**High Plains Technology Center**

**Health Careers**

**Learning Activity Packet (LAP) for Advanced Acute Care Nursing - Assistant**

**Related unit of instruction:**

Fundamentals of Nursing

**Approximate Completion time:**

20 Hours

**Rationale for the Lap:**

This lap focuses on the use of nursing related concepts by practical nurses as providers of care and members of the discipline in collaboration with health team members. Emphasis is placed on the concepts of learning, teamwork, communication in nursing, human development, professionalism, health promotion, nursing ethics and law, and changing health care delivery.

**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and turn in work sheets for Chapters 28 & 29 in Sorentino’s *Assisting with Patient Care*
2. Pass the tests for the chapters
3. Complete Student Workbooks 16 in CIMC’s *Practical Nursing Series*
4. Read chapter 2in Christensen and Kockrow’s *Adult Health Nursing*

**Learning Objective:**

*Assisting With the Physical Examination Chapter 28*

1. Define the key terms listed in the chapter.
2. Explain what to do before, during and after an examination.
3. Identify the equipment used for an examination.
4. Describe how to prepare and drape a person for an examination.
5. Explain the rules for assisting with an examination.
6. Perform the procedures described in the chapter.

*The Surgical Patient Chapter 29*

1. Define the key terms listed in this chapter.
2. Describe the common fears and concerns of surgical patients.
3. Explain how people are prepared for surgery..
4. Describe how to prepare a room for the postoperative patient.
5. List the signs and symptoms to report postoperatively.
6. Explain how to meet the person’s needs after surgery.
7. Perform the procedures described in this chapter.

*PN Series #16 Pre- and Post-Operative Care Skills*

1. Answer questions about pre-operative preparation of a patient.
2. Plan meals to meet pre-op dietary needs using selected situations. (Learning Activity 1).
3. Answer questions about pre-operative tests.
4. Prepare and present a teaching plan for one area of pre-operative teaching. (Learning Activity 2).
5. Answer questions about ways to help patients overcome pre-operative fears.
6. Prepare a patient for surgery. (Competency Checklist 1).
7. List required information to obtain about a patient returning to the unit after surgery.
8. Differentiate between a post-operative focused assessment and other assessments.
9. Perform a post-operative focused assessment. (Competency Checklist 2)
10. Locate sources of information on common surgical complications and the nursing care for each. (Learning Activity 3)
11. Answer questions about surgical complications and their nursing care using selected situations.

*Care of the Surgical Patient Chapter 2*

1. Define the key terms as listed.
2. Identify the purposes of surgery.
3. Distinguish among elective, urgent and emergency surgery.
4. Discuss the factors that influence an individual’s ability to tolerate surgery.
5. Explain the procedure for turning, deep breathing, coughing and leg exercises for postoperative patients.
6. Explain the importance of informed consent for surgery.
7. Discuss considerations for the older adult surgical patient.
8. Describe the role of the circulating nurse and the scrub nurse during surgery.
9. Discuss the preoperative checklist.
10. Discuss the initial nursing assessment and management immediately after transfer from the postanesthesia care unit.
11. Differentiate among general, regional, and local anesthesia.
12. Explain conscious sedation.
13. Identify the rationale for nursing interventions designed to prevent postoperative complications.
14. Discuss the nursing process as it pertains to the surgical patient.
15. Identify the information needed for the postoperative patient in preparation for discharge.

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**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and turn in work sheets for Chapter 30 in Sorentino’s *Assisting with Patient Care*
2. Pass the test for the chapter
3. Watch Nursing Video: *Skin & Wound Care*

**Learning Objective:**

*Wound Care Chapter 30*

1. Define the key terms listed in this chapter.
2. Describe the different types of wounds.
3. Describe skin tears, pressure ulcers and circulatory ulcers and how to prevent them.
4. Identify the pressure points in each body position.
5. Describe the process, types and complications of wound healing.
6. Describe what to observe about wounds and wound drainage.
7. Explain how to secure dressings.
8. Explain the rules for applying dressings.
9. Explain the rules for cleaning wounds and drain sites.
10. Explain the purpose of binders and how to apply them.
11. Describe how to meet the basic needs of persons with wounds.
12. Perform the procedure describe in this chapter.

*Nursing Video: Skin & Wound Care*

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**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and turn in work sheets for Chapters 23 & 31 in Sorentino’s *Assisting with Patient Care*
2. Pass the tests for the chapters
3. Watch Nursing Video: *Heat & Cold Application*

**Learning Objective:**

*Oxygen Needs Chapter 23*

1. Define the key terms listed in the chapter.
2. Describe the factors affecting oxygen needs.
3. Identify the signs and symptoms of hypoxia and altered respiratory function.
4. Describe the tests used to diagnose respiratory problems.
5. Explain the measures that promote oxygenation.
6. Describe the oxygen devices.
7. Explain how to safely assist with oxygen therapy.
8. Explain how to assist in the care of persons with artificial airways.
9. Describe the safety measures for suctioning.
10. Explain how to assist in the care of persons on mechanical ventilation.
11. Explain how to assist in the care of persons with chest tubes.
12. Perform the procedures described in the chapter.

*Heat & Cold Applications Chapter 31*

1. Define the key terms listed in the chapter.
2. Identify the purposes, effects and complications of heat and cold applications.
3. Identify the persons at risk for complications from heat and cold applications.
4. Explain the differences between moist and dry heat and cold applications.
5. Describe the rules for applying heat and cold.
6. Explain how cooling and warming blankets are used.
7. Perform the procedures describe in the chapter.

*Nursing Video: Heat & Cold Application*

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**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and turn in work sheets for Chapters 26 & 27 in Sorentino’s *Assisting with Patient Care*
2. Pass the tests for the chapters
3. Watch Nursing Video: *Specimen Collection & Surgical Care*

**Learning Objective:**

*Obtaining an Electrocardiogram Chapter 26*

1. Define the key terms listed in this chapter.
2. Explain the purpose of electrocardiograms and telemetry.
3. Describe the structures and functions of the heart.
4. Explain the conduction system of the heart.
5. Identify the normal waves of an electrocardiogram.
6. Locate the sites for limb leads and chest leads.
7. Identify the functions of the electrocardiograph.
8. Describe electrocardiograph paper.
9. Calculate the heart rate using a 6-second strip.
10. Explain how to prepare the person for an electrocardiogram.
11. Know the dysrhythmias that are life-threatening.
12. Perform the procedure described in the chapter.

*Collecting and Testing Specimens Chapter 27*

1. Define the key terms listed in the chapter.
2. Explain why specimens are collected.
3. Describe the different types of urine specimens.
4. Explain why urine, stools, sputum and blood are tested.
5. Explain the rules for collecting specimens.
6. Identify the sources of blood specimens.
7. Identify the sites for skin punctures and venipunctures.
8. Explain how to select tubes for blood specimens.
9. Perform the procedures described in this chapter.

*Nursing Video: Specimen Collection & Surgical Care*

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**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and turn in work sheets for Chapter 32 & 33 in Sorentino’s *Assisting with Patient Care*
2. Pass the tests for the chapters

**Learning Objective:**

*Hearing and Vision Problems Chapter 32*

1. Define the key terms listed in the chapter.
2. Explain otitis media and Meniere’s disease.
3. Describe the effects of hearing loss and vision loss.
4. Describe how to communicate with the hearing-impaired person.
5. Explain how to communicate with the speech-impaired person.
6. Explain the purpose of a hearing aid.
7. Describe how to care for a hearing aid.
8. Explain the differences between glaucoma and cataracts.
9. Describe how to protect an artificial eye from loss or damage.
10. Explain how to assist a blind person.
11. Perform the procedure describe in this chapter.

*Common Health Problems Chapter 33*

1. Define the key terms listed in the chapter.
2. Describe how cancer is treated.
3. Describe arthritis and the care required.
4. Explain how to care for persons in casts, in traction and with hip pinnings.
5. Describe the care required for osteoporosis.
6. Describe the effects of amputation.
7. Describe signs and symptoms of stroke and the care required.
8. Describe the care needs of persons with Parkinson’s disease and multiple sclerosis.
9. Identify the causes of head and spinal cord injuries and the care required.
10. Describe common respiratory disorders and the care required.
11. Identify the signs, symptoms and treatment of hypertension.
12. List the risk factors for coronary artery disease.
13. Describe the care required by persons with heart disease.
14. Describe the care required by persons with urinary system disorders.
15. Identify the signs, symptoms and complications of diabetes.
16. Explain the care required by persons with digestive problems.
17. Describe the signs and symptoms of communicable diseases and the care required.

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**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and turn in work sheets for Chapter 34 in Sorentino’s *Assisting with Patient Care*
2. Pass the test for the chapter

**Learning Objective:**

*Mental Health Problems Chapter 34*

1. Define the key terms listed in the chapter.
2. Explain the difference between mental health and mental illness.
3. List the causes of mental illness.
4. Explain how personality develops.
5. Describe three anxiety disorders.
6. Explain the defense mechanisms used to relieve anxiety.
7. Describe common phobias.
8. Explain schizophrenia.
9. Describe bipolar disorder and depression.
10. Describe three personality disorders.
11. Describe substance abuse.
12. Explain two types of eating disorders.
13. Describe the care required by persons with mental health disorders.