

SKILLS LAB STRUCTURE (28 HOURS)

Lab training occurs after completion of all didactic modules.

Lab Session 1 – (4 hrs)

Infection Prevention and Standard Precautions

- Hand washing
- Hand hygiene
- Donning on and off:
 - Gloves
 - Gown
 - Mask
 - Goggles/face shield
- Make an occupied bed
- Make an unoccupied bed
- Sample collection:
 - Stool
 - Urine
 - nasal swab
- Safe handling and disposal of hazardous waste and sharps.
What goes into which bin?

Lab Session 2 (4hrs)

Safety and Emergency Procedures

- Demonstrate safe transfer and handling of lift/hoyer equipment
- Ambulate using a gait belt
- Ambulate using a walker
- Demonstrate proper positioning/turning/alignment techniques for a person in bed
- Demonstrate proper positioning/turning/alignment techniques for a person in a chair and wheelchair
- Transfer from bed to wheelchair
- Transfer from wheelchair to bed

- Turn oxygen off and on at pre-established flow rates from a wall or oxygen tank for a stable person

Lab Session 3 – (4 hrs)

Vital Signs Measurement

- Measure pain level
- Temperature (oral, temporal, infra-red, axillary)
- Pulse (apical and radial)
- Respirations
- Blood pressure (manual and electronic), orthostatic blood pressure
- Height and weight
- Pulse Oximetry
- Perform finger stick capillary blood glucose test

Lab session 4: Technical skills

- Emptying a suction canister
- Changing a suction canister
- Emptying a urinary drainage bag
- Changing a urinary drainage bag
- Reinforcing use of an incentive spirometer
- Reinforcing cough/deep breathing

Lab Session 5 – (4 hrs)

Part A: Personal Care

- Apply antiembolism elastic stockings
- Apply topical barrier creams and ointments
- Dress/undress
- Perform a bed bath
- Provide denture care

- Provide fingernail care
- Provide foot care
- Provide oral care to a responsive and unresponsive person
- Provide perineal/incontinence care
- Provide foley care

Lab session 6 -4(4hrs)

Part A: Nutrition, Hydration and elimination

- Assist with eating/hydration
- Assist with the use of a bed pan
- Change disposable brief
- Change from urinary drainage bag to a leg bag and reverse
- Empty/Change ostomy bag
- Clean ostomy site for established non-acute ostomy

Part B: Restorative care, Range of Motion and Comfort Measures

SCDs:

- Apply
- Remove
- Turn on
- Turn off
- Assist with lower extremity range of motion
- Assist with upper extremity range of motion
- Apply warm/cold therapy

Lab Session 7- (4 hrs)

Measuring and recording input and output of drains, emesis, etc

Review of all/any specific clinical skills per student request.

*Bonus:

Documentation on paper or EHR

Giving and receiving shift change report or change of assignment report

(Free report sheet template given to students)