

## **Distance Learning Re-Entry Nursing Project Recommended Skill's Review, Lab Schedule, and Supplies**

The minimum recommendation for students is to complete the orientation and Units 1-3 of the on-line course prior to attending a skill lab practice/review session. Students should be completing Unit 3 within the 7<sup>th</sup> to 8th week of the course (about half way through). Week 7 is the approximate mid point for the course and a good time to begin the skill's lab sessions. The following is a recommended schedule for conducting the skill's lab:

**Skill's Lab Session 1, Week 7:** The instructor demonstrates the skill, student's practice a minimum of 2 times, students return demonstration, and instructor checks-off on the *Nursing Skill's Completion Checklist*. Full body manikins are needed for Skill's Lab Session 1.

- Sterile Technique
- Urinary Catheterization (male / female)
- NT Suctioning / Trach Care
- NG tubes (placement, irrigation, medication administration, feedings, discontinuing)
- Basic Wound Care

**Skill's Lab Session 2, Week 8:** The instructor demonstrates the skill, student's practice a minimum of 2 times, students return demonstration, and instructor checks-off on the *Nursing Skill's Completion Checklist*. Inject-a-pad, IV poles, optional IV pumps, manikin arms, sample physician orders and Medication Administration Record (MAR) are needed for Skill's Lab Session 2.

- Oral Medication Administration
- Parenteral Medication Administration
- IV Starts, Fluid Infusion, Medication Administration, Incompatible Medication Administration and IV Piggyback (IVPB)
- Phlebotomy

Below is a listing of supplies needed (per student) to facilitate and conduct a nursing skills review lab and includes all of the above listed skills, sample physician orders and MAR's (with errors), and additional skills with the associated supplies.

**Suggested Supplies For Nurse Re-Entry Skills Lab**

<b>SKILL</b>	<b>BASIC SUPPLY</b>	<b>OPTIONAL SUPPLY</b>
Basic Wound Care	Wound care kit (gauze, PVP swab sticks, cotton tip applicator, dressing change label, PVP ointment, sterile gloves, alcohol swab sticks, mask, CSR wrap, scissors), bottle normal saline, 30 cc-60 cc luerlock syringe, 19G blunt needle, tape, ABD, split drain sponge, secondary intention wound for irrigation and wet to moist dressing.	
Catheterization	Indwelling catheter kit (drainage bag with catheter attached, iodine swab sticks, 2 dry swabs, 10cc syringe, sterile gloves, water soluble lubricant, under pad, fenestrated drape, specimen container with lid and label), model or mannequin with genitalia.	
Donning and Removing PPE	Gloves, masks, isolation gowns, goggles.	
Enteral Nutrition	Demonstration supplies of different types of formula, various types of feeding bags, 60 cc piston syringe, bottle normal saline, measuring cup.	Feeding pumps
Hand Washing	Sink, soap, towels	Infection control illuminator (glitter bug and UV black light)
IV Start	IV start kit (tape, gauze, label, iodine prep, alcohol prep, tegaderm, tourniquet), IV catheter, PRN adapter (heploc) or j-loop. For flush: bottle of saline, multidose needless vial adapter, 3 cc syringe, blunt tip needle, towel or chux pad, and mannequin arm.	
IV Infusion / Medication Administration	Extension tubing, primary tubing, 1000ml IV fluid bag, secondary IV fluid bag, needle or adapter for connection between IV and tubing , blunt tip cannula, vial of medicine for additives (example MVI), needless vial adaptor, 3cc syringe, 5cc syringe, vial of medicine to simulate a push med, syringe with needle, tape, alcohol prep, IV pole. Sample doctors orders and MAR for IV medication administration (see pages 4 and 5 below).  For incompatible medication administration: Three 3 cc syringes (2 for flush, 1 with medication), incompatible medication, alcohol prep.  For IV Piggyback (IVPB): IVPB fluids, secondary tubing.	IV pump
NG Tubes (placement, irrigation, medication administration, feedings, discontinuing)	Various NG tubes for demonstration, sump tube and dobfhof for practice, anti reflux valve, suction tubing, suction adapter, water soluble lubricant, towel, wash basin, tape, safety pin, rubber band, PH tape, stethoscope, 60 cc piston syringe, bottle normal saline, cup, straw, pen light, tongue blade, mannequin, suction equipment, meniscus, feeding bag.	Feeding pump
Oral Medication Administration	Practice pills for demo and student use (sweet tarts), practice liquids, pill crusher, pill cutter, meniscus, pill cup, sample doctors orders and MAR (see pages 6 and 7 below; note transcription error on accompanying MAR for students to locate and discuss solutions).	
Oxygen Therapy	Various O2 delivery devices for demonstration (nasal	O2 sat monitor

	cannula, venti mask, non-rebreather, rebreather, high flow mask, O2 regulator, extension tubing), oxygen equipment.	
Pain Assessment	Pain assessment tool from a local hospital.	
Parenteral Medication Administration	TB syringe, Insulin syringe, 3 cc syringe with 25 G 5/8 inch needle for SQ injections, alcohol preps, regular and NPH insulin, powder vial of medication + diluent + 10 cc syringe with needle (practice reconstitution), ampules + 3 cc syringe with 22 G 1 ½ inch needle, and Tubex + pre-filled syringe, sample doctors orders and MAR (see pages 6 and 7 below), and injection pad.	Filtered needle
Patient Controlled Analgesia (PCA)	Demonstration supplies.	
Patient Mobility and Safety	Beds, pillows, wheel chair, walker, cane, gate belt, IV pole.	
Phlebotomy	Vacutainer and needle, alcohol preps, blood collection tubes (various), tourniquet, various syringes with needles, butterfly needles for vacutainer, and mannequin arm.	
Restraints	Sample of various types of restraints (wrist, belt, vest, ankle, etc.).	
Sharps Container Management	Sharps container and sharps needle and syringe	
Suctioning	Suction kit (sterile gloves, suction catheter, pop up cup, suction tubing, suction tubing connector, bottle normal saline) and mannequin with nasal, oral, and tracheal airways.	
Sutures/Staples/Steri-Strips	Suture removal kit and staple removal kit, steri-strips, benzoin, alcohol and model or mannequin with sutures and staples in place.	
Topical Medications	Practice medication (toothpaste), tape, gloves.	
Tracheostomy Care	Tracheostomy clean care kit (sterile gloves, cotton tip applicators, twill tape, dressing drain sponge, gauze 4 x 4 (4), brush, drape), bottle normal saline and hydrogen peroxide, model or mannequin with a trach tube in place.	

Distance Learning Re-Entry Nursing Project  
 Sample Physician Orders for Use in Nursing Skill Lab Review Session 2  
 Parenteral and IV Medication Administration Practice

**Physician Orders**

Date	Time	Complete top portion with each Level of Care change. Indicate order with a Check Mark.
	1200	<input type="checkbox"/> Outpatient Procedure (procedure) for Richard Tate DOB 02/15/1946
		<input type="checkbox"/> Place in Outpatient Observation Services for #247565486
		<input checked="" type="checkbox"/> Admit as Inpatient for: CHF and pneumonia (Hx Diabetes Mellitus)
Physician Signature:		
Date	Time	Additional Orders: (Dates/Times required)
	1200	Vital Signs q 4 h
		IV: NS @ 50 cc/hr with MVI
		Morphine 2 mg IV q2h prn pain/anxiety or SOB
		Levaquin 500 mg IVPB qd
		Digoxin 0.25 mg PO qd
		NPH insulin 14 units SQ q am
		I & O
		1800 cal ADA, 2 gm Na diet
		Accuchecks ac/hs
		Humalog Insulin SQ ac/hs according to sliding scale:
		Sliding Scale: 0-150: 0 Units
		151-250: 2 units
		251-300: 4 units
		301-350: 6 units
		351-400: 8 units
		> 400: call MD
		Albuterol 1 UD by HHN q4h
		I & O cath if unable to void q6h
Allergies & Sensitivities: NKA		
Weight: 200 lbs.	Height: 5' 10"	Diagnosis: CHF and pneumonia

*Authorization is hereby given to dispense the generic equivalent unless otherwise indicated by the physician*

Distance Learning Re-Entry Nursing Project  
Sample MAR for use in Nursing Skill Lab Review Session 2

MAR Date:				Page of	
Site Codes: 1. Right Abdomen 3. Right Upper Arm 5. Right Buttock (upper outer quadrant) 7. Right Anterior Thigh 2. Left Abdomen 4. Left Upper Arm 6. Left Buttock (upper outer quadrant) 8. Left Anterior Thigh					
Drug Name, Strength, Dosage Form Dose Rate Route Schedule	Start Time Date	Stop Time Date	Time Period Time/Init./Site	Time Period Time/Init./Site	Time Period Time/Init./Site
Digoxin 0.25 mg PO qd					
Levaquin 500 mg IVPB pd					
NPH Insulin 14 units SQ q am					
Sliding Scale- Humalog Insulin SQ ac/hs Blood Sugar Humalog Insulin					
0-150 : 0 units					
151-250 : 2 units					
251-300 : 4 units					
301-350 : 6 units					
351-400 : 8 units					
> 400 : Call MD					
Albuterol 1 UD by HHN q4h					
IV: NS @50 cc/hr with MVI					
Morphine 2 mg IV q 2 h prn pain / anxiety & SOB					
Signature	Initials	Signature	Initials	Signature	Initials

Patient Identification:

Patient Name: Richard Tate		Patient No: 247565486	
Room: 252	Age: 58	Weight: 200 lbs.	Height: 5'10"
Diagnosis: CHF and pneumonia (hx Diabetes Mellitus)			
Allergies: NKDA			
Physician's Name: Dr. Joe Cool			

Distance Learning Re-Entry Nursing Project  
 Sample Physician Orders for Use in Nursing Skill Lab Review Session 2  
 Oral Medication Administration Practice

**Physician Orders**

Date	Time	Complete top portion with each Level of Care change. Indicate order with a Check Mark.
	0800	<input type="checkbox"/> Outpatient Procedure (procedure) for: <span style="float: right;">DOB 02/15/1946</span> John Douglas
		<input type="checkbox"/> Place in Outpatient Observation Services for: <span style="float: right;">#1407631</span>
		<input checked="" type="checkbox"/> Admit as Inpatient for:
Physician Signature:		
Date	Time	Additional Orders: (Dates/Times required)
	0800	Admit to 4 North
		VS q4 hr
		CXR Stat
		BRP
		Lanoxin 0.25 mg PO qd
		Lasix 20 mg PO BID
		Ibuprophen 600 mg PO TID with meals
		Clonidine 0.1 mg PO qd
		Pepcid 20 mg PO q6h
		Levaquin 500 mg PO BID
		Glyburide 2.5 mg PO ac
		Potassium Chloride liquid 60 mEq PO qd with 6 oz. fruit juice
Allergies & Sensitivities: ASA and Demerol		
Weight: 185 lbs.	Height: 5'9"	Diagnosis:

*Authorization is hereby given to dispense the generic equivalent unless otherwise indicated by the physician*

Distance Learning Re-Entry Nursing Project  
Sample MAR for use in Nursing Skill Lab Review Session 2

MAR Date:				Page of	
Site Codes: 1. Right Abdomen 3. Right Upper Arm 5. Right Buttock (upper outer quadrant) 7. Right Anterior Thigh 2. Left Abdomen 4. Left Upper Arm 6. Left Buttock (upper outer quadrant) 8. Left Anterior Thigh					
Drug Name, Strength, Dosage Form Dose Rate Route Schedule	Start Time Date	Stop Time Date	Time Period Time/Init./Site	Time Period Time/Init./Site	Time Period Time/Init./Site
Lanoxin 0.25 mg PO qd					
Lasix 20 mg PO BID					
Ibuprophen 600 mg PO TID with meals					
Clonidine 0.1 mg PO qd					
Pepcid 20 mg PO q6h					
Levaquin 500 mg PO BID					
Gluburide 2.5 mg PO qd before meals					
Potassium Chloride Liquid PO qd 60 mEq with 6 oz. fruit juice					
Signature	Initials	Signature	Initials	Signature	Initials

Patient Identification:

Patient Name: John Douglas		Patient No: 1407631	
Room: 305	Age: 54	Weight: 185 lbs.	Height: 5'9"
Diagnosis:			
Allergies: ASA and Demerol			
Physician's Name: Lawrence McCoy MD			