



وزارة التعليم العالي والبحث العلمي
الجامعة التقنية الشمالية
المعهد التقني الدور



الحقيبة التعليمية

القسم العلمي: الإسعاف
الفوري

اسم المقرر: اساسيات
تمريض

المرحلة / المستوى:
الأول

الفصل الدراسي: الثاني

السنة الدراسية: 2023-
2024





اساسيات تمريض				اسم المقرر:	
الإسعاف الفوري				القسم:	
المعهد التقني الدور				الكلية:المعهد	
الأول				المرحلة / المستوى	
الثاني				الفصل الدراسي:	
30	عملي	30	نظري	عدد الساعات الاسبوعية:	
4				عدد الوحدات الدراسية:	
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√	كلهما		عملي		نظري
				نوع المادة	
				هل يتوفر نظير للمقرر في الاقسام الاخرى	
				اسم المقرر النظير	
				القسم	
				رمز المقرر النظير	
معلومات تدريسي المادة					
محمد محمود صداع				اسم مدرس (مدرسي) المقرر:	



اللقب العلمي:	لا يوجد
سنة الحصول على اللقب	لا يوجد
الشهادة :	بكلوريوس طب عام
سنة الحصول على الشهادة	2023
عدد سنوات الخبرة (تدريس)	1 سنة

الوصف العام للمقرر

- 1- المراقبة الصحية : متابعة حالة المرضى وتسجيل القراءات الحيوية مثل ضغط الدم ونبضات القلب .
- 2- الرعاية الأساسية : تقديم الدعم الأساسي مثل تغذية المرضى والحركة والنظافة الشخصية.
- 3- إدارة الادوية: تقديم الادوية وفقاً لتعليمات الأطباء ومراقبة التأثيرات الجانبية.

الاهداف العامة

- تعزيز الصحة والوقاية من الامراض: عن طريق تقديم الرعاية الوقائية والتثقيف الصحي للمرضى والمجتمع.
- تقديم الرعاية الشاملة: من خلال تلبية احتياجات الرعاية الأساسية والمتقدمة للمرضى بما في ذلك إدارة الادوية والرعاية النفسية.
- تعزيز راحة المريض ودعمهم عاطفياً : من خلال التواصل الفعال والدعم النفسي للمرضى واسرهم.

الأهداف الخاصة

- 1- التقييم الدقيق: قدرة الممرض على تقييم حالة المريض بدقة وتحديد الاحتياجات الفورية للرعاية .
- 2- إدارة الادوية بأمان: تأمين تقديم الادوية بجرعات صحيحة وفقاً للتعليمات الطبية وتقديم الرصد المستمر لتأثيرات الادوية.
- 3- تعزيز التواصل الفعال: بين الفريق الطبي والمرضى واسرهم لضمان فهم متبادل لخطط

الرعاية والتعليمات الطبية.

الأهداف السلوكية او نواتج التعلم

- الاتصال الفعال: قدرة الممرض على التواصل بشكل فعال مع المرضى واسرهم وأعضاء الفريق الطبي .
- الاحترام والاخلاقيات المهنية: التصرف بأخلاقيات عالية واحترام تام بخصوصية المرضى وحقوقهم .
- التعلم المستمر: الاستمرار في تحسين المعرفة والمهارات من خلال التدريب المستمر والتعليم الذاتي .

المتطلبات السابقة

- اذكر أي متطلبات سابقة قد يحتاجها الطالب قبل التسجيل في المقرر، مثل مواد دراسية سابقة أو مهارات معينة.
-

الأهداف السلوكية او مخرجات التعليم الأساسية		
ت		آلية التقييم
1	المعرفة النظرية: فهم مبادئ التمريض الأساسية. التعرف على الأخلاقيات المهنية في التمريض. معرفة الإجراءات الوقائية ومكافحة العدوى.	تقارير، واجبات، امتحانات نظرية شفوية وتحريرية نصف فصلية وفصلية
2	المهارات العملية: إتقان تقنيات التقييم الصحي مثل قياس العلامات الحيوية. تنفيذ إجراءات التمريض الأساسية مثل إعطاء الأدوية والعناية بالجروح. استخدام الأدوات والمعدات الطبية بشكل صحيح وآمن. تطبيق تقنيات الإسعافات الأولية.	تقارير، واجبات، امتحانات نظرية شفوية وتحريرية نصف فصلية وفصلية
3	التفكير النقدي واتخاذ القرارات: تطوير القدرة على تحليل المعلومات الصحية واتخاذ قرارات مبنية على الأدلة. حل المشكلات السريرية بفعالية. تطبيق منهجيات التفكير النقدي في الرعاية التمريضية.	تقارير، واجبات، امتحانات نظرية شفوية وتحريرية نصف فصلية وفصلية
4	التواصل الفعال: التواصل بفعالية مع المرضى وأسرهم لتقديم الرعاية المناسبة. العمل بفعالية مع أعضاء الفريق الطبي. توثيق المعلومات الصحية بدقة وشمولية.	تقارير، واجبات، امتحانات نظرية شفوية وتحريرية نصف فصلية وفصلية



أساليب التدريس (حدد مجموعة متنوعة من أساليب التدريس لتناسب احتياجات الطلاب ومحتوى المقرر)

الاسلوب او الطريقة	مبررات الاختيار
1. المناقشة	تقديم الخلاصة والفهم للموضوع
2. الالقاء	اكتساب الطالب مهارة تفسير النصوص
3. المحاضرة	محدد وواضح ويطبق بسهولة وهو التقليدي
.	

المحتوى العلمي						
			الوقت		عنوان الفصل	
طرق القياس	التقنيات	طريقة التدريس	العنوان الفرعي	العملي	النظري	التوزيع الزمني
	سبورة – لابتوب	محاضرة	اساسيات التمريض تعريف (التمريض، الصحة، المستشفى).	2	2	الاسبوع الأول
	سبورة – لابتوب	محاضرة	إدارة وخروج المريض من المستشفى، مخطط تفصيلي، تقرير شفهي، تقرير مكتوب، العملية التمريضية. (التقييم، التخطيط، التنفيذ، التقييم).	2	2	الاسبوع الثاني والثالث
	سبورة – لابتوب	محاضرة	الفحص البدني، وإعداد نقطة للفحص، دور الممرضة في الفحص البدني، جمع العينات، إعداد المعدات، رمي السوائل.	2	2	الاسبوع الرابع والخامس
	سبورة – لابتوب	محاضرة	ميكانيكا الجسم، وضعية الجسم، مبدأ ميكانيكا الجسم، العمل الكامل.	2	2	الاسبوع السادس
	سبورة – لابتوب	محاضرة	نظافة الجسم، العناية بالأسنان، الجلد، الفم، حمام العلاج الطبيعي. نوع الحمام، العناية بالقروح، أسبابها والوقاية منها.	2	2	الاسبوع السابع والثامن
	سبورة – لابتوب	محاضرة	السوائل والمغذيات، التغذية، عوامل العلاج الطبيعي - المواد الغذائية وفضلات الجسم، أنبوب المعدة	2	2	الاسبوع التاسع
	سبورة – لابتوب	محاضرة	غسيل وتطهير المعدة. الغرض من عمليات غسيل وتطهير المعدة. نوع الأطعمة التي يقدمها للمريض. الرعاية التمريضية التي تقدم للمريض الذي يخضع لعمليات غسيل المعدة وتكميم المعدة.	2	2	الاسبوع العاشر
	سبورة – لابتوب	محاضرة	مسؤوليات التمريض لرعاية ما قبل الجراحة. مسؤوليات التمريض قبل يوم العملية ويوم العملية. مسؤوليات التمريض في غرفة الإنعاش. مضاعفات ما بعد الجراحة.	2	2	الاسبوع الحادي عشر والثاني عشر والثالث عشر
	سبورة – لابتوب	محاضرة	تعريف الدواء. الغرض من إعطاء الدواء. طرق تعاطي الأدوية. إعطاء الدواء عن طريق الفم. طرق الحقن (الحقن تحت الجلد، الحقن داخل الجلد، الحقن العضلي، الحقن الوريدي).	2	2	الاسبوع الرابع عشر والخامس عشر

المحتوى العلمي

UNIT THE MODULAR -1-

Health & its maintain

A/ Over view

-----:-

- 1- This learning package has been designed to the first class students in the immediate ambulance department of al dour technical Institute.
- 2- Rationale :- This unit will aid those who want to learn the health & its maintain it also intended for students who have little or no science back ground .
- 3- Central ideas :.
 - 3.1- Definition of health .
 - 3.2- Factors that affecting health .
 - 3.3- The role of the world health organization in maintenance of health .
 - 3.4- The basic daily human needs of individuals.
 - 3.5- Factors that affecting health environment .
 - 3.6- Hospital & its division .
 - 3.7- Definition of the care of patients units .
 - 3.8- the basic needs of the patient .
 - 3.9- Definition Nurse & Nursing & the qualification of nurse .
- 4- Instruction :-
 - 4.1- Study the over view care filly .
 - 4.2- Learn briefly the modular units of this package .
 - 4.3- Perform the pre- test of this unit .
 - Compare your answer with the key in the last page .
 - If you get (3) degree or more you will not need to learn this modular unit , in this case you must contact with your teacher to inform him about your results .
 - But when you get less than (3) degree in this case , you will need to continue learning this modular unit .

4.4- After you studying this modular unit , the post-test you must doing it.

- Compare your answer with the key in the last page .
- If you get (3) degree or more , you must go to learn the second modular unit .
- IN case you get less than (3) degree , you must return to the same unit in order to learn ,&understand the steps which you need .
- After you complete the studying , perform the post- test examination for .

B/ Performance objectives:-

After this studying this modular unit you should be able to :

- 1- Define health & the factors that affecting it .
- 2- Enumerate the basic daily needs of individual .
- 3- Define the hospital & the function of it .
- 4- Determined the qualification of nurse .
- 5- Define the unit of patient .

C/ Per- test :- Put a circle in front of right sentences

- 1- The factors that affecting health is .
 - a- Environment pollution .
 - b- Control of communicable disease .
 - c- Body alignment & activity .
 - d- Elimination
- 2- The basic daily human needs of individuals is .
 - a- Mental & physical health .
 - b- Micro- organisms .
 - c- Sleep & rest .
 - d- Diversion & recreation .
- 3- The function of hospital is .
 - a- Safety of the environment .
 - b- Care of the patient .
 - c- Temperature & humidity of the air .

- 4- The qualification of nurse is.
 - a- Breath normally.
 - b- Avoid environmental dangers.
 - c- Eliminate body wastes.
 - d- Mental & physical health & good power of observation.

Health and its maintain:

Health:

A state of complete physical, mental, social wellbeing and not the absence of disease or infirmity.

Factors that affecting health.

1. Environmental pollution.
2. Nutrition and food.
3. Illiteracy poverty and traditions.
4. Micro- organisms.
5. Medications and treatments.

* Enumerate the factors that affected health.

The role of the world health organization in maintenance of health:

1. Control of communicable disease.
2. Research work.
3. Diversion and recreation.
4. The health environmental controlled.
5. Personal care and hygiene.
6. Body alignment and activity.
7. Nutrition and fluid.
8. Elimination.

The basic daily human needs of individuals:

1. Health environment.
2. Sleep and rest.
3. Nutrition and fluid.
4. Elimination.
5. Personal care and hygiene.

6. Body activity.
7. Mental, emotional and spiritual support.

* What is the basic daily needs of individual?

Factors that affecting health environment:-

1. Health housing.
2. Temperature and humidity of the air.
3. Ventilation.(air circulation)
4. Lighting.
5. Quietness.
6. Order lines.
7. Safety of the environmental.

Hospital and its divisions

Definition of hospital:

Place where people are treatment for, nursed through, their illness or injuries.

Functions of hospitals:

1. Care of the patient (pt.).
2. In service education.
3. Promotion of the level of health.
4. Scientific researches.

*Mention the function of hospital.

Classification of hospitals:

1. General hospitals.
2. Special hospitals. (Private) e.g. mental, surgical,...

Administration and ownership:

1. Governmental.
2. Non governmental or private.

Division of the hospitals:

1. The admitting department.
2. Medical staff.
3. Nursing department.
 - a. Director of Nurse.
 - b. Assistant director Nurse.
 - C. Supervision of patients units.
 - d. Head Nurse.
 - e. Student Nurse.
4. The clinical department.
 - a Medical worlds.
 - b. Surgical worlds.
5. The medical therapy facilities.
 - a. Clinical laboratory test.
 - b. X ray department.
 - c. Anesthesia department.
 - d. Electro encephalography department (E.E.G).
 - e. Electro cardiograph department (E.C.G).
 - f. The pharmacy.
 - h. Dental service department.
 - i. Electroconvulsive therapy department.
 - j. The out patient department.
 - k. The medical social service department.
 - l. The medical records department.
 - m. The central supply department.
 - n. The dietary department.
 - o. Engineering service department.
 - p. Laundry department.
 - q. The hospital library department.

Care of patients units

Definition of patient:

Is an individual who requires assistance to achieve health or peaceful death.

Patient units:

Is the place that the patient occupies when he/ she enters the hospital, it include the following.

Bed, mattress, blanket, sheets, table bedside, dish soap, urinal, bed pan, wheel chair, jug, glass.

The basic needs of the patient:

1. Breathe normally.
2. Eat and drink adequately.
3. Eliminate body wastes.
4. Sleep and rest.
5. Keep the body clean.
6. Avoid environmental dangers.

Definition of Nurse:

Is a person who has completed a programmed of basic nursing education and is qualified and authorized in her/ his country to practice nursing.

Qualification of Nurse:

1. Mental and physical health.
2. Well educated.
3. An integrated personality.
4. Good power of observation.
5. Good memory for details.
6. Manual dexterity.
7. A calm, clear, pleasant speaking voice.
8. Normal hearing ability and a willingness to listen.
9. A sense of discipline and responsibility.
10. An optimistic attitude toward life and success

Definition of Nursing:

As an art, science and spiritual in the giving of health nursing to help people to be in a good status and prevent illness.

* What is the meaning of nursing ,& enumerate the qualification of nurse .

Post- test :- Put a circle in front of right sentences.

- 1- The qualification of nurse is .
 - a- Breath normally .
 - b- Avoid environmental dangers .
 - c - Eliminate body wastes .
 - d- Mental & physical health & good power of observation .
- 2- The function of hospital is .

- a- Safety of the environment .
 - b- Care of the patient .
 - c- Temperature & humidity of the air .
- 3- The factors that affecting health is .
- a- Environment pollution .
 - b- Control of communicable disease .
 - c- Body alignment & activity .
 - d- Elimination .
- 4- The basic daily human needs of individuals is .
- a - Mental & physical health .
 - b- Micro- organisms .
 - c - Sleep & rest .
 - d- Diversion & recreation .

Key of answers

Pre- test

- 1- A
- 2- C
- 3- B
- 4- D

Post- test

- 1- d
- 2- b
- 3- a
- 4- c

- Test 1- :-
- 1- Environment pollution .
 - 2- Nutrition & food .
 - 3- Illiteracy , poverty & traditions .
 - 4- Micro-organisms .
 - 5- Medication & treatment .

- Test 2- :-
- 1- Care of the patient .
 - 2- In service education .
 - 3- Promotion of the level of health .
 - 4- Scientific research .

Test 3- :- As an art , science & spiritual in the giving of health nursing to help people to be in a good status & prevent illness .

THE MODULAR UNIT -2&3

Admission & discharge of patient from hospital

A/ Over view

-----:-

- 1- This learning package has been designed to the first class students in the immediate ambulance department of al dour technical Institute.
 - 2- Rationale :- This unit will aid those who want to learn the admission & discharge of patient from hospital it also intended for students who have little or no science back ground .
 - 3- Central ideas.: -
 - 3.1- The goals of admission of patient .
 - 3.2- Information that record by nurse when the patient admitted hospital .
 - 3.3- Discharge from hospital.
 - 3.4 -Clean the unit of patient after discharge.
 - 3.5- Nursing process.
 - 3.6-Methodes of observation of patient by nurse.
 - 4- Instruction :-
 - 4.1- Study the over view care filly .
 - 4.2- Learn briefly the modular units of this package .
 - 4.3- Perform the pre- test of this unit .
- Compare your answer with the key in the last page .

- If you get (3) degree or more you will not need to learn this modular unit , in this case you must contact with your teacher to inform him about your results .
- But when you get less than (3) degree in this case , you will need to continue learning this modular unit .

4.4- After you studding this modular unit , the post-test you must doing it.

- Compare your answer with the key in the last page .
- If you get (3) degree or more , you must go to learn the third modular unit .
- In case you get less than (3) degree , you must return to the same unit in order to learn ,&understand the steps which you need .
- After you complete the studding , perform the post- test examination for.

B/ Performance objectives :- After this studding this modular unit you should be able to :

- 1- Enumerate the goals of admission of patient .
- 2- Enumerate the information that record by nurse when the patient inters the hospital .
- 3- Explain the observation that made by nurse .
- 4- Enumerate the nursing process .
- 5- Define methods of observation of patient .

C/ Per- test :- Put a circle in front of right sentences

1- Nursing process includes .

- a- Assess the clinical status of patient .
- b- Diagnosis & planning .
- c- Doctor recommending admission .

2- Definition of evaluation is.

- a- The effect of action.
- b- The act of reviewing a human situation from a data.

- c- Abnormalities of skin , hair & mouth .
- 3- After discharging the patient from hospital ,
 - a- Provide the patient instruction for home care about the diet & activity of patient.
 - b- Follow up nursing care like made dressing.
 - c- Sends linen & blankets to laundry .
 - d- General reaction of patient .
- 4- The goals of admission patient in hospital .
 - a- Provisional diagnosis made .
 - b- Measure weight & recorded .
 - c- Any abnormalities of skin & other structure .
 - d- Assess the clinical status of patient .

Admission and discharge of Patient from hospital

Admission the patient to the hospital is whether scheduled or follows emergency.

The goals of admission of patient.

1. To assess the clinical status of patient.
2. Make him as comfortable as possible in his new environment.
3. Complete the treatment that he/ she need to become well being.

* What is the goals of administration of patient to the hospital .

Information that record by the nurse when the patient admitted the hospital.

1. Information about the patient includes, his name, address, age, date of birth, religion, sex, marital status, occupation or school, telephone number, nearest relative for emergency.
2. Doctor recommending admission.
3. Provisional diagnosis.
4. Check vital signs (temperature, pulse, respiration and pressure).
5. Measure weight and recorded.

6. Obtained the specimen of urine, tested and charted.
7. All valuables and money take home by relatives.
8. History of disease recorded by doctors. And record the doctors order and reason for admission .

Observation made by Nurse:

1. General reaction of patient e.g. anxiety.
2. Cleanliness of clothes, skin, hair, mouth.
3. Abnormalities of skin and other structure.
4. Complaints of patient e.g. pain, breath lessens.
5. Last passing of urine, stool, menstruation.
6. Medication brought with patient.

Discharge from hospital:

1. Discharge planning aims' to teach the patient and his family about his illness and its effect on his life-style.
2. Provide the patient instruction for home care about the diet and the activity of patient.
3. Arrangement made for suitable transport.
4. Give written instruction regarding treatment.
5. Follow up care if necessary, like made dressing if the patient had operation.

After discharge of the patient:

1. Sends linen and blankets to laundry.
2. Sends mattress and pillow to autoclaved.
3. Wash the bed and table bedside.
4. Locker scrubbed out.

Nursing process:

1. **Assessing:** is the act of reviewing a human situation from a data base in order to diagnose, potential client problem.
2. **Diagnosis:** is the first diagnosis when the patient entered the hospital, it done by the signs and symptoms that patient compliant of.
3. **Planning:** the nurse put her/ his nursing planning from the information of the patient compliant.
4. **Implementation:** is the complete of action to accomplish nursing care plan, it dependent on the nature of problem, condition of the client as well as action of planned.

5. **Evaluation:** is the effect of action.

* Mention nursing process .

Methods of observation of patient by nurse.

1. **Visual observation:** includes physical characteristics facial expressions, behavioral response to interaction with other, and posture of the person being observed (**looking**).
2. **Auditory observation: (listening)** includes a person's cough, breathing sounds and heart sound.
3. **Olfactory observation: (smelling)** includes the odor of drainage from a wound, stool and the odor of breath.
4. **Touctile observation: (touching)** includes the warmth of skin, the nature of pulse and size of various body organs.

* how you observe the patient when he/she inters hospital .

Post- test :- Put a circle in front of right sentences.

- 1- The goals of admission patient in hospital .
 - a. Provisional diagnosis made .
 - b. Measure weight & recorded .
 - c. Any abnormalities of skin & other structure .
 - d. Assess the clinical status of patient .
- 2- After discharging the patient from hospital ,
 - a. Provide the patient instruction for home care about the diet & activity of patient.
 - b. Follow up nursing care lick made dressing.
 - c. Sends linen & blankets to laundry .
 - d. General reaction of patient .
- 3- Definition of evaluation is.
 - a. The effect of action.
 - b. The act of reviewing a human situation from a data.
 - c. Abnormalities of skin , hair & mouth .
- 4- Nursing process includes .

- a. Assess the clinical status of patient .
- b. Diagnosis & planning .
- c. Doctor recommending admission .

Key of answers

Pre- test

- 1- B
- 2- A
- 3- C
- 4- D

Post- test

- 1- D
- 2- C
- 3- A
- 4- B

Test 1- :- 1- To assess the clinical status of patient .
2- Make him as comfort as possible in his new environment .
3- Complete the treatment that he or she need to become well being.

Test 2- :- 1-.Assessing .
2- Diagnosis.
3- Planning.
4- Implementation.
5- Evaluation .

Test 3- :- 1- Visual observation .
2- Auditory observation .
3- Olfactory observation .
4- Tactile observation .

THE MODULAR UNIT -4&5-

Physical Examination

A/ Over view :-

- 1- Target population :- This learning package has been designed to the first class students in the immediate ambulance department of al dour technical Institute
- 2- Rationale :- This unit will aid those who want to learn the physical examination, it also intended for students who have little or no science back ground .
- 3- Central ideas.: -
 - 3.1- Techniques of physical examination .
 - 3.2- Common instrument used .
 - 3.3- Preparing patient to the examination .
 - 3.4 - Abdominal paracentesis .
 - 3.5- Preparation of patient .
 - 3.6-Thoracentesis and the purpose of it .
- 4- Instruction :-
 - 4.1- Study the over view care filly .
 - 4.2- Learn briefly the modular units of this package .
 - 4.3- Perform the pre- test of this unit .
 - Compare your answer with the key in the last page .
 - If you get (3) degree or more you will not need to learn this modular unit , in this case you must contact with your teacher to inform him about your results .
 - But when you get less than (3) degree in this case , you will need to continue learning this modular unit .
 - 4.4- After you studding this modular unit , the post-test you must doing it.
 - Compare your answer with the key in the last page .

- If you get (3) degree or more , you must go to learn the fourth modular unit .
- In case you get less than (3) degree , you must return to the same unit in order to learn ,&understand the steps which you need .
- After you complete the studding , perform the post- test examination for checking

B/ Performance objectives :- After this studding this modular unit you should be able to :

- 1- Define the physical examination .
- 2- Enumerate the instrument that used in physical examination .
- 3- Define the abdominal paracentesis & the purpose of it .
- 4- Determined the sit of abdominal paracentesis& thoracentesis .

C/ Per- test :- Put a circle in front of right sentences

- 1- In which technique of physical examination used visual sense .
 - a- Palpation examination .
 - b- Inspection examination .
 - c- Percussion examination .
 - d- Auscultation examination .
- 2- Ton meter used to test the .
 - a- Pressure with in the eye.
 - b- The various structures is side of the eye .
 - c- To test the hearing .
- 3- The purpose of abdominal paracentesis is ,
 - a- Aspiration fluid from the peritoneal cavity to diagnosed it .
 - b- Assessing the patient in his position.
 - c- To check vital signs .
- 4- The site of paracentesis is .
 - a- In the back .
 - b- Measuring the site of injection .

- c- Any abnormalities of skin & other structure .
- d- Midway between the umbilicus & sym physis pubis in center of abdomen .

Physical examination

Techniques of physical examination:

1. **Inspection method:** it involves the visual sense, such as looking to observe the color of skin, or listening to the quality of voice or smelling the characteristic of an odor.
2. **Palpation method:** involves the sense of touch or the examiner used his hand, fingers to feel or press on the body for tenderness or soft or masses.
3. **Percussion method:** tapping a particular area of the body, either with the finger or with percussion hammer.
4. **Auscultation method:** use the sense of hearing to interpret sounds made the body usually is performed with the aid of stethoscope to listens heart sound.

* Enumerate the type of physical examination .

Commonly instruments used:

1. **Ophthalmia scope:** to see various structures in side of the eye.
2. **Otoe scope:** to see interior of the external ear.
3. **Tuning fork:** to test hearing.
4. **Percussion hammer:** to test reflexes and determine tissue density.
5. **Tone meter:** to test pressure within the eye.
6. **Vaginal speculum:** to examine the vagina and cervix.

Other equipment:

Tongue depressor, skin pencil, tape measure, safety pins, light, cotton, test tubes, gloves, lubricant, paper towels, and waste container.

Preparing the patient to the examination:

1. Explain to the patient what we do.
2. Undress the wear the patient gown.
3. Empty urinary bladder.
4. Provide privacy to the patient.
5. Draping the client.
6. Put the patient in good position.
7. Assessing the patient in his/ her position as well as his health status.

* How you prepare the patient to the examination .

Abdominal paracentesis:

Definition: aspiration of fluid from the peritoneal cavity.

Purpose:

1. To withdraw fluid from the peritoneal cavity for the purpose of diagnosis or laboratory analysis.
2. For therapeutic effect by aspirate the fluid from the abdominal cavity.

Preparation of the patient:

1. Take vital signs.
2. Explain the patient what you are going do.
3. Empty the bladder patient from urine.
4. Put the patient in position for the treatment.
 - a. Sitting up in the chair.
 - b. Fowler's position.
5. Put draw sheet over patient and exposed the abdomen.
6. Shave the area of operation.
7. Disinfect the area of operation.

Site of paracentesis:

Midway between the umbilicus and symphysis pubis in center of abdomen.

* Determined the site of injection of abdominal paracentesis .

Important point:

1. Aseptic technique is used in process.
2. Prevent patient from moving during procedure.
3. Sterile drapes are applied around the puncture site.
4. Skin should be prepared by cleansing with antiseptic solution.
5. Give attention to patient's appearance, skin color like pallor and T.P.R.
6. Record the amount, color, and adore of fluid.

Thoracentesis:

Definition: aspiration of fluid from the pleural cavity.

Purpose:

1. Aid in diagnosis.
2. Remove accumulation of fluid in the pleural cavity.

3. May be done for therapeutic reasons.
4. Relieve symptoms.

Important point:

1. Assist doctor as needed.
2. Observe the patient during procedure for pallor, dyspnea, and chest pulse rate.
3. Measuring fluid and record amount and appearance on intake and out put sheet.

Post- test :- Put a circle in front of right sentences.

- 1- The purpose of abdominal paracentesis is ,
 - a. Aspiration fluid from the peritoneal cavity to diagnosed it .
 - b. Assessing the patient in his position.
 - c- To check vital signs
- 2- The site of paracentesis is .
 - a. In the back .
 - b. Measuring the site of injection .
 - c. Any abnormalities of skin & other structure .
 - d- Midway between the umbilicus & symphysis pubis in center of abdomen .
- 3- In which technique of physical examination used visual sense .
 - a- Palpation examination .
 - b- Inspection examination .
 - c- Percussion examination .
 - d- Auscultation examination .
- 4- . Tone meter used to test the
 - a- Pressure with in the eye.
 - b- The various structures is side of the eye.
 - c - To test the hearing

Key of answers

Pre- test

- 1-B
- 2- A
- 3- A
- 4- D

Post- test

- 1- A
- 2- D
- 3- B
- 4- A

Test 1- :- 1- Inspection examination.
2- Palpation examination..
3- Percussion examination.
4- Auscultation examination.

Test 2- :- 1-.Explain to the patient what we do .
2- Undress the wear the patient gown .
3- Empty urinary bladder.
4- Provide privacy to the patient .
5- Draping the client .
6- Put the patient in good position .
7- Assessing the patient in his position as well as his health status.

Test 3- :- Midway between the umbilicus & symphysis pubis in center of abdomen .

THE MODULAR UNIT -6-

Body Mechanics

A/ Over view

-----:-

1- Target population: - This learning package has been designed to the first class students in the immediate ambulance department of al dour technical Institute

2- Rationale :- This unit will aid those who want to learn the body mechanics , it also intended for students who have little or no science back ground .

3- Central ideas.: -

3.1- Definition of body mechanics .

3.2- The purpose of it .

3.3- The principles of body mechanics .

3.4 – Factors that influence body mechanics & posture .

3.5- The immobility of& its danger .

3.6- Body position for comfort .

4- Instruction :-

4.1- Study the over view care filly .

4.2- Learn briefly the modular units of this package .

4.3- Perform the pre- test of this unit .

- Compare your answer with the key in the last page .
- If you get (3) degree or more you will not need to learn this modular unit , in this case you must contact with your teacher to inform him about your results .

- But when you get less than (3) degree in this case , you will need to continue learning this modular unit .

4.4- After you studding this modular unit , the post-test you must doing it.

- Compare your answer with the key in the last page .
- If you get (3) degree or more , you must go to learn the fifth modular unit .
- In case you get less than (3) degree , you must return to the same unit in order to learn ,&understand the steps which you need .
- After you complete the studding , perform the post- test examination for checking .

B/ Performance objective :- After this studding this modular unit you should be able to :

- 1- Define body mechanics & its purpose .
- 2-Enumerate the principles of body mechanics .
- 3-Explain the factors that influence body mechanics .
- 4-Enumerate the common danger immobility .
- 5- Enumerate the type of changing patient position .
- 6- Enumerate the body position for comfort .

C/ Per- test :- Put a circle in front of right sentences

- 1- The purpose of body mechanics .
 - a. The relation various parts of body at rest .
 - b. Keep important organs in their correct anatomical &physiological position .
 - c. For general health .
- 2- Factors that influence body mechanics is .
 - a. Nutrition & fluid .
 - b. Move & work with minimum muscular effort .

- c. Used the body weight of client .
- 3- The danger of immobility caused in respiratory system made .
 - a. Thrombosis .
 - b. Bed sores .
 - c. Collapse of lung tissue .
- 4- The purpose of changing body position is .
 - d- For emotional status .
 - e- To feeling of self confidence .
 - f- Used the base of support .
 - g- For diagnosis .

Body mechanics

Definition: is the term used to describe the physical coordination of all parts of the body.

Purpose:

1. To keep important organs in their correct anatomical and physiological position.
2. To facilitate good muscular control and the smoothness of movement.
3. To move and work with minimum muscular effort.
4. To make good impression on other and produce feeling of self confidence.

* Enumerate the purpose of body mechanics .

Body posture: is the relation of various parts of the body at rest or in any phase of activity.

Principles of body mechanics:

1. Use a wide base of support when moving object.
2. Keep objects to be moved close to the body.
3. Push, pull, roll or slides objects rather than lifting.
4. Avoid twisting the spine by pushing or pulling the objects.
5. Use the body weight when pushing objects.

Factors that influence body mechanics and posture:

1. General health.
2. Nutrition.
3. Emotions.
4. Situation factors.
5. Life style.

* What is the factors that influence body mechanics & posture .

The important of exercise:

1. Improve the strength and flexibility of all body muscle.
2. Improve blood circulation.
3. Promote good respiratory function.
4. Relieve depression.

Common danger immobility:

1. **Respiratory system:** like atelectasis, collapse of lung tissue.
2. **Circulatory system:** like thrombosis, bed sores.
3. **Urinary system:** like urinary tract infection or stone.
4. **Gastro intestinal system:** happened disturbance in appetite, poor digestion, constipation.
5. **Psychological effects.**

* Enumerate the common danger immobility.

Type of changing patient position:

1. Helping the patient move to the side of the bed.
2. Raising the shoulder of helpless patient.
3. Raising the shoulder of semi helpless patient.
4. Moving the helpless patient up in the bed **(two nurses)**.
5. Using a draw sheet pill to move a helpless patient up in bed.
6. Assisting the patient to get out of bed and into a chair.

Body position for comfort

1. Standing position (anatomical position).
2. Dorsal position.
3. Dorsal recumbent position.
4. Sitting position.
5. Prone position.
6. Fowler's position.
7. Lateral position.

8. Sims position.
9. Lithotomy position
10. Trendelenburg position.
11. Knee-chest position.

The purpose of changing position:

1. For diagnosis.
2. To prevent bed sores.
3. To help out of drainage.
4. For rest.
5. For therapeutic.

Post- test :- Put a circle in front of right sentences .

- 1- The purpose of changing body position is .
 - a. For emotional status .
 - b. To feeling of self confidence .
 - c. Used the base of support .
 - d. For diagnosis .
- 2- The danger of immobility caused in respiratory system made a. Thrombosis .
 - b. Bed sores .
 - c. Collapse of lung tissue.
- 3- Factors that influence body mechanics is .
 - a. Nutrition & fluid .
 - b. Move & work with minimum muscular effort .
 - c. Used the body weight of client
- 4- The purpose of body mechanics .
 - a. The relation various parts of body at rest .
 - b. Keep important organs in their correct anatomical & physiological position .
 - c. For general health .

Key of answers

Pre- test

- 1- B
- 2- A
- 3- C
- 4- D

Post- test

- 1- D
- 2- C
- 3- A
- 4- B

Test 1- :- 1- To keep important organs in their correct anatomical & physiological position .

2- To facilitate good muscular effort .

3- To move & work with minimum muscular effort .

4- To make good impression on other & produce feeling of self confidence.

Test 2- :- 1-General health .

2- Nutrition .

3- Emotion.

4- Situation factors .

5- Life style .

.

Test 3- :- 1- Respiratory system made collapse of lung tissue .

2- Circulatory system made thrombosis , & bed sores .

3- Urinary system made infection & stone .

4- Gastro intestinal made disturbance in appetite or constipation .

5- Psychological effect .

THE MODULAR UNIT -7&8-

Body hygiene & Oral hygiene

A/ Over view

-----:-

1- Target population :- This learning package has been designed to the first class students in the immediate ambulance department of al dour technical Institute

2- Rationale :- This unit will aid those who want to learn oral hygiene , it also intended for students who have little or no science back ground .

3- Central ideas.: -

- 3.1- Definition of oral hygiene .
- 3.2- Definition of halitosis .
- 3.3- Back massage .
- 3.4 – The purpose of back massage .
- 3.5- Definition of bed sores .
- 3.6- Causes of bed sores .
- 3.7- Areas of bed sores .
- 3.8- Signs & symptoms of bed sores .
- 3.9- Factors affecting the formation bed sores .
- 3.10- Nursing care of bed sores .

.

4- Instruction :-

- 4.1- Study the over view care filly .
- 4.2- Learn briefly the modular units of this package .
- 4.3- Perform the pre- test of this unit .

- Compare your answer with the key in the last page .

- If you get (3) degree or more you will not need to learn this modular unit , in this case you must contact with your teacher to inform him about your results .
- But when you get less than (3) degree in this case , you will need to continue learning this modular unit .

4.4- After you studding this modular unit , the post-test you must doing it.

- Compare your answer with the key in the last page .
- If you get (3) degree or more , you must go to learn the sixth modular unit .
- In case you get less than (3) degree , you must return to the same unit in order to learn ,&understand the steps which you need .
- After you complete the studding , perform the post- test examination for checking

B/ Performance objectives :- After this studding this modular unit you should be able to :

- 1- Define oral hygiene & halitosis .
- 2- Enumerate the purpose of oral hygiene .
- 3- Define back massage & the purpose of it .
- 4- Enumerate the causes bed sores .
- 5- Define bed sores .
- 6- Determined the areas of bed sores.
- 7- Determined the signs & symptoms of bed sores.
- 8- Mention the factors affecting the formation of sores .
- 9- Explain how you making nursing care to the patient with bed sores .

C/ Per- test :- Put a circle in front of right sentences.

- 1- The purpose of bake massage is .
 - a. To keep the teeth & mouth & gums in good condition .
 - b. To stimulate circulation of blood supply to the area .
 - c. Recording date & time of making procedure .

2- The causes of bed sores.

- a. Poor Nutrition .
- b. Pain in area of sores .
- c. Redness in the area.

3- Factors that affecting the formation of bed sores is .

- a. Disturbance of vital signs .
- b. Sterile sponges .
- c. Poor hygiene & poor nutrition .

4- The area of bed sores is .

- a. Unclean of skin .
- b. Elbows & coccyx .
- c. Any abnormalities in bake .

Body & oral hygiene

Definition: cleaning and freshening the teeth, gums and mouth.

Purpose:

- 1. To keep the teeth, gums and mouth in a good condition.
- 2. To freshen the mouth and relieve of halitosis.
- 3. To prevent sores and infection.
- 4. To promote sense of well-being and comfort.

Equipment:

- 1. Tooth brush and paste.
- 2. Kidney basin.
- 3. Face towel.
- 4. Paper wipes.
- 5. Glass containing water or mouth wash.

Halitosis: full odor of breath caused by high number of bacteria.

Caries: decay of teeth with the formation of cavities.

Periodontitis or pyorrhea: severe inflammation of the gums, including bone tissue around the teeth.

* Define the following .

- a. Oral hygiene b. caries c. periodontitis

Back massage:

Definition: making massage to the individual back to give comfort and therapeutic.

Purpose:

1. To stimulate circulation of blood supply to the area.
2. To observe any signs on the skin (sores).
3. To promote relaxation and relieve tension.

Important points:

1. If skin is dry don't use alcohol but use Vaseline or lotion.
2. Massage that given to the patient skin must be no break

* What is the important point in making back massage .

After making back massage:

1. Recording date and time.
2. Any abnormal defect observed during making back massage.

Bed sores (pressure ulcer):

Is progressive destruction of the underlying tissue.

Causes of bed sores:

1. Poor nutrition.
2. Poor circulation of blood.
3. Dry skin and without resistance.
4. Unclean of skin.
5. Lie or sleep for long periods.

Areas of pressure sores:

1. Heels.
2. Elbows.
3. Coccyx.
4. Scapula.
5. Back of the head.

Signs and symptoms:

1. Painful.
2. Redness in the area.
3. Fever.

Care of pressure ulcer:

It is important to proper positioning of the patient in order to prevent further pressure on affected areas.

Equipments:

1. Sterile water.
2. Sterile sponges.
3. Lotion, powder, and alcohol.

Factors affecting the formation of pressure sores:

1. Moisture: due to urine, feces, drainage and perspiration.
2. Hygiene: poor hygiene, high number of micro-organism present on the skin (bacteria).
3. Poor nutrition.
4. Body heat.

* Enumerate the signs& symptom of bed sores .

Nursing care for bed sores:

1. Clean and dress sores.
2. Change position every 2 hours.
3. Reduce friction by using powder.
4. Use floating mattress.
5. Change clothing and sheets.
6. Make back massage to prevent new sores.
7. Prevent sleep on sores side.
8. Check vital signs.
9. Giving good nutrition and fluid.
10. Reduce pressure on site of pressure (fulcrum area).

Post- test :- Put a circle in front of right sentences .

- 1- The area of bed sores is .
 - a. Unclean of skin .
 - b. Elbows & coccyx .
 - c. Any abnormalities in skin .
- 2- Factors that affecting the formation of bed sores is .
 - a. Disturbance of vital signs .
 - b. Sterile sponges .
 - c. Poor hygiene & poor nutrition .
- 3- The causes of bed sores.
 - a. Poor Nutrition .
 - b. Pain in area of sores .
 - c. Redness in the area.
- 4- The purpose of back massage is .
 - a. To keep the teeth & mouth & gums in good condition .
 - b. To stimulate circulation of blood supply to the area .
 - c. Recording date & time of making procedure .

Key of answers

Pre- test

- 1-B
- 2- A
- 3-C
- 4- B

Post- test

- 1- B
- 2- C
- 3- A
- 4- B

- Test 1- :-
- a. Oral hygiene:- Cleaning of& freshening teeth, & mouth .
 - b. Caries:- Decay of teeth with the formation of cavities .

c. Periodontitis :- Sever inflammation of the gums , including bone tissue around the teeth .

Test 2- :- 1- If skin is dry don't use alcohol but use Vaseline or lotion .
2- Massage that given to the patient skin must be no break .

Test 3- :- .
1- Painful.
2- Redness in the area .
3- Fever .

THE MODULAR UNIT -9-

Nutrition

A/ Over view :-

1- Target population :- This learning package has been designed to the first class students in the immediate ambulance department of al dour technical Institute.

2- Rationale :- This unit will aid those who want to learn the nutrition , it also intended for students who have little or no science back ground .

3- Central ideas.: -

3.1- Definition of food& appetite .

3.2- The requirement of the foods .

3.3- Factors helping to improve the patient appetite.

3.4 – Definition of hunger.

4- Instruction :-

4.1- Study the over view care filly .

4.2- Learn briefly the modular units of this package .

4.3- Perform the pre- test of this unit .

- Compare your answer with the key in the last page .
- If you get (2) degree or more you will not need to learn this modular unit , in this case you must contact with your teacher to inform him about your results .
- But when you get less than (2) degree in this case , you will need to continue learning this modular unit .

4.4- After you studding this modular unit , the post-test you must doing it.

- Compare your answer with the key in the last page .
- If you get (2) degree or more , you must go to learn the seventh modular unit .

- In case you get less than (2) degree , you must return to the same unit in order to learn ,&understand the steps which you need .
- After you complete the studding , perform the post- test examination for checking

B/ Performance objectives :- After this studding this modular unit you should be able to :

- 1- Define foods & appetite .
- 2- Enumerate the factors helping to improve the patient appetite .
- 3- Enumerate the requirement of foods .

C/ Per- test :- Put a circle in front of right sentences.

- 1- The requirement of foods depends on .
 - a. Activity & emotional status .
 - b. Clean & free from damp or solid of patient .
 - c. Comfortable position .
- 2- Hunger means.
 - a. The nature first defense against hunger .
 - b. Demands of the body for growth & tissue repair.
 - c. Is sensation which tells us that our body needs nourishment .
- 3- Factors that helping to improve the patient appetite .
 - a. Emotional status .
 - b. Comfortable position .
 - c. process of feeding of the patient .

* Mention the factors helping to improve the patient appetite .

Nutrition

Food: Substance essential to health and this food must be containing carbohydrates, proteins, fats, vitamins, and minerals. Water is important to maintain fluid balance in the body.

The requirement of the foods: it depends on:

1. The demands of the body for growth and tissue repair.
2. Activity and climate.
3. Emotional status.
4. Pregnancy.
5. Illness.

*Define the foods & enumerate the requirement of the foods .

Appetite: is nature's first defense against hunger.

Hunger: is a sensation which tells us that our body needs nourishment.

Factors helping to improve the patient appetite:

- 1- Comfortable position.
1. Clean and free from damp or soiled of patient.
2. Remove of pain or discomfort.
3. Removal of tight dressing.
4. Give the patient an opportunity to avoid of the desire of losing appetite.
5. Avoid treatment or dressing and injection, before or after meal time if possible.
6. Comfortable room and good ventilation.
7. Remove unpleasant looking while the patient is eating such as bed pan, dressing tray.
8. Make the meal pleasant by arranging dishes.
9. Help the patient to eat and drink if he need.
10. Ask the patient which foods he would like to eat first.

* Mention the factors helping to improve the patient appetite .

Post- test :- Put a circle in front of right sentences .

- 1- Factors that helping to improve the patient appetite .
 - a. Emotional status .
 - b. Comfortable position .
 - c. process of feeding of the patient .
- 2- The requirement of foods depends on .
 - a. Activity & emotional status .
 - b. Clean & free from damp or solid of patient .
 - c. Comfortable position.
- 3- Hunger means.
 - a. The nature first defense against hunger .
 - b. Demands of the body for growth & tissue repair.
 - c. Is sensation which tells us that our body needs nourishment .

Key of answers

Pre- test

- 1- A
- 2- C
- 3- B

Post- test

- 1- B
- 2- A
- 3- C

Test 1- :- Is the substance essential to health & this food must be containing carbohydrates, proteins, fats, vitamins, & minerals , water is important to maintain fluid balance in the body .

Test 2- :-

- 1- The demands of the body for growth & tissue repair .
- 2- Activity & climate .
- 3- Emotional status.
- 4- Pregnancy.
- 5- Illness .

.

- Test 3- :-
- 1- Clean & free from damp or solid waste .
 - 2- Avoid treatment or dressing before or after meal time.
 - 3- Remove of pain or discomfort
 - 4- Remove un pleasant looking while the patient eating .
 - 5- Help the patient to eat & drink if he need .

THE MODULAR UNIT -10-

Gastric gavages

A/ Over view :-

1- Target population :- This learning package has been designed to the first class students in the immediate ambulance department of al dour technical Institute

2- Rationale :- This unit will aid those who want to learn gastric gavages& lavage , it also intended for students who have little or no science back ground .

3- Central ideas.: -

- 3.1- Definition of gastric gavages & lavages .
- 3.2- The purpose of gastric gavages & lavages.
- 3.3- Kind of foods that gives to the patient.
- 3.4 - Equipment that need in gastric gavages .
- 3.5- Nursing care that gives to the patient who have gastric gavages .
- 3.6- Nursing care that gives to the patient who have gastric lavages.

4- Instruction :-

- 4.1- Study the over view care filly .
- 4.2- Learn briefly the modular units of this package .
- 4.3- Perform the pre- test of this unit .

- Compare your answer with the key in the last page .
- If you get (2) degree or more you will not need to learn this modular unit , in this case you must contact with your teacher to inform him about your results .
- But when you get less than (2) degree in this case , you will need to continue learning this modular unit .

4.4- After you studding this modular unit , the post-test you must doing it.

- Compare your answer with the key in the last page .
- If you get (2) degree or more , you must go to learn the eight modular unit .
- In case you get less than (2) degree , you must return to the same unit in order to learn ,&understand the steps which you need .
- After you complete the studding , perform the post- test examination for checking

B/ Performance objective :- After this studding this modular unit you should be able to :

- 1- Define gastric gavages & lavages.
- 2- Enumerate the purpose of gastric gavages.
- 3- Explain the way of gastric gavages tube .
- 4- Mention the nursing care that gives to the patient how have gastric gavages& lavages.

C/ Per- test :- Put a circle in front of right sentences.

- 1- The purpose of making gastric gavages is.
 - a. To gives food& fluid to the patient who had unable to eat &drink.
 - b. Giving frequent mouth care.
 - c. Process of giving fluid.
- 2- The way of nasal gastric tube is .
 - a. The tube passed through the mouth to the intestinal .
 - b. The tube inserted through one nostril down the nasal pharynx & esophagus in to the stomach .
 - c. The tube passed from the mouth to the stomach .
- 3- Patient who needs gastric gavages are.
 - a. Patient with injuries .
 - b. Patient who had fever .
 - c. Unconscious patient .

Gastric gavage

Definition: is a process of feeding the patient through a tube passed into the esophagus and stomach by way of the mouth or nose.

Purpose:

1. To provide food or fluid to patient who had unable to take nourishment by mouth.
 - a. Unconsciousness.
 - b. Fracture of jaw.
 - c. Cleft palate.
 - d. Psychosis and delirium patient.
 - e. Operations on the mouth or patient with nausea and vomiting.
2. To provide for maximal nutritional recovering from disease for injury.

* Enumerate the purpose of gastric gavage .

The way of nasal gastric tube:

- ❖ The tube inserted through one of the nostrils down the nasal pharynx and esophagus into the stomach.
- ❖ Or the tube is passed through the mouth and pharynx into esophagus and stomach.

Kind of food that gives to the patient:

- ❖ Milk, sugar with water, eggs and vegetable.
- ❖ The quantity of food order by doctor.

Equipment that need:

1. Naso gastric tube (plastic tube).
2. Tongue depressor, lubricant, and syringes.
3. Pitcher with liquid feeding 500 CC / 37C°
4. Paper tissues and towel.
5. Adhesive tap.
6. Glycerin and ice.

Important point:

1. Tube feeding must be refrigerated for 15 -20 min.
2. Put patient in semi sitting position.

Nursing care:

1. Clean the nostril and gastric tube with moistened cotton.
2. Apply water soluble lubricant to the nostril if it dries.
3. Giving frequent mouth care.
4. Record the intake and out put liquid that gives to the

Gastric lavage

Definition: it means empty of the content of the stomach by insert the tube from mouth or nose to the stomach.

Equipment that needs:

1. Rubber tube.
2. Syringe 50 cc.
3. Solution for irrigation (sodium bicarbonate).
4. Oil or libricant and ice.

Nursing care:

1. Clean the noise and mouth before and after procedure.
2. Collecting the specimens to measuring.
3. Return the procedure until solution from the stomach is clean.
4. Clean the equipment that used in procedure.
5. Record the time of procedure and abnormal signs of patient in chart.

* What is the nursing care to the patient with gastric lavages .

Post- test :- Put a circle in front of right sentences .

1- Patient who needs gastric gavages are.

- a. Patient with injuries .
- b. Patient who had fever .
- c. Unconscious patient .

2- The way of naso gastric tube is .

- a. The tube passed through the mouth to the intestinal .
- b. The tube inserted through one nostril down the nasal pharynx & esophagus in to the stomach .
- c. The tube passed from the mouth to the stomach.

3- Factors that helping to improve the patient appetite .

- a. Emotional status .
- b. Comfortable position .
- c. process of feeding of the patient . .

Key of answers

Pre- test

- 1- A
- 2- B
- 3- C

Post- test

- 1- C
- 2- B
- 3- A

Test 1- :- 1- Unconscious patient .

- 2- Fracture of jaw.
- 3- Cleft palate .
- 4- Psychosis & delirium patient .
- 5- Operation in the mouth or patient with nausea& vomiting.

Test 2- :- 1- Clean the nostril & gastric tube with moistened cotton .

- 2- Apply water soluble lubricant to the nostril if it dries .
- 3- Giving frequent mouth care.
- 4- Recorded the intake & out put liquid that gives .

Test 3- :- 1- Rubber tube .

- 2- Syringe 50cc .
- 3- Solution for irrigation (sodium bicarbonate).
- 4- Oil or lubricant & ice .

THE MODULAR UNIT -11,12 &13

Pre& post operative Nursing care

A/ Over view :-

1- Target population :- This learning package has been designed to the first class students in the immediate ambulance department of al dour technical Institute.

2- Rationale :- This unit will aid those who want to learn pre & post operative nursing care, it also intended for students who have little or no science back ground .

3- Central ideas.: -

- 3.1- Nursing responsibilities for pre-operative care .
- 3.2- Nursing responsibilities before day of operation .
- 3.3- Nursing responsibilities of the operative day .
- 3.4- Nursing responsibilities in the recovery room.
- 3.5- Post operative complication.
- 3.6- Nursing care of the complication.
- 3.7- Nursing care that gives to the patient with infection wound.

4- Instruction :-

- 4.1- Study the over view care filly .
 - 4.2- Learn briefly the modular units of this package .
 - 4.3- Perform the pre- test of this unit .
- Compare your answer with the key in the last page .
 - If you get (6) degree or more you will not need to learn this modular unit , in this case you must contact with your teacher to inform him about your results .
 - But when you get less than (6) degree in this case , you will need to continue learning this modular unit .

4.4- After you studying this modular unit , the post-test you must doing it.

- Compare your answer with the key in the last page .
- If you get (6) degree or more , you must go to learn the modular unit .
- In case you get less than (6) degree , you must return to the same unit in order to learn ,&understand the steps which you need .
- After you complete the studying , perform the post- test examination for checking

B/ Performance objective :-After this studying this modular unit you should be able to :

- 1- Enumerate the nursing responsibility of pre-operative care.
- 2- What is the responsibility of nurse in recovery room .
- 3- Enumerate the nursing care that gives to the patient before operation..
- 4-How you gives nursing care after surgical operation.

C/Pre- test : Put a circle in front of right sentences.

- 1- Nursing care that gives to the patient before operation is.
 - a. Psychological &physiological support gives .
 - b. Explain to patient the important foods that gives to him after operation .
 - c. A & B.
- 2- Rotten information about patient includes .
 - a. Check vital signs & reported .
 - b. A & C.
 - c. Observe any abnormal signs & notify physician.
- 3- The nursing responsibility of the operative day is.
 - a. Gives sedation before the operation.
 - b. Put the patient in lateral position.
 - c. Clean the mouth from the secretion .
- 4- Nursing responsibility in recovery room is.
 - a. Empty the bladder from urine.
 - b. Put air way tube to help patient to breath.

c. A & B.

5-The complication that happened during 24 hours is.

- a. Fair of operation.
- b. Toxicity by CO₁ .
- c. Hemorrhage & shock .

6-The signs & symptoms of internal bleeding is.

- a. Hypotension & tacky cardiac.
- b. Fever & seating .
- c. Lose of apatite.

7- When the wound is infected the nursing responsibility is.

- a. Check vital signs every 15 minutes.
- b. Dressing the wound to discharge of the pus out.
- c. Giving sedation.

8- Shock happened because of .

- a. Increase of potassium.
- b. Sedation that gives to the patient.
- c. Loosing large quantity of blood.

Pre& post-operative nursing care

Nursing responsibility for pre-operative care:-

- 1- Giving psychological & physiological support because of the anxiety of& fair of operation.
- 2- Report of routine information about patient examination &its includes .
 - a. Check vital signs& charted.
 - b. Check the weigh & carted.
 - c. Made general investigation to the patient for blood & urine &E.C.G.
- 3- Observe any abnormal signs & notify the physician about it.
- 4- Explain to the patient & his family the important foods that gives after operation.
- 5- Personal hygiene must be gives to the patient.
- 6- Explain to the patient the operation that made to him & the drugs that gives before the operation done.

*What is the nursing responsibility of pre- operative care.

Nursing responsibility before day of operation :-

- 1- Shaving the area of operation because hair caused infection of the wound .
- 2- Stop any drugs that gives to the patient before 24 hours of making operation.
- 3- Make enema to empty of intestinal & empty the bladder by making catheterization .
- 4- Stop foods & fluid before 6 hours of operation.
- 5- Check vital signs & reported.
- 6- Explain to the patient the important of exercise after operation.

Nursing responsibility in the operative day :-

- 1- Check vital signs before operation done & notify physician about any change in it.
- 2- Personal hygiene must be done to the patient.
- 3- Empty the bladder from urine.
- 4- Giving sedation before operation like pathdine.
- 5- Transport the patient to the operating room with his chart.

* Who you gives nursing care to the patient in the day of operation.

Nursing responsibilities in the recovery room:-

- 1- Put the patient lateral position or semi prone with out pillow to prevent aspiration of secretion or vomiting.
- 2- Put air way tube in his mouth to prevent obstruct of air way.
- 3- Gives O₂ by mask to the patient.
- 4- Clean the mouth from accumulation of secretion.
- 5- Put blanket on the patient to prevent chilling.
- 6- Check vital signs every 15 minute .
- 7- Observe the dressing wound to observe bleeding if happened.
- 8- Observe intravenous infusion that gives to the patient.

- 9- Giving sedation to reduce the pain of operation.
- 10- Observe the activity of respiratory system & retrain of patient to his conscious.
- 11- Take the patient to his room in the surgical ward.

*Enumerate the nursing responsibility in recovery room.

Post- operative complication:-

The complication that happened during 24 hours are:-

- 1- Hemorrhage ,that includes
 - a. External bleeding.
 - b. Internal bleeding.

Signs & symptoms of internal bleeding:-

- 1- Hypotension.
 - 2- Tacky cardiac.
 - 3- Restless of patient .
 - 4- Pallor of skin.
 - 5- Thirsty & cold skin.
- * What is the signs & symptoms of internal bleeding.
- 2- Shock because of losing of large quantity of fluid or blood or pain.
 - 3- Hypoxia because of sedation that gives before operation.
 - 4- Cardiac arrest because of ,
 - a. Hypotension.
 - b. Decries of blood in the artery .
 - c. Increase of potassium.
 - d. Cardiac failure may be occer.

In case of cardiac arrest happened the nursing care that gives are :-

- 1- Giving artificial respiration to the patient.
- 2- Cardiac massage had done.
- 3- Tracheotomy operation done to stimulate respiratory system action.

General complication of post- operative operation:-

- 1- Vomiting.

- 2- Pain in the area of operation.
- 3- Returning of urine .
- 4- Constipation or distention of abdomen.
- 5- Paralytic intestinal.
- 6- Complication of respiratory system, like pneumonia, bronchitis.
- 7- Thrombosis.
- 8- Wound infection.

Nursing care of complication:-

- 1- Put the patient in bed rest.
- 2- Change the position of the patient to prevent retention of urine& stimulate blood circulation.
- 3- Giving large quantity of fluid.
- 4- Putting hot compress on the abdomen to prevent constipation.
- 5- Promote the patient to make breathing exercises to stimulate the secretion out of the body.

*Enumerate the Nursing care of complication .

Nursing care that gives to the wound infection:-

- 1- Dressing the wound to discharge of the pus from the wound.
- 2- Making swap to the infection that happened to know the kind of bacteria that caused infection.
- 3- Giving anti biotic by the order of physician .
- 4- Giving good nutrition.
- 5- Psychological support must be gives to the patient.
- 6- Prevent the activity of patient.

*What is the nursing care that gives when the wound is infected.

Post- test :- Put a circle in front of right sentences .

- 1- The complication that happened during 24 hours is.
 - a. Fair of operation.
 - b. Toxicity by CO1 .
 - c. Hemorrhage & shock .
- 2- The signs & symptoms of internal bleeding is.
 - a. Hypotension & tacky cardiac.
 - b. Fever & seating .
 - c. Lose of apatite.
- 3- When the wound is infected the nursing responsibility is.
 - a. Check vital signs every 15 minutes.
 - b. Dressing the wound to discharge of the pus out.
 - c. Giving sedation.
- 4- Shock happened because of .
 - a. Increase of potassium.
 - b. Sedation that gives to the patient.
 - c. Loosing large quantity of blood.
- 5- Nursing care that gives to the patient before operation is.
 - a. Psychological & physiological support gives .
 - b. Explain to patient the important foods that gives to him after operation .
 - c. A & B.
- 6- Rotten information about patient includes .
 - a. Check vital signs & reported .
 - b. A & C.
 - c. Observe any abnormal signs & notify physician.
- 7- The nursing responsibility of the operative day is.
 - a. Gives sedation before the operation.
 - b. Put the patient in lateral position.
 - c. Clean the mouth from the secretion .
- 8- Nursing responsibility in recovery room is.
 - a. Empty the bladder from urine.
 - b. Put air way tube to help patient to breath.
 - c. A & B.

Key of answers

Pre- test

- 1- C
- 2- B
- 3- A
- 4- B
- 5- C
- 6- A
- 7- B
- 8- C

Post- test

- 1- C
- 2- A
- 3- B
- 4- C
- 5- C
- 6- B
- 7- A
- 8- B

Test 1- :-

- 1- Giving psychological & physiological support because of the anxiety of & fear of operation.
- 2- Report of routine information about patient examination & its includes .
- 3- Check vital signs & charted.
- 4- Check the weight & carted.
- 5- Made general investigation to the patient for blood & urine & E.C.G.
- 6- Observe any abnormal signs & notify the physician about it.
- 7- Explain to the patient & his family the important foods that gives after operation.
- 8- Personal hygiene must be gives to the patient.
- 9- Explain to the patient the operation that made to him & the drugs that gives before the operation done.

Test 2- :-

- 1- Check vital signs before operation done & notify physician about any change in it.
- 2- Personal hygiene must be done to the patient.
- 3- Empty the bladder from urine.
- 4- Giving sedation before operation like pathdine.
- 5- Transport the patient to the operating room with his chart.

Test 3 :-

- 1- Put the patient lateral position or semi prone with out pillow to prevent aspiration of secretion or vomiting.
- 2- Put air way tube in his mouth to prevent obstruct of air way.
- 3- Gives O₂ by mask to the patient.
- 4- Clean the mouth from accumulation of secretion.
- 5- Put blanket on the patient to prevent chilling.
- 6- Check vital signs every 15 minute .
- 7- Observe the dressing wound to observe bleeding if happened.
- 8- Observe intravenous infusion that gives to the patient.
- 9- Giving sedation to reduce the pain of operation.
- 10-Observe the activity of respiratory system & retrain of patient to his conscious.
- 11-Take the patient to his room in the surgical word.

Test 4:-

- 1- Hypotension.
- 2- Tacky cardiac.
- 3- Restless of patient .
- 4- Pallor of skin.

Test 5 :-

- 1- Put the patient in bed rest.
- 2- Change the position of the patient to prevent retention of urine& stimulate blood circulation.
- 3- Giving large quantity of fluid.
Putting hot compress on the abdomen to prevent constipation.
- 4- Promote the patient to make breathing exercises to stimulate the secretion out of the body.

Test 6 :-

- 1- Dressing the wound to discharge of the pus from the wound.
- 2- Making swap to the infection that happened to know the kind of bacteria that caused infection.
- 3- Giving anti biotic by the order of physician .
- 4- Giving good nutrition.
- 5- Psychological support must be gives to the patient.
- 6- Prevent the activity of patient.

THE MODULAR UNIT -14&15

Administration of Medication

A/ Over view :-

- 1- Target population :- This learning package has been designed to the first class students in the immediate ambulance department of al dour technical Institute.
- 2- Rationale :- This unit will aid those who want to learn drug administration , it also intended for students who have little or no science back ground .
- 3- Central ideas.: -
 - 3.1- Definition of drug .
 - 3.2- The purpose of giving drugs.
 - 3.3- Principle of administration of medication .
 - 3.4 – The six rights .
 - 3.5- Methods of drugs administration .
 - 3.6- Administration of medication by mouth.
 - 3.7- Disadvantages of drugs giving .
 - 3.8- Injection methods .
 - 3.9- . Disadvantages of Injection methods.
 - 3.10-Factor that help absorb of drug.
 - 3.11-Type of giving injection.
 - 3.12 -The purpose of subcutaneous injection .
 - 3.13- Definition of intra dermal injection .
 - 3.14- The purpose of intra dermal injection.
 - 3.15- Definition of intra muscular injection.
 - 3.16- The purpose of intra muscular injection.
 - 3.17- Definition of intra venous injection.
 - 3.18- The purpose of intra venous injection.
- 4- Instruction :-
 - 4.1- Study the over view care filly .
 - 4.2- Learn briefly the modular units of this package .
 - 4.3- Perform the pre- test of this unit .

- Compare your answer with the key in the last page .
- If you get (7) degree or more you will not need to learn this modular unit , in this case you must contact with your teacher to inform him about your results .
- But when you get less than (7) degree in this case , you will need to continue learning this modular unit .

4.4- After you studding this modular unit , the post-test you must doing it.

- Compare your answer with the key in the last page .
- If you get (7) degree or more , you must go to learn the ten modular unit .
- In case you get less than (7) degree , you must return to the same unit in order to learn ,&understand the steps which you need .
- After you complete the studding , perform the post- test examination for checking

B/ Performance objectives :- After this studding this modular unit you should be able to :

- 1- Define the drugs.
- 2- Enumerate the purpose of giving drugs.
- 3- Mention the principles of giving drugs .
- 4- Enumerate the six right .
- 5- How you gives the drug by mouth.
- 6- What is the disadvantages of giving drugs by mouth .
- 7- Enumerate methods of administration drugs by injection.
- 8- Mention the purpose of giving drugs by intra dermal injection.
- 9- Determined the site of injection for intra dermal injection .
- 10- How you gives injection by intra muscular .
- 11- What is the observation that record after injection.

C/ Per- test :- Put a circle in front of right sentences.

- 1- The purpose of giving drug is.
 - a. For diagnosis 7 cure.

- b. For giving drug by mouth.
- c. The effect of drug .
- d. The irritation of drug.

2- Disadvantage of giving drug by mouth is .

- a. Cannot stop the action of drug .
- b. Cannot measure the dose of drug .
- c. Record the medication given to the patient .
- d. May cause infection if the drug wrong .

3- Type of giving injection is .

- a. Oral method .
- b. Intra spinally method .
- c. Intra dermal, intra muscular, & intra venous injection .
- d. Inhalation method.

4- The purpose of intra dermal injection is.

- a. For receiving quantity of medication .
- b. For some medication which not suitable in any other methods.
- c. For some of drugs that not digested in stomach.
- d. For diagnosis , prevention, & treatment purpose.

5- The factors that help absorbs of drugs is.

- a. Massage , moving of area & dilute of drug.
- b. Thickness of tissue.
- c. Fasting of giving drug.
- d. Recording the medication given.

6- The site of intra dermal injection is.

- a. Any vein in the body .
- b. Subs scapular region of the back (the end of the shoulder).
- c. Cephalic vein .
- d. By intra spinally injection .

7- The observation that record after injection is .

- a. The absorbed of drug .

- b. The moving of area .
- c. Method & site of injection .
- d. Irritation of stomach by some drugs .

- 8- The principles of administration of drug is .
- a. Local & general effect .
 - b. Peripheral resistance .
 - c. Safety drugs that gives to the patient .
 - d. Observe the six right when giving drugs .

Administration of medication

Definition of drug: drug is the substance which used to prevent, treat and diagnosed the disease.

Effect of drugs:

- 1. Local effect.
- 2. General effect.

The purpose of giving drug:

- 1. For diagnosis (such as T.B test).
- 2. For cure (like antibiotic).
- 3. For prevention (like vaccines).
- 4. For treatment (like paracetamol, vit.....).

Principle of administration of drug

- 1. Doctor prescription and this include.
 - a. Name of drug.
 - b. Name of patient.
 - c. Dosage.
 - d. Frequency.
 - e. Route.
 - f. Time.
 - g. Doctor name.
 - h. Date.
- 2. Washing hand before giving drugs.
- 3. Clean the equipment.
- 4. Not to give the drugs without reported in chart.
- 5. Don't used hand in giving drugs.
- 6. Don't return the drug to the tube.

7. Be sure of expire day of the drug.
8. Don't mix any drug without the order of doctor.
- 9- Check the name of drug, patient, and doctor before give it to patient.
10. If the drugs have another name reported their name drug.
11. Repot the time of giving drug, date, name of drug, dosage, methods of giving drug and the signature of nurse.

The six rights:

1. True patient.
2. True time.
3. True rout.
4. True dose
5. True effect.
6. True drug.

Methods of drugs administration:

1. Oral Method.
2. Injection Method.
3. Intra spinally Method.
4. Intra peritoneal Method.
5. Inhalation Method.
6. Rectally Method.

Administration of drug by mouth:

- ❖ It is safety to gives the drug by mouth.
- ❖ Easily to give the drug.

Disadvantage of this method:

1. Irritation of stomach by some drug.
2. Some of drugs not digested in stomach.
3. Cannot measure the dose of the drug.
4. If the patient has any defect in mouth we cannot give the drug by mouth.
5. Patient with vomiting or feeding tube or gastric lavage.

How to give drug by mouth:

1. Check the order for medication and medicine chart, patient name, date, drug, dose, method, frequency, time and doctors signature.

2. Red the labile 3 times while preparing drug.
3. Identify the patient carefully; check the bed cart, asked the patients name.
4. Give patient his medication; be sure that he swelled it.
5. Record the medication given, refused or omitted.

Injection method:

It is easy to give all the doses of drug by inject but it's expensively for patient.

Disadvantage of injection method:

2. May cause infection or death if the drug is rounq.
3. Cannot stop the action of drug when it given by injection.

Factors help absorption of drugs:

1. Massage.
2. Moving of area.
3. Dilute of drug.

Selection of needle size:

1. Kind of drug.
2. Method of drug.
3. Thickness of tissue.
4. Fasting of giving drug.

Types of giving injection:

1. Subcutaneous injection.
2. Intra dermal injection.
3. Intra muscular injection.
4. Intravenous injection.

Subcutaneous injection (S.C):

Definition: forcing liquid into the fatty tissue under the skin.

The purpose:

1. When the patient must receive repeated subcutaneous injection like diabetic patient who received insulin subcutaneously.
2. For diagnosis like sensitivity test.
3. For some medication which is not suitable in any other method.

The site of injection for this method:

1. The outer surface of upper arm below the shoulder.
2. In the middle anterior position of the thigh.
3. In the abdomen.

❖ 45 ingles

Intra dermal injection (I.D).

Definition: forcing of a small amount of fluid in to the dermal layer of the skin.

The purpose:

- ❖ For diagnostic purpose like (T.B) test.
- ❖ For preventive purpose like (B.C.G).
- ❖ For treatment.

The site of injection for this method:

1. Inner aspect of forearm is usually used for diagnostic test.
 2. Sub scapular region of the back (the end of shoulder).
 3. For skin treatment, the site depends on doctor order like abdomen.
- ❖ 15 ingles

Intramuscular injection (I.M):

Definition: forcing of a medicine into muscle tissue.

The purpose:

1. When drug is too irritating for use subcutaneously.
2. Large quantities of drug given.
3. When absorbed more rapidly into the blood stream than (S.C).

The site of injection:

1. Dividing the gluteus into quadrants, the injection is given in the upper outer quadrant of buttocks.
2. The vastus laterals muscle of the thigh and below the hip joint for (4 inches)
 - a. In the deltoid muscle. **90 ingles**

Intravenous injection (I.V):

Definition: injection of liquid medicine directly into the vein.

The purpose:

1. When a very rapid action is desired.
2. For diagnostic test.
3. When the medication cannot be given by other methods.

The site of injection:

1. Cephalic vein.
2. Median basilica vein.
3. Any other accessible vein

❖ 0 - 15 angles

The observation that record after injection:

1. Date of injection.
2. Name of medication and dosage.
3. Method of injection.
4. Site of injection.
5. Reaction of patient.
6. Signature of nurse.

Post- test :- Put a circle in front of right sentences .

- 1- The observation that record after injection is .
 - a. The absorbed of drug .
 - b. The moving of area .
 - c. Method & site of injection .
 - d. Irritation of stomach by some drugs .
- 2- The principles of administration of drug is .
 - a. Local & general effect .
 - b. Peripheral resistance .
 - c. Safety drugs that gives to the patient .
 - d. Observe the six right when giving drugs .

3- The factors that help absorb drugs is.

- a. Massage , moving of area & dilute of drug.
- b. Thickness of tissue.
- c. Fasting of giving drug.
- d. Recording the medication given.

4- The site of intra dermal injection is.

- a. Any vein in the body .
- b. Subscapular region of the back (the end of the shoulder).
- c. Cephalic vein .
- d. By intraspinal injection .

5- Type of giving injection is .

- a. Oral method .
- b. Intraspinal method .
- c. Intra dermal, intra muscular, & intra venous injection .
- d. Inhalation method.

6- The purpose of intra dermal injection is.

- a. For receiving quantity of medication .
- b. For some medication which not suitable in any other methods.
- c. For some of drugs that not digested in stomach.
- d. For diagnosis , prevention, & treatment purpose.

7- The purpose of giving drug is.

- a. For diagnosis & cure.
- b. For giving drug by mouth.
- c. The effect of drug .
- d. The irritation of drug.

8- Disadvantage of giving drug by mouth is .

- a. Cannot stop the action of drug .
- b. Cannot measure the dose of drug .

- c. Record the medication given to the patient .
- d. May cause infection if the drug wrong .

Key of answers

Pre- test

- 1- A
- 2- B
- 3- C
- 4- D
- 5- A
- 6- B
- 7- C
- 8- D

Post- test

- 1- C
- 2- D
- 3- A
- 4- B
- 5- C
- 6- D
- 7- A
- 8- B

Test 1- :- 1- For making diagnosis .
2- Planning progressing of patient.
3- Seeing reaction of patient to the specific medication.

Test 2- :- 1- For unconscious patient .
2- the infant patient .
3- Patient who breath from mouth.
4- Patient who had disease in oral cavity or surgery of nose or mouth .

Test 3- :- 1- Time of the day .
2- Physical exercise .
3- Sex.
4- Age & growth hormone .

Test 4- :- Nursing care:
1- Check body temperature every 10 minute.
2- Cold compress made for patient.
3- Give good nutrition and fluid.
4- Change clothing if necessary.

- 5- Make bathing if necessary.
- 6- Reduced physical activity.
- 7- Giving antipyreal drugs (paracetamol, aspegic,...).
- 8- If cold compress is unless used alcohol bath (70% alcohol with water).
- 9- Make oral hygiene.
10. Good ventilation and circulation.

Test 5 :- 1- Radial artery

- 1- Temporal artery.
- 1- Carotid artery.
- 2- Facial artery.
- 3- Femoral artery
- 4- Posterior tibial artery.
- 5- Dorsal pedis artery
- 6- Brachial artery.
- 7- Apical pulse rate.

Test 6:-

Hypertension:- It means blood pressure is above 140 mm/hg.

Diastolic pressure :- It means blood pressure is below 60 mm/hg.

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