

**Beebe Healthcare**  
**Margaret H. Rollins School of Nursing**  
**Nursing 101 - Foundations of Nursing**

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**Introduction to Nursing**  
**Basic Care – Part 1 (2022)**

**Basic Nursing Care**

**Purpose:** to provide you with the knowledge and skills to safely provide basic care for your clients

**Your Responsibility:** Read and study the information provided  
Practice in the lab, ask questions  
Practice, practice, practice

**Maslow's Hierarchy of Needs:**



**Safe & Quality Client Care**

*How do healthcare facilities guide practice and keep their clients safe?*

Beebe uses the following:

- Joint Commission 2022 Client Safety Goals
- Evidence-Based Practice or “Best Practice”
- Beebe Values

**LIVING**  
**OUR**  
**VALUES**  
**EVERY DAY**

**Beebe Values- “L.O.V.E”**

- ▶ Do what it takes to keep everyone safe
- ▶ Do it right the first time-every time
- ▶ Treat each individual with respect and dignity
- ▶ Build trusting relationships with compassion and kindness
- ▶ Listen carefully - have the courage to communicate honestly & creatively
- ▶ Achieve amazing accomplishments through exceptional teamwork
- ▶ Act with passion and love for others to make a difference
- ▶ Dedicate yourself to being an expert in your field – always learning, always growing

**Beebe Mission**

To encourage healthy living, prevent illness, and restore optimal health with the people living, working, and visiting in the communities we serve.

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**Beebe Vision**

For Sussex County to be one of the healthiest communities in the nation.

**Handwashing**

***Most important thing you can do to protect yourself and your client!***

How:

- Alcohol hand sanitizer: Until hands dry: Preferred in most clinical situations
- Soap & water: Minimum 20 Seconds

When: (May use alcohol-based hand sanitizer OR soap and water)

- Before and after client care
- Before and after donning gloves
- Before preparing or administering medications
- After handling body fluids
- Before inserting indwelling catheters or other invasive devices
- After contact with a client's non-intact skin, wound dressings, secretions, excretions, mucous membranes, if hands are not visibly soiled
- When moving from a contaminated body site to a clean body site during client care
- After blowing your nose, coughing or sneezing
- Gloves are not a substitute for washing hands!

**Soap and Water required** for the following:

- When hands are visibly soiled
- Before eating
- After using the restroom
- When caring for clients with certain infections, such as *Clostridium difficile* and Norovirus, and/or in outbreak situations as directed by Infection Prevention
- After contact with chemicals

**Handwashing Tips**

- Warm water is best (but cold is ok)
- Friction is most important!
- Scrub all surfaces of both hands
- Don't contaminate hands once clean
- Gloves are not a substitute for handwashing!
- Keep nails short, no artificial nails- harbor bacteria

**Know:**

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- Beebe Policy: Hand Hygiene
- CDC: When & how to wash your hands
- ATI Skills Checklist: Hand hygiene
- Proper Glove Use
- Review Dress Code on nail length and artificial nails in student handbook

### **Gloves**

Worn when potential for direct contact with blood or bodily fluids, nonintact skin, mucous membranes, or infectious materials - plus handling any kind of drain, tube, or device that enters the client's body (IVs, urinary catheters, chest tube, etc.)

### **PPE**

Includes gowns, gloves, face masks, N95 masks, eye protection, face shields, shoe covers

- Review donning and donning sequence (ATI video)
- Extended use – wearing same PPE between clients or for multiple days

### **Standard Precautions**

- Purpose: to prevent transfer of microorganisms, and to keep you and your clients safe!
- Also known as “Universal Precautions”
- *Used for all clients!*

When possibility of contact with:

- o Blood
- o All body fluids, excretions & secretions except sweat
- o Broken skin
- o Mucous membranes

### **Standard Precautions include:**

- Effective hand washing
- Proper use of gloves
- Mask & face/eye protection as needed
- Clean, non-sterile gown when anticipating splashes or sprays of blood or body fluids
- Safe disposal of contaminated linens & supplies
- Safe disposal of sharps
- Proper cleaning of surfaces & equipment after use

### **COVID-19 Precautions**

- Face mask required in Beebe facilities
- Surgical mask required in client care areas
- Eye protection required in COVID-19 client rooms or “Rule Out” COVID-19 clients.
- Avoid touching masks and eye protection – perform hand hygiene before and after!

### **Isolation Precautions**

- Contact Precautions
- Special Contact Precautions

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- Contact Precautions (Level III)
- Droplet Precautions
- Airborne Precautions
- Protective Isolation
- Expanded Respiratory Precautions (COVID-19)

(Refer to Beebe policy: Isolation Precautions for more information)

### **Client Care Basics**

*What must be done during every client interaction before you provide any care?*

- Knock before entering
  - Perform hand hygiene
  - Introduce self
  - 2 client identifiers used at Beebe: \_\_\_\_\_ & \_\_\_\_\_
  - Assess allergies
  - Provide privacy
  - Educate client
  - Gather supplies
  - Utilize appropriate PPE
- Place \_\_\_\_\_ and personal items are in reach!



### **Client Privacy**

- Respect privacy
- Ask permission
- Anticipate client needs & feelings
- Be assertive but not aggressive
- Provide education & explanations
- Make time, listen, develop rapport
- Answer questions
- Offer help – Ask “Is there anything else I can do for you?”
- Remember HIPAA (Need to know basis)

### **Feeding**

Good nutrition is an important part of a client’s health and recovery!

Nursing is responsible for ensuring that the client gets the ordered diet and has assistance as needed.

#### **Check chart:**

- Pt NPO for testing, procedure, surgery
- Pt on special diet following procedure, surgery

#### **Confirm:**

- Right tray is going to the client
- Diet on tray matches diet ordered

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- Diet consistency: regular or mechanically altered: chopped, ground, pureed
- Liquid Consistency: thin or thickened: nectar, honey, pudding
- Ensure blood sugar has been checked, if ordered
- Monitor clients for difficulty with eating, drinking, swallowing

**Feeding**

- ▶ Place upright to eat: 60-90 degrees unless otherwise indicated: bed or chair
- ▶ Proper body alignment
- ▶ Clear off tray table and clean if needed
- ▶ Offer bedpan/toileting before tray placed
- ▶ Wash hands
- ▶ Ensure adaptive equipment available as ordered: curved utensils, thick handles
- ▶ Encourage independence
- ▶ Use spoon to feed. Do not rush.
- ▶ Document food intake in percentages (%) ie; 25%
- ▶ Document fluid intake in milliliters (mL) ie.; 240 mL

**Dysphagia is** \_\_\_\_\_

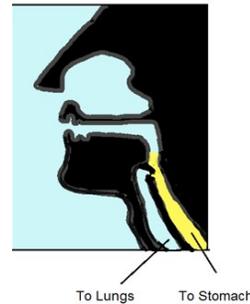
**Aspiration is** \_\_\_\_\_

Signs of dysphagia: **Stop providing food or fluids immediately**

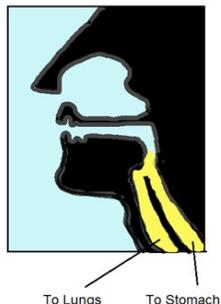
- Choking
- Coughing
- Gagging
- Drooling
- Throat clearing
- Vomiting when eating
- Wet, gurgling voice
- Pocketing food
- Difficulty swallowing, chewing
- Needs frequent oral suctioning

**NPO IMMEDIATELY AND CALL PROVIDER!**

Normal Swallow



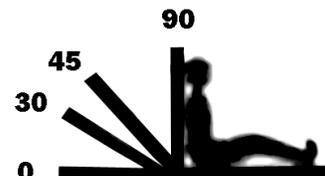
Disordered Swallow & Aspiration



= food and drink

**Aspiration Precautions**

- HOB 90 degrees when eating or drinking
- 1:1 supervision during feeding
- Cut food into small bites
- Allow extra time for chewing & swallowing
- Alternate bits with sips of liquid



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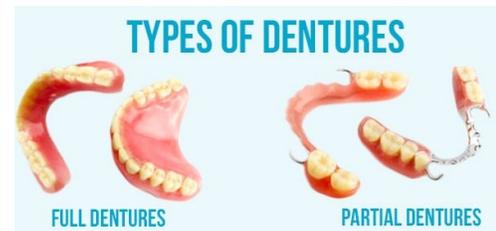
- Keep HOB raised for 30 min after meal
- Maintain HOB 30-45 degrees at all times
  
- Thicken liquids, modified diet
- Avoid distractions during meals
- Frequent oral care
- Crush medications
- Have suction available

**Oral Care**

- Important for overall health, prevent tooth decay, gum disease, and serious infections
- Minimum twice a day
- Ask client their usual routine
- Assist to brush teeth & rinse mouth – offer floss, mouthwash, lip balm
- Caution clients on blood thinners – use soft bristle brush
- Observe lips, tongue, oral mucosa for dryness and/or ulcerations
- Dry mouth with ↓ saliva: \_\_\_\_\_

**Oral Care: Unconscious Client**

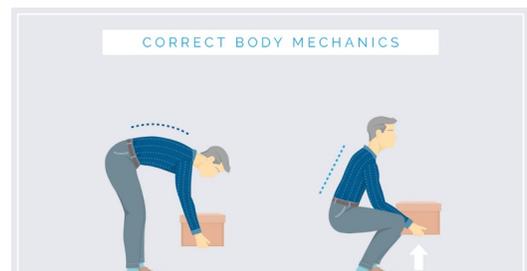
- Especially important for unconscious or ventilator-dependent clients
- More at risk for dry mouth
- Saliva has antibacterial, antiviral & antifungal effects
- Oral care performed Q4 hours & PRN
- May need frequent oral suctioning for secretions
- High risk for aspiration
- Prevents VAP: \_\_\_\_\_



**Denture Care**

- Can have full or partial dentures or combination, upper/lower
- Ask client about home routine
- Soft brush on gums and tongue
- Make sure dentures go into a denture cup with client info on it. To avoid them getting misplaced or mistakenly throw away!
- Expensive! Handle with care!!! (Don't drop!)
  - Washcloth in sink, rinse & brush surfaces over emesis basin
  - Soak in water overnight or when not in mouth
  - May need adhesive for insertion

**Safe Lifting**



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**Body Mechanics**

- Stand close to client or object you are lifting
- Raise bed to your comfort level before transferring
- Spread feet to give yourself wide base before lifting
- Tighten abdominals, keep lower back straight
- Squat and lift/push up from knees (don't lift with back)
- Pivot or side-step in direction of movement
- Do not bend or twist at waist
- Provide client with directions to assist, if able
- Easier & safer to pull something toward you than push it away

Beebe Policy:

- Never lift alone
- Use a minimum of 2 people to move a client up in bed
- Use a minimum of 4 people to transfer a client from bed to stretcher
- Never lift > 50 pounds without help of equipment or other staff

**Safe Transfer**

- Know your client!
- Have equipment available: gait belt, slide board, walker, mechanical lift, air mattress
- Lock brakes on bed and receiving equipment before transfer (chair, stretcher)
- Have enough staff to safely transfer client

**Dangling**

- Ask client to sit on side of bed before transfer
  - Monitor for dizziness, light-headedness, change in vital signs called
- 
- Ensure non-skid shoes or socks are in place
  - Have equipment ready
    - Gait belt - all clients!
    - Cane
    - Crutches
    - Walker
    - Wheelchair
    - Bedside chair
    - Hoyer lift

**Transfer: Bed to Chair**

- Provide privacy
- Lock bed and chair brakes
- Walking shoes are best, otherwise apply slipper socks
- Secure gait belt around waist

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- Consider IV pole, catheters, drains, etc.
- Ask for help if needed
- “Stand-Pivot Transfer” – for clients who are strong, cooperative and able to assist
  
- Ensure good body alignment in chair
- Offer blanket, arm pillows, elevate legs for comfort
- Place call bell in reach! And client’s personal items (Cell phone, book, Chapstick, etc.)

**Ambulation**

- Think safety before getting your client up
- Check chart: activity orders; how tolerated
- Dangle client before standing
- Use gait belt (at bedside)
- Assistive devices in reach?
- **Masks required** to ambulate in hallway (COVID-19)

**Safe Transport: Bed/Wheelchair**

- Wheels on bed/chair locked before transfer
- Good body alignment
- Client covered for privacy & warmth
- Maintain safe speed
- When using elevator, turn & go in backward
- When going down steep incline, turn & go down backward
- Urinary catheter secured below level of bladder

**Fall Prevention**

- **Prevention is Key!**
- **Morse** Fall Risk Assessment: evaluates fall risk on & throughout admission
- Most hospital falls happen in the client’s room or bathroom (r/t toileting)
- **What can we do?**
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**If a fall occurs:**

- If able, ease client to floor

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- Call for help! Stay with the client
- Do not move the client until they have been evaluated
- Notify physician
- Participate in debriefing session with nursing staff
- **Know: Beebe Policy: Fall Prevention & Management**

**Restraints**

Used to prevent a client from harming themselves or others

Rarely used, very regulated

If ordered, Follow Beebe Policy on Restraints

**Culture of Safety**

- Client safety is top priority!
- Everyone's responsibility
- Offer assistance, answer call bells, report potential hazards (spills on floor, etc)
- Overall Goal: Provide/Promote a "Culture of Safety"
- Blame free environment: Safety Tracking Tools
- Proactive: "Good Catch Program"
- Processes to prevent errors
- Transparency

