

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 intervention 	<p>1. I took care of a patient with a jugular central line with 3 Lumens, one for parenteral nutrition and the other 2 for medications. I assessed the site for any redness, irritation, or breach of sterile dressing first. Everything looked good. The pt. needed morphine for pain, and I knew a jugular central line inserts into the superior vena cava of the heart and it was crucial to maintain strict aseptic technique so after applying gloves I made sure to vigorously wipe my alcohol pad across the opened lumen for 15 seconds followed by aspiration to check patency and then a 9 mL flush, rubbing a new alcohol pad for 15 seconds in between each syringe to be attached all while never letting go of the lumen to avoid it touching anything in between. Finally closing the lumen with an alcohol cap and clamping the lumen.</p> <p>2. I had an elderly patient with very fragile skin who I needed to take the peripheral IV out of her left forearm for her to be discharged. I assessed her skin and saw that her skin was at risk for tearing since it was very thin and frail. I investigated the box that was placed in her room with extra supplies for anything I could use to help alleviate the pain as well as the pull/possible tearing of her skin, I found an aerosol can of oil and utilized it to peel very slowly around the complete outer edge carefully pulling after spraying of each pull and this helped me successfully get the dressing off without damaging her skin and without causing her pain. The patient was very appreciative of these efforts.</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. During Sim Lab I had a patient that had a hard time breathing, after instructing the patient to turn and cough along with sitting up to help with air flow I decided to call the respiratory therapist to assist in helping the patient breathe. The respiratory therapist came and did deep breathing exercises with the patient. This allowed me to utilize my healthcare team to benefit my patient.</p> <p>2. Also in Sim Lab I had another patient who had hip surgery, I checked the patient's surgical site when I first came in the room and the dressing was dry and secured well. I left the patients room to get the patients meds and upon returning the patients vitals changed drastically. The patients' blood pressure declined significantly and heart rate as well as respiratory rate went high, I had already checked the surgical site not even 10 min. prior so that did not dawn on me to check it again, after contacting the dr. over the phone and communicating the vials the Dr. asked me if I checked the surgical site. I went ahead and checked it again and saw a blood saturated dressing, I realized how fast things can change and double checking even if I have already checked it is good to check again</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 had a patient that needed antiembolism stockings and when I noticed they were wrinkled and sliding down I pulled them up and made sure there were no wrinkles. Wrinkles under the toes can cut off circulation to the legs and toes and if there are wrinkles on the legs it can cause uneven pressure on the legs and create damage to the skin.</p> <p style="text-align: center;">Reference:</p>

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			<p><i>Ted Hose, Drugs.com. What You Need to Know. Nov. 16, 2020</i></p> <p>2. My patient said her throat hurt because of the NG tube that was removed so I brought her some ice water and offered a pop sickle, cold beverage or pop sickle can alleviate throat pain by numbing the throat and fight inflammation constricting the blood flow in that area.</p> <p style="text-align: center;">Reference:</p> <p><i>Best Soar Throat Remedies to Make You Feel Better Fast, According to Doctors. Aug. 1, 2019. https://www.prevention.com/health/a20500381/soar-throat-remedies/</i></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. I had a patient who attempted suicide while in the hospital and as her student nurse I wanted to make sure I helped her and not overstep any boundaries to make her uncomfortable. She already seemed a bit reserved and voiced how she felt like a burden having to have a hospital employee stay in her room to watch her 24/7. I maintained a pleasant and quiet environment for her and approached her in a slow and calm manner because patients may respond with anxious or aggressive behavior if startled or over stimulated. This seemed to work as she began to open up to me about what happened and how she felt just before she attempted suicide. I felt honored for her to feel comfortable enough to lean on me.</p> <p>2. I had a patient who sustained many fractures and was in a lot of pain and had physical barriers. She was very fatigued from any little task assigned to her for mobility such as moving from the bed to the chair or even getting to the bedside toilet. I helped her manage scheduled, structured activity and rest periods to help with fatigue because this helps provide stimulation while reducing fatigue.</p>
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 had a patient who had a cholecystectomy and was ready to be discharged. This patients' primary language was Spanish so I recommended we print her discharge papers in Spanish so she would be able to understand them better. We printed some information on dietitians in her community that could help with her new expected way of eating to avoid any future problems.</p> <p>2. This same patient also was taught she could not lift more than 10 lbs. for at least 2 weeks after surgery so we made sure we spoke with her husband to make sure she had help at all times for her to accommodate her needs if over 10 lbs. The husband stated he would be with her and when he could not, she had her mom to help. We gave her a number to call if she ran into a situation where she did not have help and they would be able to assist in those needs.</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. I had a patient who needed moved from one bed to another and this patient was obese and immobile. I took the initiative to get the sliding board from the equipment room and gathered up individuals who were able to help and as a team we carefully slid the patient to the other bed safely and efficiently without any injuries to the pt. or our body mechanics.</p> <p>2. I had a patient that needed to ambulate according to the Dr.'s orders and another student and I utilized a gait belt and helped the patient ambulate twice down the hall and back making sure to help each other balance the weight of the</p>

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<p>Teaching</p>	<p>Evaluate the effectiveness of teaching plans implemented during patient care.</p>	<ul style="list-style-type: none"> - Identify/define teaching plan - Implement teaching plan - Identify appropriate evaluation tools - Appraise patient outcomes 	<p>patient for safety.</p> <ol style="list-style-type: none"> 1. With my patient who needed to ambulate I reminded her as I seen her out of breath that it was ok to stop and catch her breath as needed to not overexert herself. She listened and stopped every couple of minutes to prevent her from feeling so out of breath and that really helped her, and I was able to observe this teaching being done and benefiting her. 2. A patient who had a cholecystectomy had orders to ambulate and get moving around before she could be discharged. She struggled to figure out after cautiously sitting up how to get off the bed without leaning forward and putting pressure on her abdomen causing pain. I taught her the simple tip of leaning back slightly to keep from bending forward and slowly shimmering her body towards the edge of the bed and with my help she was able to grab onto me and get to a standing position without the anticipating pain she was worried about. She was grateful for such a small tip that helped in such a big way. Once she walked around and realized she could do it, she gained the confidence that she would be able to walk and get back to normal after originally feeling incapable of achieving her known normalcy.
<p>Knowledge Integration</p>	<p>Deliver effective nursing care to patients with multiple healthcare deficits.</p>	<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. I had a patient that had a NC on 2 L oxygen I noticed she had scabbing on the rim of her ear from the tube draped around her ear. This was difficult to keep the tubing from having friction from movement, so we tightened the tubing to rest higher on the checks and applied tape behind the ears over the tubing to keep it from moving. We also put gauze underneath the tubing to protect the skin. 2. A patient I had that needed oral care while in a total patient care situation had to have suctioning to prevent aspiration and I noticed her lips were very dry and beginning to crack. I knew she was on a peg tube and her lips may be dry due to dehydration, but I wasn't able to give her anything outside of Dr.'s orders so I got some Chapstick for her and put some on her lips and although she couldn't talk and express herself I could tell by the difference the Chapstick made on her skin that she had to be relived and her lips feeling much better.