

Instructional Module 4 – Adult M/S 2

Competency	Outcomes	Secondary Outcomes	Give examples of how you met each outcome
Assessment & Intervention	Implement a plan of care that integrates adult patient-related data and evidence-based practice.	<ul style="list-style-type: none"> - Define plan of care for specific health impairment - Identify signs/symptoms of health impairment - Select & implement proper interventions for specific health impairment - Evaluate effectiveness of interventions 	<p>1. In simulation, my patient complained of extreme nausea. She was diagnosed with non-small cell lung carcinoma a year ago. I reviewed my EMR and saw that she had a PRN scheduled antiemetic ordered. I administered Zofran IVP and reassessed her to determine medication effectiveness within 30 minutes. She informed me that she felt extremely better.</p> <p>2. One of patient's was ninety-five years old. She was being discharged and had two peripheral IVs that had to be removed. Upon physical assessment, I noted that she had thin and dry skin. In order to preserve the integrity of her skin, I gathered the necessary supplies for discontinuing an IV and an adhesive remover spray. Using the adhesive remover ensured my patient's comfort and prevented skin injury.</p>
Communication	Communicate effectively with members of the healthcare team.	<ul style="list-style-type: none"> - Identify health care team members & their purpose - Interact appropriately with health care team. - Utilize proper SBAR, TEAM Steps, etc. - Evaluate outcomes of communication process 	<p>1. The floor was full of patients. There was only one CNA available. The CNA was stressed. I offered to help her gather the needed patient vital signs and blood sugars. She informed me to make sure to take one of the patient's blood pressure on the left arm because she had a right radical mastectomy. Our effective communication overall allowed us to work safely and efficiently.</p> <p>2. Physical therapy was on my floor working with my post-operative patient. She told me that she was in dire need of going to the restroom. I offered to assist my patient with ambulation down the hall. I pushed my patient's IV pump and grasped my hand under his gait belt to ensure that he walked steadily until the physical therapist got back from the restroom.</p>
Critical Thinking	Apply evidence based research in nursing interventions.	<ul style="list-style-type: none"> - Analyze pertinent data (subjective, objective) - Identify evidence based practice (EBP) resources - Distinguish EBP nursing interventions - Apply EBP nursing interventions - Document resources & interventions 	<p>1. I utilized my diagnostic worksheet. I compared my primary patient's lab values with what is considered normal for each lab value. This allowed me to investigate more into my patient signs and symptoms to help determine if the abnormal lab value was the source of my patient's symptoms. I was able to utilize the labs to help identify points of nursing interventions and assessment. For example, one of patients had abnormally high blood glucose levels that were up in the 500s. He frequently complained of being thirsty and tired. I found that the blood glucose lab value and the patient's complaints were most likely correlated.</p> <p>2. One of my patients already had a family member at the bedside. She was asking me if another member could come up to visit as well. I informed my patient that due to COVID hospital policy, only one visitor is allowed per patient. I stated that we are trying to prevent potential COVID cases. I informed her that if she wanted to visit with her other visitor, that her family member present at the bedside would have to leave the hospital.</p>
Caring and Human Relationships	Incorporate nursing and healthcare standards with dignity and respect when providing nursing care.	<ul style="list-style-type: none"> - Explain need for nursing & health care standards - Apply standards to patient care (HIPAA, QSEN, NPSG) - Communicate concerns regarding hazards/errors in patient care 	<p>1. A patient of mine brought up that she was married for 62 years and is struggling with living life without him. She started to cry. She stated "I am sorry. I just do not get to talk to anybody very often and so when I do, I talk a lot." My approach was to ask her if she had any support or family that lived close. I placed my hand on hers and I acknowledge her feelings. I told her that I would leave her door open and if she needed anybody to talk to during the day to just holler my name. I told her that I was planning on frequently popping in to check in on her.</p>

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Management	Recommend resources most relevant in the care of patients with health impairments.	<ul style="list-style-type: none"> - Assess patient needs during acute care to promote positive outcomes. - Assimilate co-morbidities into plan of care - Identify appropriate resources - Initiate discharge plan 	<p>1. I ensured that my bariatric surgery patient did not have a straw or caffeine when I prepared and gathered necessary supplies for medication administration. I grabbed fresh ice water for my patient and a lid to go with her oral medications. Straws and carbonated beverages should be avoided in order to prevent air from being introduced into the stomach pouch. Air in the stomach pouch would cause some abdominal discomfort and pain.</p> <p>2. I participated in discharge planning for my patient. The nurse I was assigned to and I gathered all the necessary paperwork that needed signatures, brochures, and discharge teaching for my patient. My patient had some confusion related to her history of Alzheimer's. She did not have any transportation set up for discharge. We called her assisted living facility to set up appropriate transportation.</p>
Leadership	Participate in the development of interprofessional plans of care.	<ul style="list-style-type: none"> - Identify/define interprofessional plan of care - Integrate contributions of health care team to achieve goals - Implement interprofessional plan of care 	<p>1. One of my patients was being transported down to radiology for further testing. I stood at the head of the bed and counted off to three. I counted off for the push/pull transfer to the gurney. I also ensured my patient had a mask before they left their room. Taking leadership in the transfer to the gurney allowed for the efficient and time-effective movement of my patient.</p> <p>2. There was a call over the intercom for needing extra assistance in one of the patient rooms. There was a combative patient in restraints as some of the staff members were trying to change his brief. They needed someone to help hold his arms down. I stood at the head of the bed and talked to the patient in order to distract him. I made sure to speak slowly and calmly. I told him what we were going to change his brief and clean him because he was dirty. I then asked him questions so he would get his mind off of what was going on. This method seemed to effective. We were able to change his brief and get him all cleaned up.</p>
Teaching	Evaluate the effectiveness of teaching plans implemented during patient care.	<ul style="list-style-type: none"> - Identify/define teaching plan - Implement teaching plan - Identify appropriate evaluation tools - Appraise patient outcomes 	<p>1. One of my patient's was diagnosed with a dental abscess and had 17 teeth removed. The patient was prescribed a Chlorhexidine Gluconate mouthwash. He had never used one before. I taught my patient how to use it. I taught him the importance of not swallowing the mouthwash and adhering to this dental hygiene method. To ensure my teaching was effective, I had my patient demonstrate proper use of the oral wash. Within the two days the mouthwash treatment was started, the active bleeding in the mouth stopped.</p> <p>2. My patient had a colostomy that frequently would get filled up with air. This was irritating to my patient. He frequently used his call light with complaints of his colostomy being full of air. I taught my patient how to fix this. I told him if the colostomy is always full of air it could potentially pull on the adhesive. I showed him how you can open the filter adhesive in order to allow the air to escape. Upon</p>

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			showing my patient this, he was able to manage the ballooning of his colostomy bag independently.
Knowledge Integration	Deliver effective nursing care to patients with multiple healthcare deficits.	<ul style="list-style-type: none">- Identify patient health deficits- Prioritize care appropriately- Adjust plan of care based on patient need- Identify system barriers- Modify health care deficits identified	<ol style="list-style-type: none">1. My patient had a great deal of pain after surgery. I performed a head to toe physical assessment before initiating care of my patient. I asked my patient to rate her pain on a scale of zero to ten. She rated it an 8. She stated that the pain was on the posterior side of her head and was constant throbbing. I gathered all of my nine o'clock medications. When administering medications, I ensured that the patient took her analgesic first. I wanted to ensure that her pain could be relieved as quickly as possible in order to ensure my patient's comfort.2. My patient was Spanish speaking only. He had an English and Spanish speaking relative at the bedside. When I performed my assessment, I asked the family member if he could assist me in communicating properly. I tried to my best to use visual aids and hand gestures to help get my point across on my own. The use and support of his family member allowed me to ask questions and communicate effectively.