

#34 - TEACHING POSTOPERATIVE EXERCISES

(Partner Check-Off)

I acknowledge I have physically practiced and successfully learned the following skill(s):

Student: _____ Date: _____

	P1	P2	P3	Comments
1. Gathered the necessary equipment and supplies.				
2. Performed hand hygiene, and provided for the patient's privacy.				
3. Introduced self to the patient and family.				
4. Identified the patient using two identifiers.				
5. Assessed the patient's risk for respiratory complications.				
6. Auscultated the patient's lungs.				
7. Assessed the patient's ability to breathe deeply and cough.				
8. Assessed the patient's risk for thrombus formation: <ul style="list-style-type: none"> a. Observed each calf for redness, swelling, warmth, or tenderness. b. Compared the legs for equality. c. Palpated pedal pulses while assessing for calf pain. 				
9. If the patient had a chest or abdominal incision, taught the patient to clasp his or her hands over the incision or by using a pillow as a splint to support the incision while performing breathing or abdominal exercises.				
10. Taught the patient diaphragmatic breathing: <ul style="list-style-type: none"> a. Helped the patient into a comfortable sitting or standing position. If the patient chose to sit, raised the head of the bed to the semi-Fowler's or Fowler's position. Or had the patient sit on the side of the bed or upright in a chair. b. Stood or sat facing the patient. c. Instructed the patient to place his or her palms along the lower border of the rib cage. The hands would overlap slightly, so that the tips of the third fingers touched lightly. Demonstrated this for the patient. d. Instructed the patient to take slow, deep breaths, inhaling through the nose, and pushing the abdomen against the hands. Told the patient he or she would feel a normal downward movement of the diaphragm during inhalation. Demonstrated this for the patient. e. Instructed the patient to avoid using the chest and shoulder muscles while inhaling. f. Took a slow, deep breath, and held it for a count of three. Then slowly 				

- exhaled through the mouth using pursed lips, as if blowing out a candle.
- g. Repeated the breathing exercise three to five times.
 - h. Had the patient practice the exercises. Instructed the patient to take 10 slow, deep breaths every hour while awake throughout the postoperative period, until he or she was mobile.
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11. Taught the patient to use Incentive Spirometer:
- a. Set the Incentive Spirometer device to the prescribed setting.
 - b. Instructed the patient to assume the semi-Fowler's or high-Fowler's position.
 - c. Instructed the patient to place his or her lips around the mouthpiece correctly
 - d. With lips on mouthpiece had patient inhale slowly. After reaching maximal inspiration hold breath 2-3 seconds and remove lips from mouthpiece to exhale.
 - e. Had patient resume normal breathing for short period.
 - f. Had patient repeat procedure until goals are achieved (usually 5-10 times every 1-2 hours)
 - g. Removed the device, and had the patient take a slow, deep breath and hold it for 3 seconds.
 - h. Instructed the patient to exhale in quick, short, forced huffs.
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12. Taught the patient controlled coughing:
- a. Explained the importance of maintaining an upright position.
 - b. Demonstrated coughing: Took two slow, deep breaths, inhaling through the nose and exhaling through pursed lips.
 - c. Inhaled deeply a third time, and held the breath to the count of three. Coughed two to three times in a row without inhaling between the coughs. Told the patient to push all air out of the lungs.
 - d. Cautioned the patient against clearing the throat instead of coughing deeply.
 - e. Taught the patient with a thoracic or abdominal incision to place either the hands or a pillow over the incision and then clasped the hands over the pillow to splint the incision. During breathing and coughing exercises, pressed gently against the incisional area for splinting and support.
 - f. Encouraged the patient without an abdominal incision to practice coughing exercises while splinting an imaginary incision. Instructed the patient to cough two to three times every hour while awake.
 - g. Instructed the patient to examine his or her sputum for consistency, odor, amount, and color changes and to notify the nurse of any changes.
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13. Taught the patient to turn in bed, such as turning onto his or her right side:
- a. Instructed the patient to lie on his or her back and move toward the left side of the bed.
 - b. Instructed the patient to place the right hand or a pillow over the incisional area to splint it.
 - c. Instructed the patient to keep the right leg straight and flex the left knee up.
 - d. Had the patient grab the right side rail with the left hand, pull toward the right, and roll onto the right side.
 - e. Instructed the patient to turn every 2 hours while awake, moving from side to back to other side. If the patient could not turn onto his or her side, recorded this on the chart, noted that staff or the primary caregiver must turn the patient every 2 hours.

14. Taught the patient leg exercises to do in bed:
- a. Asked the patient to lie on his or her back. Demonstrated leg exercises by performing passive range-of-motion exercises on the patient's leg while explaining each exercise.
 - b. Rotated each ankle in one direction and then in the other direction. Instructed the patient to draw imaginary circles with the big toe. Repeated five times.
 - c. Moving both feet at once, alternated dorsiflexion and plantar flexion. Told the patient that he or she would feel the calf muscles contract and relax alternately. Repeated five times.
 - d. Taught the patient to perform quadriceps-setting exercises by tightening the thigh muscle and flattening the knee, so that the back of the knee was closer to the mattress, and then relax the muscle.
 - e. Taught the patient to alternately raise each leg from the bed. Had the patient begin with the leg straight and, as it rose, bent the knee. Repeated five times.
 - f. Had the patient continue to practice the exercises at least every 2 hours while awake.

15. Instructed the patient to coordinate turning and leg exercises with diaphragmatic breathing, incentive spirometry, and coughing exercises.

16. Helped the patient into a comfortable position, placed the call light within easy reach, and made sure the patient knew how to use it to summon assistance.

17. Performed hand hygiene.

18. Documented and reported the patient's response and expected or unexpected outcomes.

S = Satisfactory **U** = Unsatisfactory **NP** = Not Performed *****=Must Perform to Pass

By signing below I acknowledge that I witnessed the skill performed and the student successfully passed the skill.

Practice 1: Evaluator: _____ Signature: _____

Practice 2: Evaluator: _____ Signature: _____

FINAL Student Evaluator: _____ Signature: _____

CHARTING CRITERIA: Patient teaching related to splinting, deep breathing, and coughing. How patient demonstrated understanding, type of secretions. Include "instructed in use", how many mls, how many times, respiratory rate, effort, and effects. Record on Graphic. Complete NANDA statement.

TIME	INTERDISCIPLINARY NOTES

NANDA:

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