

Pre-Clinical: Bring a watch, stethoscope, pen light, hospital vital signs sheet, physical assessment check off sheet, documentation with check sheet, narrative documentation form, history and physical form, pen, a clipboard or folder to keep papers, and an Excellent Attitude. It is best to eat before coming to clinical so you don't feel weak.

Week 3 Clinical Goals: (Head-to-Toe Assessment/Clinical Bingo)

- Demonstrate effective communication and professionalism while providing patient care.
- Perform head-to-toe assessment using minimum prompts from observing instructor. (Please review head-to-toe assessment thoroughly in preparation for clinical this week.)
- **Clinical Bingo Students** – Review Clinical Bingo (Under Clinical Resources) prior to clinical attendance (no need to print). Your instructor will give you an individual card to use for the day. As you provide care throughout the day, attempt to mark off as many items as possible. (Please use a dry erase marker on the laminated cards.)
- Continue to assist with vital signs, both manual BP and using BP machines, on other patients as needed by healthcare team. **Be sure to report any vital sign measurement outside of normal ranges to the nurse. If you cannot find the nurse, report measurements outside of normal limits to your instructor.**
- Assist with as many activities of daily living as possible. Activities of daily living include assistance with bathing, showering, brushing teeth, hair care, assisting with meals, assist with ambulation, emptying trash, straightening up rooms, refilling water pitchers, measuring intake and output, emptying urine collection devices and reporting output to the nurse/nurse aide for documentation. *While doing any of the above, if you note abnormal findings, you need to report it to the nurse or your instructor. Ex: After 5 hours on shift, patient has only 100 mL of dark brown urine in catheter bag.
- Perform blood glucose checks (AccuCheks) starting at 1100. **Be sure to report blood glucose values to nurses quickly. If you get a low or high blood glucose (less than 70 mg/dL or greater than 300 mg/dL let your nurse know immediately).**
- Answer call lights. You may not know how to address the patient's need, but you can find someone who does.
- Seek out one patient on oxygen therapy. Note the oxygen device in use, flow rate of the oxygen, and any assessment data associated with the use of oxygen (respiratory rate, depth of respirations, oxygen saturation). Be prepared to discuss this observation in post-clinical conference.
- Observe the diet ordered for one of your patients. The ordered diet is commonly listed on a slip of paper on the patient's meal tray. What percentage of the meal did the patient eat? Did you note any assessment parameters related to diet? Be prepared to discuss this observation in post-clinical conference.
- Consider community resources your patient may need as they continue in their recovery: (Ex: Financial Assistance with medications or medical bills, housing assistance, language assistance, durable medical equipment (walker, oxygen, bedside commode), physical therapy, occupational therapy, speech therapy, dietary resources, mental health assistance, spiritual assistance)
- Observe and be prepared to speak in post-clinical about any patient education experiences you observed. What went well during the education interaction? What did not go well? What barriers to learning were present?

*Note – do not give food or water to patients until a member of the healthcare team has confirmed the patient is not NPO. Report all vital signs measurements to nurse or CNA for documentation.

Week 3: Post Clinical Discussion

Be prepared to share Plus/Delta and Information on Numbers 7-10 above during Post-Clinical Discussion. Then select examples from Health Promotion and Maintenance and Psychosocial Integrity listed below.

Look at the elements below and think about if you observed an example of one or more during the clinical day.

Health Promotion and Maintenance

The nurse provides and directs nursing care of the client that incorporates the knowledge of expected growth and development principles, prevention and/or early detection of health problems, and strategies to achieve optimal health.

- Assess and educate clients about health risks based on family, population, and community
- Assess client's readiness to learn, learning preferences, and barriers to learning
- Plan and/or participate in community health education
- Educate client about preventative care and health maintenance recommendations
- Provide resources to minimize communication barriers
- Perform targeted screening assessments (e.g., vision, nutrition, depression)
- Educate client about prevention and treatment of high-risk health behaviors
- Assess client ability to manage care in home environment and plan care accordingly
- Perform comprehensive health assessments

Psychosocial Integrity

The nurse provides and directs nursing care that promotes and supports the emotional, mental and social well-being of the client experiencing stressful events as well as clients with acute or chronic mental illness.

- Incorporate client cultural practices and beliefs when planning and
providing care
- Assess client support system to aid in plan of care
- Provide care for a client experiencing grief or loss
- Assess psychosocial factors influencing care and plan interventions (e.g.,

occupational, spiritual, environmental, financial)

- Provide appropriate care for a client experiencing visual, auditory, and/or cognitive alterations
- Use therapeutic communication techniques
- Promote a therapeutic environment