

**Chesapeake College/MGW Nursing Program
NUR 111 Foundations of Nursing
Clinical Simulation Guidelines**

Week One: Orientation to Lab, Review of Nurse Pack Equipment, Hand Washing and Gloving

Clinical Simulation Description: Students will receive an orientation to the Clinical Simulation Classroom, an overview of Clinical Simulation equipment including the manikins, and the expectations of Clinical Simulation Class. The student nurse packs will be inventoried for appropriate equipment. The students will learn the proper technique for hand washing, gloving, and de-gloving without contaminating themselves.

Readings: Skills in Clinical Nursing- Chapter 1 pgs 3-12

Video: Real Nursing Skills Basic CD Rom: Hand Hygiene, Application and Removal of Gloves

Clinical Simulation Supplies: Glo-Germ, Non-Sterile Gloves, Black Lights, Chocolate Pudding,

Student Supplies: Nurse Packs, Sharpie Marker, Skills in Clinical Nursing Text

Provider of Care:

Critical Thinking and Theoretical Knowledge

1. Identifies where, when and how to utilize open lab sessions
2. Recognizes the various equipment in the nurse pack
3. Identifies a safe place to keep nurse pack equipment
4. Acknowledges the appropriate usage of the nurse pack supplies
5. Identifies the purpose of hand washing
6. Discuss when hand washing with soap, water, and friction is needed
7. Discuss when the use of antiseptic wash is appropriate

Caring

1. Respects the needs of the lab and fellow students
2. Helps to provide for a safe learning environment

Communication

1. Realizes the need for confidentiality among fellow classmate

Manager of Care

1. Recognizes the need for organization of equipment
2. Maintains accountability for nurse pack equipment

Member of the Discipline of Nursing

1. Understands the role of the nurse in preventing the spread of infection
2. Demonstrate the proper technique of hand washing

**Chesapeake College/MGW Nursing Program
NUR 111 Foundations of Nursing
Clinical Simulation Guidelines**

Week Two: Assessment and Documentation of Vital Signs

Clinical Simulation Description: Students will learn the assessment and documentation of vital signs including temperature, pulse, blood pressure, respirations, pulse oximetry and pain level. Students will be able to apply the normal findings throughout the life span and will define interventions for possible complications related to vital sign assessment.

Readings: Skills in Clinical Nursing- Chapter 2

Videos: Real Nursing Skills Basic : Vital Signs, Pulse Oximetry, Peripheral Pulse Assessment

Clinical Simulation Supplies: B/P arms, Katrina, Fred, Manny, Jeannie, Digital and Electronic Thermometers, Tympanic Thermometer, Vital Sign Records, Pain Scales, B/P Cuffs

Student Supplies: Stethoscope, Watch with 2nd Hand, Oral Thermometer, B/P Cuff, Picture of friend/family, Skills in Clinical Nursing

Provider of Care:

Critical Thinking and Theoretical Knowledge

1. Identifies the normal parameters for temperature, pulse, respirations, blood pressure and pain across the life span.
2. Applies critical thinking to patient scenarios during assessment of temperature, pulse, respirations, blood pressure and pain during assessment
3. Applies client history that may affect TPR, B/P and pain to the care of patient
4. Describes various pain scales to be used for assessing pain levels in clients across the life span

Caring

1. Utilizes equipment safely and accurately to assess vital signs

Communication

1. Documents vitals signs accurately
2. Utilizes therapeutic communication while explaining vital sign procedures to client and family
3. Reports abnormal assessment findings to the appropriate staff

Manager of Care:

1. Identifies equipment necessary to assess vital signs
2. Gathers all equipment necessary to assess vital signs
3. Completes assessment of vital signs in an organized manner

Member of the Discipline of Nursing

1. Compares previous vital sign results taken to the current results

**Chesapeake College/ MGW Nursing Program
NUR 111 Foundations of Nursing
Clinical Simulation Guidelines**

Week Three: Skills Check Off #1 Vital Signs. Assessment of the Mouth, Nose, Sinus, Ear & Eye and Assessment of Hearing and Vision

Clinical Simulation Description: Students will learn the techniques and equipment utilized to assess the mouth, nose, sinus, ears, and eyes. They will become familiar with normal findings. They will learn how to utilize the Snellen Charts to assess vision and an audiometer to assess hearing. The students will learn how to document findings from these assessments on the appropriate medical forms.

Readings: Skills in Clinical Nursing- Chapter 3 pgs 72-88

Video: None

Clinical Simulation Supplies: Pen Lights, Snellen Charts, Audiometer, Ophthalmoscopes, Oscopes, Ear Manikin, Tongue Depressors, Cotton Tipped Swabs

Student Supplies: Stethoscope, BP Cuff, Watch with 2nd Hand, Thermometer, Pen Light, Skills in Clinical Nursing

Provider of Care:

Critical Thinking and Theoretical Knowledge

1. Demonstrate the use of equipment to assess vision and hearing
2. Demonstrate the use of equipment to assess ears, eyes, nose, sinus, and mouth
3. Utilizes age appropriate techniques in assessing vision
4. Utilizes age appropriate Snellen Charts to assess vision across the life span

Caring

1. Obtains assessment accurately and safely
2. Ensures client comfort and privacy during assessment

Communication

1. Review client history for factors that may influence findings during assessment
2. Role plays therapeutic communication to clients across the life span during assessment
3. Communicates abnormal findings to the appropriate member of the health care team

Manager of Care:

1. Gathers the appropriate equipment to provide assessment
2. Performs assessment in an organized manner

Member of the Discipline of Nursing

1. Identifies vision and hearing findings on the appropriate documents
2. Documents findings of assessment on appropriate medical forms

**Chesapeake College/ MGW Nursing Program
NUR 111 Foundations of Nursing
Clinical Simulation Guidelines**

Week Four: Assessment and Documentation of Height/Weight, Growth and Development, Oral Hygiene and Feeding. Documentation of I&O, Proper use of Body Mechanics, and Ambulation Devices

Clinical Simulation Description: Students will learn how to correctly assess and document the height and weight of clients utilizing appropriate equipment. Students will learn how to feed a client and perform oral hygiene. Students will also learn how to accurately document Intake & Output. Students learn the use of ambulation devices and how to maintain appropriate body mechanics.

Readings: Skills in Clinical Nursing- pgs. 59, 134-139, 187-194, 322-336, 506-517

Video: Real Nursing Skills Basic: Assisting Clients with Mechanical Aids for Walking, Assisting with Ambulation, Performing Range of Motion, Oral Hygiene

Clinical Simulation Supplies: Scales, Bed Scale, Height Scales, I&O Sheets, Feeding Utensils, Thick IT, Walker, Crutches, Canes, Cups, Blind Folds, Tooth-ettes

Student Supplies: Favorite Jell-O, Yogurt or Pudding; Drink, Spoon, Tooth Brush, Tooth Paste, Skills in Clinical Nursing

Provider of Care:

Critical Thinking and Theoretical Knowledge:

1. Maintain safe body mechanics
2. Assess for alterations in body alignment
3. Assess ambulation devices for safety
4. Identifies intake and output imbalances
5. Identifies feeding needs of clients with self care deficits
6. Identifies an emergency when appropriate

Caring

1. Respects clients cultural differences related to foods
2. Respects clients desires for specific foods

Communication

1. Reports clients desires related to food to the appropriate members of the health care team
2. Teaches client the use of assistive devices for eating
3. Teaches the use of assistive ambulation devices
4. Records I&O accurately

Manager of Care:

1. Gathers equipment needed for feeding
2. Gathers assistive ambulation devices

Member of the Discipline of Nursing:

1. Choose appropriate nursing diagnosis for clients with feeding difficulties
2. Identifies members of the health care team to contact in an emergency
3. Choose appropriate nursing diagnosis for clients with fluid imbalance

**Chesapeake College/ MGW Nursing Program
NUR 111 Foundations of Nursing
Clinical Simulation Guidelines**

Week 5: Positioning, Transfers, Bathing, and Bed Making

Clinical Simulation Description: Students will learn how to position clients in bed utilizing safe body mechanics. They will learn how to transfer a client from a sitting position to a bed or stretcher. They will learn how to transfer a client with weight bearing issues to wheelchair or chair. Students will learn how to make an occupied and unoccupied bed, and how to bath a client maintaining privacy and comfort. Students will learn AM care and PM care.

Readings: Skills in Clinical Nursing- pgs. 176-187, 197-204, Chapter 6, Chapter 10

Videos: Real Nursing Skills Basic: Utilizing principles of ergonomics during client care, Moving the client up in bed with assistance, Turning a client to the lateral position in bed, Positioning the client, Self care facilitation (entire section), Transferring a client between bed and stretcher, Transferring a client using a transfer board, Assisting the client to sit on the side of the bed, Transferring between bed and chair

Clinical Simulation Supplies: Manikins, Linens, Bath Supplies, Transfer Board, Wheel Chair, Stretcher, Cups, Chocolate Pudding and more, Hoyer Lift, Blue Pads, Cell Phone, Client Charts with Physician Orders and History and Physical, Blow-up Mattress

Student Supplies: None

Provider of Care:

Critical Thinking and Theoretical Knowledge

1. Utilize safe body mechanics
2. Utilize normal body alignment
3. Utilize appropriate equipment
4. Demonstrate the making of an occupied and unoccupied bed
5. Assist client to move up in bed, to a sitting position, log roll, and transfer to a stretcher or chair safely
6. Demonstrate bathing of a client

Caring

1. Respect clients privacy and dignity during bathing
2. Provide hygiene for comfort

Communication

1. Communicate to the appropriate health care team member any abnormal findings
2. Utilize therapeutic communication to put clients at ease during embarrassing or frightening procedures

Manager of Care

1. Coordinate the transfer of clients utilizing a team approach
2. Gathers all equipment needed for bathing and bed making

Member of the Discipline of Nursing

1. Identifies when tasks may be delegated and to whom
2. Choose an appropriate nursing diagnosis related to hygiene and comfort

**Chesapeake College/MGW Nursing Program
NUR 111 Foundations of Nursing
Clinical Simulation Guidelines**

Week Six: Elimination, Isolation, Specimen Collection, Blood Glucose Monitoring

Clinical Simulation Description: Students will learn how to assist clients with elimination needs. They will learn how to collect urine, stool, and pinworm specimens. Students will learn the different categories of isolation and how to don personal protective equipment. Students will learn how to obtain a specimen for blood glucose monitoring.

Readings: Skills in Clinical Nursing- pgs. 10-12, 142-163, 230-223, 538-542, 562-567

Videos: Real Nursing Skills: Risk Management- Specimen Collection (except phlebotomy), Personal Protective Equipment for Standard Precautions; Real Nursing Skills Elimination management: Assisting a Client to use a Regular or Fracture Bedpan, Emptying the Urine Drainage Collection Bag, Removing an Indwelling Catheter

Clinical Simulation Supplies: Bedpans, Urinals, Specimen Collection Supplies, Infection Control Manual, Isolation Cart, Bedside Commode, Blood Glucose Monitors, Betadine and Peanut Butter (+occult blood)

Student Supplies: Personal Protective Equipment, Penlight, Skills in Clinical Nursing

Provider of Care

Critical Thinking and Theoretical Knowledge

1. Identifies appropriate isolation techniques given different patient scenarios
2. Demonstrates the way to assist clients with elimination needs
3. Demonstrates the collection of specimen utilizing proper techniques
4. Interpret lab results

Caring

1. Provide for client privacy and dignity

Communication

1. Communicates with clients about the need for specimen collection
2. Communicates to client and family the need for isolation

Manager of Care:

1. Gathers equipment needed for elimination needs
2. Gathers equipment for obtaining specimens

Member of the Discipline of Nursing

1. Understands the role of the nursing in maintaining infection control policies
2. Performs in the role of patient advocate during isolation situations
3. Assess and interpret lab results

**Chesapeake College/MGW Nursing Program
NUR 111 Foundations of Nursing
Clinical Simulation Guidelines**

Week Seven: Sterile Gloving, Sterile Fields, Dressing Changes, Wound Assessment and Documentation, Suture and Staple Removal, Wound Drains, and Braden Scores, Skin Assessment

Clinical Simulation Description: Students will learn proper technique for sterile gloving, setting up a sterile field, and completing sterile dressing changes. They will learn assessment of skin, wounds and documentation. Students will learn how to remove staples and sutures from wounds, how to empty wound drains, and how to assess risk for skin breakdown utilizing Braden Scores.

Readings: Skills in Clinical Nursing-pgs. 63-68, 219-230, Chapter 31, pgs. 760-771

Videos: Real Nursing Skills Risk management: Establishing and Maintaining a Sterile Field, Skin/Wound Management-Applying Dressing Using Clean Technique, Apply Dressing Using Sterile Technique, Wound Irrigation and Applying a Wet to Damp Dressing, Emptying and Activating a Closed Wound Drainage System, Removing Intermittent Sutures, Removing Staples, Applying Heat Therapy to Client.

Clinical Simulation Supplies: Manikins with Wounds, Sterile Gloves, Dressing Supplies, Saline, Wound Measuring Devices, Cotton Tipped Swabs, Sutured and Stapled Objects, Wound Drain Supplies, Braden Score Sheets, Documentation Sheets, Paper Tape, Wound Graphics, Wound Culture Swabs, Edema Staging Model

Student Supplies: Bandage Scissors, Kelly Clamps, Sterile Dressing Trays, Piston Irrigation Syringe, Skills in Clinical Nursing

Provider of Care:

Critical Thinking and Theoretical Knowledge

1. Demonstrate a sterile field
2. Discuss where surgical techniques may be used
3. Apply sterile gloves using open glove method
4. Obtain a wound culture
5. Remove staples and sutures
6. Assess wound drains

Caring

1. Respect clients right to privacy
2. Discuss the need for pain management prior painful procedure

Communication

1. Document wound assessment

Manager of Care

1. Gathers all equipment for sterile dressing change
2. Delegates activities as appropriate

Member of the Discipline of Nursing

1. Understands the role of the nursing in preventing infection
2. Understands the role of the nursing in providing comfort
3. Performs in the role of patient advocate

**Chesapeake College/MGW Nursing Program
NUR 111 Foundations of Nursing
Clinical Simulation Guidelines**

Week Eight: Abdominal Assessment Nasogastric Tube Insertion, NG Suctioning, Feeding Tube Insertion, Tube Feeding Initiation

Clinical Simulation Description: Students will learn how to perform an abdominal assessment; they will utilize the skill of inspections, palpation, auscultation and percussion. They will learn how to insert a Nasogastric tube and a feeding tube. They will learn how to assess placement of tubes, initiate a tube feeding and apply suction to an NG tube.

Readings: Skills in Clinical Nursing-pgs. 111-117, 517-535

Videos: Real Nursing Skills Nutritional Support- All sections

Clinical Simulation Supplies: NG Tubes, Feeding Tubes, Tube Feeding Pumps, Suction Canisters, Ph paper, 60cc syringes, Gastric Contents, Manikins, Lubricant, Tape

Student Supplies: Stethoscope, Bandage Scissors, Kelly Clamps, Sterile Dressing Tray, Piston Irrigation Syringe, Skills in Clinical Nursing

Provider of Care:

Critical Thinking and Theoretical Knowledge

1. Demonstrates assessment of oral mucosa and nasal cavity
2. Demonstrates abdominal assessment
3. Demonstrates assessment of correct placement and assessment for residual
4. Demonstrates irrigation and bolus feedings
5. Identifies possible complications related to tube feedings and NG Suction

Caring:

1. Provides comfort measures related to tube insertion
2. Preserve dignity of the client

Communication

1. Provide education to client in regards to procedure
2. Documents procedure on the appropriate medical forms

Manager of Care:

1. Correctly initiate feedings according to physicians orders
2. Correctly provide suction to NG tube according to physician orders

Member of the Discipline of Nursing

1. Performs as a patient advocate
2. Carry out interventions with the interdisciplinary team

**Chesapeake College/MGW Nursing Program
NUR 111 Foundations of Nursing
Clinical Simulation Guidelines**

Week Nine: Midterm- Skills Check Off- Sterile Dressing and Specimen Collection, NGT Insertion and Care, Tube Feeding, Initiation and Care.

Student Supplies: Stethoscope, Un-Opened Sterile Dressing Tray

**Chesapeake College/ MGW Nursing Program
NUR 111 Foundations of Nursing
Clinical Simulation Guidelines**

Week Ten: Respiratory Assessment, Oropharyngeal Suctioning, Nasopharyngeal Suctioning, Cardiovascular and Peripheral Vascular Assessment

Clinical Simulation Description: During this clinical simulation students will learn the skill of Oropharyngeal suctioning and nasopharyngeal suctioning. They will learn what must be an aseptic technique and what can be clean technique to suction. Students will learn the fundamentals to performing a respiratory assessment using inspection, auscultation, palpation and percussion. Students will also learn the fundamentals to providing a cardiovascular assessment utilizing the skills of inspection, auscultation, and palpation. Student will learn the normal heart sounds. Students will also learn to perform a peripheral vascular assessment using palpation and inspection and the use of Doppler, and the use of anti-embolism devices.

Readings: Skills in Clinical Nursing- pgs.91-107, 624-630

Videos: Real Nursing Skills Respiratory Management: Administering Oxygen via Nasal Cannula, Administering Oxygen via Oxygen Mask, Instructing Client on use of Incentive Spirometer, Using and Air Mask Bag Unit, Oral Pharyngeal Suctioning, Nasotracheal Suctioning
Real Nursing Skills Immobility Management: Applying an Elastic Bandage, Applying Elastic Stockings; Tissue Perfusion Management-Peripheral Pulse Assessment, Carotid Artery Assessment

Clinical Simulation Supplies: Suction Machines, Mucus, Manikins with Respiratory Scenarios, Water, Yankeurs, Oxygen supplies, Manikins with Cardiac Scenarios, Anti-embolism Devices, Manikins with Varicose Veins, Ace Bandages, Manikins with Stump, Doppler's and Gel

Student Supplies: Stethoscope, Sterile Suction Kit, Skills in Clinical Nursing

Provider of Care

Critical Thinking and Theoretical Knowledge

1. Demonstrate a respiratory assessment
2. Demonstrate the use of oxygen equipment
3. Determine the need for Oropharyngeal or Nasopharyngeal suctioning
4. Demonstrate the use of anti-embolism devices
5. Demonstrate a cardio and peripheral vascular assessment
6. Discuss possible complications of the cardiac system

Caring

1. Provide mouth care as needed
2. Provide for client privacy and dignity during examination

Communication

1. Communicate findings to members of the health care team
2. Provide appropriate teaching to client and family
3. Document assessment findings on appropriate health care forms

Manager of Care

1. Utilizes assessment data to determine need for suctioning
2. Gathers all equipment needed for procedure
3. Coordinates diagnostics with members of the health care team

Member of the Discipline of Nursing:

1. Coordinates care with Respiratory Therapy Department
2. Performs as a patient/family advocate

**Chesapeake College/MGW Nursing Program
NUR 111 Foundations of Nursing
Clinical Simulation Guidelines**

Week Eleven: Respiratory, Cardiovascular and Peripheral Vascular Assessments continue from week 10. Urinary Catheterization, Ostomy Care, and Enema Administration (approx. 1 hour)

Clinical Simulation Description: Students will learn the skill of urinary catheterization for male and female clients using aseptic technique. Students will learn how to perform Ostomy care for clients with urinary and bowel diversions. They will also learn how to administer an enema and when the need for an enema is indicated

Readings: Skills in Clinical Nursing-pgs. 542-553, 567-580

Videos: Real Nursing Skills-Elimination Management: Administering an Enema, Removing a Fecal Impaction Digitally, Pouching an Enterostomy, Pouching a Non-continent urinary diversion, Urinary Catheterization, Care of Client with an Indwelling Catheter, Applying a Condom Catheter, Care of a Suprapubic Insertion Site

Clinical Simulation Supplies: Manikins with Bladders, Urine, Male and Female Genitalia, Alcohol Swabs for Cleaning, Enema Manikin, Ostomy Buttons in Manikins, Ostomy Care Supplies, Ostomy Demonstrator

Student Supplies: Stethoscope, Catheter Insertion Tray, Ostomy Pouch & Wafer, Enema Kit, Bandage Scissors, Skills in Clinical Nursing

Provider of care:

Critical Thinking and Theoretical Knowledge

1. Demonstrate insertion, care, and removal of urinary catheter
2. Demonstrate pouching of a urinary/bowel diversion
3. Demonstrate administration of an enema
4. Understands the different types of enemas and their indications

Caring

1. Respects clients Privacy and Dignity

Communication

1. Provides teaching to patient and family related to procedure
2. Discuss the different stoma sites and how that affects stool patterns

Manager of Care:

1. Gather all equipment needed for procedures
2. Accounts for chargeable items

Member of the Discipline of Nursing

1. Recognize the need for Ostomy care
2. Performs in the role of patient advocate

**Chesapeake College/ MGW Nursing Program
NUR 111 Foundations of Nursing
Clinical Simulation Guidelines**

**Week Twelve: Skills Check Off # 2 Catheterization, Ostomy Care, and Enemas.
Medication Administration**

Clinical Simulation Description: During this clinical simulation students will learn administration of medications through the Intramuscular, Intradermal, Subcutaneous, Oral, Rectal, Vaginal, Topical, Ocular, Otis, Intravenous and nasal routes. They will learn how to administer sprays, liquids, suppositories, ointments, and injections using the Rights of Medication Administration.

Readings: Skills in Clinical Nursing- Chapters 14-18

Videos: Real Nursing Skills: Drug Management (entire), Regulating Intravenous Flow Rate, Establishing an Intravenous Infusion, Discontinuation of a Peripheral IV Line

Clinical Simulation Supplies: IM, SQ, Tuberculin, and Insulin Injection Supplies, Inject-Ed blood capsules Medications, IV supplies, IV pumps, Manikins for Injections, Vital Sign Equipment, MARs, Medication Cups, Water Cups, Pill Crushers, Pill Cutters, NG Tubes for Med Administration

Student Supplies: Medication Pack, IV supplies, Insulin, Injection Pad, Stethoscope, Catheter Insertion Tray, Ostomy Pouch and Wafer, Enema Kit, Skills in Clinical Nursing

Provider of Care:

Critical Thinking and Theoretical Knowledge

1. Identifies guidelines for safe administration of medications
2. Demonstrates safe administration of medications through various routes
3. Identifies information needed to administer medications
4. Calculate IV drip rates and medication calculations

Caring

1. Respect the clients right to refuse medications
2. Respect the clients need for medication education

Communication

1. Realize the importance of documentation on the MAR
2. Provide patient teaching related to medications

Manager of Care

1. Administer medications in a safe and organized manner

Member of the Discipline of Nursing

1. Understands the role of the nurse in medication administration
2. Utilize assessment data to determine the need for medications