



**NURS 0951
VOCATIONAL NURSING PROGRAM
SPRING 2017**

SKILLS LAB SCHEDULE

**The COS Nursing Lab Website can be found at
www.cosnursinglab.weebly.com**

**All Videos will be available through the Evolve.Elsevier Student
Resource: Clinical Skills Essentials Collection, 1st Ed.**

<p><u>Week #1 Wednesday 1/18</u></p> <p>Skills Lab: Every Wednesday 1-5</p> <p>Clinical Lab: Thursday & Friday 8-4</p> <p>Hospital Clinicals: Thursday & Friday, Times TBA</p> <p><u>Introduction to Skills Lab:</u></p> <ul style="list-style-type: none"> • Assign group numbers/stations • Establish groups • Size for gloves • Tour and supplies • Introduce videos • Must watch HIPPA video and read handout found at www.cosnursinglab.weebly.com 	<p><u>Thursday 1/19</u></p> <p><u>Skills Videos/Practice:</u> Demo: Gloving and De-gloving Demo: Setting up patient environment</p> <ol style="list-style-type: none"> 1. Performing hand hygiene (T) 2. Assisting with a Gown change (p) 3. Making an Unoccupied bed(p) 4. Performing a complete or partial bedbath (p) 5. Performing a back massage (p) 6. Assessing skin, hair, hair, nails (p) 7. Performing hair care and shampoo (p) 8. Shaving a male patient (p) 9. Performing nail care (p) 10. Oral hygiene for the unconscious patient (p) 11. Cleaning dentures (p) <p><u>VIEW ONLY VIDEOS</u></p> <ul style="list-style-type: none"> • Measuring Height and Weight • Tub Bath, Shower 	<p><u>Friday 1/20</u></p> <p><u>Testing:</u> #1 Performing Hand Hygiene</p> <p><u>Skills Videos/Practice:</u></p> <ol style="list-style-type: none"> 12. Assisting with a bedpan (p) 13. Assisting with a urinal (p) 14. Peri-care female (p) 15. Peri-care male (p) 16. Assisting with meals (p) <p><u>VIEW ONLY VIDEOS</u></p> <ul style="list-style-type: none"> • Taking Aspiration Precautions
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<p><u>Week #2 Wednesday 1/25</u></p> <p><u>CAREPLAN:</u> -Discuss MCPs and examples: 1st MCP due on 2/3—no grade just practice Self-Care deficit</p> <p><u>Testing:</u> All partner check-off for Hygiene and ADLs (instructors will be spot checking)</p> <p><u>Skills Videos/Practice:</u></p> <ol style="list-style-type: none"> 17. Blood pressure two step (T) 18. Assessing Apical pulse (p) 19. Assessing Radial pulse (p) 20. Assessing Respiratory Rate (p) 21. Taking Temperatures (p) 22. Assessing Pain (p) 23. Applying a nasal cannula (p) 24. Measuring oxygen saturation (p) <p><u>VIEW ONLY VIDEOS</u></p> <ul style="list-style-type: none"> • Blood pressure one step • Ensuring oxygen safety • Setting oxygen flow rates 	<p><u>Thursday 1/26</u></p> <p><u>Testing:</u> Continue partner check-off for Hygiene and ADLs (instructors will be spot checking)</p> <p>Bring lunch (and blind fold) to have partner assist in feeding*</p> <p><u>Skills Videos/Practice:</u></p> <ol style="list-style-type: none"> 25. Using PPE (T) 26. Making an Occupied bed (T) 27. Assisting with moving a patient in bed (p) 28. Assisting with positioning a new patient in bed (p) 	<p><u>Friday 1/27</u></p> <p><u>Testing:</u> Bring lunch (and blind fold) to have partner assist in feeding*</p> <p>*Review Fundamentals Chp. 27: Feeding Assistance: Skill 27-1 (pg 478)</p> <p>Continue partner check-off for Hygiene and ADLs (instructors will be spot checking)</p> <p><u>Skills Videos/Practice:</u> Finish weeks 1-2 Introductions</p>
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<p><u>Week #3</u> Wednesday 2/1</p> <p><u>Testing:</u> #17 Blood Pressure Two Step</p> <p><u>Partner Check-off:</u></p> <p>Continue finishing any partner ADL/vitals check offs introduced during week 1-2 (#1-28)</p> <p><u>Skills Videos/Practice:</u></p> <p>29. & 30. Measuring Intake and Output / Wound Drainage Systems (T) <i>combined skill</i></p>	<p>Thursday 2/2</p> <p><u>Testing:</u> #17 Blood Pressure Two Step</p> <p><u>Partner Check-off:</u></p> <p>Continue finishing any partner check-offs # 1-28</p> <p><u>Skills Videos/Practice:</u></p> <p>31. Sterile Gloving (T) 32. Head to Toe Assessment (T)</p>	<p>Friday 2/3</p> <p><u>Testing:</u> #25 PPE with #26 Occupied bedmaking (groups of 4)</p> <p><u>Partner Check-offs Due:</u> All Partner Check-offs introduced week 1-2 to be completed!!</p> <p><u>DUE:</u></p> <p>1st Mini Clinical Plan (MCP) due: no grade just practice NANDA: <i>Self-Care deficit</i></p>
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<p><u>Week #4</u> Wednesday 2/8</p> <p><u>Testing:</u> #29 & 30. Measuring Intake and Output/Wound Drainage Systems</p> <p><u>Practice:</u> Full Body Assessment ---listen to sound trainers</p> <p><u>Partner Check-offs Due</u></p> <p><u>Skills Videos/Practice:</u></p> <p>33. Providing Post op Care (p) 34. Teaching Post op Exercises(p) <i>Make teaching card</i> 35. Performing passive ROM (T) 36. Applying Restraints (p)</p> <p><u>VIEW ONLY VIDEOS</u></p> <ul style="list-style-type: none"> Promoting Family Support and Participation 	<p>Thursday 2/9</p> <p><u>Testing:</u> #29 & 30. Measuring Intake and Output/Wound Drainage Systems</p> <p>#31 Sterile Gloving</p> <p><u>Practice:</u> Full Body Assessment ---listen to sound trainers</p> <p><u>Partner Check-offs Due</u> 33. Providing Post op Care (p) 34. Teaching Post op Exercises(p)</p> <p><u>Skills Videos/Practice:</u></p> <p>37. Applying Elastic Stockings (p) 38. Assisting with Ambulation Using a Gait Belt (p) 39. Teaching Crutches & Walker (p) <i>In Class Demo</i> 40. Transferring from a Bed to a Wheelchair (p) 41. Transferring from a Bed to a Stretcher (p)</p> <p><u>VIEW ONLY VIDEOS</u></p> <ul style="list-style-type: none"> Using Restraint Alternatives Using a Sequential Compression Devices 	<p>Friday 2/10 NO SCHOOL</p> <ul style="list-style-type: none"> Be sure to practice your full body assessment during your time off!
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<p><u>Week #5</u> Wednesday 2/15</p> <p><u>Testing:</u> #32 Full Body Assessment</p> <p>#35 ROM (draw 4 movements)</p> <p><u>Skills Videos/Practice:</u> 42. Breaking a Fall/Incident Report (p) <i>-In Class Demo</i> 43. Discontinuing IV Therapy(T) <i>(Complete in Hospital)</i> 44. Changing a DRY Dressing 45. Suture & Staple Removal (P) – <i>in Class Demo.</i></p> <p><u>Partner Check-offs Due:</u> Mobility/Activity skills: 36. Applying Restraints (p) 37. Applying Elastic Stockings (p) 38. Assisting with Ambulation Using a Gait Belt (p)</p> <p><u>VIEW ONLY VIDEOS</u></p> <ul style="list-style-type: none"> Using a Hydraulic Lift Establishing and Maintaining a sterile field 	<p>Thursday 2/16</p> <p><u>Testing:</u> #32 Full Body Assessment</p> <p>#35 ROM (draw 4 movements)</p> <p><u>Skills Videos/Practice:</u> 46. Performing Blood Glucose Testing(T) <i>(Complete in Hospital)</i> 47. Collecting a Swab Specimen (p) <i>-In Class Demo</i></p> <p><u>Partner Check-offs Due:</u> Mobility/Activity skills 40. Transferring from a Bed to a Wheelchair (p) 41. Transferring from a Bed to a Stretcher (p)</p> <p>Hospital Orientation FMC TBA</p>	<p>Friday 2/17</p> <p><u>Testing:</u> #32 Full Body Assessment</p> <p>#35 ROM (draw 4 movements)</p> <p><u>Partner Check-offs Due:</u> 39. Teaching Crutches & Walker (p) 42. Breaking a Fall/Incident Report (p)</p> <p>Finish All Mobility Skills (#36-42)</p> <p>Hospital Orientation SNF TBA</p>
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<p><u>Week #6</u> Wednesday 2/22</p> <p><u>Testing:</u> #43 IV removal (in Hospital) <i>complete before end of semester</i></p> <p>#44 Dry Dressing Change</p> <p><u>Skills Videos/Practice:</u> 48. Applying a Condom Catheter (p) 49. Performing Intermittent Straight Catheterization (T)</p> <p><u>Partner Check-offs Due:</u> 47. Collecting a Swab Specimen (p)</p> <p><u>VIEW ONLY VIDEOS</u></p> <ul style="list-style-type: none"> Using Prepackaged Sterile Kit 	<p>Thursday 2/23</p> <p>Hospital Clinical</p>	<p>Friday 2/24</p> <p>Hospital Clinical</p>
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<u>Week #7</u> Wednesday 3/1	Thursday 3/2	Friday 3/3
<p><u>Testing:</u> Cont: #44 Dry Dressing Change</p> <p><u>Skills Videos/Practice:</u></p> <p>50. Inserting an Indwelling Urinary Catheter in a Female Patient (T) 51. Removing an Indwelling Urinary Catheter (T) 52. Providing Catheter Care (P) 53. Obtaining a specimen from an Indwelling Urinary Catheter (P) 54. Collecting a midstream Urine Specimen (P) 55. Screening Urine for Chemical Properties (P)</p> <p><u>Partner Check-offs Due:</u> 45. Suture and Staple Removal (p)</p> <p><u>VIEW ONLY VIDEOS</u></p> <ul style="list-style-type: none"> • Irrigating a Urinary Catheter • Caring for a suprapubic catheter 	<p>Hospital Clinical</p>	<p>Hospital Clinical</p>

<u>Week #8</u> Wednesday 3/8	Thursday 3/9	Friday 3/10
<p><u>Testing:</u> Finish #44 Dry Dressing Change</p> <p>#46 Performing Blood Glucose Testing (T) Complete in Hospital</p> <p><u>Skills Videos/Practice:</u></p> <p>56. Pouring a Sterile Solution (p)</p> <p>57. Performing Oropharyngeal suctioning (p)</p> <p>58. Performing Nasotracheal and Nasopharyngeal suctioning (T)</p> <p><u>Partner Check-offs Due:</u></p> <p>48. Applying a Condom Catheter (p)</p>	<p>Hospital Clinical</p> <p>2nd Mini clinical plan due to clinical instructor Impaired mobility</p>	<p>Hospital Clinical</p>

<u>Week#9 Wednesday 3/15</u>	Thursday 3/16	Friday 3/17
<p><u>Testing:</u> Start #58. Performing Nasotracheal and Nasopharyngeal suctioning (T)</p> <p><u>Skills Videos/Practice:</u> 59. Providing Tracheostomy Care (T) 60. Collecting a sputum specimen (p)</p> <p><u>Partner check-offs Due :</u> 56. Pouring a sterile solution (p)</p>	<p><u>Testing:</u> Cont: # 58 Performing Nasotracheal and Nasopharyngeal suctioning (T)</p> <p><u>Skills Videos/Practice:</u> 61. Administering a cleansing enema (T) 62. Pouching a colostomy (p) 63. & 64. Stool Specimen & Fecal Occult Blood Testing (T)</p> <p><u>Partner check-offs Due :</u> 57. Performing Oropharyngeal suctioning (p)</p> <p><u>VIEW ONLY VIDEOS</u></p> <ul style="list-style-type: none"> • Pouching a Urostomy 	<p><u>Testing:</u> Start #59. Providing Tracheostomy Care (groups of two)</p> <p><u>Skills Videos/Practice:</u> 65. Gastric Occult Blood Testing (p) 66 & 67. Inserting a NG Tube & Removing a Feeding Tube (T) 68. Managing a NG Tube (p) 69. Providing enteral feedings (p)</p> <p><u>Partner check-offs Due :</u> 60. Collecting a sputum specimen (p)</p>

<u>Week#10 Wednesday 3/22</u>	Thursday 3/23	Friday 3/24
<p><u>Testing:</u> #49 Straight Male Catheter</p> <p>#50, 51 Female Indwelling Catheter & Removal</p> <p><u>Skills Videos/Practice:</u> 70. Assessing Wounds (p) 71. Caring for Pressure Ulcers (p) 72. Irrigating Wounds (p) 73. Collecting a specimen for a wound culture (p) 74. Moist to Dry Dressing Change (T)</p> <p><u>Partner check-offs Due :</u> 52. Providing Catheter Care (p)</p>	<p><u>Testing:</u> #49 Straight Male Catheter</p> <p>#50, 51 Female Indwelling Catheter & Removal</p> <p><u>Skills Videos/Practice:</u> 75. Post Mortem Care (p)-In Class Demo</p> <p><u>Partner check-offs Due :</u> 53. Obtaining a specimen from an Indwelling Urinary Catheter (P) 54. Collecting a midstream Urine Specimen (P) 55. Screening Urine for Chemical Properties (P)</p> <p>#3 Mini Care Plan due Ineffective Airway Clearance</p>	<p><u>Testing:</u> Con't #49 Straight Male Catheter</p> <p>#50, 51 Female Indwelling Catheter & Removal</p> <p>Start: #61. Administering a cleansing enema #63 & 64. Stool Specimen & Fecal Occult Blood Testing</p> <p><u>Skills Videos/Practice:</u> 76. Ensuring the Six (8) Rights of Medication Administration (p) 77. Preventing Medication Errors (p) 78. Handling Medication Variations (p) 79. Documenting Medication Administration (p)</p> <p><i>Set up medication drawers</i></p> <p><u>Partner check-offs Due :</u> 62. Pouching a colostomy (p)</p> <p><u>VIEW ONLY VIDEOS</u></p> <ul style="list-style-type: none"> • Using Automated Medication Dispensing Systems (p)

<u>Week#12</u> Wednesday 4/5	Thursday 4/6	Friday 4/7
<p><u>Testing:</u> Cont. #61. Administering a cleansing enema #63 & 64. Stool Specimen & Fecal Occult Blood Testing</p> <p>Start: #66, 67 –Inserting and Removing a NG tube</p> <p><u>Partner check-offs Due :</u> 75. Post Mortem Care 68. Managing a NG Tube 69. Providing enteral feedings</p> <p>1st drug class QUIZ— <i>bronchodilators and antihistamines</i></p> <p><u>Skills Videos/Practice:</u> 80. Administering Oral Meds(T) 81. Administering Topical Meds(p) 82. Applying an Estrogen Patch or Nitroglycerin Ointment(T) 83. NG/PEG Meds(T)</p>	<p>ADD IN SKILLS</p> <p>4th Mini Care Plan due <i>Impaired Urinary elimination</i></p>	<p>ADD IN SKILLS</p>

<u>Week#13</u> Wednesday 4/12	Thursday 4/13	Wednesday 4/14
<p><u>Testing:</u> Cont. #61. Administering a cleansing enema #63 & 64. Stool Specimen & Fecal Occult Blood Testing</p> <p>#66, 67 –Inserting and Removing a NG tube</p> <p><u>Skills Videos/Practice:</u> 84. Administering eye meds(T) 85. Administering ear meds(T) 86. Nasal Medications(T) –In Class Demo 87. Inserting a rectal suppository (T)</p> <p><u>Partner check-offs Due :</u> 65. Gastric Occult Blood Testing (p) 70. Assessing Wounds 71. Caring for Pressure Ulcers 72. Irrigating Wounds 73. Collecting a Wound Culture Specimen</p> <p>2nd Drug QUIZ- Diuretics</p>	<p>Hospital Clinical</p>	<p>Hospital Clinical</p>

<p><u>Week#14</u> Wednesday 4/19</p> <p><u>Testing:</u> #74 Moist to Dry Dressing Change</p> <p><u>Skills Videos/Practice:</u></p> <p><u>Partner check-off Due :</u> 76. Ensuring the Six Rights of Medication Administration 77. Preventing Medication Errors 78. Handling Medication Variations 79. Documenting Medication Administration</p>	<p>Thursday 4/20</p> <p>Hospital Clinical</p> <p>5th Mini Care Plan due to clinical instructor-- Acute Pain</p>	<p>Friday 4/21</p> <p>Hospital Clinical</p>
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<p><u>Week#15</u> Wednesday 4/26</p> <p><u>Testing:</u> Cont. #74 Moist to Dry Dressing Change</p> <p>3rd Drug QUIZ—Opioids</p>	<p>Thursday 4/27</p> <p>Hospital Clinical</p> <p>#6 MCP due to clinical instructor-- Risk for Injury</p>	<p>Friday 4/28</p> <p>Hospital Clinical</p>
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<p><u>Week#16</u> Wednesday 5/3</p> <p><u>Testing:</u> START MEDICATION TESTING: #80. Administering Oral Meds #82. Applying an Estrogen Patch or Nitroglycerin Ointment #83 NG/Tube Medications</p> <p><u>Partner check-off Due :</u> 81. Administering Topical Meds(p)</p> <p>4th Drug QUIZ- Antihypertensives</p>	<p>Thursday 5/4</p> <p>Hospital Clinical</p>	<p>Friday 5/5</p> <p>Hospital Clinical</p>
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<p><u>Week #17 Wednesday 5/10</u></p> <p><u>Testing:</u> #84 Eye Medication #85 Ear Medications #86 Nasal Medications #87 Rectal Suppository</p> <p><u>Partner check-off Due :</u> All Partner Check-offs completed!</p>	<p>Thursday 5/11</p> <p>Hospital Clinical</p> <p>ECP on a clinical patient due Thursday 5/11/17</p>	<p>Friday 5/12</p> <p>Hospital Clinical</p>
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<p><u>Week #18 Wednesday 5/17</u></p> <p><u>Testing:</u> Continue Medication Testing (#80-87)</p> <p>5th drug QUIZ—Antiemetics</p>	<p>Thursday 5/18</p> <p><u>Testing:</u> FINISH ALL MEDICATION TESTING (#80-87)</p>	<p>Friday 5/19</p> <p>Final skills scenario testing Schedule TBA</p> <p>*Turn in Final Objective Count to clinical instructor</p> <p>*Turn in Completed Skills Sheets</p>
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