

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. As I assessed on of my patient’s skin when turning them to clean them in bed, I noticed reddening on the coccis area and explained I to the patient the importance of re-positioning and turning to prevent the red spot from turning into a bed sore. We encouraged the patient to get up and move around as well as making sure our patient was repositioned often to reduce the amount of pressure on that sacral area. The next day the patient’s sacrum had much less reddening, and he was changing positions every so often to prevent the bed sores from worsening.</p> <p>2. A patient who was admitted to my floor was vomiting a lot when she arrived and had continued to for a few hours even after being giving antiemetics. When I entered the room to begin assessing the patient, I notice that her IV sight was covered in vomit and the dressing was soiled. After assessing the sites, I noticed that the catheter tip for the IV was not present, so we removed the sight and started a new one. After that I got a new sterile dressing kit, and we proceeded to change the dressing.</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 Nurses Aid and I worked together to get their daily responsibilities done as well as mine. I did the first two sets of vitals for my patients as well as their blood sugar checks and reported them to her as well as my nurse for them to chart. I also checked with my patients to see if they needed a shower or a bed bath, then the nurses aid and I collaborated to figure out a schedule to get the showers and bed baths done, as well as changing linens. We worked together to get it all completed in a timely manner.</p> <p>2. I had a patient that weighed over 500 pounds that I was unable to move, I was called into the room to help move the patient in order for him to be transported for a procedure downstairs. Communication was effectively reached when we obtained 5 nurses into the room that had been asked to come help move the patient from bed to bed. Then we began a plan of care when the nurse in charge got an effective plan on when and how to move the patient, the timing that we would move, a certain command in which to move on, as well as how to effectively transfer the patient over without harm while effectively and cautiously moving safely.</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. One of my patients had acute kidney Injury. I did a head-to-toe assessment on my patients as well as looked in the chart of my patient at the lab results and diagnostic test. After analyzing this information, I used the critical thinking worksheet to help me make a plan of care for my patient. It helped me come up with a nursing diagnosis and interventions with evidence base practice to support my nursing diagnosis and help to obtain my patients outcome.</p> <p>2. I had a patient with diabetes, he complained of being hot and sweaty. After having read in his chart that he was a diabetic, and noticing the sweet odor of his breath, I decided to check his blood sugar – which was in the 400s. I knew that this was extremely high, and action was required to remedy it. Even though the patient wasn’t scheduled for an insulin dosing, I knew we had to do something, so I told my nurse, and we made a call to the physician to get a dose of insulin even though it</p>

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<p>Caring and Human Relationships</p>	<p>Incorporate nursing and healthcare standards with dignity and respect when providing nursing care.</p>	<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>wasn't ordered at the time,</p> <ol style="list-style-type: none"> 1. I incorporated the nursing and healthcare standards by making sure I did medication administration correctly. To do this, I retrieve the right meds from the med room pixus and verify them with the EMR. Then when going to the patient's room I verify the patient with two identifiers and scan his/her bracelet. I ask my patient if they have any allergies. Then I scanned the medications and check for the right dose, right route, right reason, and right time. I also check and vitals that need to be checked before giving certain medications. I then administer the medications to my patient. 2. As I was on the floor one day, there was a little 98-year-old lady who was being taken down for an NG tube procedure, however she did not speak English, she was scared, she had osteoporosis, and she wanted to hold paper towels the whole time. Knowing how to be a good patient advocate and supportive of my patient I offered to go down to the procedure with her as I was her student nurse for the day and that was a role of mine. I stayed by her side, trying to relieve her of some of the stress already caused by the procedure.
<p>Management</p>	<p>Recommend resources most relevant in the care of patients with health impairments.</p>	<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 	<ol style="list-style-type: none"> 1. One of my patients who was going to get a port placed, needed discharge teaching done because they were about to be discharged. We gave him instructions for keeping his port clean and how to care for it. We also stressed the importance of him taking his discharge medications due to his blood pressure being very high upon admission due to lack of compliance. We made sure he had everything he needed to stay in contact with his case manager who oversaw the outpatient dialysis set up. 2. One of my clinical days I had a patient who was in the hospital for a blood clot that traveled to his lungs. During his hospital stay I had him for two consecutive weeks, this was interesting cause usually you don't have the same patients' back-to-back weeks on med surg. I was able to do many nursing management/planning techniques for this patient, we were able to teach the patient incentive spirometry, as well as techniques to keep his blood pressure in normal range and even a plan of care for meals and healthy diet tips. We also managed ambulating this patient many times for good blood flow and to prevent pooling as well as teaching this patient about the importance of ROM techniques and frequent moving and repositioning as these are all factors to reduce thrombotic events.
<p>Leadership</p>	<p>Participate in the development of interprofessional plans of care.</p>	<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 	<ol style="list-style-type: none"> 1. When taking care of my patient with the osteomyelitis to the big toe, we collaborated a lot with the doctors for this patient. The patient didn't agree with most of what the doctors had to say and kept wanting another doctor's opinion. We had to discuss with the patient as well as the doctor and case manager a lot about the case and the patients wishes. The doctors wanted to amputate part of the foot and the patient didn't agree. We all did our best to collaborate and get everyone on the same page. 2. Another scenario in which leadership was met, was when I had a diabetic patient, that was very incompassant with their diabetes and my nurse had to come into the room with me as well as the patient's doctor and explain the benefits to the patient

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			<p>about following the correct care to stabilize diabetes. This helped me by reassuring me that, if scenarios like this occur in the future, I will know the step-by-step process necessary to teach the patient as well as what I need to do to fix it if a problem arises. The nurse played a vital role in my learning experience. She helped walk me through this situation, giving detailed instruction on what I would need to do. Because we had already learned about the seriousness of Diabetes, I felt a sense of clarity about the steps that needed to be taken.</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 patients was able to get out of bed, ambulate, and do daily things. However, he spent most of his day bed bound. I discussed with him the need to get up and move around when possible to prevent any other complications and that it was good for the respiratory system, as well as keeping the patient from losing muscle mass and the ability to move extremities. I also discussed with the patient that getting up and moving was going to help with skin integrity and the possibility of getting a bed sore when the patient doesn't get up and move.</p> <p>2. One of my clinical days I had a patient who had Rhabdomyolysis, in this case he had worked out too extensively, which led to the excessive breakdown of muscle tissue causing harm to his kidneys. My nurse and I printed out interventions for Rhabdomyolysis, as well as taught him proper techniques to warm up, stretch, and prevention techniques to prevent a re-occurring event. We also talked with him about personal care such as rehabilitation to get the muscle back the normal functioning capacity.</p>
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 	<p>1. One day in clinical I had several patients on the Med Surg floor that were all scheduled for pain meds; however, we had a patient who was needing an NG tube done at bedside to drain her stomach. We had to prioritize which plan of care we thought would be most important. Knowing that the patient had a Hiatal Hernia, and with her being 98 years old there was a high chance of aspiration if the stomach content was not drained quickly. After performing this procedure with my nurse a few times in each nostril we could not successfully advance the tube and with time being important in this situation, we had to quickly take her down to Endoscopy to have them do the procedure with X-Ray. This was a vital knowledge integration scenario due to the high risks if we had prioritized other patients first.</p> <p>2. On the floor one day we had 5 patients, one with severe pain in need of his pain medication, one who was constantly vomiting and need to be cleaned up, one who had just gotten back from an EDG and need postop vitals, another who was just waiting to have his dialysis port placed so he could go home, as well as one who needed constant monitoring due to neuro issues. We had to prioritize our time. We started the post op vitals, gave the pain medications to our patient who need them, then went to our patient who needed an antiemetic and cleaned up. Next, we stopped by the neuro patient's room as we did frequently. Lastly, we went and checked on our patient waiting to get his dialysis as he was stable and didn't need anything.</p>

