

“ALFA” Assisted Learning for All

<http://www.saddleback.edu/alfa>

Nursing Skills – Videos, Procedures & Pod Cast

(must download iTunes to access pod cast menu)

Use these skills as a REVIEW – procedures/protocols may vary at your medical facility or institution!

Consent was obtained from all participants.

Any Questions, contact Dr. Whitt at twhitt@saddleback.edu

□ Medical-Surgical I

- **Activity & Rest**
 - Total Hip Patient (Transfer, Abductor Pillow, Trapeze, Walker – (~3:00 to 1:00 minutes each)
 - Passive Range of Motion (PRM) (3:03)
 - 3 Point Crutch Walking (1:28)
 - Sequential TEDS (4:50)
 - CPM Machine (12:53)
 - Autotransfusion Cell Saver – Ortho-PAT
- **Basic Care Module**
 - Basic care items
 - Changing a Patient Gown with IVs (3:02)
 - Wall suction set-up for Oral Care (5:00)
- **Data Collection**
 - Vital Signs
 - Head to Toe Assessment
 - Exceptional Heart and Lung Sounds (click on “vesicular” for lung sounds; be sure to click on 3D display)
 - Clinical (Bedside) Assessment (9:25)
 - Documentation (coming)
- **Infection Control**
 - Blood Borne Pathogens and Standard Precautions
 - Sterile Gloving (2:09)
 - Sterile Dressing Change (3:34)
 - Gowning for Isolation (3:26)
- **Management of IV Equipment**
 - Discontinuing an IV (3:10)
 - Changing IV to an Intermittent Device (3:50)
 - Changing a Patient Gown with IVs (3:02)
- **Elimination - I & O**
 - Nasogastric Tube Insertion
 - NG Tube Insertion – Live person (9:04)
 - NG Tube Insertion – Manikin (7:52)
 - Suction – Wall Suction for NG suctioning (5:43)
 - Discounting a NG tube (2:00)
 - Enteral Feedings
 - Introduction
 - Administration
 - Tube Feeding (2:30)
 - Complications

- **Urinary Catheterization**
 - Specimen Collection & Labeling – Urine (1:43)
 - Foley Catheter Insertion (6:00)
 - Foley Catheter Tubing & Collection Bag (2:00)
 - Three-way Bladder Irrigation (Nesbitt-Young system)
- **Assessing Patients Tubes**
 - IV Infusion bag to patient
 - Discontinuing an IV infusion
 - Oxygen tubing
 - Nasogastric tubes
 - Drainage Tubes – JP, Hemovac
 - Changing a Patient’s Gown with IVs (3:02)
- **Enemas**
- **Colostomy Care**
 - Colon Resection (1:30)
 - Colostomy Care (Fall, ‘08)
- **Wound Care**
 - Wound Classification Systems
 - Wound Healing
 - Topical Agents
 - Dressings
 - Matching Dressing to the Wound
 - **Patient Assessment**
 - Toe Nail Cut Way Too Short (3:15)
 - Venous Wound (10:12)
 - Debriment of Necrotic Tissue (10:13)
 - Diabetic Ulcer (8:28)
 - Trauma Wound – Lower Extremity (6:30)
 - Stage II Wound (7:00)
 - Stage II and II Wounds - Buttock (1:30)
 - Wound VAC (KCI vendor) (10:00)
 - Changing Wound Dressings
- **Injections**
 - **Intramuscular**
 - Overview of Intramuscular Injections
 - Administering Intramuscular Injections
 - IM – Ventrogluteal (3:28)
 - IM – Deltoid (1:20)
 - **Subcutaneous**
 - Insulin Administration (4:10)
 - Heparin Administration (7:00)
 - **Intradermal** (2:54)
 - **Injection Testing** (10:00)
- **Medication Administration**
 - Oral Medications
 - Oral Meds. via Enteral Feeding Tube
 - Eye Medications
 - Ear Medications
 - Topical Medications

- Nasal Medications
- Inhaled Medications
- Rectal Medications
- Vaginal Medications
- **Specimen Collection**
 - Urine, Capillary, Stool, Respiratory
- **Blood Sugar Monitoring**
 - LIFESCAN Monitoring System (3:40)
 - SureStep Flexx Glucose Meter (4:00)
- **Oxygen Therapy (1:00)**

□ **Mental Health**

- **Therapeutic Communication**
 - Teenager Problem Example (6:45)
 - Suicidal Patient (5:45)

□ **Medical Surgical II**

- **Management of IV Equipment**
 - Starting IVs (6:20) & (7:15)
 - Discontinuing IVs (3:15) & (3:10)
 - Priming an IV Line (2:53)
 - Changing IV to an Intermittent Device (3:50)
 - Changing IV Bags & Tubing (coming)
- **Advanced IV Preparation**
 - IV Push ((2:15)
 - IVPB
 - Med-Advantage Set-up (:45)
 - Medication Pyxis (2:15)
 - Central Venous Access Devices
 - Drawing Blood (7:30)
 - **Blood Transfusion**
 - Administration
 - Autotransfusion Cell Saver – Ortho PAT (4:27)
 - Complications
 - **Patient Controlled Analgesia (PCA)**
 - **IV Infusion Pumps**
 - PLUM Pump (5:25)
 - ALARIS Pump (2:25)
 - Baxter Pump (13:20)
 - **Port-a-Cath**
 - Port-A-Cath Access (4:10)
 - Port-A-Cath Samples (1:56)
- **Suctioning**
 - Trach Suctioning via Inline Catheter (10:08)
 - Sputum Specimen Collection via mucus trap per trach (2:48)

- **Tracheostomy Care**
- **Chest Tubes**
- **Operating Room**
 - Brief Introduction to OR (1:00)
 - Surgical Scrubbing, Gowning & Gloving (1:48)
 - Circulating Nurse (:29)
 - Scrub Nurse (1:25)
 - OR Setup (1:38)
 - Counting Sponges (1:00)
- **Assessments**
 - Cardiac (in progress)
 - Respiratory (in progress)

□ **Pediatrics**

- Assessment Five and Three Year Old (14:21)
 - Measurements (4:35)
 - Vital Signs on Three Year Old (5:22)
 - Weighing Children (2:14)
 - Medical Play (7:22)
 - Resuscitation Equipment (5:07)
 - Conclusion (:42)

□ **Obstetrics**

- **Ante partum Assessment**
 - Dad Introducing Mom (1:05)
 - Fetal Monitoring External (4:09)
 - Anesthesiologist C-Section Assessment (:35)
- **C-Section – Intrapartum – Newborn Assessment**
 - Opening Pelvic Cavity (3:56)
 - Entering Uterus -Cutting Cord-Stabilization of Baby (6:55)
 - Uterus Suturing Cutting (5:27)
 - Closing-Stapling-Physician Comment (5:25)
 - Mom Sees Baby & Dad Holds Newborn (1:50)
- **Postpartum Assessment**
 - Transport Via Lifter (1:37)
 - Postpartum Assessment & Newborn (2:36)
 - Assessment – Fundus (4:10)
 - Breast Feeding - First Attempt (1:09)
- **Continued Newborn Stabilization**
 - Newborn One Hour Assessment- Blood Sugar (4:46)
 - Newborn Procedures (8:51)
 - Newborn Bathing
 - Newborn Swaddling (3:49)
 - Dad with Supplemental Feeding (2:00)
 - Newborn Security Monitor (:48)

□ **Critical Care**

- **Mock Code**
 - Alert Patient transitions to V-fib
- **Hemodynamic Monitoring**
 - Detailed PA Measurement (20:00)
 - Brief PA Measurement (5:47)
 - Equipment Setup (5:45)
 - PA Line Insertion (1:02)
 - PA Line Removal (in progress)
- **Central Lines**
 - Overview
 - Insertion
 - Drawing Blood – Central Venous Access (7:30)
- **Arterial-Lines**
 - Insertion
 - Removal
- **Chest Tubes**
 - Maintenance
 - Insertion
 - Converting Chest Tubes to Bulb Suction (1:10)
 - Tru-Close Thoracic Vent (10:00)
- **Respiratory Equipment and Procedures**
 - Intubation – ET Tube (1:06)
 - Airways – Simple to Advanced (9:00)
- **Assisting in Procedures**
- **Critical Care Particulars**
 - Sheath Removal – Femoral Site (5:34)
 - Hill Rom Critical Care Bed (10:21)
 - IV Pump – Programming Medications Calculations using the Plum Infusion Pump (2:25)
 - Crash Cart – History & Review of Contents (12:12)
 - Crash Cart – RN’s Responsibilities (3:37)
 - Waveforms on the Monitor (:50seconds)
 - Echocardiogram (:50seconds)
 - Organizing Your IV Lines in ICU (1:05)
 - Heart Lung Machine (2:00)
 - Multi-Disciplinary Rounds in ICU (2:07)
 - Nihon Kohden Monitor – Setup (6:24)
- **Open Heart Surgery - CABG without Heart-Lung Machine**
 - Quadruple Bypass – Opening (5:09)
 - Quadruple Bypass – Internal Mammary (6:46)
 - Quadruple Bypass – Diagonal Artery & RCA (9:48)
 - Quadruple Bypass – Closing (6:15)
- **Open Heart Surgery - AVR with Heart-Lung Machine**
 - AVR – Going on Bypass Pump (8:10)
 - AVR – Insertion of Bovine aortic valve (6:10)
 - AVR – Going Off Pump (7:10)