Returned Missionary Study Guide

Skills to Refresh if Returning to 2\textsuperscript{nd} Semester

- Head to Toe Assessment (\textit{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

Skills to Refresh if Returning to 3\textsuperscript{rd} Semester

Skills for returning to 2\textsuperscript{nd} Semester plus:

- Fall Precautions
- Sterile Gloving
- Oxygenation
  - Applying Nasal Cannula
  - Applying Oxygen Mask
• Hygiene
  o Bathing
  o Perineal Care
  o Nail Care
  o Foot Care
  o Oral Hygiene
    o Oral Care for Unconscious or debilitated patient (oral suctioning)
  o Making Occupied Bed
  o Making Unoccupied Bed
  o Toileting
• Mobility/Heat and Cold Therapy/Fingersticks
  o Moving and Positioning in bed
  o Transfers
  o TED hose
  o Sequential Depression Devices (SCD’s)
  o Plexi-Pulse foot wraps
  o Wheelchair
  o Heat therapy
  o Cold therapy
    o Fingerstick and Blood Glucose testing
• Medication Administration
  o 6 Rights of Medication Administration
  o Medication Calculations
  o Oral Medications
  o Nasal Instillations
  o Ophthalmic Medications
  o Vaginal Medications
  o Rectal suppositories
  o Metered Dose Inhalers/Dry Powder Inhalers
  o IM Injection
  o SQ Injection
  o Intradermal injection
  o Insulin Sliding Scale
  o Carb Counting
• Wound Care
  o Pressure Ulcers
  o Dry Sterile Dressing
  o Wet-to-Moist Dressing
  o 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

Skills for Returning to 4th and 5th Semester

Skills for returning to 2nd and 3rd Semesters plus:
• Baseline Assessment
  o Focused Assessment
  o Pain Assessment
• Nutrition Support
  o Intake and Output
  o NG Tube and feeding tube placement and care
  o Gastrostomy tube care and feedings
  o NG Medication administration
  o Enteral Feeding
  o Check for residuals prior to enteral feeding
  o TPN/lipids management
• Restraint Management
• Seizure Precautions
• Phlebotomy
  o Peripheral blood draws
• IV Therapy
  o Intake and Output
  o IV start
  o Discontinuing peripheral IV
  o IV fluids
    ▪ Calculating Drip Rates
    ▪ Maintenance Solutions with pump
  o IV medication administration
    ▪ IV Push
    ▪ IV Piggyback on pump
    ▪ PCA management
  o Blood Administration
• Central Line Care
  o Central Line Dressing Change
  o Central Line Flushing
  o Central Line Blood Draw
  o Discontinuing Central Line
• Chest Tube Care
  o Insertion site assessment
  o Trouble shooting
• Neurological management
  o Neuro assessment
  o Mini mental status exam
  o Glasgow Coma Scale

Skills for Returning to Capstone

Skills for returning to 2nd, 3rd, 4th and 5th Semesters plus:
• Airway management
  o ETT suctioning
  o Tracheostomy care
• Swan-Ganz
  o Readings, including zeroing, CVP, CO, PA, PCOP, PWP
  o Swan-Ganz blood draw
• Art Lines
  o Care and reading
  o Art line blood draw
  o Discontinuing
• Ventilator checks
• Patient Resuscitation
  o CPR
  o Code Blue Management