

Simple Nursing

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How to start

- Introduce yourself.
- Perform a hand hygiene.
- Obtain consent.
- Assess for safety.
- Obtain patient history and assessment.

Normal Range Vitals

- BP 120/80 – 140/90
- Pulse 60 – 100 bpm
- RR 12/20 pm
- Temp 36.1 – 37.2°C
- SpO2 > 95%



Circulation

- Peripheral pulses
- **CAD/MI:** Palpate both of the carotids
- Radial
- Brachial
- Femoral
- Popliteal
- Dorsalis pedis
- Posterior tibialis

Capillary Refill

- Should be less than three seconds.

Skin Turgor

- Skin should return within three seconds.
- Skin should be even, dry and pink.
- Temp should be equal in all extremities.



Range of motion is allowed
Deep tendon reflexes

- Please note that not all patients reach DTR and CR and those exams. Please see your school manual and state's practice act.

Head / neck

- **HEENT** is checked and will help if you can visualize them.
- **Eyes:** PERRLA, extra white sclerae, conjunctiva and sclera. Free of any debris or drainage.
- **Nose:** Check for patency by occluding one side at a time.
- **Mouth:** L. The oral mucosa pink and moist. Free of debris/cracks, and free of redness or lesions? Tongue swollen.
- **Assess necks:** Are there swollen or painful lymph nodes?

Chest

- **Heart: "All Pigeon Toes Not"**
 - A - Aortic
 - P - Pulmonic
 - E - Erb's Point
 - T - Tricuspid
 - M - Mitral
- **Lungs:** Should be even & unobscured.
- **Breasts:** Check for lumps, drainage, nipple size or color.



Abdomen

- **Abdomen:** You should auscultate in all four quadrants. Time yourself before for five minutes. Inspect, auscultate, percuss, palpate and document as follows.
- **Inspection:** Free or hyperactive.
- **Palpation:** Should be flat, no protrusion, no tenderness.

• **Rectal:** Rectal exam
• **Genital:** Genital exam



The nurse should monitor and safety while preventing complications related to the client's condition, treatment, and position.

Fowler's position

Includes the Fowler's position (head of bed raised 30-45 degrees), and High Fowler's position (head of bed raised 90 degrees).

What are it?

A position in which the patient is seated from a head of bed up to 90 degrees.

Indications

Cardiac issues, SOB, and IV



Lateral

Can be right or left sided.

What are it?

Right lateral means the right side of the patient is touching the bed, left lateral indicates the left side of the patient is touching the bed.

Indications

IV issues, and water therapy.



Prone

Most commonly used for OR.

What are it?

Prevent tubing for central lines with knees elevated and supported, after supported by straps.

Indications

Genitological procedures and orthotics.



Sims Position

A prone position.

What AM it?

A position in which the patient lies on his side with his upper leg flexed and drawn in towards the chest, and the upper arm flexed at the elbow.

Indications

Anterior lung masses, postural examinations, and for comfort in pregnancy.



Supine

Prone position.

What are it?

The patient lies stomach up, with head turned to the right.

Orderly breathers after end or water therapy. It also allows for full range of motion in hip joints.



Supine

Used in surgery.

Supine is considered the most natural "flat out" position.

What are it?

A position where the patient is flat on his back.

Indications

Used in surgery for abdominal, facial and urogenital procedures.



Trendelenburg

"Upside Down."

What AM it?

This position involves a patient tilted and sharply lowering the head of the bed and raising the foot.

Indications

Used to treat hypotension, during genitological and abdominal hernia surgeries, and for placement and removal of central lines.



Inverse Trendelenburg

Head up.

What are it?

Patients in the Trendelenburg with the head of the bed elevated and the foot lowered.

Indications

Used in surgery to help with perfusion in obese patients. It may be indicated in health care at certain times, and preventing problems.

