

NURSING ASSISTANCE

PRACTICAL BOOK



JSS KARNATAKA OPEN SCHOOL

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In Collaboration with
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MODULE I
PRACTICAL BOOK
NURSING ASSISTANCE

INTRODUCTION

In your study of theoretical lesson on **introduction to nursing assistance** you have studied about the concept of hospital, type of hospital and pattern of health care delivery system in our country. Following activity has to be carried out in this lesson.

Activity - I

AIM

Make a list of the characteristics of different types of hospital.

OBJECTIVE

At the conclusion of this activity, you should be able to

- Understand the concept of hospital
- Identify the different types of hospital
- Differentiate the health facilities provided at different types of hospital

RESOURCES REQUIRED

Field trip to Government and private health sectors, old age home and voluntary health agencies.

CONCLUSION

Write down the summary of your observation

PROCEDURE**MODULE-1**

Sl.No.	Activity	observation
1.	Type of hospital	
2.	Differences in health care settings Characteristics of old age home	i) ii) iii)
3.		i) Type of inmates ii) Services provided

**CONCLUSION**

Write down the summary of your observation



MODULE I - UNIT III and IV
PRACTICALS
UNDERSTANDING HUMAN BODY

INTRODUCTION

In your study of lesson on understanding human body you have studied about the various systems of human body. In this practical lesson you will get an opportunity to observe the human skeleton and models of important organs.

Activity - I

AIM

Make a list of different parts of human body.

OBJECTIVES

At the end of this activity, you should be able to

- Identify the long and short bones
- List the main organs of human body

RESOURCES REQUIRED

- Human skeleton
- Models of brain, heart, lungs, kidney, mouth, stomach, liver, eye, ear and uterus

PROCEDURE

Sl.No.	Activity	observation
1.	List all long bones	i) ii) iii)
2.	List at least three major joints	i) ii) iii)
3.	Identify major organs of human body	i) ii) iii) iv)

**CONCLUSION**

Summarize and write down your observation .

MODULE I - UNIT VI
PRACTICALS
HEALTH AND HYGIENE

MODULE-1



INTRODUCTION

In your study of lesson on health and hygiene you have studied about the concept of personal and environmental hygiene, and prevention and control of communicable diseases. Following activity has to be carried out in this lesson.

Activity - I

AIM

Use measures to keep self and others free from infection.

OBJECTIVES

At the completion of this activity, you should be able to

- Perform hand washing technique

RESOURCES REQUIRED

Laboratory with needed equipments for hand washing.

PROCEDURE

Sl.No.	Activity	observation
1.	Arrange the equipments for hand washing	
2.	Perform six steps of hand washing procedure	i) ii) iii) iv) v) vi)

CONCLUSION

Write down the summary of your observation

Activity - II

MODULE-1



AIM

Make a list of equipments needed for oral care and perform oral care for helpless person

OBJECTIVES

At the completion of this activity, you should be able to

- Identify the equipments for providing oral
- Perform oral care for

RESOURCES REQUIRED

Laboratory with needed equipments for oral care and clinical posting to perform oral care for helpless patients

PROCEDURE

Sl.No.	Activity	observation
1.	Arrange the equipments for oral care	
2.	Practice oral care to a helpless patient	

CONCLUSION

Write down the summary of your observation

Activity - III



AIM

Make a list of equipments needed for complete bed bath and practice giving bed bath on a dummy in the laboratory and in hospital.

OBJECTIVES

At the completion of this activity, you should be able to

- Arrange equipments for providing bed bath
- Practice giving bed bath to a bed ridden person

RESOURCES REQUIRED

Laboratory with needed equipments for bed bath and clinical posting to perform bed bath for bed ridden patients

PROCEDURE

Sl.No.	Activity	observation
1.	Arrange the equipments for providing complete bed bath	
2.	Practice giving bed bath on a doll in lab	i) ii) iii) iv) v) vi)
3.	Perform bed bath to a bed ridden person	

CONCLUSION

Write down the summary of your observation

PRACTICALS

BASIC NURSING PROCEDURES



INTRODUCTION

In your study of lesson on basic nursing procedures you have studied about the steps in basic nursing procedures, In this practical lesson you will get an opportunity to practice and perform the procedures you have studied in unit VIII.

Activity - I

AIM

Provide comfortable bed to the person/ patient.

OBJECTIVES

At the completion of this activity, you should be able to

- Obtain mastery in performing bed making

RESOURCES REQUIRED

Laboratory with needed equipments for bed making and clinical posting to perform bed making.

PROCEDURE

Sl.No.	Activity	observation
1.	Arrange the equipments for bed making	
2.	Practice unoccupied and occupied bed making	i) ii) iii) iv)

CONCLUSION

Write down the summary of your observation

Activity - II**MODULE-1****AIM**

Make a list of equipments needed for monitoring vital signs and perform vital signs procedure.

OBJECTIVES

At the completion of this activity, you should be able to

- Accurately check and record temperature, pulse, respiration and blood pressure.

RESOURCES REQUIRED

Laboratory with needed equipments for checking vital signs and clinical posting to monitor vital signs of patients.

PROCEDURE

Sl.No.	Activity	observation
1.	Examine the variety of thermometers available in the hospital /lab setting	
2.	Practice handling thermometer that you will be using in the hospital setting.	
3.	Practice procedure for taking temperature by using digital thermometer.	
4.	Locate the following sites for pulse assessment <ul style="list-style-type: none">• Carotid, brachial, radial, temporal and dorsalispedis,	
5.	Practice the technique of obtaining radial and brachial pulse.	
6.	Practice the technique of assessing respiration.	
7.	Examine aneroid and mercury sphygmomanometers.	



MODULE-1

Sl.No.	Activity	observation
8.	Practice handling the parts of each type with particular attention to reading the scale, and opening and closing the bulb.	
9.	Practice the technique for blood pressure assessment.	
10.	Practice recording the vital signs in the TPR chart.	



CONCLUSION

Write down the summary of your observation.

Activity - III

MODULE-1

AIM

Make a list of equipments needed for feeding the patients and practice giving tube feeding on a dummy in the laboratory and in hospital.

OBJECTIVES

At the completion of this activity, you should be able to

- Assist in feeding the helpless patient.
- Arrange equipment for providing tube feeding.
- Practice giving tube feeding.

RESOURCES REQUIRED

Laboratory with needed equipments for tube feeding and clinical posting to perform tube feeding for needed patients.

PROCEDURE

Sl.No.	Activity	observation
1.	Arrange the equipments for providing tube feeding.	
2.	Practice the technique of checking for feeding tube placement.	
3.	Prepare different liquid feeds.	
4.	Practice the technique for administering tube feeding in the lab.	
5.	Perform tube feeding for the needy person	
6.	Feed the helpless person	

CONCLUSION

Write down the summary of your observation



Activity - IV



AIM

Meet the elimination needs properly in order to provide comfort to the person and to prevent infection.

OBJECTIVES

At the completion of this activity, you should be able to

- Handle the bedpan and urinal
- Provide catheter care

RESOURCES REQUIRED

Laboratory with needed equipments for meeting the elimination needs and clinical posting to perform catheter care and offer bed pan and urinals for bed ridden patients.

PROCEDURE

Sl.No.	Activity	observation
1.	In the lab and hospital setting examine the various types of urinals and bed pans available	
2.	Practice providing bed pan /urinals for needed clients,	
3.	Arrange equipments needed for catheter care.	
4.	Practice catheter care in the lab	
5.	Perform catheter care in the hospital.	

CONCLUSION

Write down the summary of your observation

Activity - V**MODULE-1****AIM**

Make a list of equipments needed for administering medications and perform oral medication and insulin injection.

OBJECTIVES

At the completion of this activity, you should be able to

- Administer oral medication
- Give insulin injection

RESOURCES REQUIRED

Laboratory with needed equipments for administering medications and clinical posting to observe the technique of giving insulin injection.

PROCEDURE

Sl.No.	Activity	observation
1.	<u>Oral medication</u> In the laboratory practice each of the technique <ul style="list-style-type: none">• Removal of tablets /capsules from the strips and transferring it to the medicine cup• Pouring of liquid medications from the bottle	
2.	List the rights of administering medication	i) ii) iii) iv) v)
3.	Practice the technique of administering oral medication	
4.	<u>Insulin injection</u> In the laboratory observe and handle the different types of insulin syringes.	i) ii) iii)

MODULE-1



Sl.No.	Activity	observation
5.	Identify the following parts of the syringe Bevel, barrel, needle shaft, plunger, hub, milliliters scale	
6.	Practice handling the syringes, changing the needle while maintaining aseptic technique,	
7.	Examine the different types of insulin preparations	
8.	Practice drawing of accurate amount of insulin from the vial/ adjusting the required dose of insulin in the insulin pen	
9.	Practice the locating the site for insulin injection in legs, arms and abdomen.	
10.	Practice the technique of giving insulin injection.	

CONCLUSION

Write down the summary of your observation

Activity - VI

MODULE-1

AIM

Make a list of equipments needed for wound dressing and practice doing wound dressing in the laboratory and observe it in hospital.



OBJECTIVES

At the completion of this activity, you should be able to

- Arrange equipments for wound dressing.
- Practice wound dressing.

RESOURCES REQUIRED

Laboratory with needed equipments for wound dressing and clinical posting to observe and to assist for wound dressing.

PROCEDURE

Sl.No.	Activity	observation
1.	Arrange the equipments for wound dressing	
2.	Practice the technique of doing wound dressing.	
3.	Visit the patients with traumatic and surgical wounds,	
4.	List the types of wounds	i) ii) iii)
5.	Observe the care that they receive	
6.	Compare the technique for wound care and dressing changes used by the staff with those described in your module I unit VIII.	

CONCLUSION

Write down the summary of your observation

Activity - VII

MODULE-1

AIM

Transfer the person comfortably using proper body mechanics.

OBJECTIVE

At the completion of this activity, you should be able to

- Perform transferring procedure

RESOURCES REQUIRED

Clinical posting to observe and practice the technique of giving transferring patients.

PROCEDURE

Sl.No.	Activity	observation
1.	Assist the patient into a chair when the patient is able to move	
2.	Assist the patient into a chair when the patient is unable to move	
3.	Move the patient to one side of the bed	
4.	Move the patient up in the bed when the patient is able to assist	
5.	Move the patient up in the bed when the patient is unable to assist	

CONCLUSION

Write down the summary of your observation

