

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

UNIT: EXERCISE & REST

OBJECTIVES

LEARNING RESOURCES

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

OBJECTIVES

LEARNING RESOURCES

- 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

SAULT COLLEGE NURSING PROGRAM

UNIT: EXERCISE & REST

OBJECTIVES

LEARNING RESOURCES

- 2) Condition of Skin
 - a) odour
 - b) texture
 - c) discharge
 - d) colour
 - e) intactness
 - f) turgor
 - g) elasticity
 - h) rashes
 - i) warmth
 - 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

UNIT: EXERCISE & REST

OBJECTIVES

LEARNING RESOURCES

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

UNIT: EXERCISE & REST

OBJECTIVES

LEARNING RESOURCES

- 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

UNIT: EXERCISE & REST

OBJECTIVES

LEARNING RESOURCES

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.