

**Beebe Healthcare**  
**Margaret H. Rollins School of Nursing**  
**Nursing 101 - Foundations of Nursing**  
**Day 1 Class Prep Assignment**

1. According to the Beebe Healthcare's Hand Hygiene policy, identify a situation in which a healthcare worker should use only soap and water to clean their hands. Then identify a situation where a healthcare worker could use waterless hand rub.
  - a. **Soap and water only:** Soap and water only should be used by healthcare providers when hands are visibly soiled, before eating, after using the restroom, after contact with chemicals, and after caring for patients with certain infections.
  - b. **Waterless hand rub:** Waterless hand rub should be used before having direct contact with patients, and before preparing or administering medications as well to patients. Along with that, before donning gloves (sterile and non-sterile) and after removing gloves. Waterless hand rub is a great intervention to keeping nurses and patients safe.

2. Go to the ATI Module for Infection Control/Isolation found under "Foundational Concepts of Nursing Practice" in Engage Fundamentals 2.0. Find the "Types of Precautions" lesson and watch the Video called "Transmission-Based Precautions." Why was the patient in the video on contact precautions?

The patient in the video was on contact precautions because he had an infection on his leg. Anytime infection is suspected, certain precautions need to be implemented. This is done for visitors and medical professionals, in order to keep them safe from any transmission of bacteria.

3. While reviewing the Basic Skills videos, you should notice similarities between the nurse/patient interactions in each video. Based on your observations, what are two (2) things you should do **before** providing any care to your patient?
  - a. You should ask your patient to read off their name and DOB, then confirm on their wrist band that the information is correct. This will help prevent any medical errors.
  - b. You should always introduce yourself to your patient, explain what you will be doing, and follow it up with correct sanitation and donning before working with client.

4. Fill in the correct medical abbreviations for the following terms:

Bedtime

HS

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Four times a day	QID
Dx	Diagnosis
BR	Bedrest
CXR	Chest X-Ray
Head of bed	HOB
IVF	Intravenous Fluids

5. Go to the ATI Module for Nutrition found under "Physiological Concepts for Nursing Practice" in Engage Fundamentals 2.0. Find the lesson - Nursing Interventions - and answer the following question.

Medical conditions that put a client at an increased risk for aspiration include? **Select all that apply.**

- a. **Stroke**
- b. Hypertension
- c. Flu
- d. **Acid Reflux**
- e. **Mouth Sores**
- f. **Dental Issues**
- g. Common cold