

**COURSE SYLLABUS**  
Southeast Missouri State University

Department of Nursing

Course No. NS181

Title of Course: Professional Practice: Clinical Skills

Revision \_\_\_\_\_

New X

I. Catalog Description and Credit Hours of Course:

Introduction and practice of nursing skills and the application of critical thinking related to client comfort, safety, mobility, and physiologic functions. (2)

II. Prerequisite (s):

Satisfactory completion of first semester of the BSN program.

III. Objectives of the Course:

- A. Make simple judgments based on sound rationale derived from nursing knowledge, sciences, and humanities.
- B. Utilize basic communication skills and application of informatics with adult and elderly clients and other health care team members.
- C. Utilize the steps of the nursing process to plan and assume responsibility of care for adult and elderly clients.
- D. Perform selected nursing skills necessary for the role of caregiver.
- E. Demonstrate knowledgeable caring in the performance of nursing skills.
- F. Demonstrate an appreciation of the uniqueness of each individual client in the performance of nursing skills.
- G. Utilize critical thinking to verbalize rationale for performance of nursing skills.
- H. Recognize the importance of maintenance of skill competency in professional practice.
- I. Assume responsibility for own actions in the performance of nursing skills.
- J. Discuss adaptation of skills to various client settings.

IV. Expectations of Students:

- A. Regular class attendance and participation in small group work.
- B. Completion of all assigned work in a timely manner.
- C. Fulfillment of requirements identified in the *BSN Student Handbook*.

## V. Course Content

### A. Physical and Biological Safety (4 hours)

1. Safety hazards, OSHA guidelines
2. Principles of asepsis
3. Hand washing
4. Use of sterile and protective equipment
5. Wound care, dressing changes

### B. Hygiene and Skin Integrity (4 hours)

1. Bathing, personal hygiene
2. Mouth care
3. Perineal care
4. Changing a bed
5. Maintaining skin integrity

### C. Mobility (2 hours)

1. Activity and exercise
2. Range of motion exercises
3. Positioning

### D. Rest and Comfort (2 hours)

1. Sleep and sleep alterations
2. Pain and comfort measures

### E. Circulation and Thermoregulation (4 hours)

1. Pulse and blood pressure measurement
2. Temperature measurement

### F. Oxygenation (4 hours)

1. Respiration measurement
2. Principles of oxygen administration
3. Oral suctioning
4. Tracheostomy/endotracheal suctioning
5. Chest tube drainage systems and care

### G. Nutrition and Hydration (4 hours)

1. Effects of nutritional state on health
2. Fluid and electrolyte balance
3. Nasogastric/feeding tube insertion and care

### H. Elimination (2 hours)

1. Bowel and bladder elimination
2. Stool and urine sample collection
3. Enema administration
4. Foley catheter insertion and care

I. Medication administration (4 hours)

1. Principles of medication administration
2. Calculation of medication dosages
3. Administration of medications

Two hours allotted to examinations.

VI. Textbooks Required:

- A. Leahy, J. & Kizilay, Pl (1998). Foundations of nursing practice: a nursing process approach. Philadelphia: W. B. Saunders Co.
- B. Carpenito, L. (1999). Handbook of nursing diagnosis. (8<sup>th</sup> ed.) Philadelphia: Lippincott/Raven Publishing Co.

VIII. Basis for Student Evaluation:

|                                  |           |
|----------------------------------|-----------|
| A. 2 unit exams                  | 50%       |
| B. 1 final exam                  | 25        |
| C. 5 medical terminology quizzes | <u>25</u> |
| TOTAL                            | 100%      |

- D. Satisfactory completion of performance of nursing skills .... Pass/Fail