Returned Missionary Study Guide

Skills to Refresh if Returning to Capstone:

1st Semester skills
- Head to Toe Assessment  *(Need to be able to document each of these.)*
  - Vital Signs
    - BP
    - Pulse
    - Respirations
    - Temperature
  - General Survey
    - Skin
    - Hair
    - Nails
  - Head and Neck
    - Ears
    - Eyes
    - Nose
    - Throat
  - Respiratory
    - Pulse Oximetry
    - Breath Sounds
  - Cardiovascular
    - Heart Sounds
    - Edema
    - Peripheral Circulation
    - Use of doppler
  - Abdomen, GI/GU
    - Abdominal Assessment
      - Bowel Sounds
      - Percussion
      - Palpation
    - GI/GU Assessment
  - Musculoskeletal
    - Muscle Tone
    - Range of Motion
  - Neurological Assessment
    - Cranial Nerves
- Hand Hygiene
- Non-Sterile Gloving
2nd Semester Skills:

- Fall Precautions
- Sterile Gloving
- Oxygenation
  - Applying Nasal Cannula
  - Applying Oxygen Mask
- Hygiene
  - Bathing
  - Perineal Care
  - Nail Care
  - Foot Care
  - Oral Hygiene
  - Oral Care for Unconscious or debilitated patient (oral suctioning)
  - Making Occupied Bed
  - Making Unoccupied Bed
  - Toileting
- Mobility/Heat and Cold Therapy/Fingersticks
  - Moving and Positioning in bed
  - Transfers
  - TED hose
  - Sequential Depression Devices (SCD’s)
  - Plexi-Pulse foot wraps
  - Wheelchair
  - Heat therapy
  - Cold therapy
  - Fingerstick and Blood Glucose testing
- Medication Administration
  - 6 Rights of Medication Administration
  - Medication Calculations
  - Oral Medications
  - Nasal Instillations
  - Ophthalmic Medications
  - Vaginal Medications
  - Rectal suppositories
  - Metered Dose Inhalers/Dry Powder Inhalers
  - IM Injection
  - SQ Injection
  - Intradermal injection
  - Insulin Sliding Scale
  - Carb Counting
- Wound Care
  - Pressure Ulcers
  - Dry Sterile Dressing
  - Wet-to-Moist Dressing
  - Drains (Jackson-Pratt, Penrose)
• Urinary
  o Collecting mid-stream urine
  o Urinary Catheter Insertion
  o Catheter Care
  o Apply condom catheter
  o Catheter irrigation
    ▪ Open intermittent
    ▪ Closed continuous
    ▪ Closed intermittent
  o Empty urine collection bag
  o Collect specimen from catheter
• Bowel Care
  o Enemas
    ▪ Fleet Enema
    ▪ Oil Retention Enema
    ▪ Soap Suds Enema
  o Pouching an ostomy
• Isolation Management
  o Universal precautions
  o Contact precautions
  o Droplet precautions
  o Airborne Precautions
  o Reverse isolation for the immunocompromised

Peripheral Circulation
  ▪ Use of doppler
  o Abdomen, GI/GU
    ▪ Abdominal Assessment
      o Bowel Sounds
      o Percussion
      o Palpation
    ▪ GI/GU Assessment
  o Musculoskeletal
    ▪ Muscle Tone
    ▪ Range of Motion
  o Neurological Assessment
    ▪ Cranial Nerves

• Hand Hygiene
• Non-Sterile Gloving

3rd Semester Skills:
• Baseline Assessment
  o Focused Assessment
  o Pain Assessment
• Nutrition Support
  o Intake and Output
  o NG Tube and feeding tube placement and care
- Gastrostomy tube care and feedings
- NG Medication administration
- Enteral Feeding
- Check for residuals prior to enteral feeding
- TPN/lipids management
- Restraint Management
- Seizure Precautions
- Phlebotomy
  - Peripheral blood draws
- IV Therapy
  - Intake and Output
  - IV start
  - Discontinuing peripheral IV
  - IV fluids
    - Calculating Drip Rates
    - Maintenance Solutions with pump
  - IV medication administration
    - IV Push
    - IV Piggyback on pump
    - PCA management
  - Blood Administration
- Central Line Care
  - Central Line Dressing Change
  - Central Line Flushing
  - Central Line Blood Draw
  - Discontinuing Central Line
- Chest Tube Care
  - Insertion site assessment
  - Trouble shooting
- Neurological management
  - Neuro assessment
  - Mini mental status exam
  - Glasgow Coma Scale

5th Semester Skills:
- Airway management
  - ETT suctioning
  - Tracheostomy care
- Swan-Ganz
  - Readings, including zeroing, CVP, CO, PA, PCOP, PWP
  - Swan-Ganz blood draw
- Art Lines
  - Care and reading
  - Art line blood draw
  - Discontinuing
- Ventilator checks
- Patient Resuscitation
- CPR
- Code Blue Management