

## **Adult & Mental Health Branch Clinical Skills.**

**Please note this list only covers the clinical skills taught and not the theory we do alongside it.**

### **Year one**

#### **Infection Control and Aseptic Technique**

1. Correct hand decontamination/washing hands.
2. Apply sterile gloves.
3. Prepare a sterile field and carry out an aseptic technique.

#### **Mandatory Training**

##### **Basic Life Support**

1. Assessment of deteriorating patient – introducing systematic ABCDE approach.
2. Choking guidelines/procedure
3. Recovery position
4. Basic life support
5. Bag valve mask technique
6. Use of an AED

##### **Moving and Handling**

Discussed:

- Slide sheets and slings
- Hoist
- Sit to Stand
- Rota Stand
- Stand Aid
- Falling patient
- 3 principles moving and handling (base position, natural curve spine, and short levers)

The following techniques the students will be observed doing:

- Supported walking
- Slide sheet – insertion of supine slide and side glide slide
- Hoisting

### **Nutrition**

1. Measuring and recording a patient's height and weight to calculate BMI.
2. Completing a fluid chart
3. Completing a Malnutrition Universal Screening Tool
4. Students to take it in turns to feed each other using different equipment

### **Personal Hygiene**

1. How to attend to/assist a patient/client's to hygiene needs, whilst demonstrating safe principles of moving and handling, including urinary and supra pubic catheter care.
2. Pressure area care, including the use of pressure relieving equipment
3. Completing a Waterlow scoring chart

### **Elimination**

1. Collection of CSU samples and complete microbiology form
2. Perform urinalysis
3. Collection of faecal specimen and complete microbiology form
4. Application of a colostomy bag
5. Administer an enema
6. Correct placement of a bedpan
7. How to use a commode
8. Emptying and measuring contents of a catheter bag

### **Vital Signs**

Learn the skills of measuring and recording:

1. Temperature (oral, chemical, tympanic, axilla)

2. Pulse (manual and electric)
3. Respirations
4. Peak Flow
5. Nebuliser
6. Oxygen Saturations
7. Oxygen Delivery (Nasal Specs, Face Masks, Non rebreathe, manikin with tracheostomy) supported with video.
8. Blood pressure including manual, electric, and use of the Doppler.
9. Use of NEWS 2 and Children's early warning scoring system (COAST at Poole hospital)

### **Medicines Management**

1. Explain the legislation and processes involved in the administration of medication including the 8 rights of drug administration
2. Introduce drug calculations and numeracy skills using computer based packages and sign posting students to available university skills workshops
3. Explain the procedure taken should a mistake occur during the administration of medication
4. Explain and demonstrate the importance of safe use and disposal of sharps
5. Administer an intramuscular and subcutaneous injection
6. Introduce and learn how to navigate the British National Formulary (BNF)
7. Students advised they will be allowed to administer oral and injectable drugs under supervision only
8. Students advised they are NOT allowed to give IV medication

### **Pain Management and Care of the Dying**

1. Introduce various assessment tools to assess pain
2. Further development of knowledge of prescription charts, routes of administration, use of the WHO pain ladder and the BNF

## **Basic First Aid**

Students will be taught how to recognise, treat and know when to seek further medical treatment of the following:

1. Nose bleeds
2. Splinters
3. Grazes and minor cuts
4. Embedded foreign body
5. Burn
6. Fractures
7. Spinal Injuries
8. Bleeding
9. Shock

They will begin to develop the skills of peer review and feedback through role play scenarios.

## **Year 2 – These sessions are generally scenario based**

### **Complex Care**

1. Discuss the different types of respiratory failure and identify patients/clients who may require additional oxygen
2. Identify and be familiar with various methods of administering oxygen
3. Discuss the care of the patient/client receiving oxygen therapy
4. Demonstrate oral pharyngeal suctioning on a simulation suction manikin
5. Identify the types of CVAD, indications for their use and insertion sites.
6. Identify the possible complications associated with CVAD
7. Demonstrate an understanding of the care of a patient with a tracheostomy
8. Demonstrate a basic understanding of the normal and abnormal reference range of the most frequently requested blood tests
9. Discuss the reasons for and significance of abnormal results
10. Understand the principles of safe blood transfusion

### **Primary Care Skills**

1. Demonstrate how to calculate gravity drip flow rate and prime an Intra Venous Infusion line (IVI)
2. Discuss naso-gastric tube feeding
3. Demonstrate the insertion of a naso-gastric tube on a manikin
4. Demonstrate the preparation and administration of Insulin using a manikin
5. Demonstrate female catheterisation on a manikin

### **Wounds**

1. Identify the processes and stages of wound healing
2. Identify a range of appropriate dressings
3. Identify vocabulary relating to wound management
4. Demonstrate a simple wound assessment using assessment tools
5. Demonstrate a range of skills to aid healing
6. Dress sacral wound
7. Spiral bandaging
8. Steri-strip wound

9. Doppler
10. Suture removal
11. Remove clips

### **Perioperative Care**

1. Identify the potential needs & or problems and goals of the pre-operative patient
2. Identify the potential needs/problems and goals of the post-operative patient
3. Explore, plan and implement the nurses' role in delivery of care in the post-operative period including NEWS, escalating care and a brief recap of SBAR reporting
4. Prepare patient for theatre
5. Students to assess patient's needs, simulate care and implement treatments and white board the post op considerations
6. Tutor to introduce principle of SBAR

### **Emergency Care Skills**

How to manage a deteriorating patient with:

Diabetes

Sepsis

Asthma

Maternal health (Pre eclampsia)

A suicidal event

## **Year 3**

### **Moving and Handling (as for year 1)**

### **Basic First Aid (as for year 1)**

### **Critical Decision Making**

1. Students given ward of patients and have to develop their prioritisation skills.
2. Arterial and venal blood results. Recognition of normal range
3. Introduction to ECG's rhythms and relevant treatment

### **Medicines Management**

1. Identify the legislation regulating the administration of drugs in nursing
2. Participate in a range of problem based scenarios linked to the administration and management of medication
3. Carry out a range of drug calculations
4. Utilise the British National Formulary accurately to ensure safe administration of medicines

### **Supporting Best Practice**

1. Students revisit/experience a range of skills.
2. Students taught to appraise their own and peers practice and begin to support others through the demonstration of a range of essential clinical skills: injection technique, manual blood pressure, aseptic technique, naso gastric tube insertion & female catheterisation