

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
 - Collecting mid-stream urine
 - Urinary Catheter Insertion
 - Catheter Care
 - Apply condom catheter
 - Catheter irrigation
 - Open intermittent
 - Closed continuous
 - Closed intermittent
 - Empty urine collection bag
 - Collect specimen from catheter
- Bowel Care
 - Enemas
 - Fleet Enema
 - Oil Retention Enema
 - Soap Suds Enema
 - Pouching an ostomy
- Isolation Management
 - Universal precautions
 - Contact precautions
 - Droplet precautions
 - Airborne Precautions
 - Reverse isolation for the immunocompromised

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

3rd Semester Skills:

- Baseline Assessment
 - Focused Assessment
 - Pain Assessment
- Nutrition Support
 - Intake and Output
 - 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