

# “ALFA” Assisted Learning for All

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

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

**Free Nursing Skills - Procedures - Demonstrations in Skills Lab, in Hospitals, in Clinics and Outreach Missions via Videos & Podcast with Photos, Step by Step written instructions and reference websites (Heart and Lung Sounds is a must see!) (download iTunes first to access podcast menu)**

Consent was obtained from all participants.

Any Questions, contact Dr. Terri Whitt at [twhitt@saddleback.edu](mailto:twhitt@saddleback.edu)

Please share your comments.

## CONTENT OUTLINE

(minutes follow title names)

### Medical/Surgical I

- **Activity & Rest**
  - Total Hip Patient (Transfer, Abductor Pillow, Trapeze, Walker – (~1 to 3 minutes each)
  - Passive Range of Motion (PRM) (3:03 **minutes**)
  - 3 Point Crutch Walking (1:28)
  - Sequential TEDS (4:50)
  - CPM Machine (12:53)
  - Autotransfusion Cell Saver – Ortho-PAT (6:07)
- **Basic Care Module**
  - Basic care items
    - Changing a Patient Gown with IVs (3:02)
    - Wall suction set-sp for Oral Care (5:00)
    - 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
  - Dysphagia Diets (3:08)
  - **Urinary Catheterization**
    - Specimen Collection & Labeling – Urine (1:43)
    - Foley Catheter Insertion (6:00)
    - Foley Catheter Tubing & Collection Bag (2:00)
    - Foley Care (2:35)
    - Peri-Care (4:42)
    - Bladder Scan (5:07)
    - Three-way Bladder Irrigation (Nesbitt-Young system) (6:07)
  - **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 (KCl 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)
- **Restraints (14:05)**

## □ Mental Health

- **Therapeutic Communication**
  - Problems with Teenager (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)
  
- Insulin Pumps– Nsg Responsibilities and Removal (5:49)
  
- Advanced IV Preparation
  - IV Push ((2:15)
  - IVPB
    - Med-Advantage Set-up (:45)
  - Medication Pyxis (2:15)
  - Vascular Access Devices (4:11)
  - Vascular Access – Dressing Change (12:30)
  - Vascular Access – Blood Withdrawal (8:14)
  - Vascular Access – Complications (3:51)
  - PICC Line Discontinued in the Home (3:52)
  - C Line Dressing Change in the Home (5:00)
  - Central Venous Access Devices
    - Drawing Blood (7:30)
  
  - **Blood Transfusion**
    - Blood Transfusion Administration (10:47)
    - Autotranfusion Cell Saver – Ortho PAT (4:27)
      - Complications
  - **Patient Controlled Analgesia (PCA) (16:21)**
  
  - **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
  - Chest Tubes and Complications (14:53)
  
- 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)
- Neuro (coming summer '10)

**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)
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- Central Lines
  - Overview
  - Insertion
  - Drawing Blood – Central Venous Access (7:30)
  - Vascular Access Devices (4:11)
  - Vascular Access – Blood Withdrawal (8:14)
  - Vascular Access – Dressing Change (12:30)
  - Vascular Access – Complications (3:51)
  - PICC Line Discontinued in the Home (3:52)
  - PICC Line Dressing Change in the Home (5:00)
  - CVP – Central Venous Pressure Monitoring in the ER for Sepsis (7:00)
- Arterial Lines
  - Insertion
  - Removal
- Chest Tubes
  - Maintenance
  - Insertion
  - Converting Chest Tubes to Bulb Suction (1:10)
  - Tru-Close Thoracic Vent (10:00)
  - Chest Tubes and Complications (14:53)
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- Respiratory Equipment and Procedures
  - Intubation – ET Tube (1:06)
  - Airways – Simple to Advanced (9:00)
  - Ventilators – Modes and Nsg Care (6:06)
  - C-Pap/BiPap (8:44)
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- Assisting in Procedures
- Critical Care Particulars
  - Sheath Removal – Femoral Site (5:34)
  - Grain Management Post Cath and Documentation (8:30)
  - Temporary Pacemakers (16:00)
  - 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)