A moist surface is cooler. Friction increases circulation and temperature. Supine position is best for keeping therm, in place in axilla. When the bulb rests against the superficial blood vessels in the axilla and the skin surfaces are brought together to reduce the amount of air surrounding the bulb, a reasonably reliable measurement of body temperature can be obtained.

Thermometer is left in axilla longer than in mouth, -to provide for accuracy.

Dry axilla by patting. Do not rub. Position the patient comfortably, preferably in the supine position. Place the dry shaken thermometer well into the axilla with the bulb directed toward the patient's head. Bring the patient's arm down close to his body and place his forearm over his chest.

Leave the thermometer in place for approximately 5-10 minutes.

Remove and read thermometer using the same method as for an oral temperature

Records

RECTAL METHOD

Privacy and positioning promote relaxation.

Lubrication prevents friction and minimizes irritation of the mucous membrane.

The rectum contains superficial blood vessels and is a closed area.

Holding the thermometer prevents it from being expelled.

Feces may obstruct accurate reading.

Screen and position, the patient.

Lubricate thermometer,

Insert the thermometer approximately 1 - 1 1/2" into the rectum.

Hold in place for three minutes.

Remove, wipe and read thermometer, using same method as for an oral temperature.

Record.

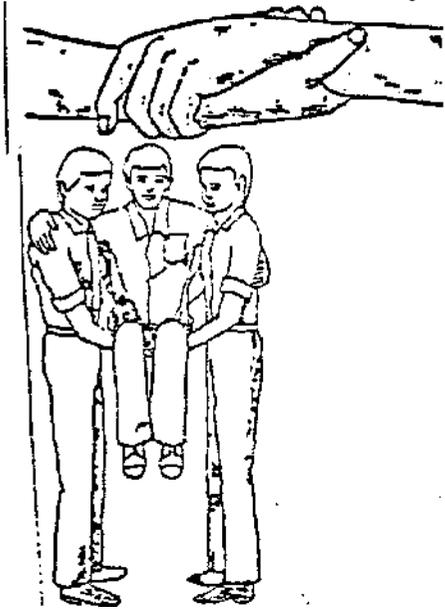
Emergency
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Laboratory Exercise Sheet

Lifts, and Carries for Evacuation of Patients

- Ci) Chair Lift or (JJ.) String Carry
see page 193-
• ' ' DuGas

A. 2 h^nd

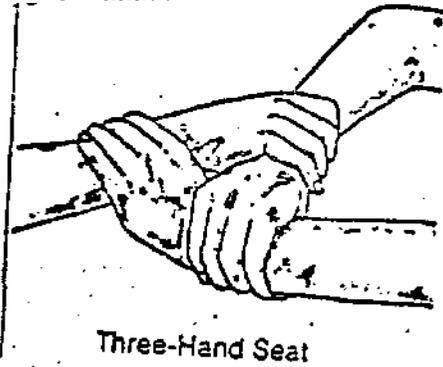


ilyi.-Extenty CARRY



vi)- 3 man lift see DuGas page 125

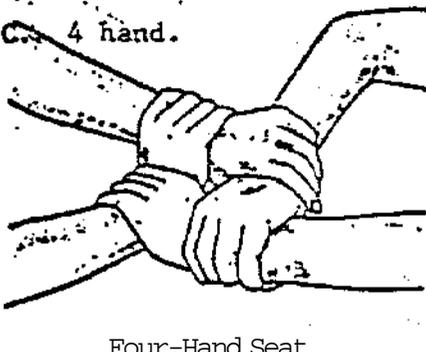
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Three-Hand Seat



C.. 4 hand.



Four-Hand Seat

- (iii) Pack scrap carry
See DuGas
p. '191-192
- (iv) Hip Carry
See DuGas
p.191-192

COURSE OUTLINE
HEALTH MAINTENANCE SKILLS

Instructor: C, Graham

Mental Retardation Counsellor Program

Date: September 1979

At the Completion of This Unit the Student Will:	Length of Time	Learning Activities
Be aware of bacteria and microorganisms and how they are spread.	8 hours	Reading Assignments: Text. Stress in Care and Handling of Equipment During Skill Labs Lectures Demonstration: Handwashing Technique
Meet the basic physical and emotional needs of the exceptional client.	18 hours	Reading Assignments: Text, Lectures Filmstrip & Slide Presentations Guest Lecturer on Nutrition Demonstrations: Body Mechanics TPR Skin Care & Hygiene <u>Stress on:</u> Nutrition Elimination Respiration
Meet the physical and emotional needs of certain multiply-handicapped persons.	18 hours	Reading Assignments: Text. Lectures Guest Lecturer: Feeding Techniques Filmstrip and Slide Presentations Demonstrations and Labs in Complete Bed Baths, Occupied Bed Making, Moving - Turning Clients, Body Mechanics

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At the Completion of this Unit the Student Will	Length of Time	Learning Activities
Sustain an environment conducive to the maintenance of safety for residents and staff.	8 hours	Reading Assignments: Text. Filmstrip and Slide Presentations Stress During Skill Labs and Lectures

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Mlabus:

- Week I: Introduction to the Course
Discussion on Handicaps
Asepsis and Microbiology
- Week II: Asepsis and Microbiology (con't)
Demonstration and Practical Handwashing
- Week III: Test on Asepsis and Microbiology
Overview of Biology
-Study of Cells
-Body Cavity
- Week IV: Tissues and Membrane (skin care)
Musco Skeletal System
Range of Motion
- Week V: Nervous System
Circulatory and Respiratory Systems
- Week VI: Circulatory and Respiratory System (con't)
- Week VII: Test (Mid Term)
- Week VIII: Digestive System
Urinary System
- Week IX: Temp, Pulse, Respiration
Blood PY'essure, Theory and Practical
- Week X: Blood Pressure
Ear, Eye Anatomy
- Week XI: Enemas, S.S. and Fleet Theory
Test on Digestive and Urinary
- Week XII: Practical on Enemas
- Week XIII: Theory on Bathing
Practical on Bathing
- Week XIV: Review
- Week XV: Final Exam