



**PANOLA COLLEGE
ASSOCIATE DEGREE NURSING**



**RNSG 1205
Nursing Skills I**

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Panola College
Associate Degree Nursing Program
COURSE OVERVIEW

COURSE NUMBER: RNSG 1205

COURSE TITLE: Nursing Skills

Semester Credit Hours: 2

Lecture Hours per week: 2

Lab hours per week: 3

Contact Hours per Semester: 80

State Approval Code: CIP 51.1601

PRE-REQUISITES: CHEM 1405, BIOL 2401, BIOL 2402, PSYC 2301

Course Description: Study of concepts and principles essential for demonstrating competence in the performance of nursing procedures. Topics include knowledge, judgment, skills and professional values within a legal/ethical framework. The student will describe concepts and principles that are basic to the safe performance of nursing skills and demonstrate competence in the performance of nursing procedures. Concepts of nursing will be applied from a professional nursing view within the framework of provider of care, coordinator of care, and member of the profession. Because this course is predominantly skills based, the prevailing of the three concepts is the nurse as provider of care. The concepts of nurse as coordinator of care and a member of the profession are integrated throughout the theory and practice of the skills included in the course. Students will also apply the concepts of nursing, environment, person and health throughout the course.

Core Competencies: Students are expected to demonstrate basic competency in reading, writing, oral communication, math, and computer skills. Students are expected to be an active learning participant by assuming accountability in preparing for each class by completing required readings and/or other learning activities as listed in the syllabus. Proficiency will be measured by clinical participation, skills assessment, documentation, and interaction as a team member.

Course Requirements:

1. Regular attendance within current attendance policies.
2. An average of at least 75% or better on coursework.
3. Outside individualized readings and assignments.
4. Compliance with all rules and regulations as outlined in the current Department of Nursing Student Handbook and Panola College Catalog.

If any student in this class has special classroom or testing needs because of a physical, learning, or emotional condition, please contact ADA Counselor in the Administration Building, telephone 903-693-1123.

Withdrawing from a course is the student's responsibility. If you do not withdraw yourself, you will very likely receive an F if you do not attend class.

COURSE OUTCOMES:

THE NURSE AS A PROVIDER OF CARE:

At the end of the course, in a simulated lab setting, the student will be able to:

1. Demonstrate nursing procedures and skills related to nursing process using all current safety precautions. (PO 5) (SCANS IA i, ii, iii, iv, v; IB i, ii, iii, iv, v)
2. Use critical thinking in collecting and analyzing health data. (PO 1,7) (SCANS IB ii, v)
3. Demonstrate medication administration and treatments safely. (PO 3) (SCANS IAi, ii, iii, iv, v)
4. Anticipate potential responses to therapeutic interventions. (PO 5) (SCANS IIC i, ii, iii)

THE NURSE AS COORDINATOR OF CARE:

At the end of the course, in a simulated lab setting, the student will be able to:

5. Use resources in an organized manner and explain factors affecting resource utilization. (PO 8) (SCANS IIAi, iii)

THE NURSE AS A MEMBER OF THE PROFESSION:

At the end of the course the student will be able to:

6. Participate in self-evaluation and peer evaluation processes. (PO 12) (SCANS IC iv)
7. Promote collegiality among peer group. (PO 4) (SCANS IIB iv)

TEACHING/LEARNING STRATEGIES:

Clinical skills assignments	Student-Teacher conferences	
Videos	Computer Assisted Instruction	
Observation	Group discussion	
Return demonstration	Lab Simulation	Lecture

GRADING

Each student will be evaluated in the campus laboratory based on observation of the student's performance and behaviors.

The Associate Degree Nursing Program, in accordance with policy, uses the following numerical scale in computing final course grades:

- A = 90-100**
- B = 80-89**
- C = 75-79**
- F = below 75**

There will be no rounding of grades (Policy 5.1 Student Handbook)

Final grades will consist of the following:

Exams	85%
Skills Evaluation	15%

NOTE: Students MUST have a 75 or above average on the exams AND a 75 or above average in skills evaluations (demonstrations/check offs) to pass RNSG 1205 and be allowed to progress to RNSG 1309 and RNSG 1362.

Students are responsible for the learning objectives in the course syllabus. Exam items will reflect the learning objectives. Items on the exams will be in the form of multiple choice.

ACHIEVEMENT EXAMINATIONS

Achievement examinations will be administered throughout the nursing program. In addition to fulfilling the academic requirements of Panola College, all students must successfully pass a comprehensive achievement examination in the final semester of the nursing program in order to be eligible to graduate. **This is the capstone experience.** Please refer to policy 6.6 in the Student Handbook for further information.

First semester students will take the Fundamentals HESI during the last month of the first semester. There is no HESI administered in the skills class. However, skills class information will be on the fundamentals HESI.

In preparation for these examinations and the NCLEX for licensure after graduation, students are advised to increase their exposure to multiple-choice questions similar to those they will see on NCLEX. This can be accomplished by completing periodic self-evaluation review exams as found in NCLEX Review texts.

TEST REVIEW

1. Test Review sessions will be conducted at the discretion of the instructor.
2. A student may make an appointment with the instructor to review the exam.

TEXTBOOK/REFERENCES:

Anderson, K. (2002). *Mosby's medical and allied health dictionary* (5th ed.). St. Louis,

MO: Mosby.

Castaldi, P. & Ochs, G. (2005). *Fundamentals of nursing study guide and skills*

performance checklist (7th ed.). St. Louis, MO: Mosby.

Perry, A., Potter, P. (2007). *Fundamentals of nursing* (7th ed.). St. Louis, MO: Mosby.

Mosby's *Expert 10-minute physical examinations* (2nd ed.). (2007). St. Louis, MO:

Elsevier Mobsy. **(Optional)**

THE NURSE AS A PROVIDER OF CARE; COORDINATOR OF CARE AND MEMBER OF THE PROFESSION:

Unit I: Performance of Nursing Skills:

A. Introduction:

This unit provides opportunities for students to perform basic nursing procedures using aseptic and sterile techniques.

B. Learning Resources:

1. Reading:

Perry, A., Potter, P. (2007). *Fundamentals of nursing* (7th ed.). St. Louis, MO: Mosby.

2. Nursing Journals
3. Videos

C. Learning Objectives:

Using a critical thinking and self-directed learning approach, the student will:

1. Demonstrate Patient Care Skills (CO1)
 - a. Hand washing
 - b. Standard Precautions
 - c. Isolation
 - d. Surgical Asepsis
 - e. Temperature
 - f. Pulse
 - g. Respirations
 - h. Blood pressure
 - i. Oxygen saturation
 - j. Weighing patients
 - k. Bed making, including bed positions
 - l. Bathing
 - m. Oral/Denture care
 - n. Skin care
 - o. Back massage
 - p. Nail and foot care
 - q. Hair care
 - r. Perineal care (male and female)
 - s. Positioning on bedpan/urinals
 - t. Applying an external catheter
 - u. Positioning and transferring patient
 - v. Range of motion and Activity

- w. Body mechanics
 - x. Anti-embolism stockings
 - y. Elasticized bandages
 - z. Restraints for safety
 - aa. Impaction removal
 - bb. Enemas
 - cc. Colostomy pouching
 - dd. Insertion of nasogastric tubes
 - ee. PEG tubes/enteral feeding
 - ff. Special diets and assisting with meals for patients with sensory and self-care deficits
2. Demonstrate Sterile Technique Skills (CO1)
 - a. Pressure ulcers
 - b. Dressing change
 - c. Catheterization (male and female)
 - d. Sterile gloving
 3. Demonstrate Universal Precautions and Basic Safety (CO1)
 - a. Demonstrate Universal Precautions
 - b. Describe the process for Fluid Spills
 - c. Define MSDS Sheets and state where they are located
 4. Use resources in an organized manner (CO5)
 - a. Discuss Costs of Health Care
 - b. Demonstrate cost-effective resource utilization
 - c. Discuss how non-reimbursable expenses affect patient and third party payments.

THE NURSE AS A PROVIDER OF CARE; COORDINATOR OF CARE AND MEMBER OF THE PROFESSION:

Unit II: Health Assessment

A. Introduction:

In this unit the student will perform a complete nursing history, mental assessment and physical examination on an adult patient. Campus laboratory mannequins as well as peer partners will be used for skills practice.

B. Learning Resources:

1. Reading:

Perry, A., Potter, P. (2007). *Fundamentals of nursing* (8th ed.). St. Louis, MO: Mosby

2. Videos

II. Learning Objectives:

Using a critical thinking approach the student will:

1. Demonstrate Health Assessment skills (CO2) related to:
 - a. Physical Assessment & Techniques
 - b. General Assessment and Vital Signs
 - c. Skin, Hair, Nail
 - d. Head & Neck
 - e. Eyes, Ears, Nose, Mouth and Throat
 - f. Thoracic and Lung
 - g. Heart and Peripheral Vascular
 - h. Breast and Regional Nodes
 - i. Abdomen
 - j. Musculoskeletal System
 - k. Neurological System
 - l. Genitourinary—Reproductive
2. Analyze the health data collected (CO 2) by:
 - a. documenting data collected
 - b. summarizing the health status of the person (student) assessed
 - c. relaying information to student and instructor
 - d. discussing possible nursing diagnoses related to data
3. Demonstrate collegiality and a positive image of nursing (CO7) by:
 - a. Assisting classmates in demonstrating health assessment.
 - b. Following all policies and procedures of the ADN Department and Panola College

THE NURSE AS A PROVIDER OF CARE; COORDINATOR OF CARE AND MEMBER OF THE PROFESSION:

Unit III: Medication Administration

A. Introduction:

This unit is designed to assist the student to assimilate the principles of basic medication administration into their knowledge base, practice the associated skills in the laboratory setting so they will be able to administer medications non-parenterally, as well as by injection.

B. Learning Resources:

1. Reading:

Perry, A., Potter, P. (2007). *Fundamentals of nursing* (7th ed.). St. Louis, MO: Mosby

2. Videos

C. Learning Objectives:

1. Using a critical thinking and a problem solving approach, the student will demonstrate:
 - a. Preparation for administering medications (CO3).
 - b. Administration of medications non-parenterally (CO3)
 - i. Oral
 - ii. Sublingual
 - iii. Optic
 - iv. Otic
 - v. Nasal
 - vi. Topical
 - vii. Vaginal
 - viii. Rectal
 - ix. Inhalation
 - c. Administration of medications by injection (CO3)
 - i. Preparing injections
 - ii. Administering Intradermal, Subcutaneous and Intramuscular injections
 - d. Insulin Preparation
2. Using a self-directed learning approach the student will anticipate potential responses to the medications practiced (CO4).

**Panola College
Associate Degree Nursing**

Student Acknowledgment

Please sign and bring to the first class.

I have read the Panola College Associated Degree Nursing program syllabus for RNSG 1205 Clinical Nursing, and I understand the policies as discussed. I understand that I must pass RNSG 1205 with a 75% or above on exams and 75 % or above on the skills check-off in order to progress to RNSG 1309 and RNSG 1362.

I will comply with the syllabus requirements as delineated.

In addition: I have had an opportunity to read the Student Handbook, have key policies explained to me, and had my questions answered. I understand it is my responsibility to be familiar with the policies in the ADN Student Handbook, the Panola College Catalog and the online student handbook, *The Pathfinder*. **I will comply with the current ADN Student Handbook as found on the ADN web page as well as the Panola College Catalog and the *Pathfinder*.**

It is my understanding that this form will become part of my permanent file.

_____ Student Name (Printed)

_____ Student Signature

_____ Date

SKILLS CHECKLIST

Student Name:

The following skills will be observed in skills lab. Students are expected to practice all skills and will be graded on the designated skills for 15% of the course grade. The instructor will demonstrate the procedure for each skill.

Graded skills: 2 points = satisfactory; 1 point = needs improvement; 0 points = unsatisfactory

*Essential Competencies: Each graded skill must receive at least a “1” in order for the student to pass the course.

Date	Competency/Skill	Practice	Grade	Comments
	Asepsis			
	Handwashing			
	Standard Precautions			
	Isolation			
	Bathing – bed bath			
	Oral Care			
	Denture Care			
	Skin care			
	Back rub			
	Nail and foot care			
	Perineal Care			
	Bedmaking			
	Assist with bedpan			
	Assist with urinal			
	Health Assessment			
	1. General Survey			
	2. Skin, Hair, & Nails			
	3. Head, Neck,			
	4. Eyes			
	5. Ears, Nose, Throat			
	6. Thorax & Lungs			
	7. Heart & Peripheral pulses			
	8. Abdomen			
	9. Musculoskeletal			
	10. Neurological			
	11. Mental Status			
	Temperature, pulse, respirations			
	Blood pressure			
	Weighing client			
	Nursing History/Data Collection			
	*Bedside Head to Toe Assessment			x 6 = 30%

	Basic Care			
	Body Mechanics			
	Positioning Client			
	Use of Wheelchair			
	Transfer techniques			
	Apply Elastic Bandages			
	Apply Anti-Embolic stockings			
	Demonstrate restraints			
	Range of Motion			
	Sterile Technique			
	Sterile gloving			
	Apply sterile dressing			
	*Insert foley catheter - female			x 4 = 20%
	Decubitus Care			
	Care of drainage tubes			
	Isolation			
	Medication Administration			
	Oral			
	Sublingual			
	Ophthalmic/Otic			
	*Subcutaneous			x 2 = 10%
	*Intramuscular			x 2 = 20%
	Ventrogluteal			
	Vastus Lateralis			
	Deltoid			
	*Intradermal			x 2 = 10%
	Transdermal			
	Fluid measurement			
	Miscellaneous			
	*Insertion of NG tube			x 4 = 10%
	Colostomy pouching			
	Measure & Record Intake and Output			
	Enemas			
		TOTAL		

Grade Total

_____ (Max. 40 points)

Secretary of Labor's Commission on Achieving Necessary Skills (SCANS)

I. BASIC SKILL COMPETENCIES

A. Basic Skills

- i. **Reading:** Locate, understand and interpret written information in prose and in documents such as manuals, graphs and schedules.
- ii. **Writing:** Communicate thoughts, ideas, information and messages in writing, and create documents such as letters, directions, manuals, reports, graphs, and flow charts
- iii. **Arithmetic & Mathematical Operations:** Perform basic computations and approach practical problems by choosing appropriately from a variety of mathematical techniques.
- iv. **Listening:** Receive, attend to, interpret, and respond to verbal messages and other cues.
- v. **Speaking:** Organize ideas and communicate orally.

B. Thinking Skills

- i. **Creative Thinking:** Generate new ideas.
- ii. **Decision Making:** Specify goals and constraints, generate alternatives, consider risks and evaluate and choose the best alternative.
- iii. **Problem Solving:** Recognize problems and devise and implement plan of action.
- iv. **Visualize ("Seeing Things in the Mind's Eye"):** Organize and process symbols, pictures, graphs, objects, and other information.
- v. **Reasoning:** Discover a rule or principle underlying the relationship between two or more objects and apply it when solving a problem.

C. Personal Qualities

- i. **Responsibility:** Exert a high level of effort and persevere toward goal attainment.
- ii. **Self-Esteem:** Believe in one's own self-worth and maintain a positive view of oneself.
- iii. **Sociability:** Demonstrate understanding, friendliness, adaptability, empathy, and politeness in group settings.
- iv. **Self-Management:** Assess oneself, set personal goals, monitor progress, and exhibit self-control.
- v. **Integrity & Honesty:** Choose ethical courses of action.

II. WORKPLACE COMPETENCIES

A. Resources:

- i. **Time:** Select goal-relevant activities, rank them, allocate time, and prepare and follow schedules.
- ii. **Money:** Use or prepare budgets, make forecasts, keep records, and make adjustments to meet objectives.
- iii. **Material & Facilities:** Acquire, store, allocate, and use materials or space efficiently.
- iv. **Human Resources:** Assess skills and distribute work accordingly, evaluate performance and provide feedback.

B. Interpersonal Skills:

- i. **Participate as Member of a Team:** Contribute to group effort.
- ii. **Teach Others New Skills.**
- iii. **Serve Clients/ Customers:** Work to satisfy customers' expectations.
- iv. **Exercise Leadership:** Communicate ideas to justify position, persuade & convince others, responsibly challenge existing procedures & policies.
- v. **Negotiate:** Work toward agreements involving exchange of resources, resolve divergent interests.
- vi. **Work with Diversity:** Work well with men and women from diverse backgrounds.

C. Information:

- i. **Acquire and Evaluate Information.**
- ii. **Organize and Maintain Information.**
- iii. **Interpret and Communicate Information.**
- iv. **Use computers to process information.**

D. Systems:

- i. **Understand Systems:** Know how social, organizational and technological systems work and operate effectively with them.
- ii. **Monitor & Correct Performance:** Distinguish trends, predict impacts on system operations, diagnose deviations in systems' performance
- iii. **Improve or Design Systems:** Suggest modifications to existing systems and develop new or alternative systems to improve performance.