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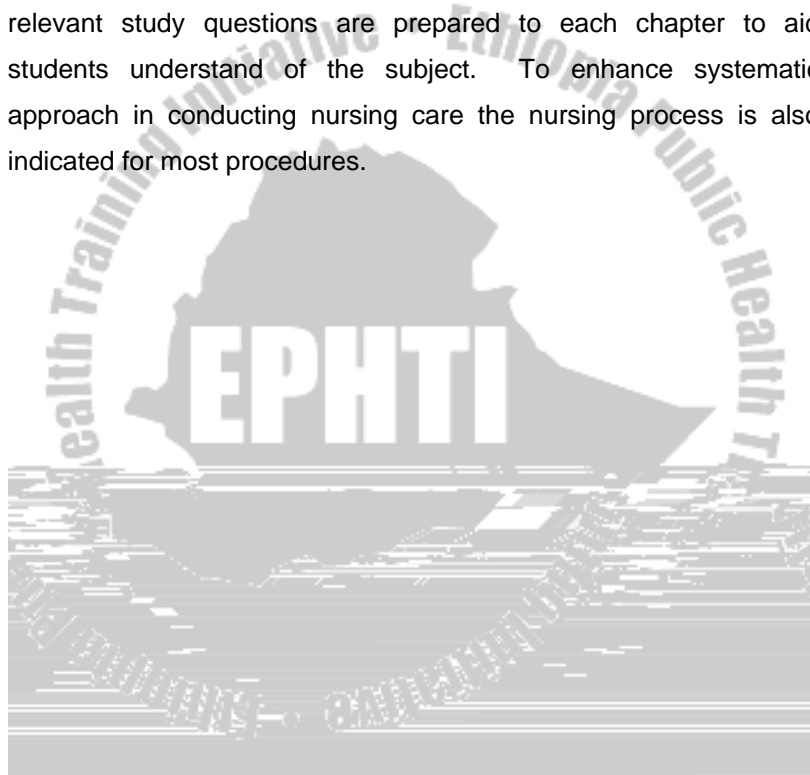
PREFACE

Nursing is core part in health service delivery system in which health promotion, disease prevention; curative and rehabilitative health strategies are applied. The clinical nursing skills for the nurses are of paramount important not only to provide comprehensive care but also enhance clinical competence. The purpose of preparing this lecture note is to equip nurses with basic clinical nursing skills, which will enable them to dispatch their responsibility as well as to develop uniformity among Ethiopian Professional Nurse Training Higher Institutions.

The lecture note series is designed to have two parts: part-I is composed of most basic clinical skills, where as part two will be covering most advances clinical skills as well as fundamental concepts related to the skills. It is well known that no nursing service can be provided with out basic clinical nursing skills. For nurse to provide health service at different settings; hospital, health center, health post and at the community level including home based care for chronically sick patients, the course is very essential. It is also hoped that other primary and middle level health professional training institution will utilize the lecture notes to rational exercise the professional skills.

The lecture note is therefore organized in logical manner that students can learn from simpler to the complex. It is divided in to units and chapters. Important abbreviations and key terminologies

have been included in order to facilitate teaching learning processes. On top of that learning objectives are clearly stated to indicate the required outcomes. Glossary is prepared at the end to give explanation for terminologies indicated as learning stimulants at beginning of each chapter following the learning objectives. Trial is made to give some scientific explanation for procedure and some relevant study questions are prepared to each chapter to aid students understand of the subject. To enhance systematic approach in conducting nursing care the nursing process is also indicated for most procedures.



ACKNOWLEDGEMENT

My deepest appreciation is to The Carter Center, EPHTI and Professor Dennis Carlson, senior consultant of the Center for his tireless efforts to materialize the issue of staff strengthening and curriculum development. Lecture note preparation is one of the activities that got due attention to strengthen the teaching learning process in Ethiopia by Ethiopian staff. Therefore, I congratulate Professor Denis Carlson for the success you achieved with dedicated Ethiopian partners.

I also extend many thanks to colleagues and staff of our School of Nursing particularly Ato Andargachew Kassa and Ato Aweke Yilma for their valuable comments and criticism, otherwise the lecture note would have not been shaped this way.

I would like to extend my thanks to Ato Asrat Demissie Academic

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Similarly, my felt thanks is to supportive staff of The Carter Center EPHTI, Dr Hailu Yenenh, Ato Aklilu Mulugetta , W/rt Meseret Tsegaw and all other staff for their devoted support through the preparation of this lecture note.

Next, I thank all our College authorities for permission to work on this lecture note besides the routine activities of the college.

Last but not least, my deepest gratitude is to W/rt Lemlem Adebabay who has managed to write the document with in very urgency giving up her rest time and comfort.

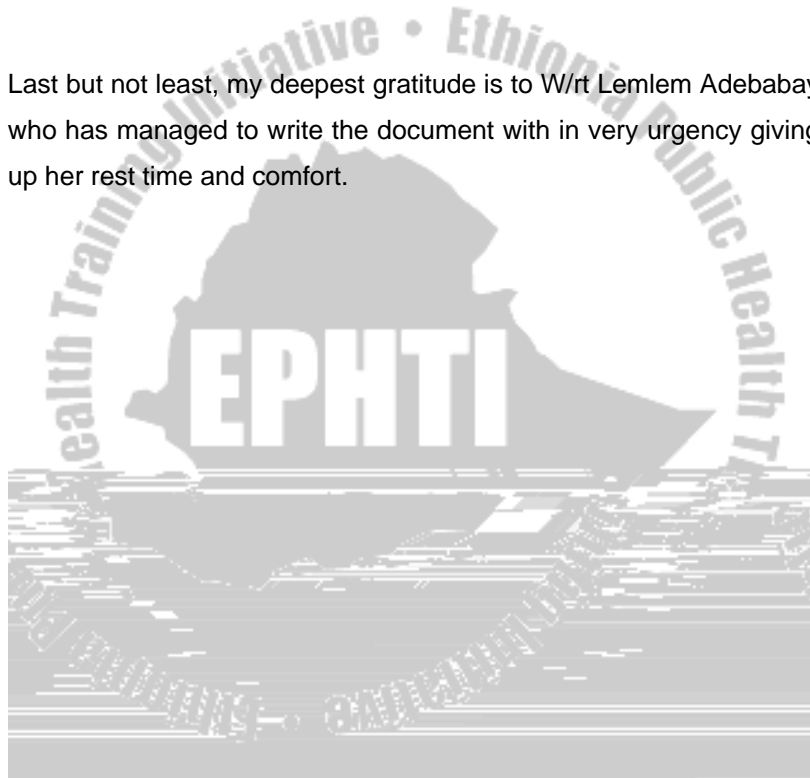


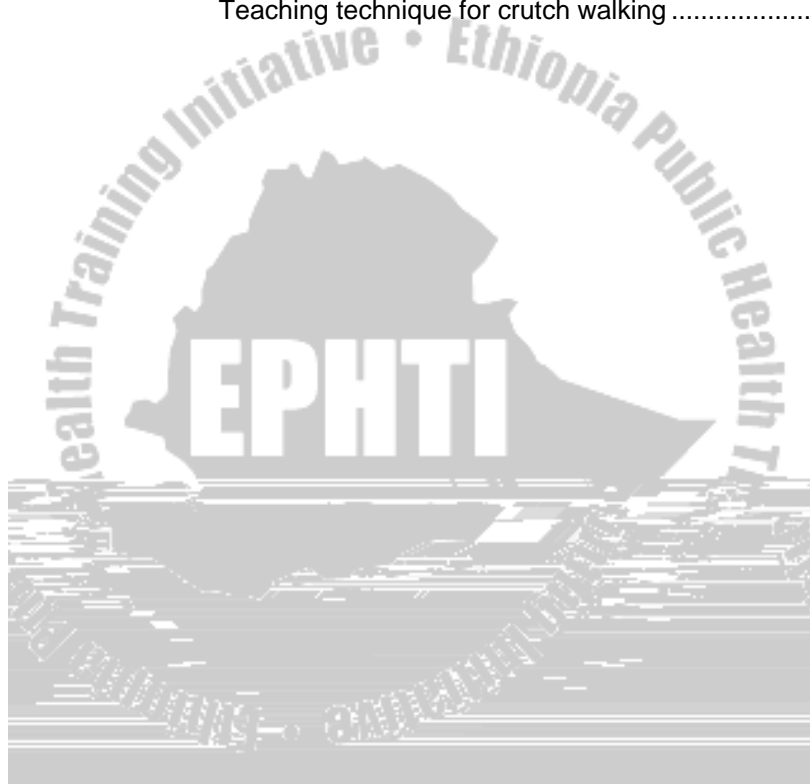
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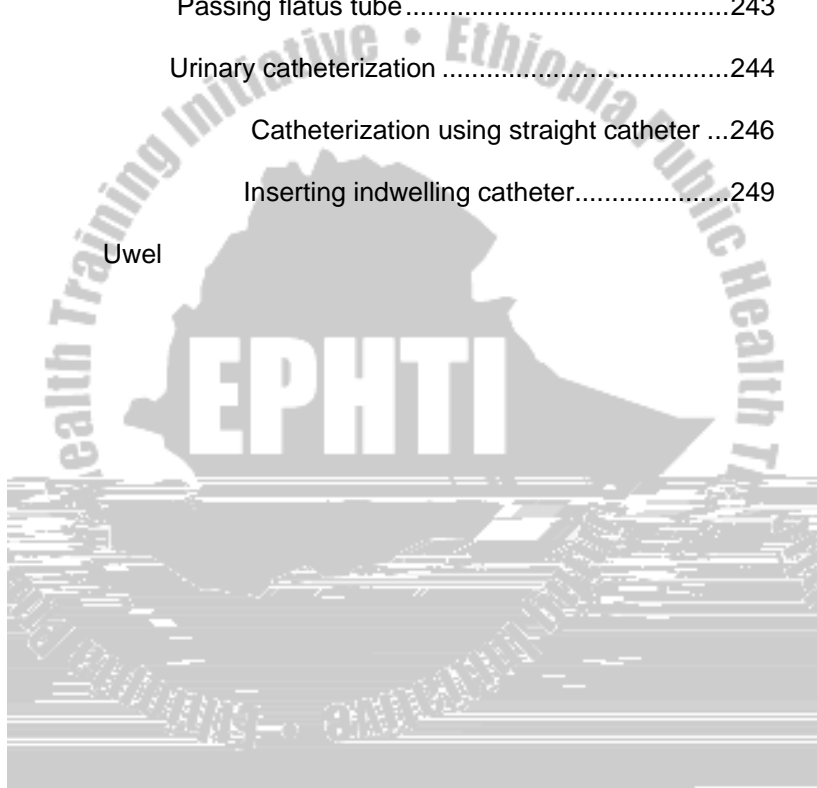
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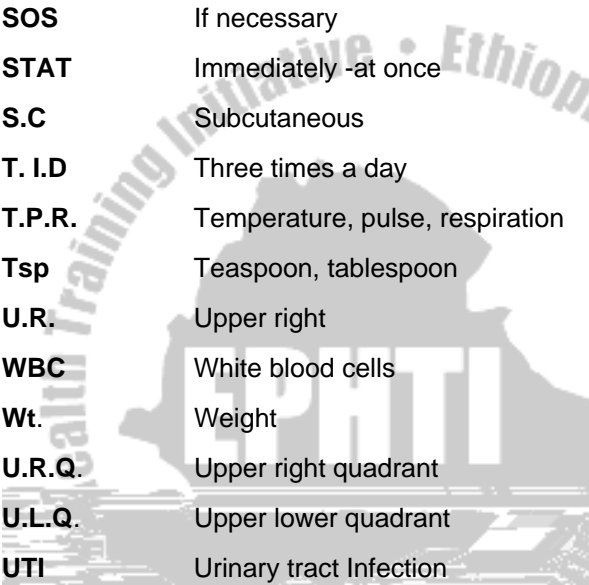
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B.M	Bowel movement
B.M.R.	Basal metabolic rate
B.P	Blood pressure
BPM	Beat perminuli
B.R.P.	Bathroom privilege
BUN	







Q.O.D.	Every other day
R.B.C.	Red blood count or red blood cell
Rh.	Rhesus factor
Rx	Prescription, take
Sol.	Solution
SOS	If necessary
STAT	Immediately -at once
S.C	Subcutaneous
T. I.D	Three times a day
T.P.R.	Temperature, pulse, respiration
Tsp	Teaspoon, tablespoon
U.R.	Upper right
WBC	White blood cells
Wt.	Weight
U.R.Q.	Upper right quadrant
U.L.Q.	Upper lower quadrant
UTI	Urinary tract Infection

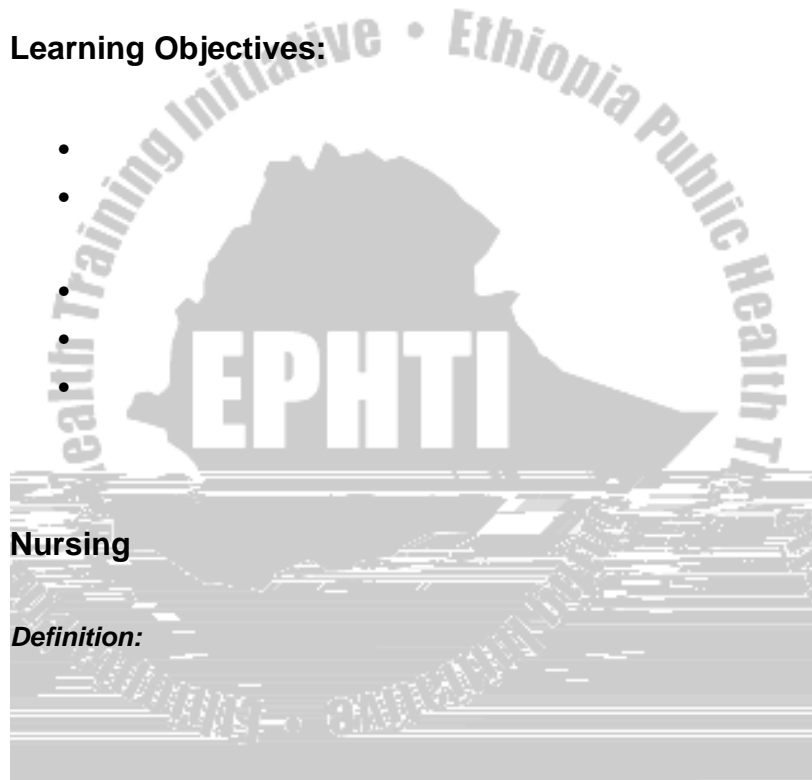
UNIT ONE
CHAPTER 1
INTRODUCTION

Learning Objectives:

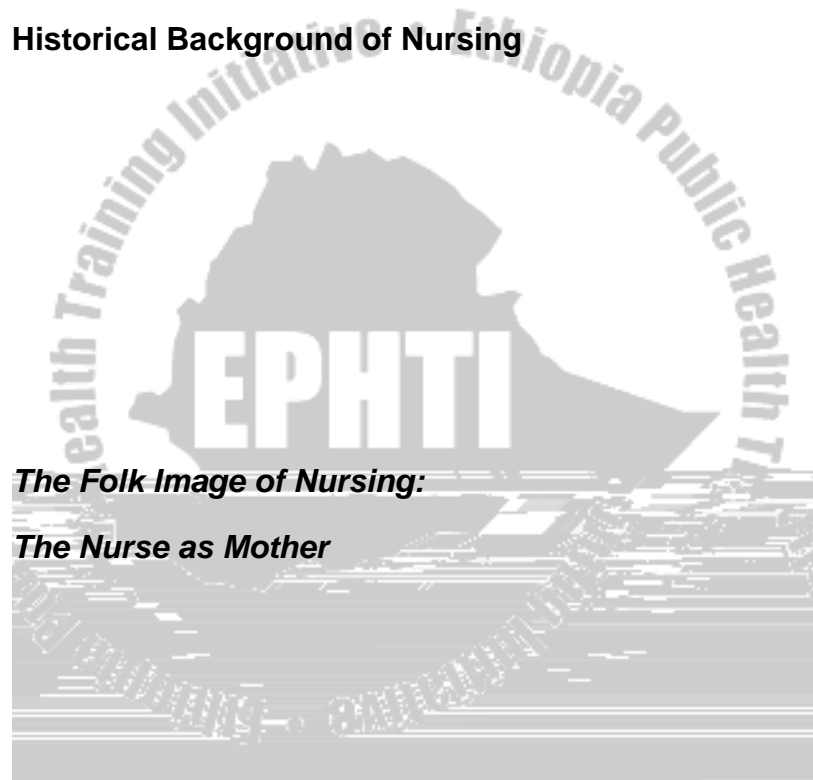
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Nursing

Definition:



Historical Background of Nursing

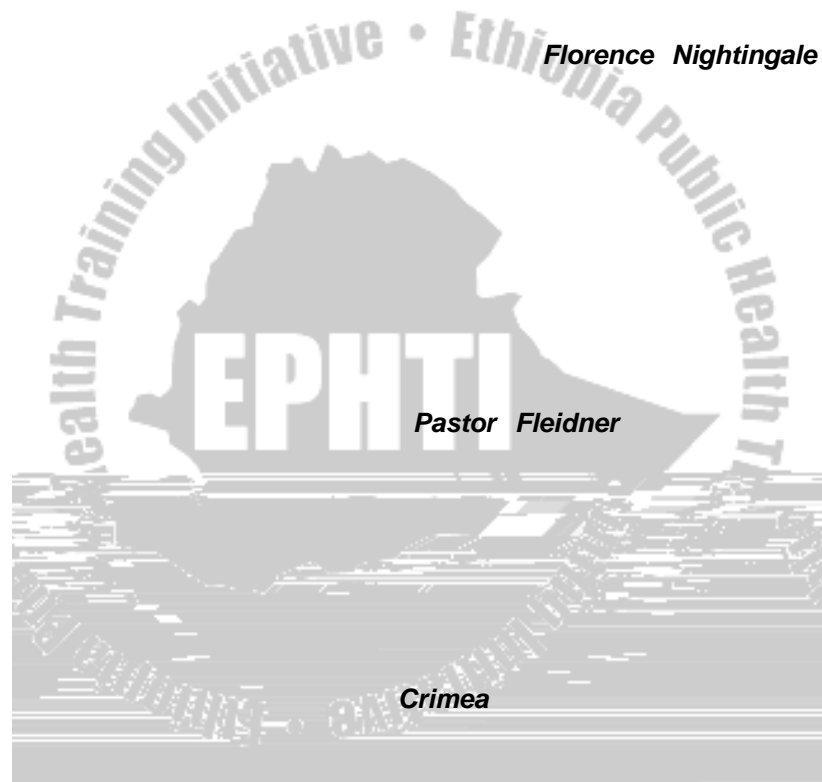


The Folk Image of Nursing:

The Nurse as Mother



The Emergence of Modern Nursing







History of Nursing in Ethiopia





NURSING PROCESS and CRITICAL THINKING

Nursing Process:

Definition

Purpose of Nursing Process:

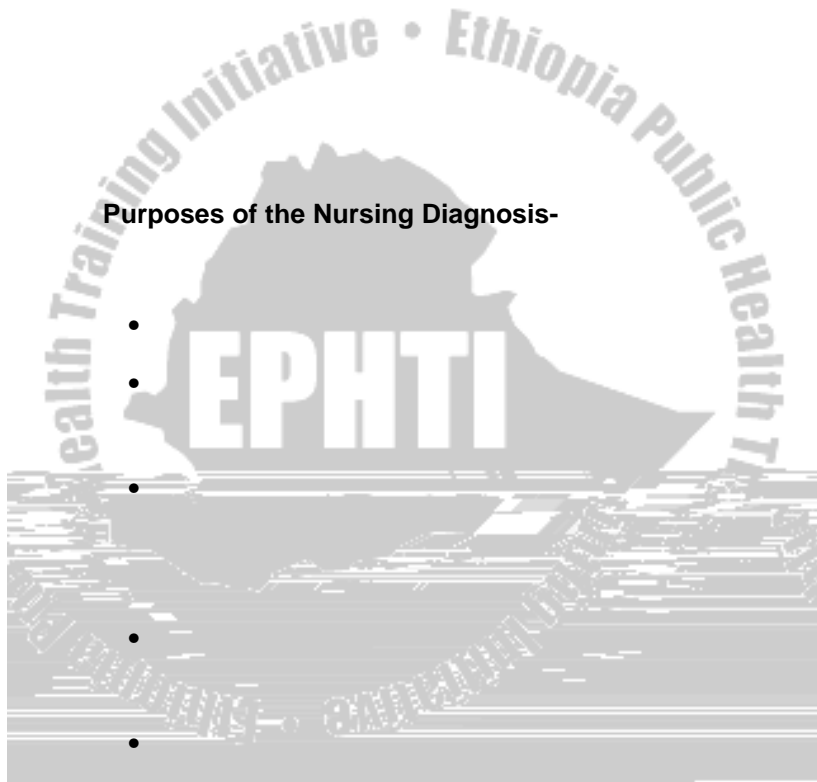




Physical examination

Purposes of the Nursing Diagnosis-

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The diagnostic statement

diagnostic statements.



Writing the Diagnostic Statement

R/T.

AEB

E.G. *Ineffective Airway Clearance related to physiologic effects of pneumonia as evidenced by increased sputum, coughing, abnormal breath sounds, tachypnea, and dyspnea.*



Establishing Expected Outcomes

goal objective.



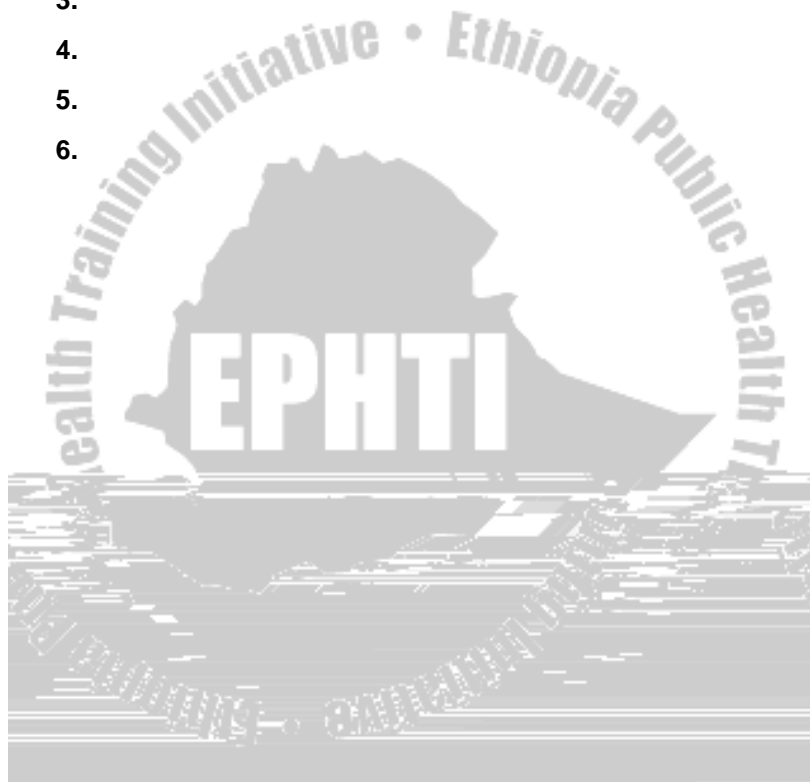
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Critical thinking:



Study Questions:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



UNIT TWO
SAFETY IN HEALTH CARE FACILITIES
CHAPTER TWO
INFECTION CONTROL/ UNIVERSAL
PRECAUTION

Learning Objectives:



New Terminology

Nursing Process

Assessment



Planning/Objective

-

Implementation





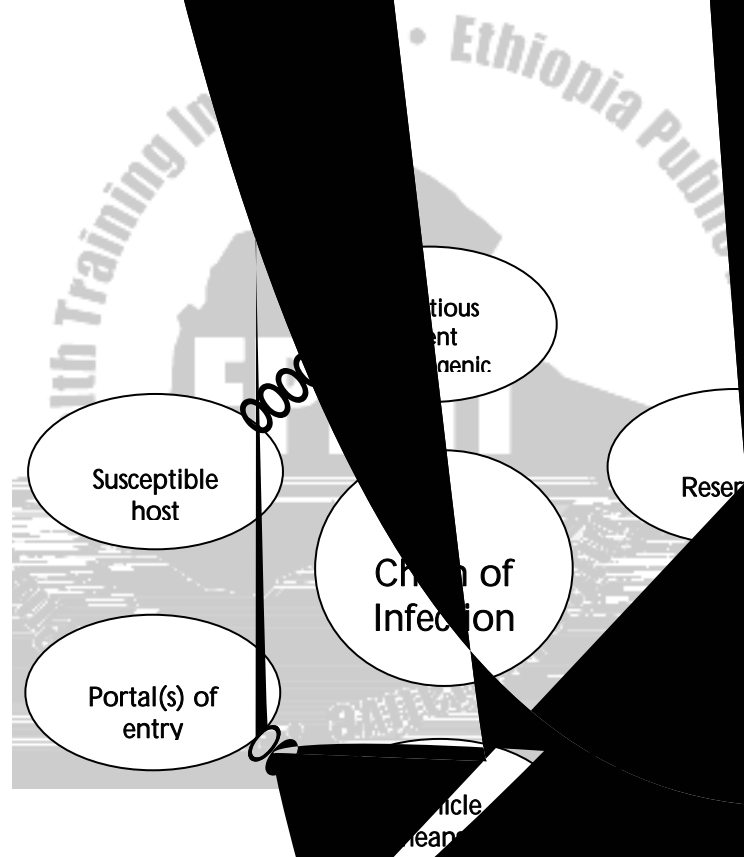
Normal Body Defense

Specific Defenses





Chain of



Health Training Institute

Ethiopia Public Health Training Institute

Conditions Predisposing to Infection

Nosocomial Infection

Standard Precautions



Fundamental Principles

Basic Medical Asepsis

Hand washing (Medical Asepsis)

Purpose

-
-

Equipment

-
-
-

Procedure





Donning and Removing Gloves



○

○

Planning

○

○

○

○

○

Implementation/Procedures

Evaluation/Expected outcomes

-

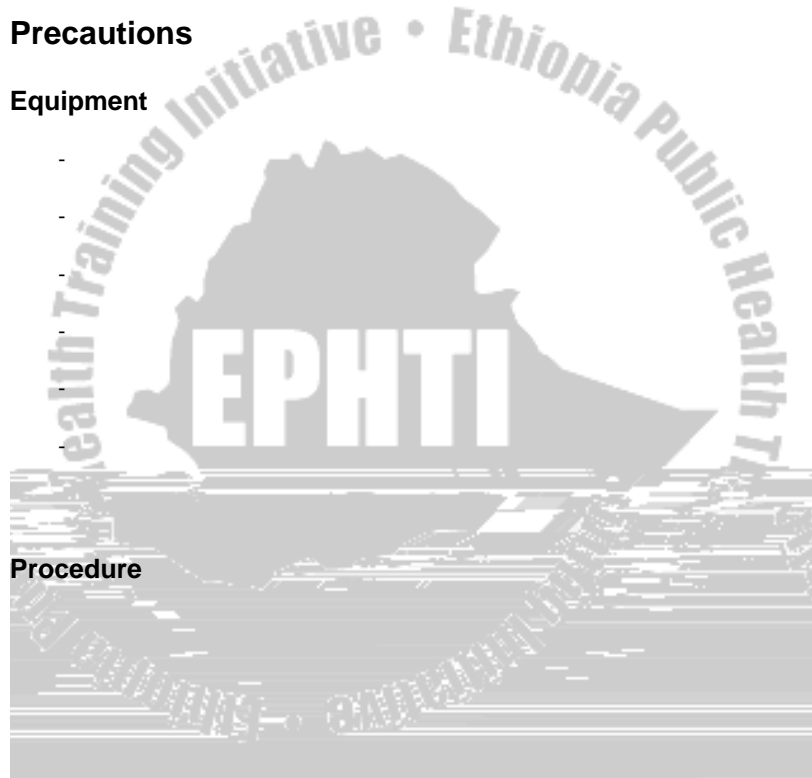
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**Donning Protective Gear Utilizing Standard
Precautions**

Equipment

Procedure



Standard Precaution Guidelines





Disinfection and sterilization

Sterilization:



Items to be use to maintain sterility technique

Hair covering:



Procedures for putting on sterile gloves:

Steps:



8.



Category-specific isolation,

Disease –specific isolation,

Preparing for Isolation

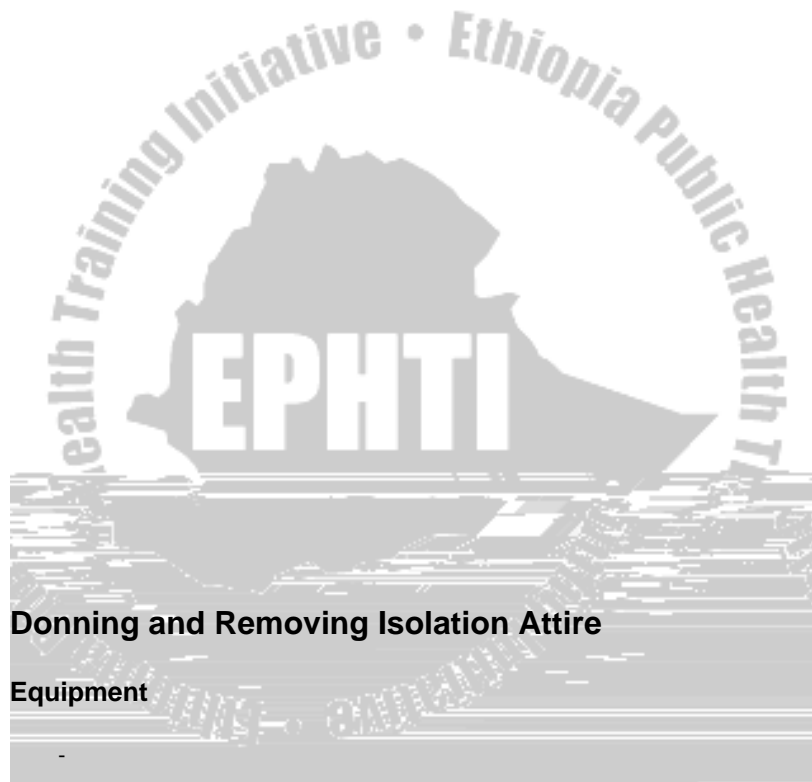
Purpose

Equipment



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-
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Procedure



**Donning and Removing Isolation Attire
Equipment**

Procedure

For donning attire



For Removing Attire



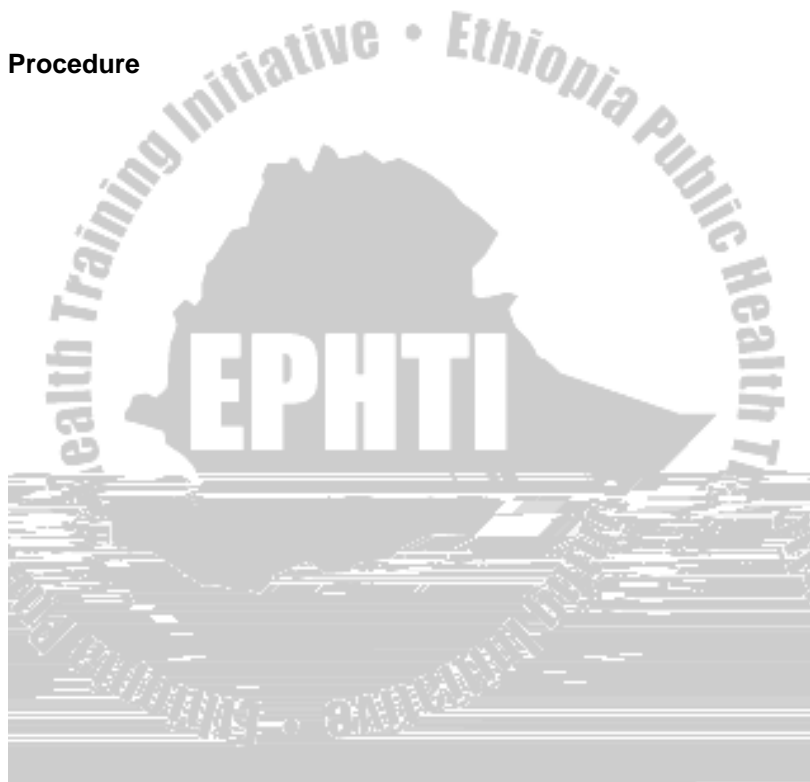




Using Double-Bagging for Isolation

Equipment

Procedure







Protocol for Leaving Isolation Room

Guide lines for Disposing of Contaminated Equipment

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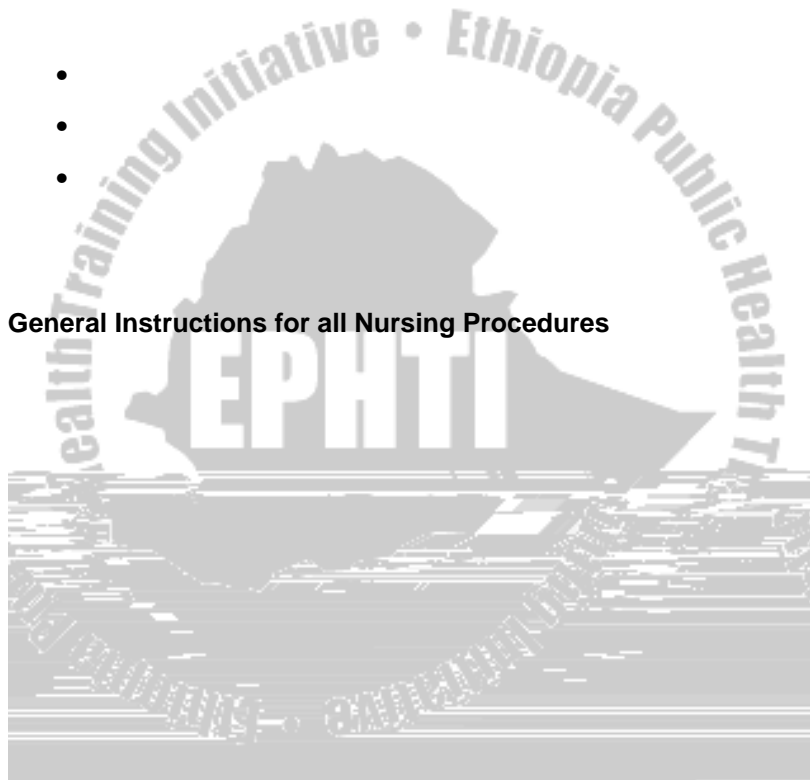
CHAPTER THREE

CARE OF PATIENT UNIT

Learning Objective

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General Instructions for all Nursing Procedures



I. THE PATIENT UNIT

Definition:

Patient: *Latin*

Patient Care Unit:



-
- ⇒
 - ⇒
 - ⇒

C. Side rails

-

D. Bed Side Table/Cabinet



E. Over Bed Table

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-

F. The Chair

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-

G. Overhead Light (examination light)

-

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-

-

H. Suction and Oxygen Outlets

-

-

I. *Electrical Outlets*

-

J. *Sphygmomanometer*

-

K. *Call Light*

-

II. *Care of Patient Unit*

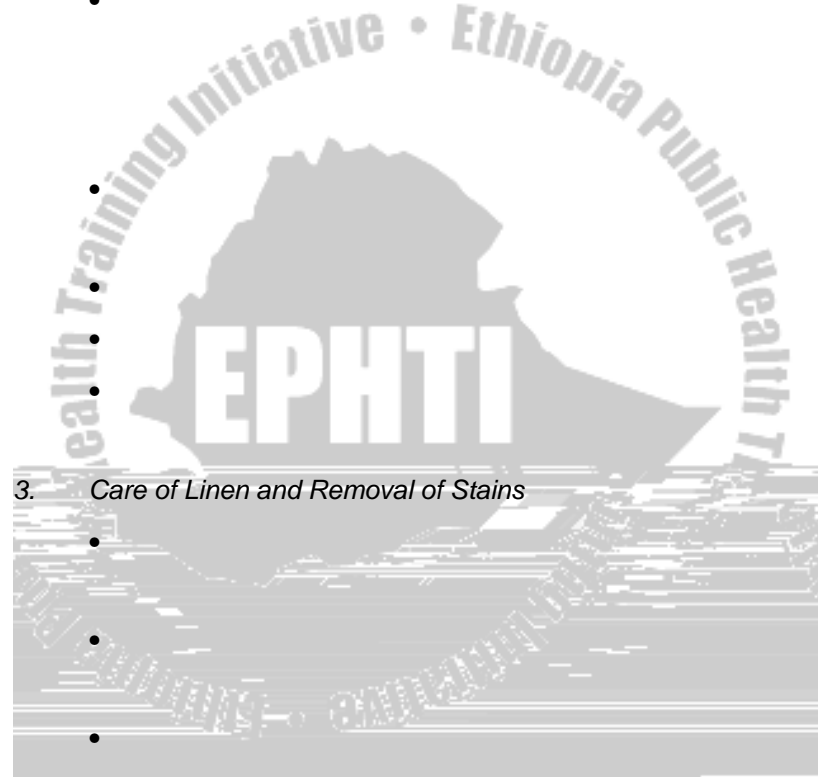




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2. *Care of Equipment in General*

-



3. *Care of Linen and Removal of Stains*

-
-
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UNIT THREE
BASIC CLIENT CARE
CHAPTER FOUR
ADMISSION, TRANSFER AND
DISCHARGE OF PATIENTS

Learning Objectives:



A. Admission

Purpose

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Nurse's Responsibilities during Admission of a Patient to Hospital



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General assessment

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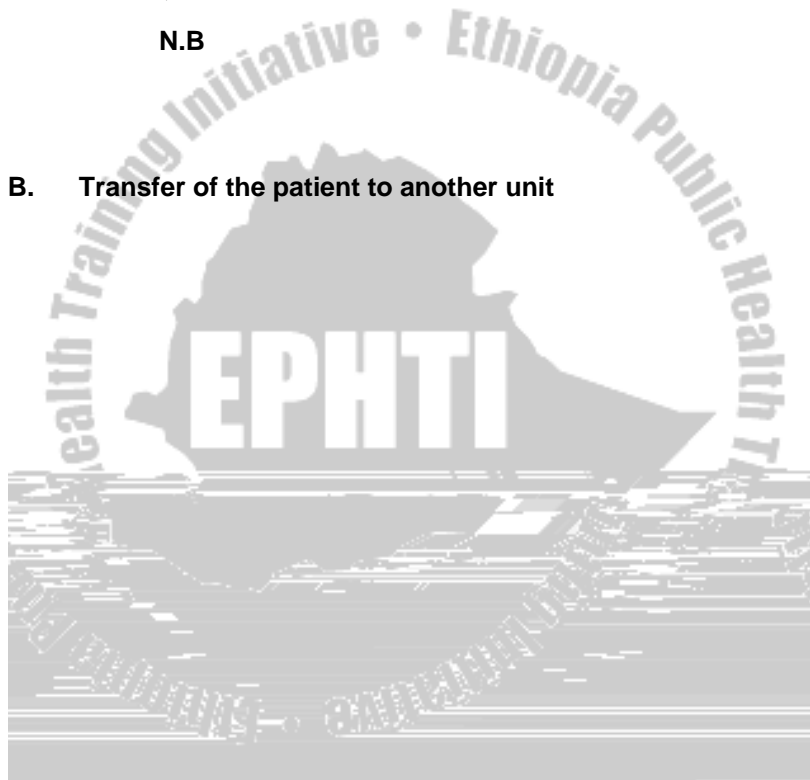
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N.B

B. Transfer of the patient to another unit



C. Discharging a Patient

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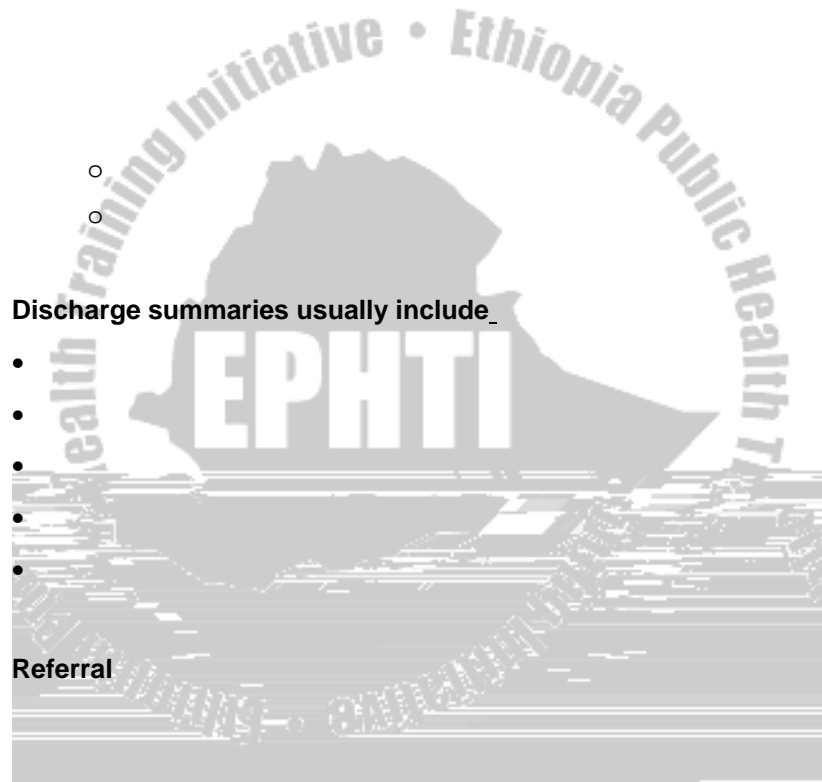
Nurse's Responsibility during Discharging a Patient

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Discharge summaries usually include_

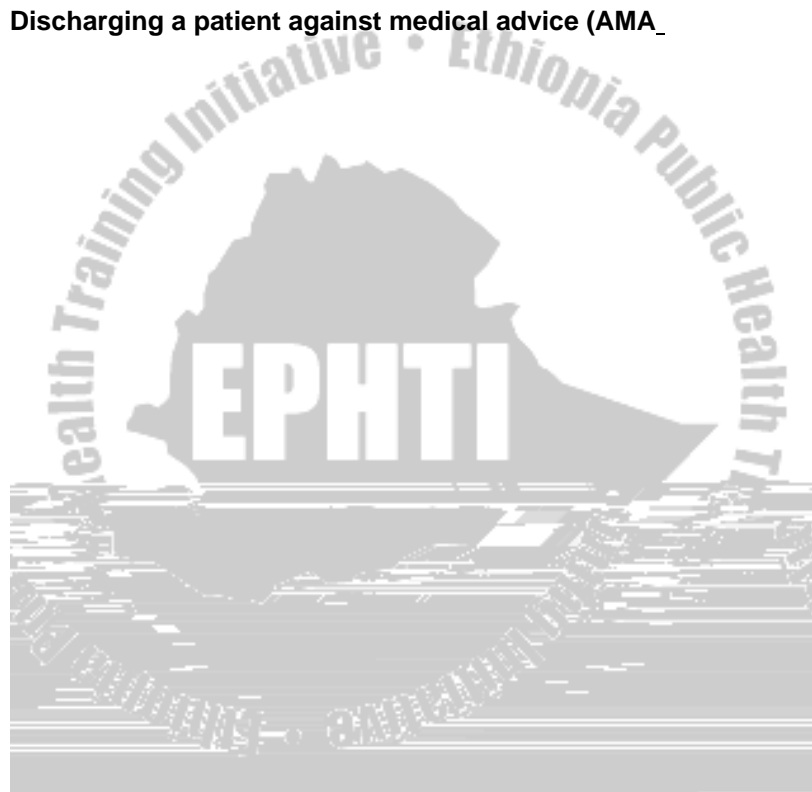
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Referral

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Discharging a patient against medical advice (AMA_



Study Questions:



CHAPTER FIVE

VITAL SIGNS

Learning Objectives

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II. Vital Signs (Cardinal Signs)

Key Terminology



Acronyms

Purposes:

-



I Temperature –

There are Two Kinds of Body Temperature

1. Core Temperature

-

-

-

2. Surface Temperature:

-

Alterations in Body Temperature

Pyrexia:





-

-

Measuring Body Temperature

Sites to Measure Temperature

Most common are:

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Thermometer:

Types

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1. **Rectal Temperature:**

Procedure



Contraindications

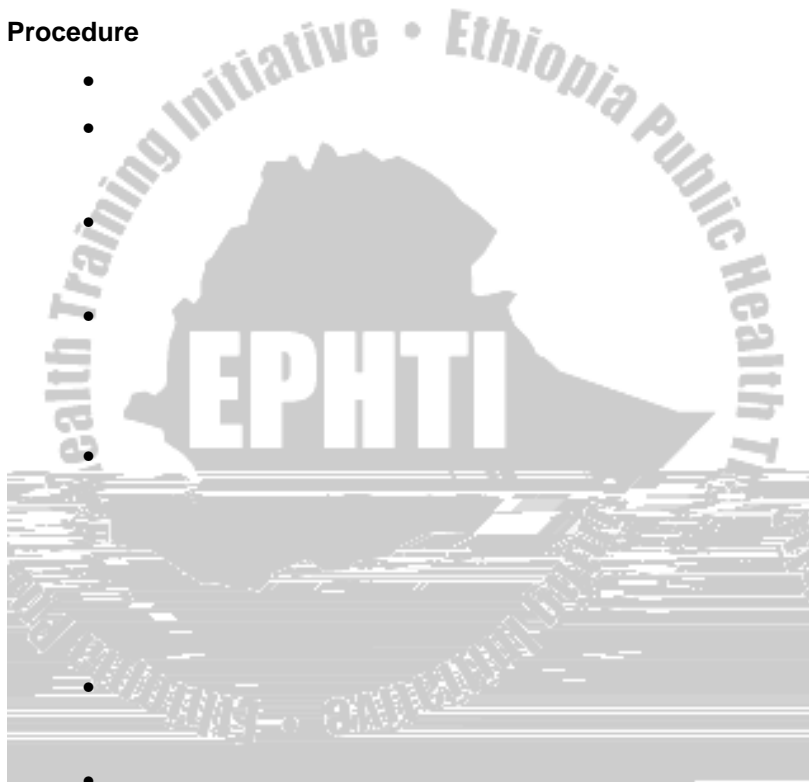
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2. Oral

Procedure

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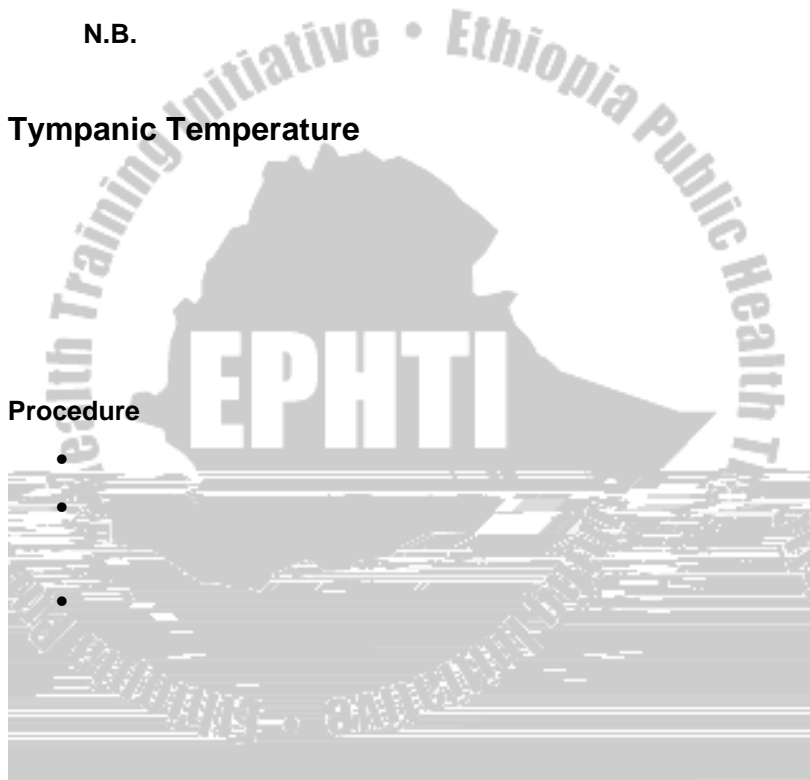
Tympanic Temperature

Procedure

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Pulse Sites

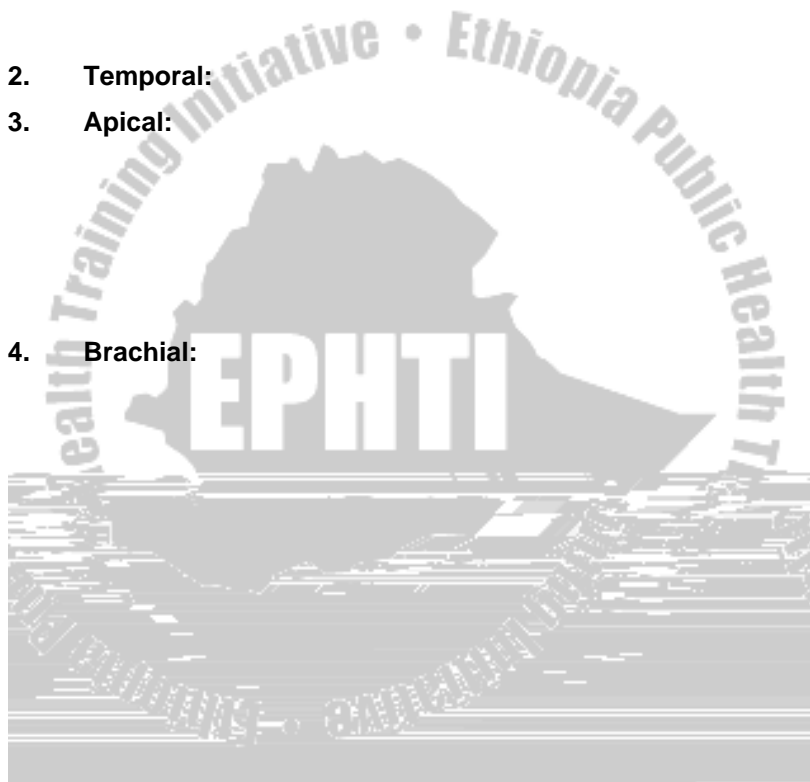
Temporal:

1. Carotid:

2. Temporal:

3. Apical:

4. Brachial:



Method

Pulse: is commonly assessed by palpation (feeling) or auscultation (hearing)



Assess the Pulse for

Pulse Rate

-

Pulse Rhythm

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Pulse Volume:

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Procedure for measuring radial pulse (the most common)

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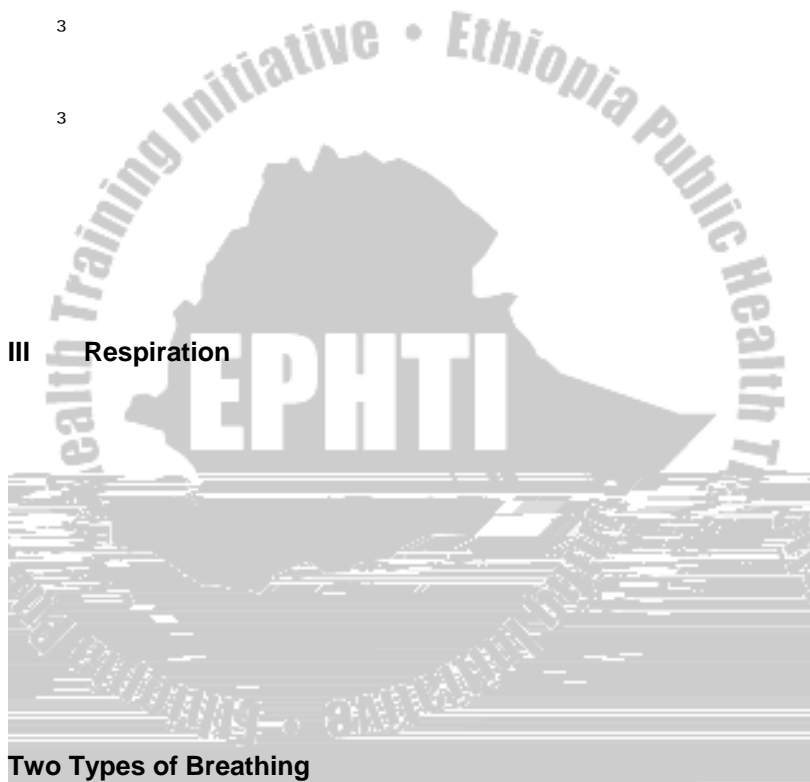
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III Respiration

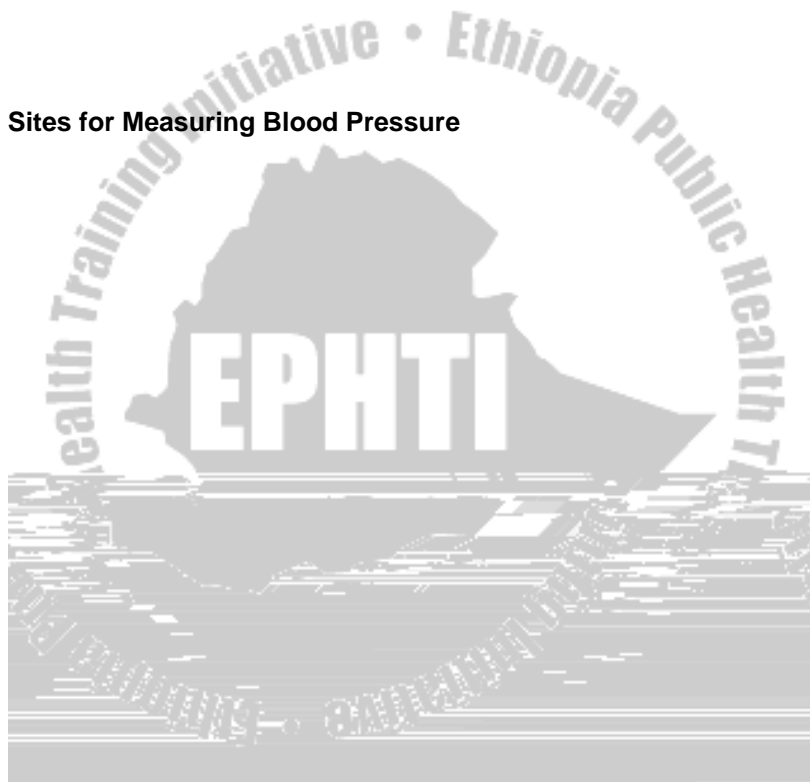


Two Types of Breathing

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Sites for Measuring Blood Pressure



Phase 1:

Phase 2:

Phase 3:

Phase 4:

Phase 5:

Procedure

Purpose

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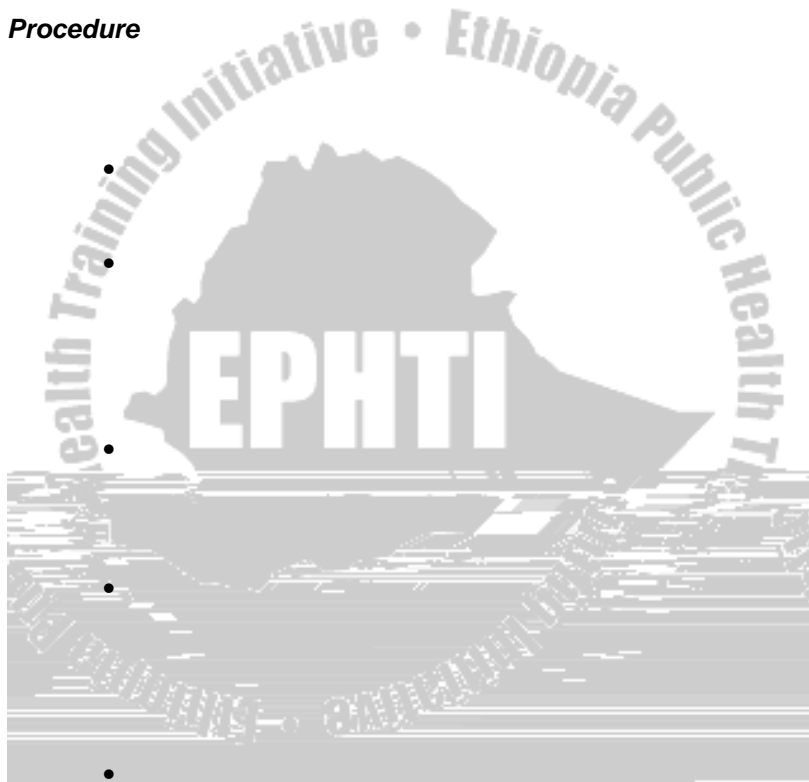
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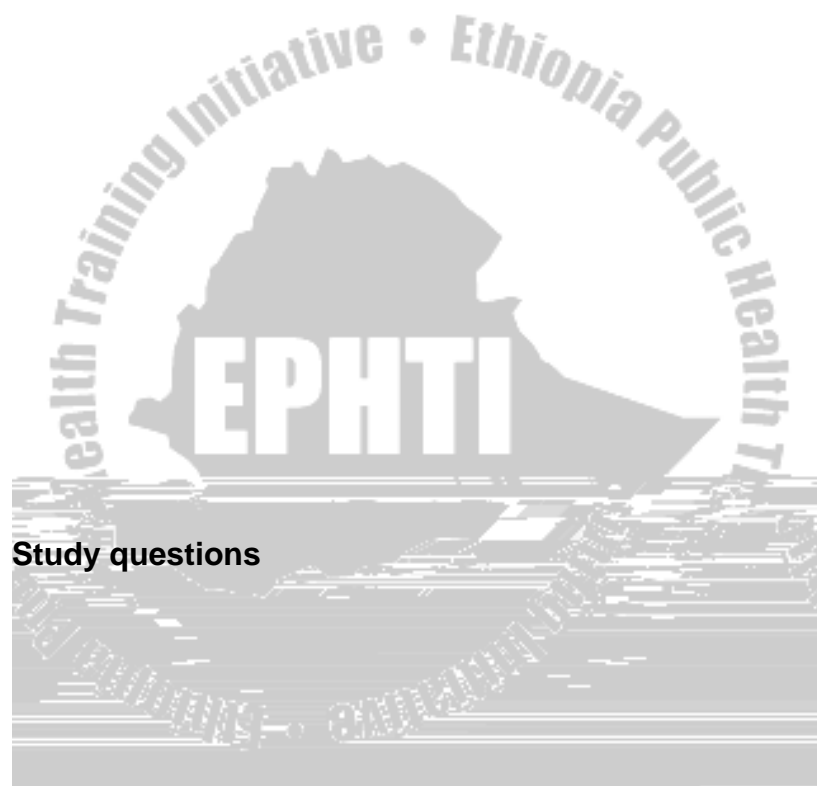
EQUEPMENT

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Procedure







Study questions



**CHAPTER SIX
SPECIMEN COLLECTION**

Learning Objectives:

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Key Terminology:





A. Collecting Stool Specimen

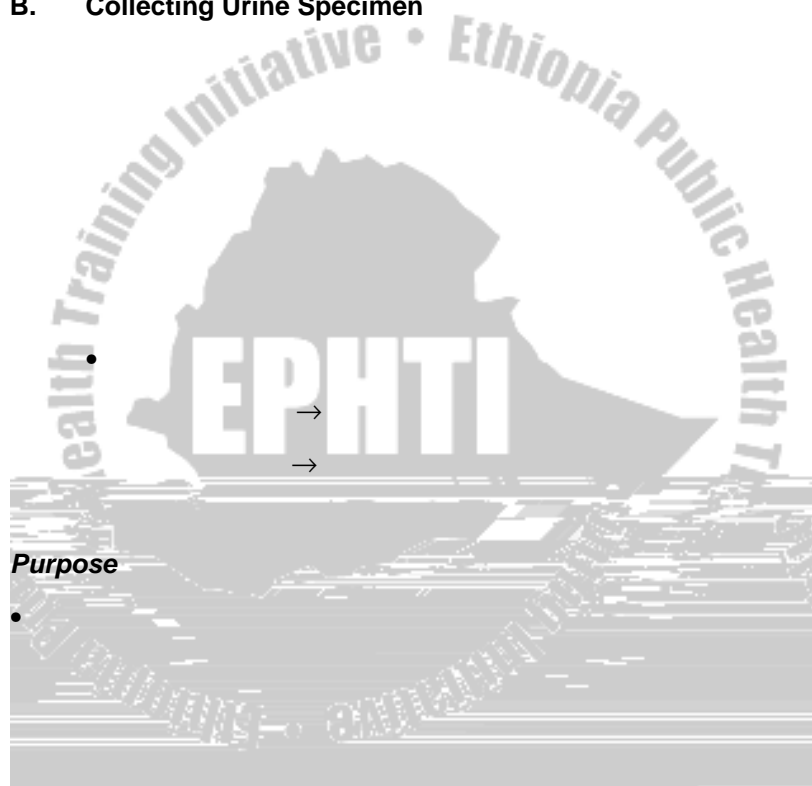
Purpose

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B. Collecting Urine Specimen



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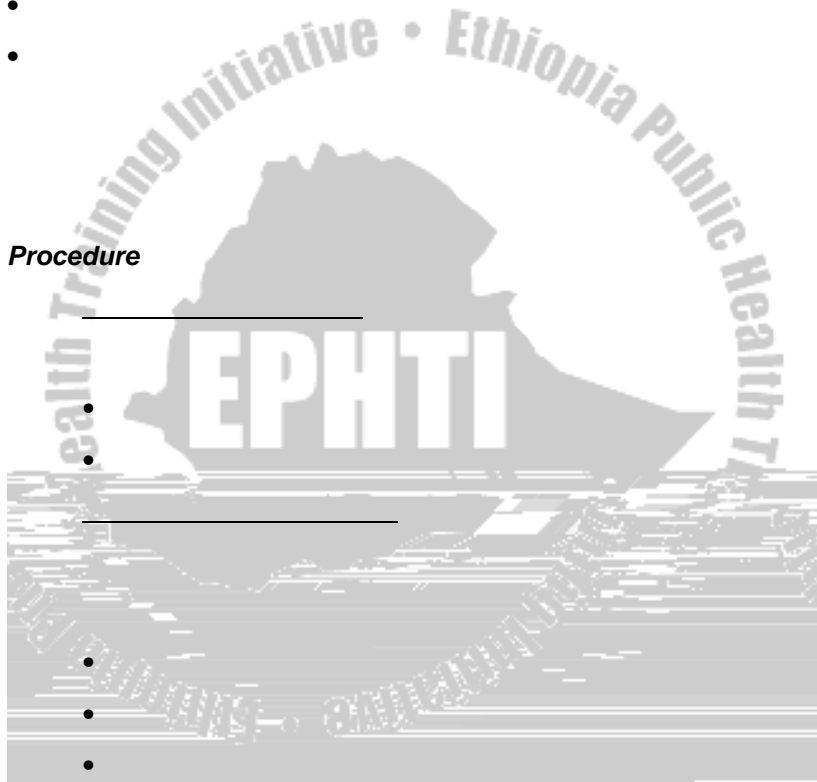
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Procedure

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Collecting a Sterile Urine Specimen

Collecting a Timed Urine Specimen

Purpose

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Equipments Required

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Procedure

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D. Collecting Blood Specimen

Purpose

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Equipment

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Procedure





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Chart





Orders of Assembling Patients Chart



Purpose:

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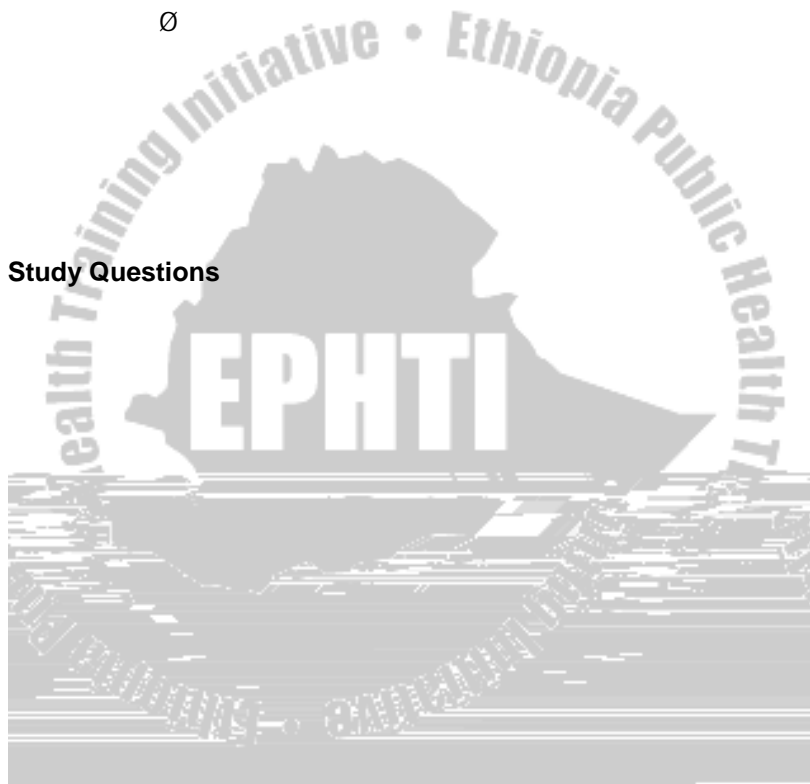
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Fluid balance sheet



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Study Questions





CHAPTER SEVEN

BED MAKING

Learning Objectives

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Key terminology



Anesthetic bed:

⇒ **Purpose**

Amputation bed:

⇒ **Purpose**

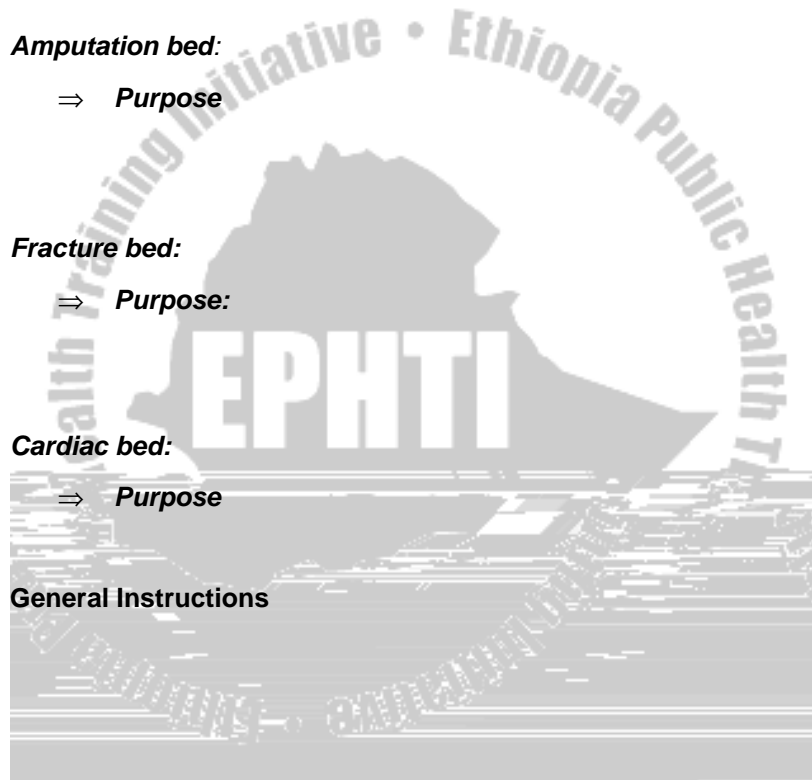
Fracture bed:

⇒ **Purpose:**

Cardiac bed:

⇒ **Purpose**

General Instructions



Note

- *Pillow should not be used for babies*
- *The mattress should be turned as often as necessary to prevent sagging, which will cause discomfort to the patient.*

A. Closed Bed

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Essential Equipment

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Procedure:

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Bed Making

Making a post operative bed

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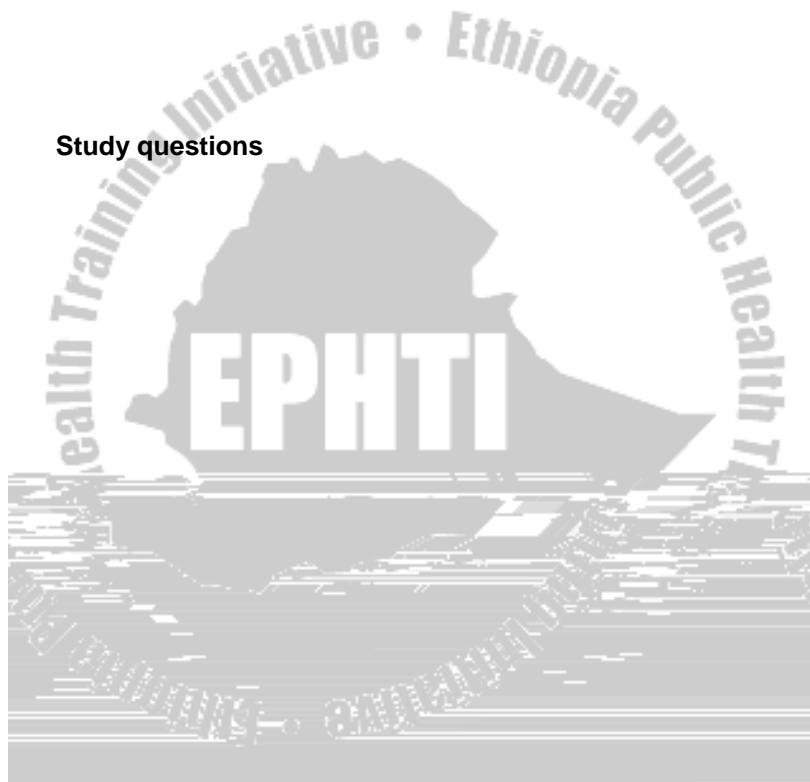


N.B.

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Study questions



CHAPTER EIGHT

PERSONAL HYGIENE AND SKIN CARE

Learning Objectives:

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Key terminology

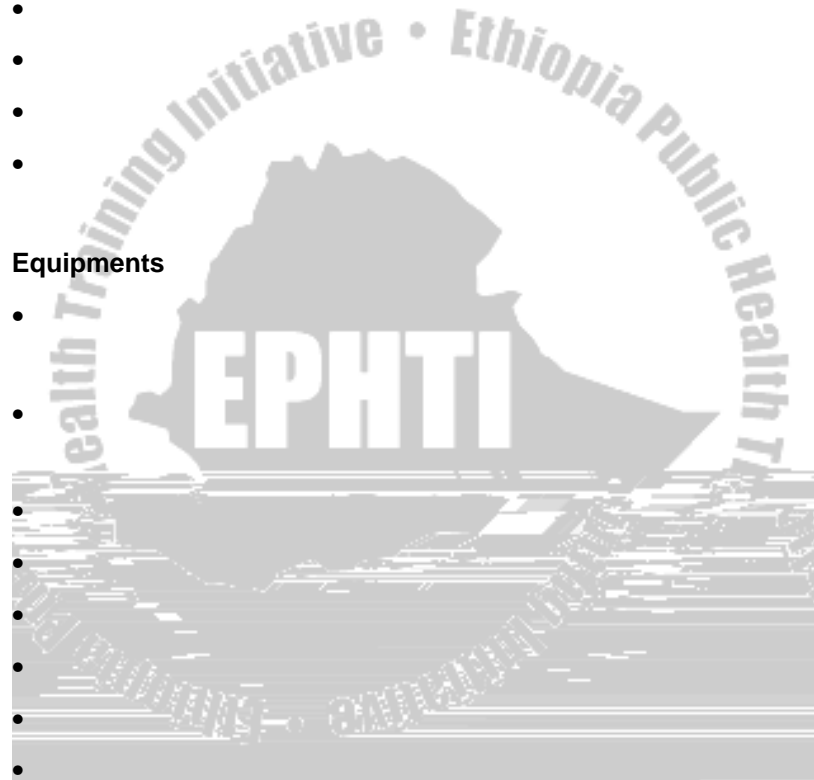
A. Mouth Care

Purpose

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Equipments

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Procedure

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Note: *If the patient has denture, remove them before starting and wash them with brush*

Mouth care for unconscious patient

3



Giving and Receiving Bedpans and Urinals

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Types of Bedpan

Advantage

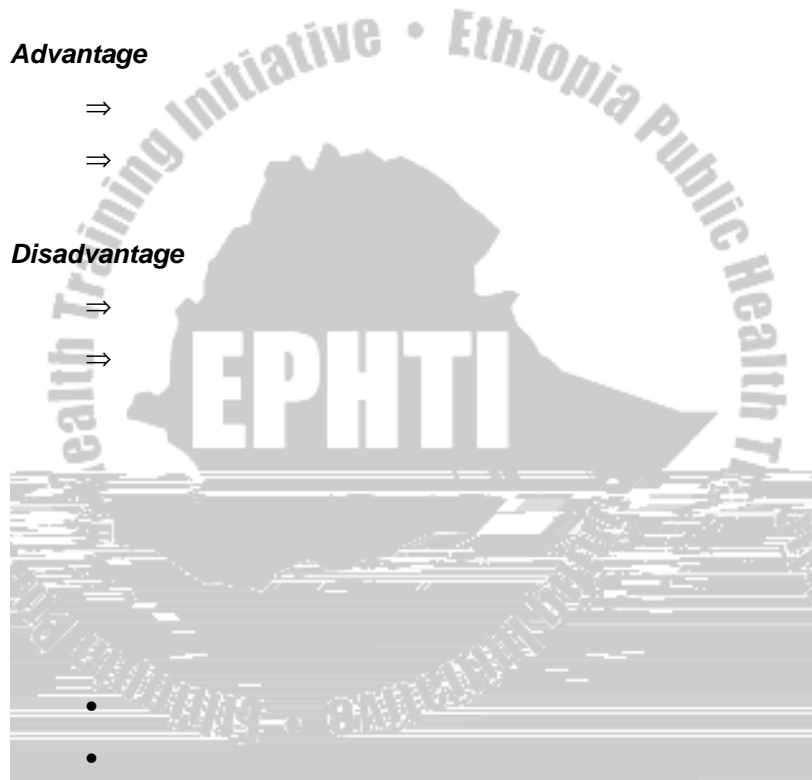
⇒

⇒

Disadvantage

⇒

⇒



B. Bath (Bathing and Skin Care)

1. **Cleansing bath:**

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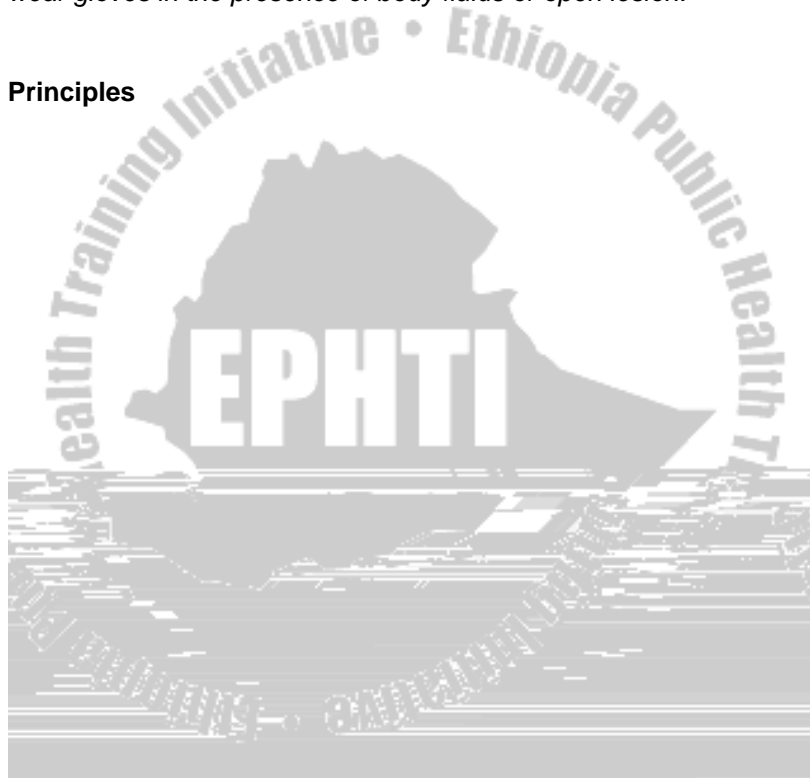
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Before bathing a patient, determine

Note: *when bathing a client with infection, the caregiver should wear gloves in the presence of body fluids or open lesion.*

Principles





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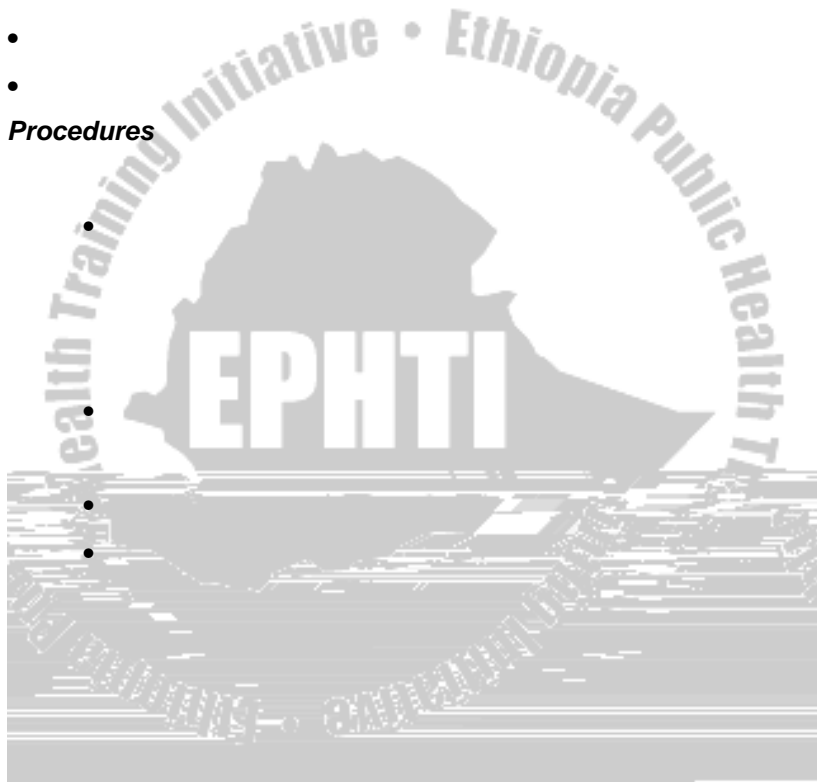
Procedures

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Procedure

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3

Back Care (massage):

Purpose

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Equipment



Procedure

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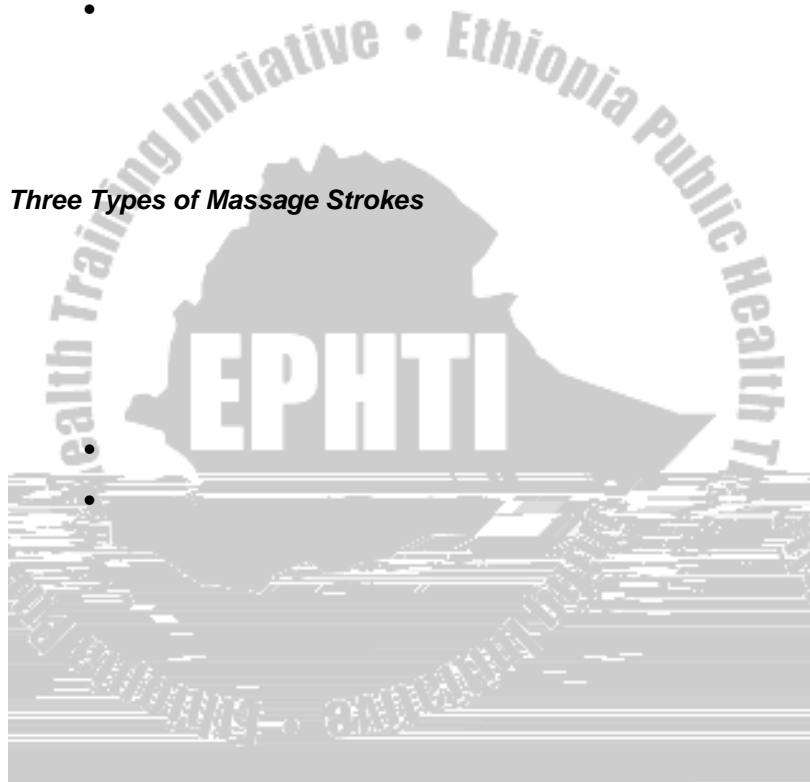
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Three Types of Massage Strokes



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⇒

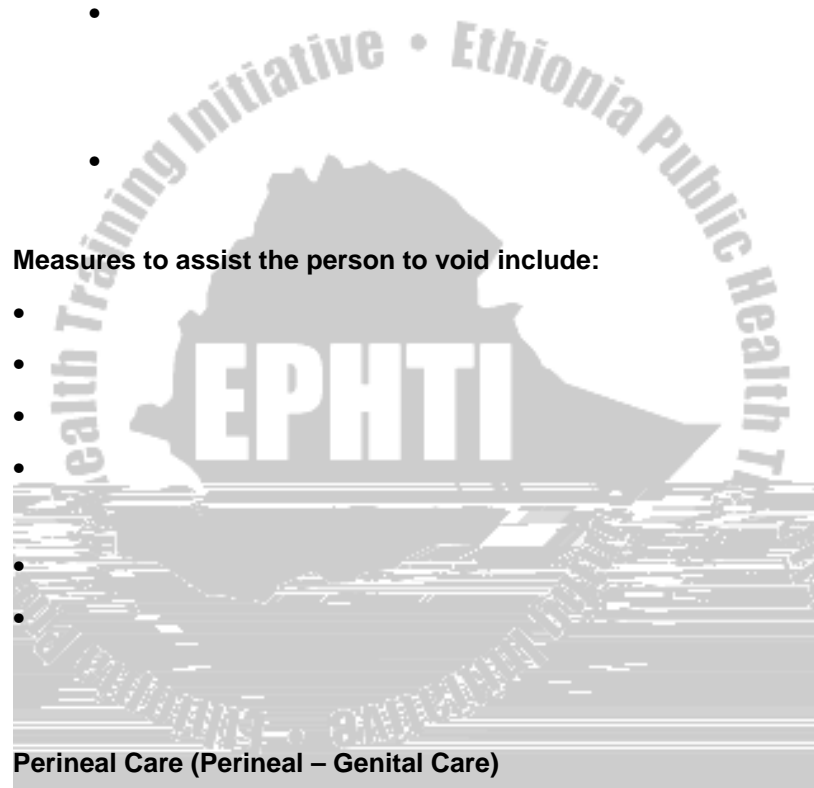
Note

- *The duration of a massage ranges from 5-20 minutes*
- *Remember the location of bony prominence to avoid direct pressure over this areas*
- *Frequent positioning is preferable to back massage as massaging the back could possibly lead to subcutaneous tissue degeneration.*

NB.







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Measures to assist the person to void include:

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Perineal Care (Perineal – Genital Care)

Perineal Area:

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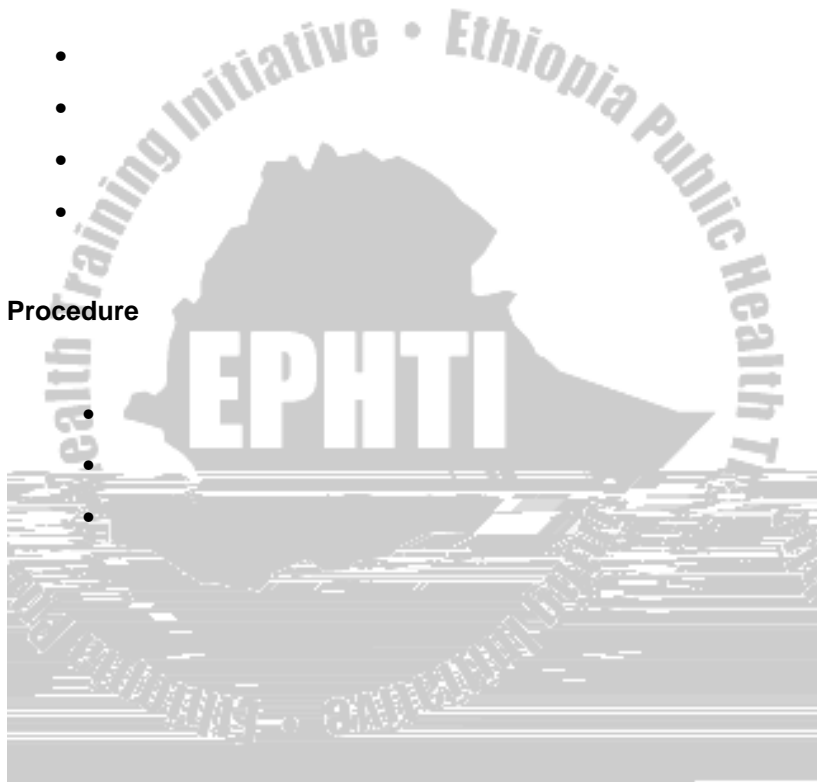


Equipments

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Procedure

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For Female

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Care

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Note

- *Following genital or rectal surgery, sterile supplies may be required for cleaning the operative site, E.g. Sterile cotton balls*
- *The operative site and perineal area may be washed with an antiseptic solution – apply by squirting them on the perineum from a squeeze bottle*

Male Perineum

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Combing/Brushing of Hair

Purpose

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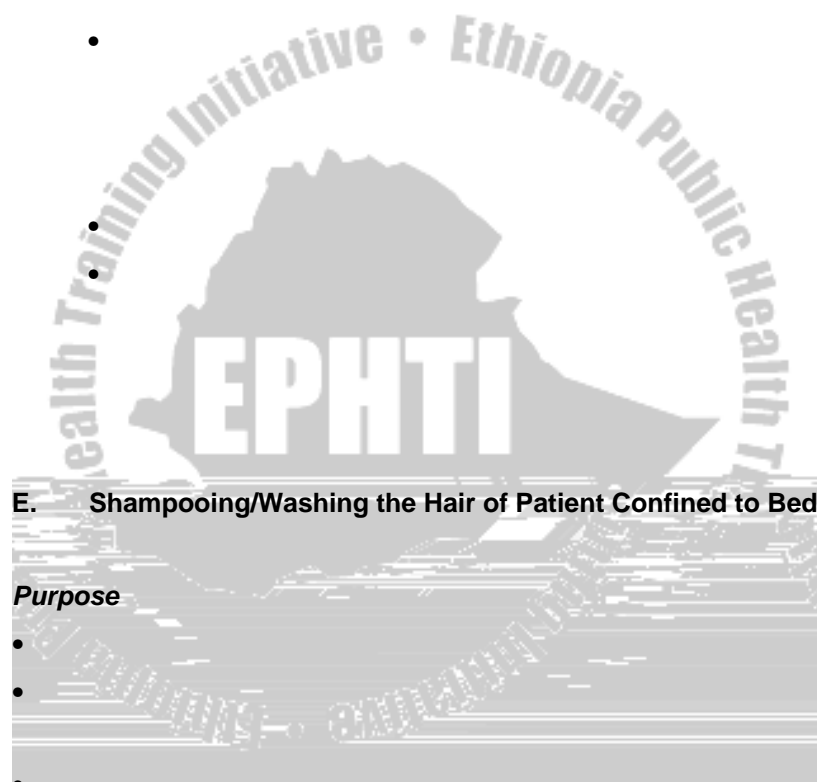
Equipments

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Procedure

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E. Shampooing/Washing the Hair of Patient Confined to Bed

Purpose

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Equipments

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Procedure



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Definition

Pediculosis

Purpose

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Equipment



Lice:

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F. Feeding a Helpless Patient

Purpose

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Procedure



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Late Morning Care

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Includes:

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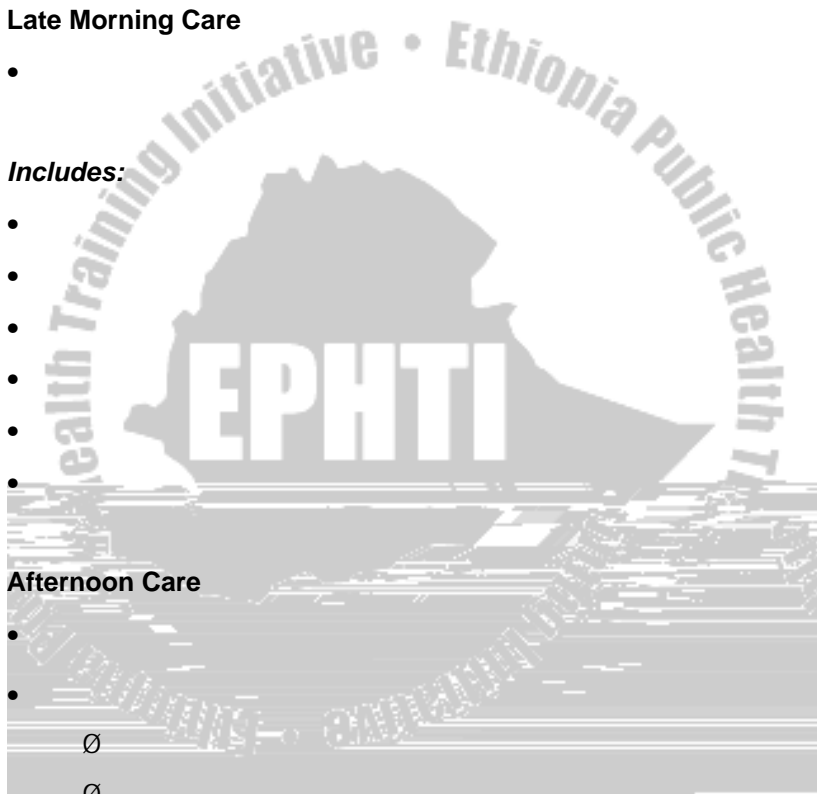
Afternoon Care

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Evening Care

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CHAPTER NINE

COLD AND HEAT APPLICATION

Learning Objectives:



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Local Application of Heat and Cold

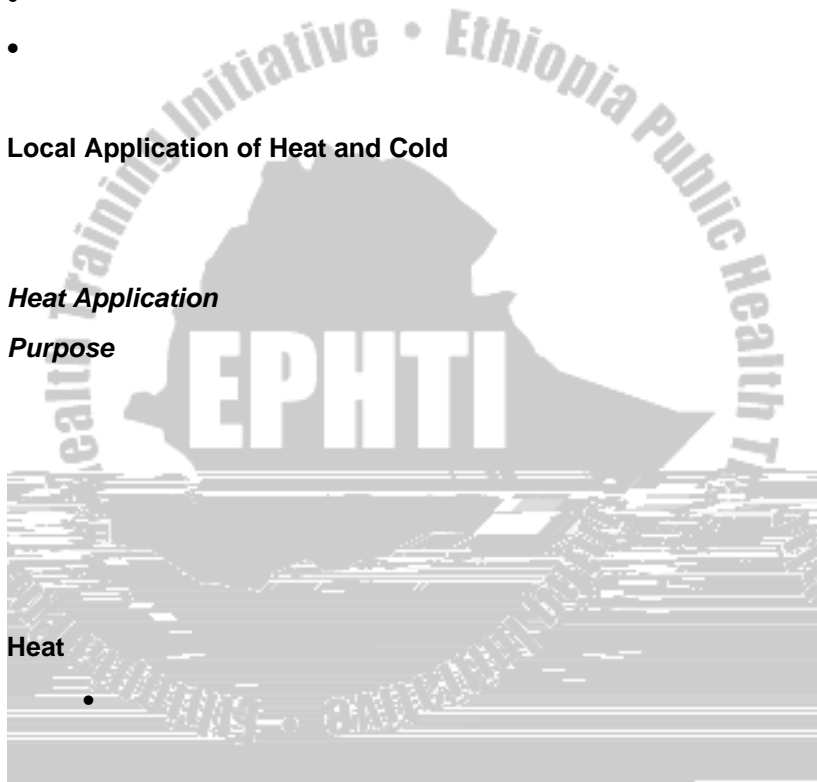
Heat Application

Purpose

Heat

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Local Application of Cold and Heat

Application of Cold

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Purpose: (Indication)

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1. Moist Cold

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2. Dry Cold (Ice Bag)

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Application of Heat

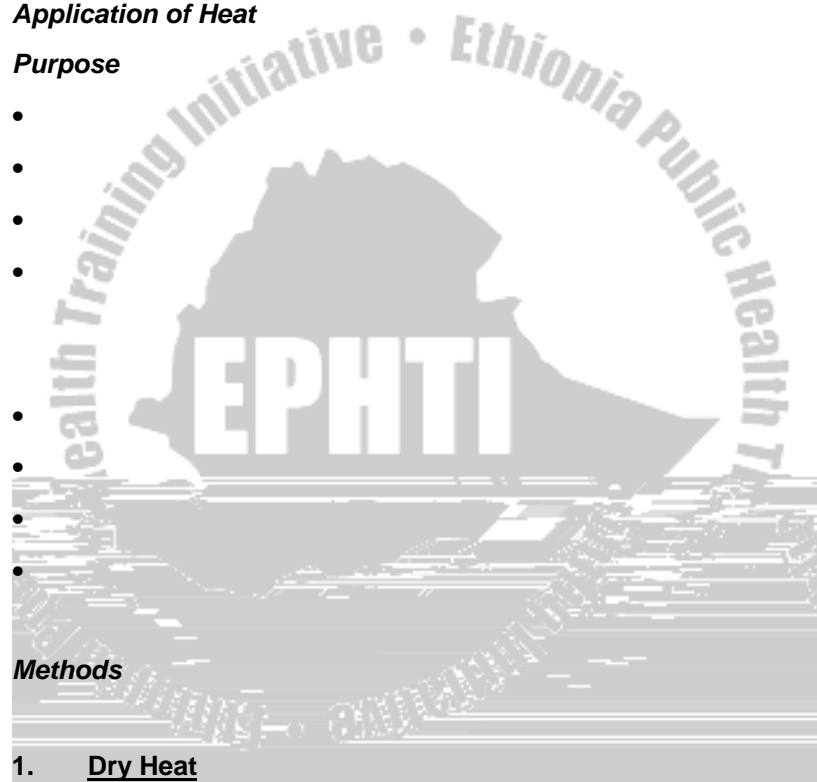
Purpose

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Methods

1. Dry Heat

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2. Moist Heat

Complication

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Purpose:

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Study questions:



CHAPTER TEN

BODY MECHANICS AND MOBILITY

Learning Objectives:

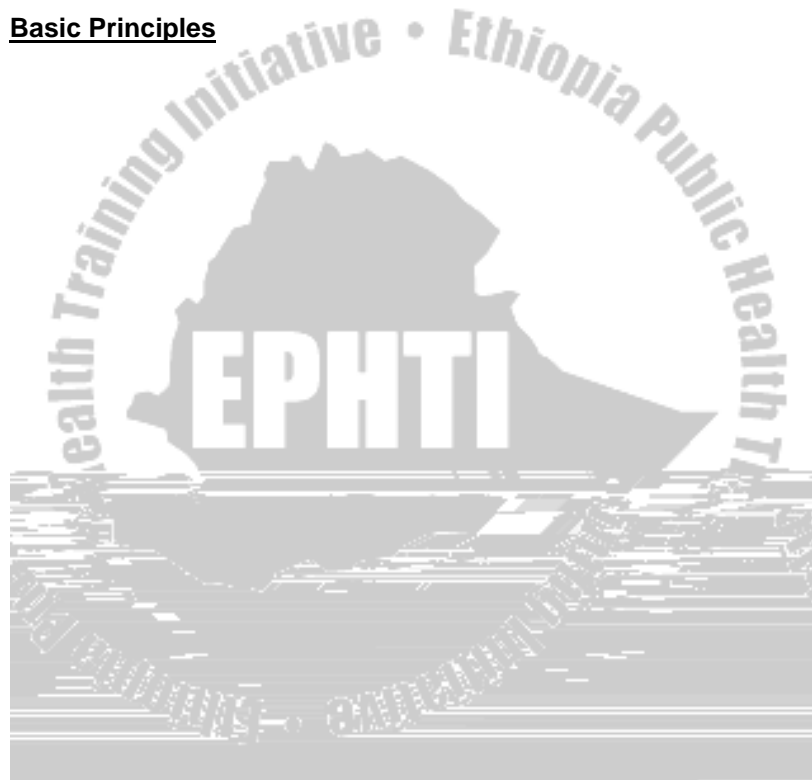


Key Terminology



Basic Principles of Body Mechanics

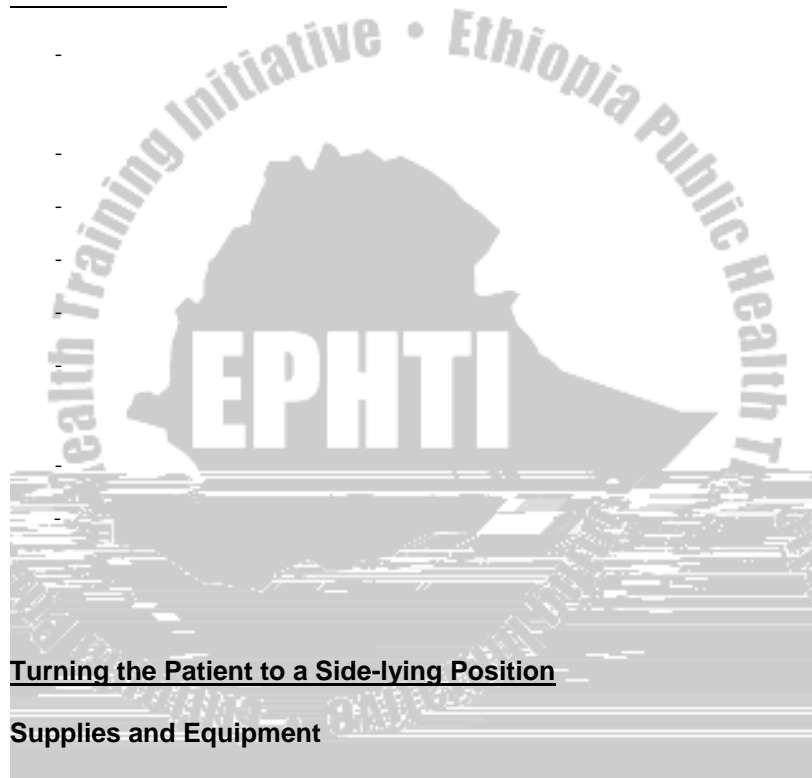
Basic Principles







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Procedure/Steps







Controlling Postural Hypotension



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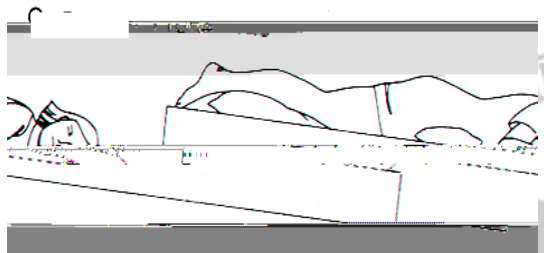
Guideline for Positioning the Client

Positioning the Client for Comfort

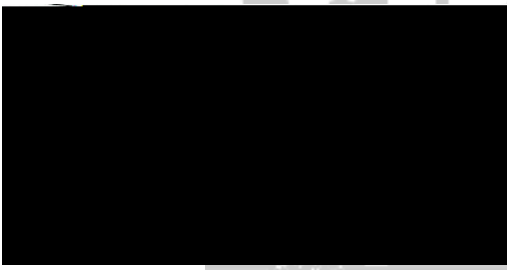




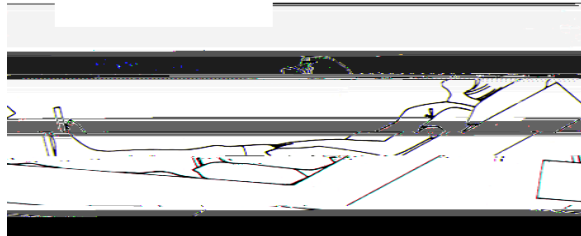




3. Prone Position



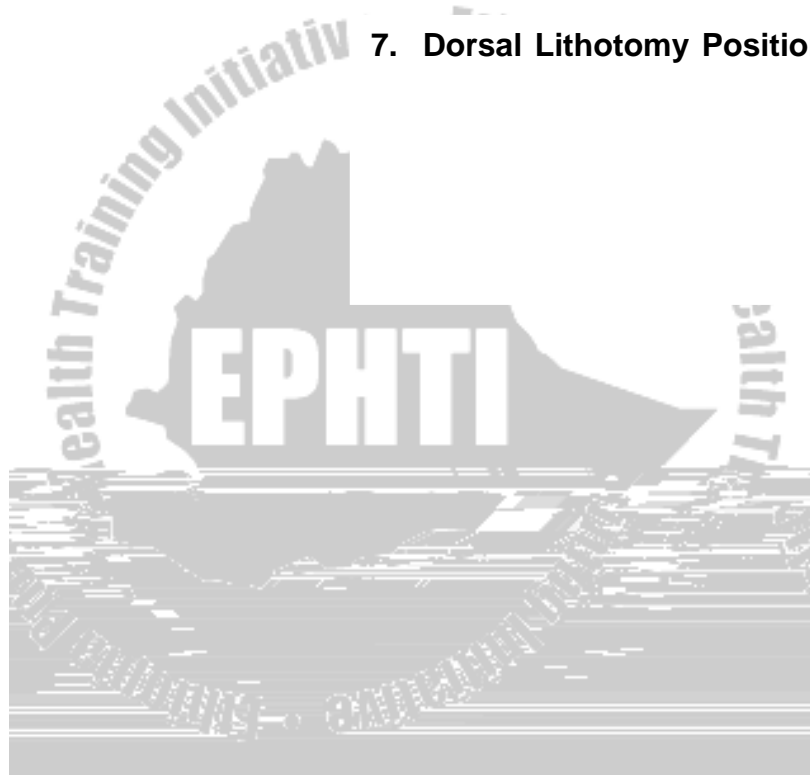
4. Sims' Position



5. Fowler's Position



6. Knee-chest Position



7. Dorsal Lithotomy Position

Crutch Walking

Crutches: -

Assessment



Planning/Objective

Implementation/Procedure

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Evaluation/Expected Outcomes

Teaching Techniques of Crutch Walking

A. *Four-Point Gait*

Equipment

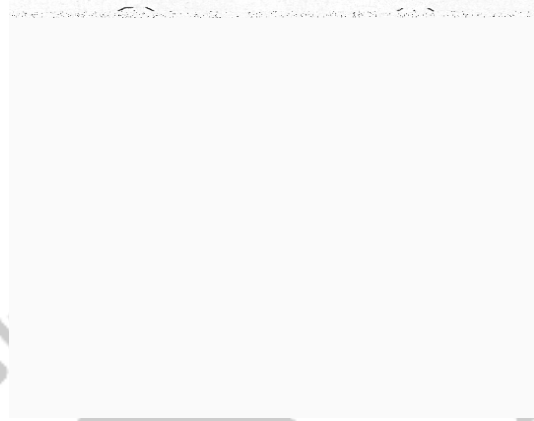
Procedure



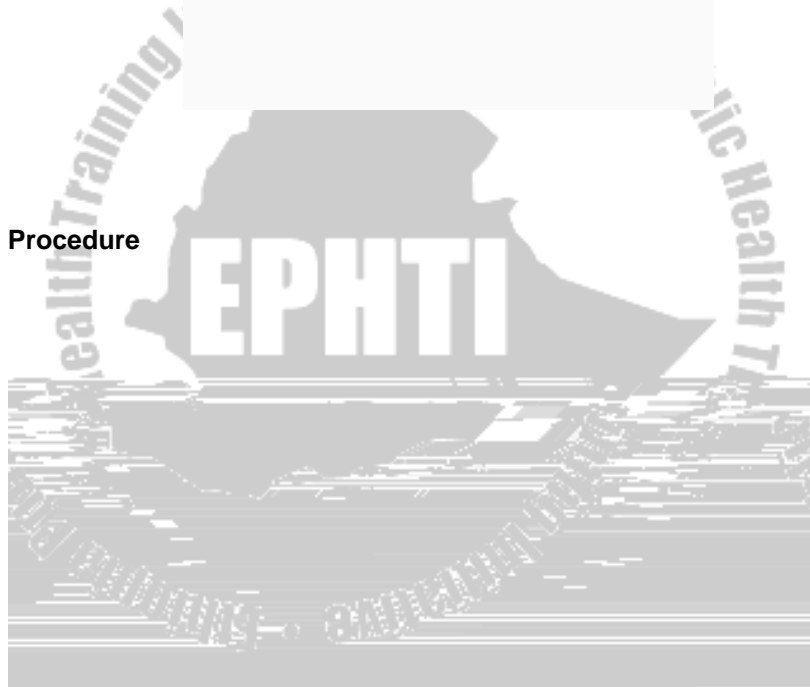
Procedure



C. Two Point-Gait



Procedure



Teaching Swing-To-Gait and Swing through Gait

Equipment

Procedure



Teaching up stairs and down stairs ambulation with crutches

Equipment

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Procedure



Going Down Stairs

Going Upstairs



Procedure





Study questions

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Electrolyte Composition of the Fluid



Osmolarity



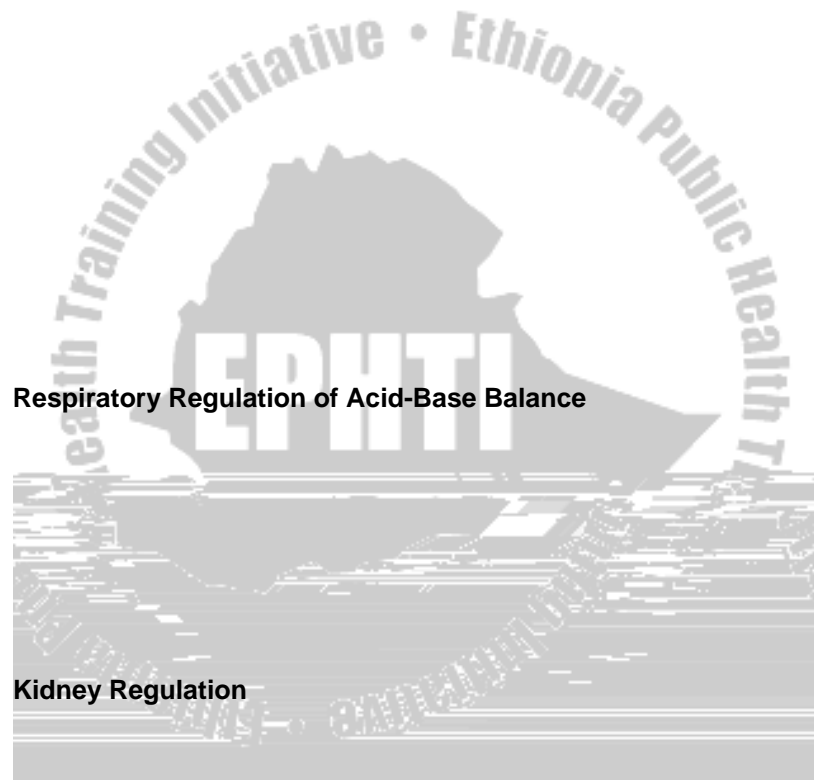




Acid-Base Regulation



S



Respiratory Regulation of Acid-Base Balance

Kidney Regulation



Metabolic Acidosis

Nursing Intervention

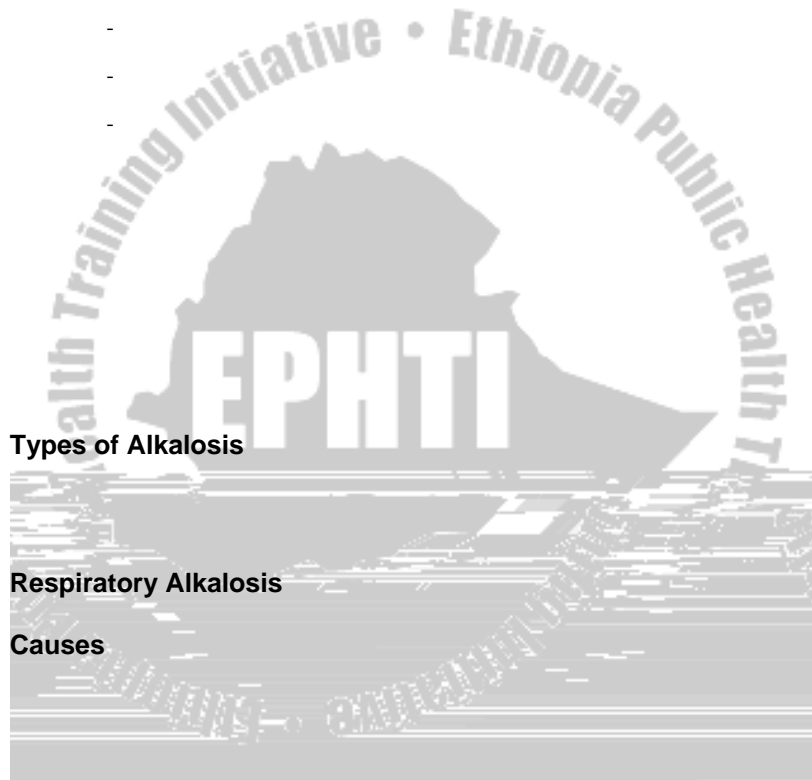
Metabolic acidosis

Nursing interventions

Types of Alkalosis

Respiratory Alkalosis

Causes



Sign and Symptoms



Nursing Interventions

Sign and system

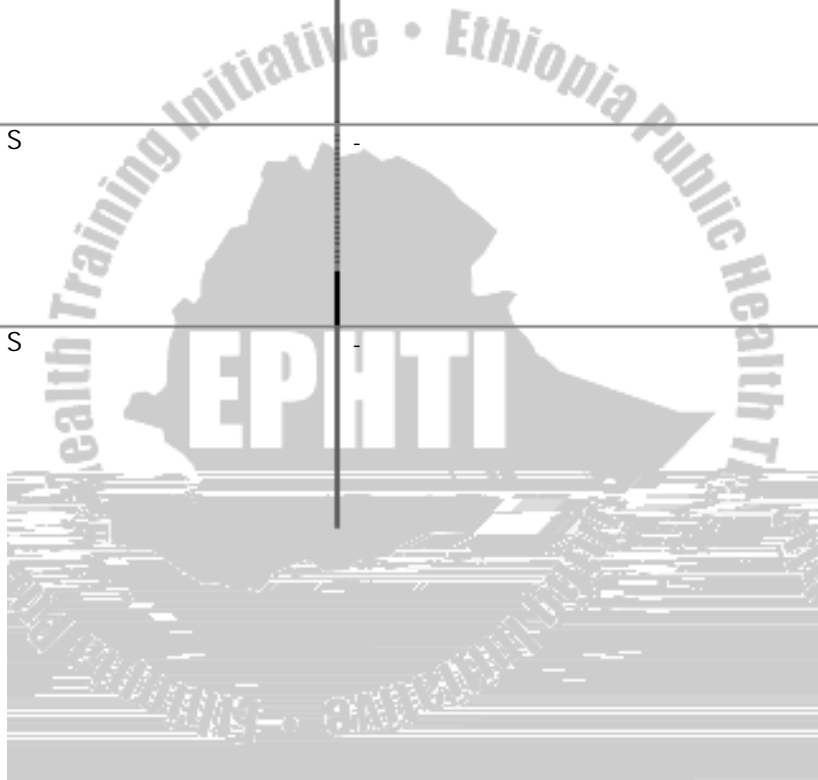






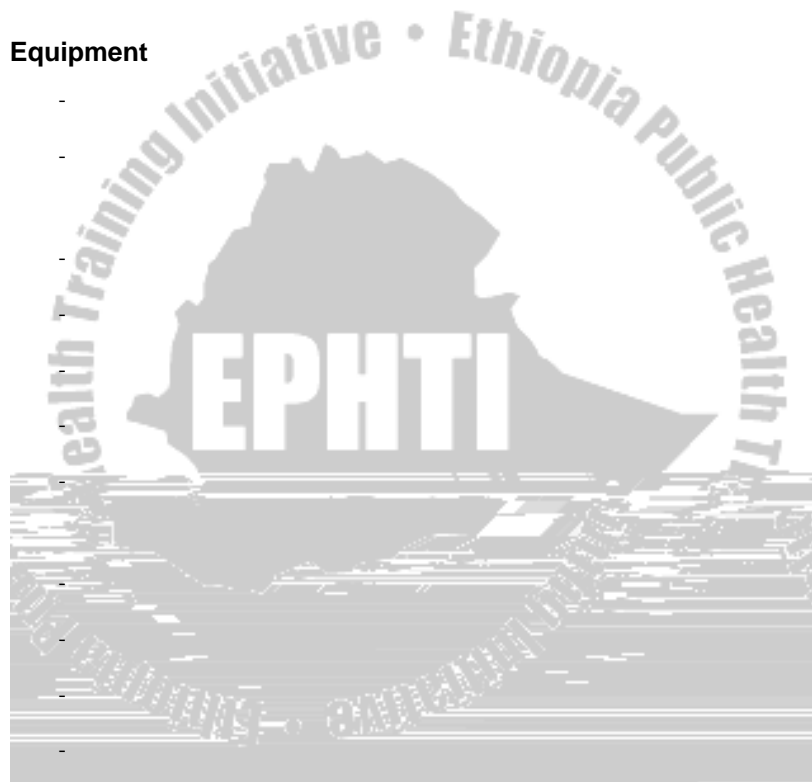
Table 1. A guideline for healthy diet

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Equipment











NASOGASTRIC TUBE FEEDING



Procedure/Intervention









TOTAL PARENTAL NUTRITION



**Application of Nursing Process
Assessment**



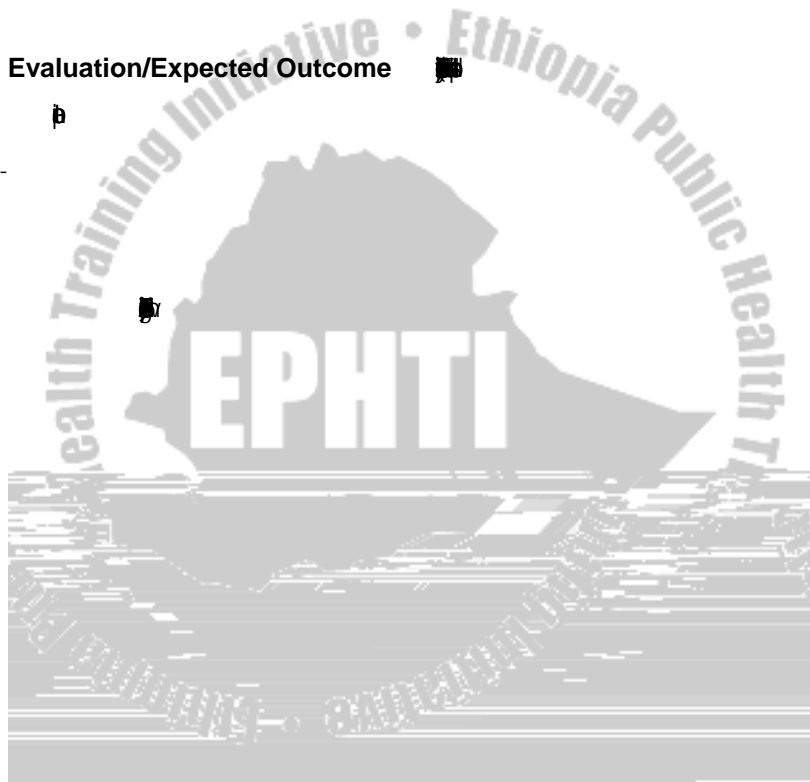
Planning/Objective Setting

Implementation

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Evaluation/Expected Outcome

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Procedure







UNIT FIVE
CHAPTER TWELVE
ELIMINATION OF GASTROINTESTINAL
AND URINARY OUTPUTS

Learning Objective



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Key Terminology

I Gastric Lavage

Definition-

Purpose





Procedure



**2. Gastric Lavage Using a Tube with a Bulb
Procedure**



II. GASTRIC ASPIRATION

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Purpose

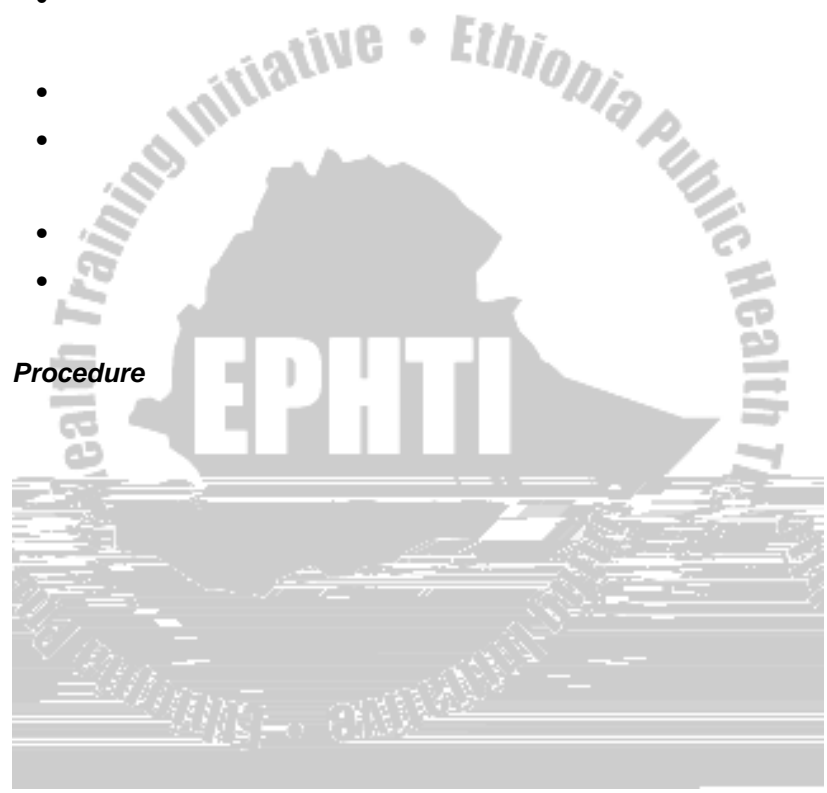
There are two type of gastric Aspiration

There are 2 ways of supplying suction



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Procedure



N.B

1. *Special care of the nose and mouth to prevent dryness should be considered*
2. *Always measure the amount withdrawn accurately noting color, contents and smell*
3. *Record on the fluid chart properly*
4. *Report any change in patient condition regarding pulse, Temperature, B.P fluid out put.*

III. Enema

Enema



Mechanisms of some solutions used in enema



Guidelines

The amount of solution to be administered depends on:

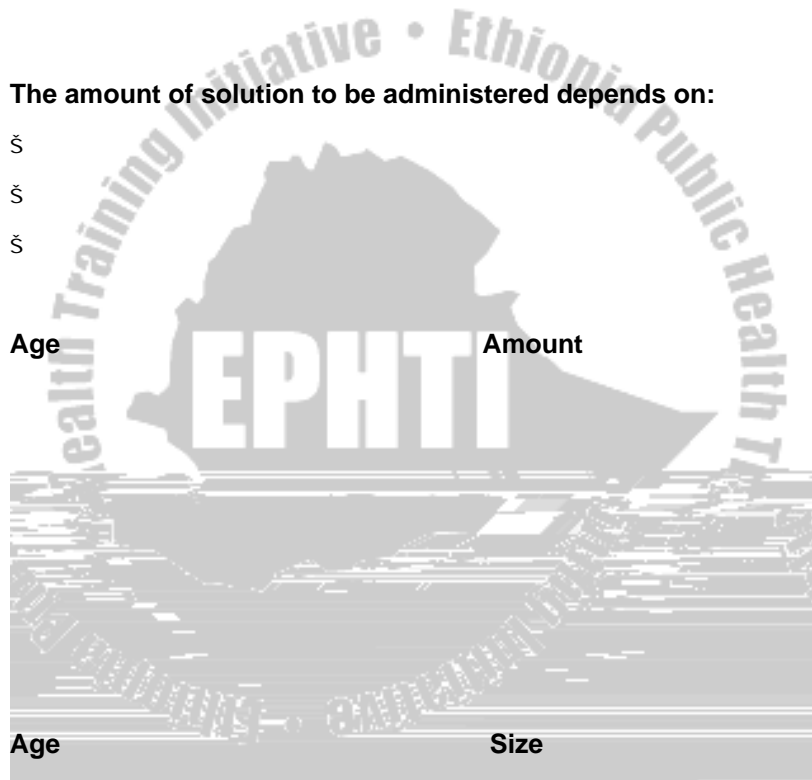
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Age

Amount

Age

Size



Purpose

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Procedure

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Note

1. Most medicated retention enema must be preceded by a cleansing enema. A patient must rest for ½ hrs before giving retention enema
2. Elevate foot of bed to help patient retain enema
3. The amount of fluid is usually 150-200 cc
4. Temperature of enema fluid is 37.4 °c or at body
5. Kinds of solution used to supply body with fluid are plain H₂O, normal saline, glucose 5% sodabarbonate 2-5%
6. Olive oil 100-200 cc to be retained for 6-8 hrs is given for server constipation

Rectal Washout (Siphoning Enema)

Purpose

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Solution Used

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Procedure

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Note:

- *The procedure should not take > 2 hrs*
- *Should be finished 1 hr before exam or x-ray – to give time for the large intestine to absorb the rest of the fluid*
- *Give cleansing enema ½ hr before the rectal wash out*
- *Allow the fluid to pass slowly*

Passing a Flatus Tube

Purpose

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Catheterization Using a straight catheter

Purpose

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Equipment

I. Sterile

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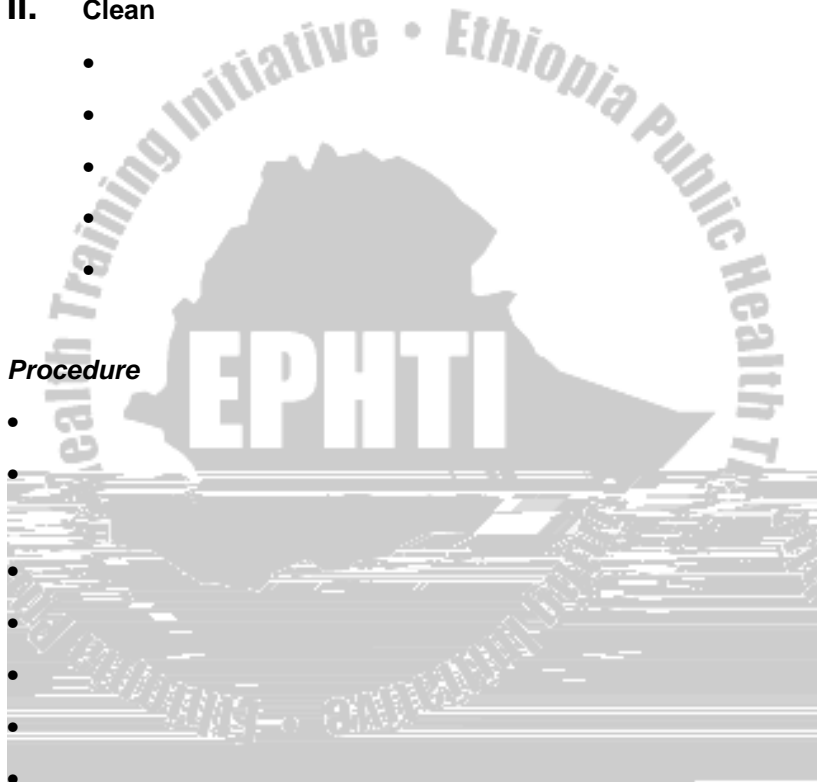
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II. Clean

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Procedure

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Note.

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- **Dorsal Recumbent**



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Removal

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Study Questions

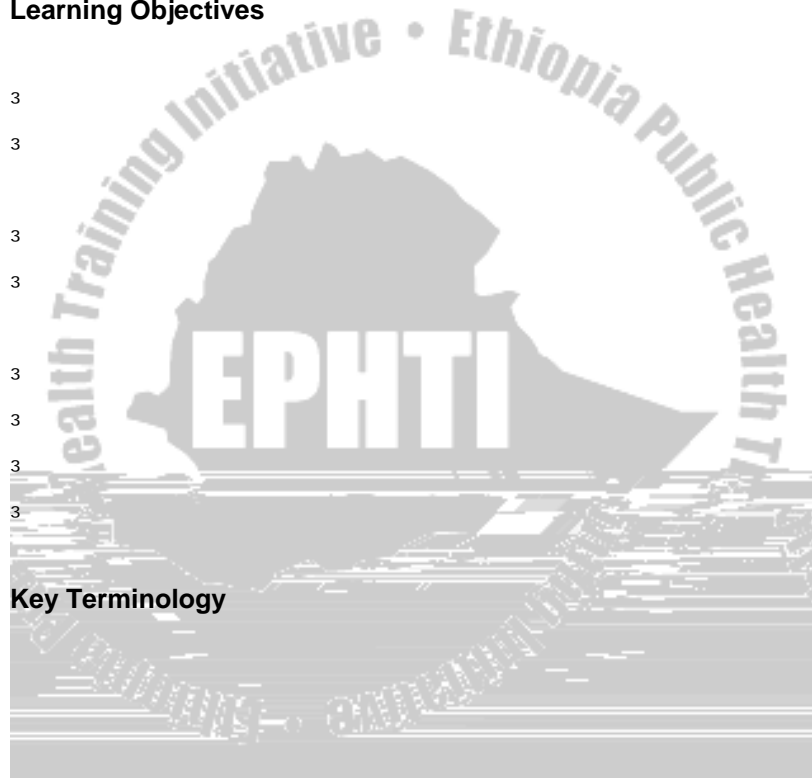


UNIT SIX
CHAPTER THIRTEEN
MEDICATION ADMINISTRATION

Learning Objectives

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Key Terminology













Planning /setting objectives

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Implementation /Intervention

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Evaluation /Epected out comes

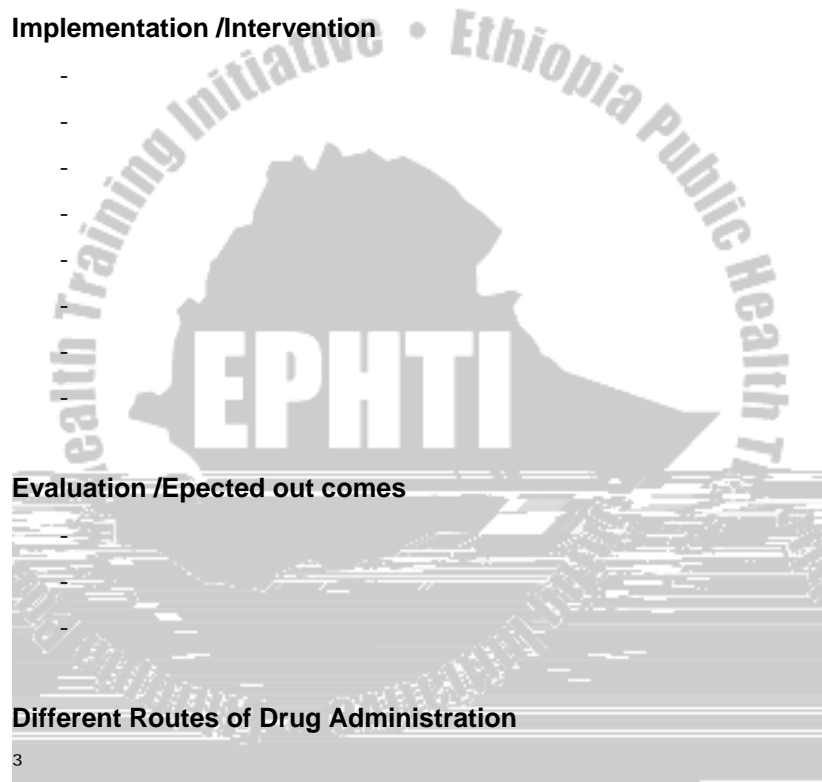
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Different Routes of Drug Administration

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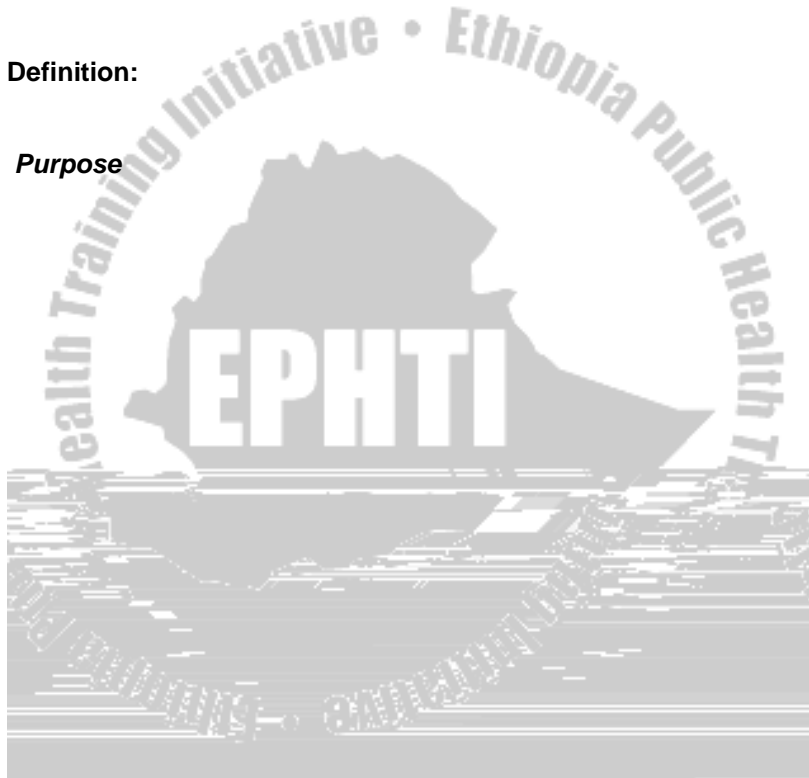


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I. Oral Administration

Definition:

Purpose





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II. Suppository

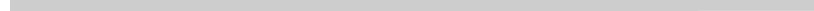
Purpose

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Equipment

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Procedure





Kinds of Suppositories Used:

III. Parenteral Drug Administration

A. Intradermal Injection

Definition:

Purpose

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B. Sub - Cutaneous Injection

Definition

Purpose:

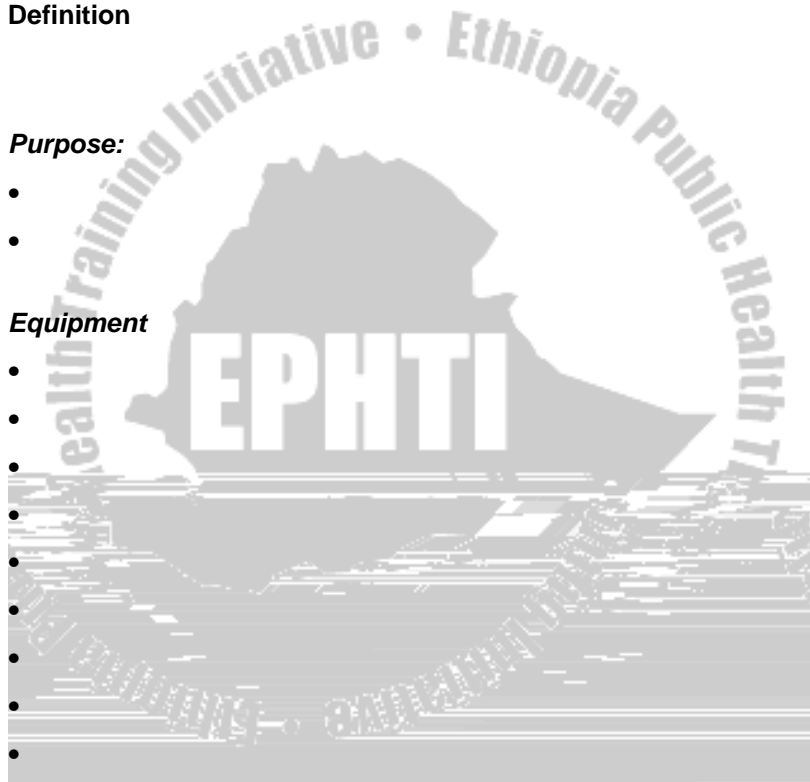
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Equipment

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Site of Injection

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Procedure

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C. Intera- Muscular Injection

Definition

Purpose

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Equipment

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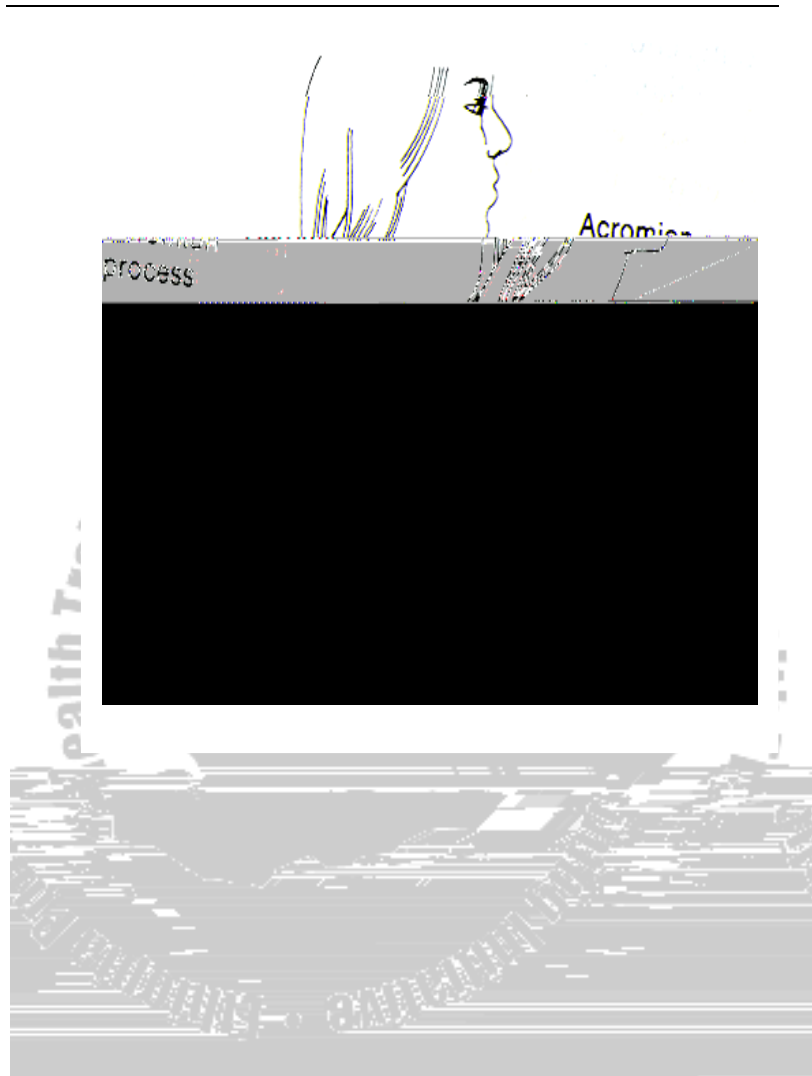


Figure 10IM injection sites A : Vastus lateralis, B. Deltoid muscle, C. Gluteal Maxmus

Procedure

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Note:

D. I.V. INJECTIONS

Definition

Sites for IV injection



Purpose

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Equipment

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E.g.

Note:



F. Blood Transfusion

Definition:

Purpose

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Procedure

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Note:

Immediate Reaction:



Late Reaction



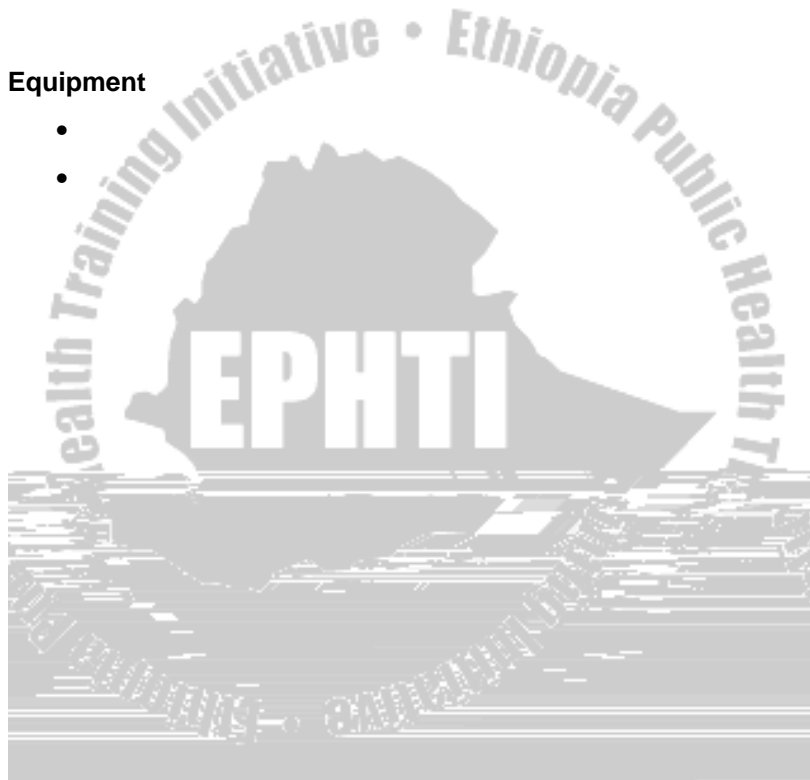
Administering Vaginal Medications

Purpose

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Equipment

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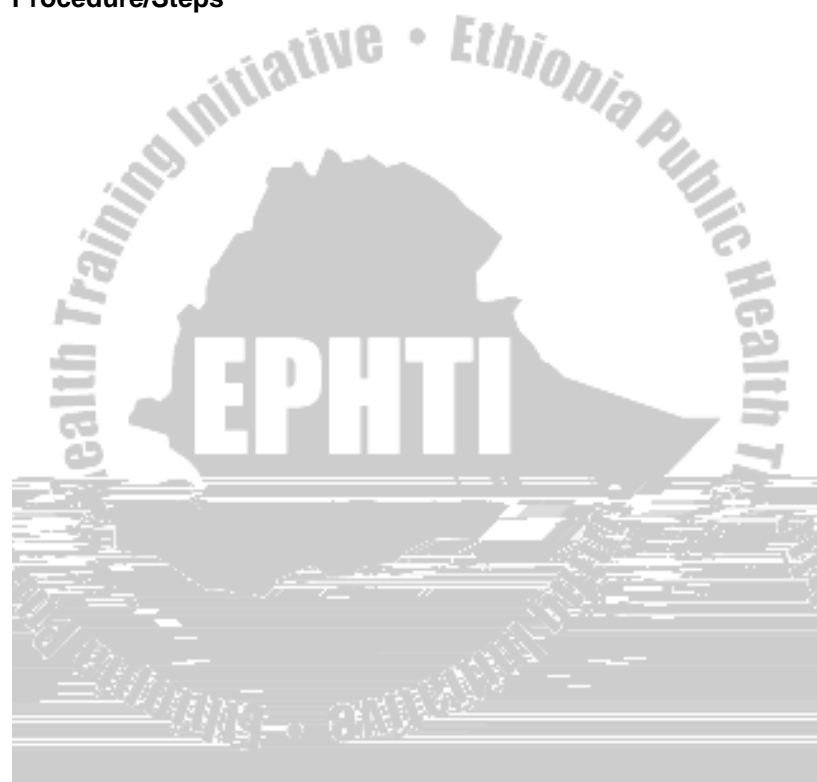


Administering Ear Medications

Purpose:

Equipment

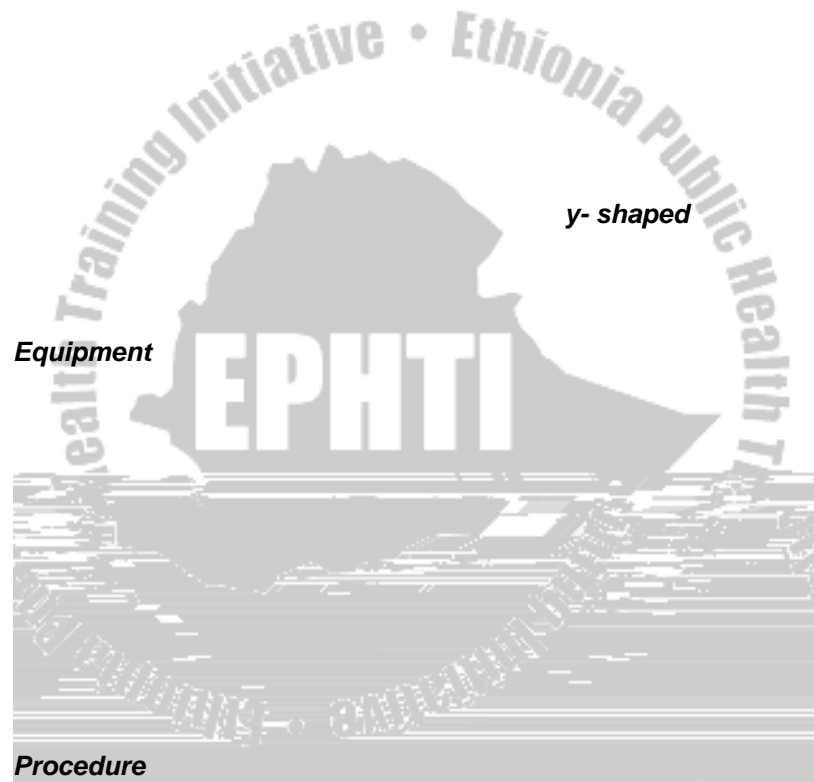
Procedure/Steps







2. Giving oxygen by nasal catheter



Procedure





ii. **Steam Inhalation**

Definition:

Purpose





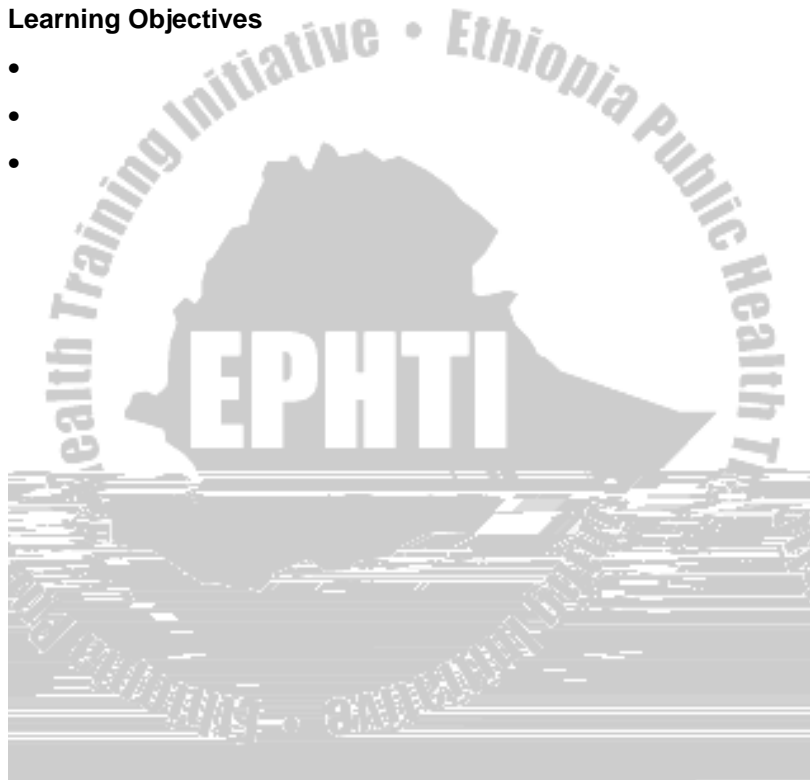




UNIT SEVEN
CHAPTER FOURTEEN
WOUND CARE

Learning Objectives

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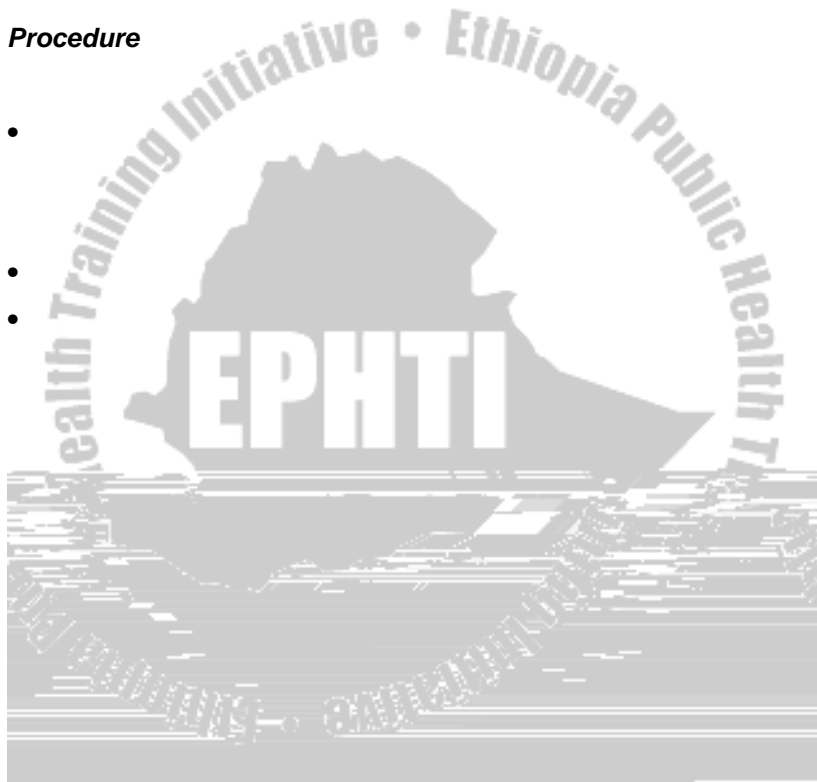




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Procedure

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Equipment

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Procedure



Note.

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Procedure

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Note:

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Procedure

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Note:

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Removal of the Stitch





Clips

Definition:

Purpose

as suturing with stitch

Equipment

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Procedure

Except

Removal of Clips

Technique

Equipment

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UNIT EIGHT
CHAPTER FIFTEEN
PERI OPERATIVE NURSING CARE
(PRE & POSTOPERATIVE NURSING
CARE)

Learning objectives

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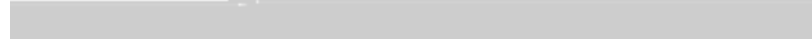
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Key terminology





Planning/Objectives



Implementation

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Pre-operative

Purpose

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Equipment



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Psychological preparation

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Just before surgery

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Shaving

Purpose

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Face Operation

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Anterior Neck Operations

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Posterior Neck Operations

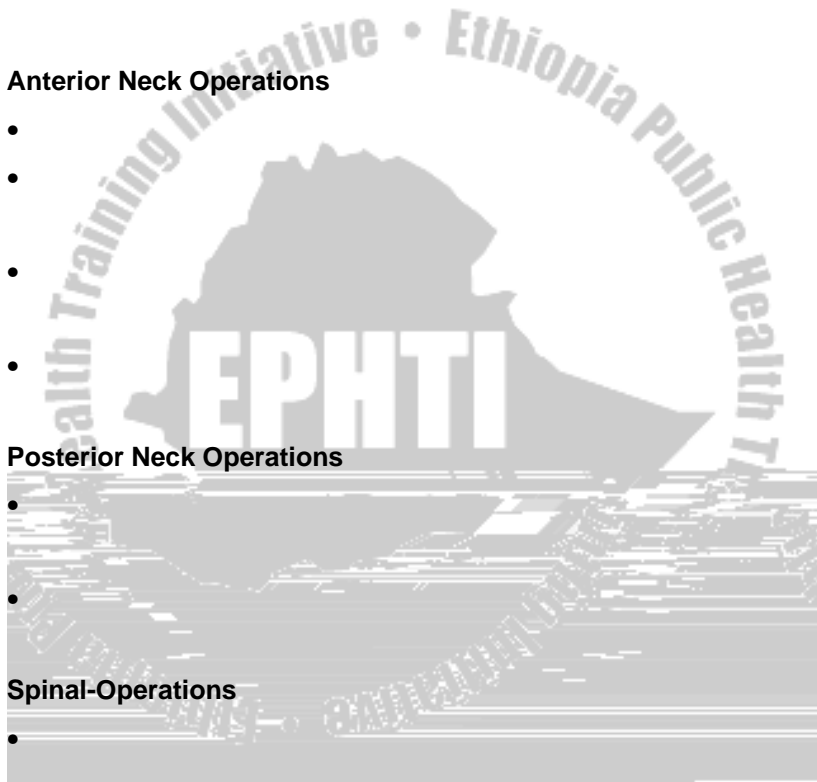
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Spinal-Operations

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Breast Operations

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Kidney Operations

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Abdominal operations

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Perennial and Rectal Operations

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Limb Operations

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Intraoperative Nursing Care



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Equipment

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Procedure

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Eye Surgery

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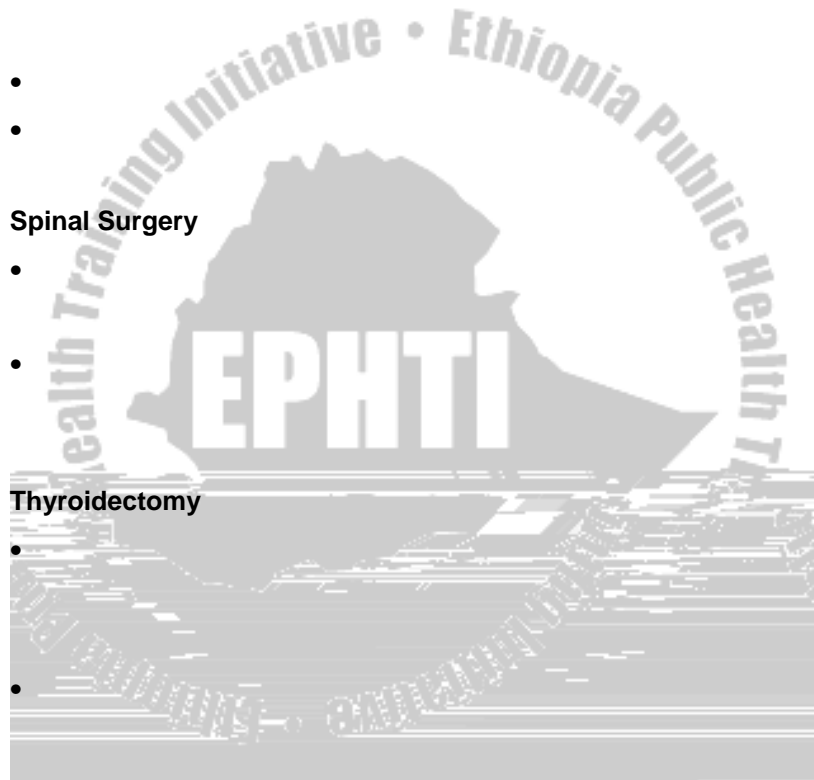
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Spinal Surgery

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Thyroidectomy

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Tonsillectomy

Child

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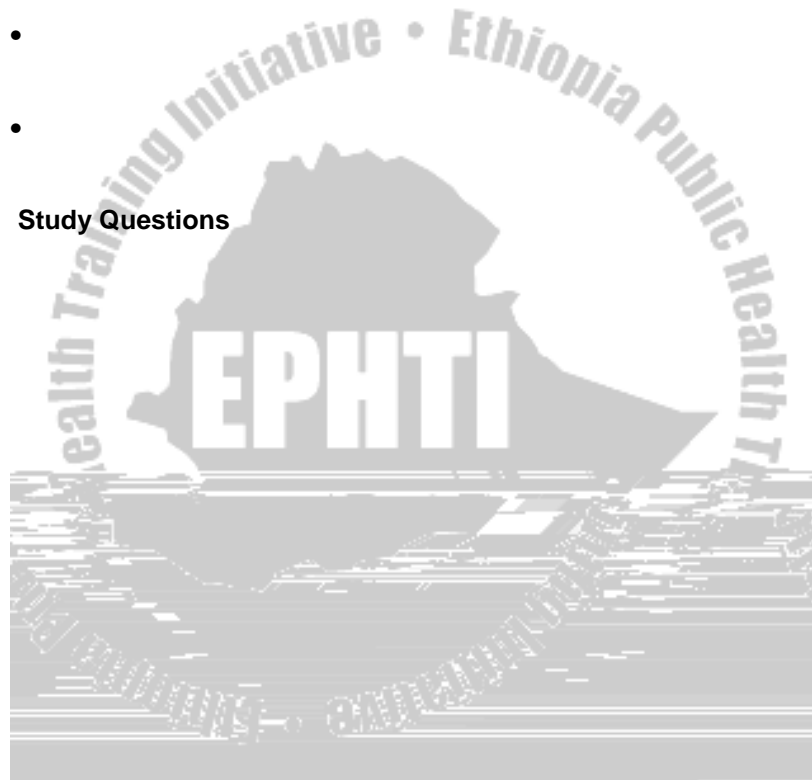
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Adult

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Study Questions

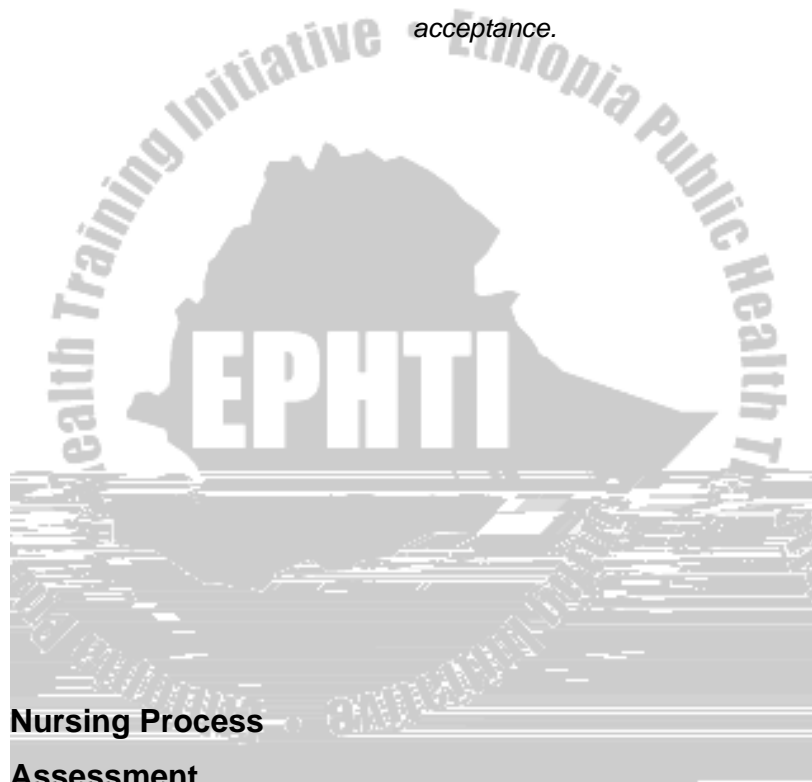


UNIT NINE
CHAPTER SIXTEEN
CARE OF THE DYING AND
POSTMOTREMCARE



Spirituality and Death





**Nursing Process
Assessment**

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Care After Death





Study Questions



GLOSSARY

























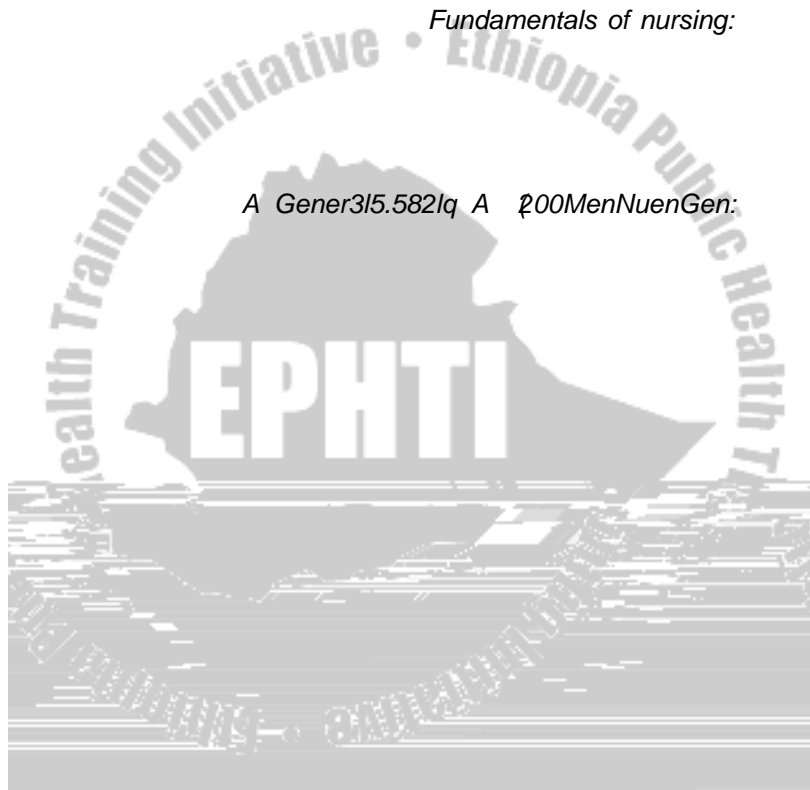


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Practical Nursing

Hand Book of Nursing Procedures

Manual of Home Health Nursing Procedures

Nursing Skill. Basic to advanced skills

Clinical

physiological approach

Basic Nursing, A psycho

Clinical Nursing Skills

MEDICAL-SURGICAL NURSING,

a patient care procedure manual

