

Clinical Nursing Procedures: The Art of Nursing Practice

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SECOND EDITION

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PREFACE TO THE SECOND EDITION

Nursing continues to be influenced by technology and a myriad of social, cultural, economic and environmental changes and nurses are challenged to maintain high levels of nursing knowledge and skills for meeting the acute care, long-term care and health promotion needs of individuals. Today's nurses ought to be particularly skilled in critical thinking and clinical decision-making as well as in consulting and collaborating with other members of the health care team.

In order to meet the challenges of the complex health care system, nurses must acquire the ability to provide skilled and compassionate nursing care in various stages of illness and across the age continuum.

This second edition of *Clinical Nursing Procedures: The Art of Nursing Practice* is intended to help student nurses as well as practicing nurses to carry out their roles and responsibilities within the complex system. The authors have made sincere and hard efforts to make the procedures in simple, easy-to-understand manner and in logical sequence. It is aimed at providing comprehensive coverage of the syllabus requirements of basic nursing courses.

We thank our publishers Jaypee Brothers Medical Publishers (P) Ltd for their timely efforts in producing quality books and reaching them to many users. Very special thanks to users who offered suggestions and careful critique, which motivated us to expand and reorganize the contents of this edition of the book.

Annamma Jacob
Rekha R
Jadhav Sonali Tarachand

PREFACE TO THE FIRST EDITION

Today's nursing practice has evolved through many changes influenced by advances in science and technology which has made medical care more complex. As modalities for diagnosing and treating illnesses and managing patients in different stages of health-illness continuum change, several nursing procedures are added and rewritten.

Use of specialized equipments, articles and assisting with advanced procedures have become a necessity in caring for patients. Several nursing procedures taught and practiced in yesteryears have become obsolete as a result of new knowledge of disease pathology and therapy.

The growing body of nursing research further challenges and stimulates nurses to acquire new knowledge and refine their critical thinking skills. Nursing education today aims to provide students a broad knowledge base which would help them provide expert and need-based care to clients with varying health problems. It is, therefore, essential that they master basic theories and skills and become equipped to further develop and refine their abilities to apply analytical thinking in clinical situations.

Nurse educators in India have always been faced with the need to have reference materials suited to present day practice standards. Books which meet the above criteria are written in the context of developed countries where advanced equipments and commercially prepared articles and materials are used for performing most nursing procedures. A procedure manual written in the Indian context, where health care facilities range from most advanced in the tertiary level multi-speciality hospitals in large cities to primary care centers in rural India has been a felt need.

This manual will help in preparing nurses who can demonstrate critical thinking and analytical ability, capable of making adaptations in varying situations. A manual of procedures that is relevant to the present day nursing practice in India has been a need, felt by nurse educators here. The book *Clinical Nursing Procedures: The Art of Nursing Practice* is an all-in-one compilation of nursing procedures.

Basic, Advanced and Community Health Nursing Procedures are organized and presented in 15 chapters.

The editors and contributors have taken care to present the material in a concise, straight forward and simplified format in an easy to follow language and most importantly in the Indian context. Scientific rationale of every nursing action is included so as to enable nursing students and practicing nurses to use sound clinical judgement while emphasizing cognitive, interpersonal and psychomotor skills needed to carry out nursing procedures. Special considerations are included wherever additional explanations for deviations and adaptations are required.

The contents of the book include nursing procedures to be performed independently by nurses and interdependently by providing assistance to either health care professionals or clients themselves. Most nursing procedures prescribed for undergraduate education by Apex bodies in India are included.

A special feature of this book authored and contributed by Indian Nurses is the many illustrations and colour photographs which would aid to master and reinforce the skills of nursing students as well as practicing nurses.

The editors are confident that this book will prove to be an useful tool for undergraduate students as well as professional nurses working in different settings all over India.

Annamma Jacob
Rekha R
Jadhav Sonali Tarachand

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It takes more than great determination and sustained interest to write a book. For completion of the task, encouragement, support and cooperation of many are essential.

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As the idea of putting together all the nursing procedures taught to nursing students in the college emerged in the minds of the first group of faculty, the Chief Executive Officer of the Hospital and College of Nursing, Dr Kishore Murthy offered great encouragement and support. The editors are thankful to Dr Kishore Murthy.

Most of the faculty members who worked in the college of nursing, since its inception in 2003, contributed by way of writing and editing the procedures for the book. The editors thank each one of them for their contribution.

The nursing staff of BMJ Hospital whose practice standards needed updation for providing safe and effective nursing care to patients and the students of BMJ College of Nursing were our inspiration to embark on the task of preparing this manual of nursing procedures.

For the many photographs and illustrations included in the book, college and hospital staffs, their family members, students and patients offered themselves and their efforts, and we record our sincere thanks to everyone of them.

It was Miss Anuradha who in the final stages undertook the job of typing all the material in a professional manner. The preliminary work was done by Mrs Vachala, Mrs Sudheshna Mukherjee and Miss Sylvia Eileen. We thankfully acknowledge their contributions.

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CONTENTS

1. HEALTH ASSESSMENT	1
1.1: Measuring Body Temperature	2
1.2: Assessment of Pulse	6
1.3: Assessing Respiration	10
1.4: Monitoring Blood Pressure	11
1.5: Checking Height and Weight of a Patient	15
1.6: Collecting Urine Specimen for Routine Examination	17
1.7: Testing Urine for pH	19
1.8: Checking Specific Gravity of Urine	20
1.9(A): Testing Urine for Glucose (Benedict's Solution)	22
1.9(B): Testing Urine for Glucose (Reagent Strip or Tape)	23
1.10: Testing Urine for Albumin	24
1.11: Collecting Urine Specimen for Culture	25
1.12: Collection of 24 Hours Urine	27
1.13: Collecting Stool Specimen for Routine Examination	28
1.14: Collecting Stool Specimen for Culture	30
1.15: Collecting Throat Swab for Culture	31
1.16: Collecting Wound Swab for Culture	32
1.17: Protocol for Sample Collection of Blood	33
1.18: Collecting Blood for Routine Examination	35
1.19: Measuring Blood for Glucose Level using Glucometer	38
1.20: Collection of Blood for Culture	41
1.21: Collecting Blood for Peripheral Smear	43
1.22: Collection of Sputum for Culture	45
1.23: Assisting with Obtaining a Papanicolaou Smear	46
1.24: Measuring Intake and Output	49
1.25: Teaching Breast Self-examination (BSE)	52
1.26: Teaching Testicular Self-examination (TSE)	55
2. CLIENT CARE: HYGIENE AND COMFORT	57
2.1: Admission of a Patient in Hospital	58
2.2: Discharge of a Patient from Hospital	61
2.3: Transfer of a Patient from Unit to Unit and Hospital to Hospital	63
2.4: Preparing an Open/Unoccupied Bed	65
2.5: Preparing an Occupied Bed	70
2.6: Preparing a Postoperative Bed	74
2.7: Preparing a Cardiac Bed	76
2.8: Assisting in Oral Hygiene for a Conscious Patient	78
2.9: Performing Oral Care for an Unconscious Patient	81
2.10: Bathing a Patient in Bed	84
2.11: Performing Nail and Foot Care	87
2.12: Providing Genital Care/Hygienic Perineal Care	90
2.13: Providing a Bed Shampoo/Hair Wash	94

2.14: Performing Eye Care	97
2.15: Performing Eye Irrigation	99
2.16: Performing Ear Irrigation	101
2.17: Use of Comfort Devices	103
2.18: Providing Back Massage	106
2.19: Providing Sitz Bath	109
2.20: Application of Hot Water Bag	111
2.21: Application of an Ice Cap	114
2.22: Application of Cold Compress	116
2.23: Giving a Tepid Sponge	118
2.24: Giving a Cold Sponge	120
2.25: Care of Body after Death	122

3. SAFETY, BODY MECHANICS AND PREVENTION OF INFECTION 125

3.1: Practicing Principles of Body Mechanics	126
3.2: Moving a Patient Up in Bed	128
3.3: Turning a Patient to Lateral or Prone Position	130
3.4: Logrolling a Patient	131
3.5: Assisting a Patient to Sitting Position	134
3.6: Transferring a Patient from Bed to Chair	135
3.7: Transferring a Patient Between a Bed and a Stretcher	137
3.8: Providing Range of Motion Exercises	140
3.9: Positioning of the Patient in Bed	144
3.10: Performing Medical Handwashing	150
3.11: Policies for Segregation and Disposal of Biomedical Waste	154
3.12: Disinfection of Blood and Body Fluids Spills	156
3.13: Prevention of Nosocomial Infections	159
3.14: Applying Restraints	164
3.15: Positioning and Restraining Children for Procedures	168

4. NUTRITION 171

4.1: Serving Normal Diet	172
4.2: Feeding Helpless Patient	174
4.3: Insertion of a Nasogastric Tube	176
4.4: Administration of Nasogastric Tube Feeding	180
4.5: Feeding through a Gastrostomy/Jejunostomy Tube	183
4.6: Administration of Total Parenteral Nutrition	186
4.7: Performing a Test Feed	190

5. ELIMINATION 191

5.1: Assisting with the use of a Urinal	192
5.2: Applying a Condom Catheter	193
5.3: Performing a Urinary Catheterization	196
5.4: Performing Catheter Care	201
5.5: Removing an Indwelling Urinary Catheter	203
5.6: Performing a Bladder Irrigation	205
5.7: Assisting with use of Bedpan	207
5.8: Administering an Enema	209

5.9: Performing a Bowel Wash/Colonic Lavage	215
5.10: Performing Colostomy Care	218
5.11: Performing Colostomy Irrigation	221
6. OXYGENATION	225
6.1(A): Oxygen Therapy—Cannula Method	226
6.1(B): Administering Oxygen by Mask Method	229
6.1(C): Administering Oxygen using Oxygen Tent	231
6.2: Administering Steam Inhalation	233
6.3: Assessment of Oxygen Saturation using Pulse Oximeter	236
6.4: Assisting the Patient with the use of an Incentive Spirometer	239
6.5: Performing Chest Physiotherapy	242
6.6: Performing Postural Drainage	245
6.7: Performing Nebulization Therapy	250
7. CIRCULATION AND FLUID ELECTROLYTE BALANCE	253
7.1: Performing a Venipuncture for Intravenous Therapy	254
7.2: Administering of an Intravenous Infusion	258
7.3: Changing an Intravenous Container, Tubing and Dressing	262
7.4: Discontinuing an Intravenous Infusion	264
7.5(A): Administration of Blood (Blood Transfusion)	265
7.5(B): Blood Transfusion Reactions and Nursing Management	268
8. MEDICATION ADMINISTRATION	271
8.1: Policies on Drug Administration	272
8.2: Administering Oral Medication	273
8.3: Withdrawing or Preparing Medications from Vial and Ampoule	278
8.4: Administering a Subcutaneous Injection	284
8.5: Administering an Intradermal Injection	287
8.6: Administering an Intramuscular Injection	289
8.7: Administering Bolus Medications through Intravenous Route	293
8.8: Instilling Medication into Ear	296
8.9: Instilling Medication into Eyes	298
8.10: Administering Nasal Drops	301
8.11: Administering Metered Dose Inhalation	304
8.12: Administering Rectal Suppositories	307
8.13: Inserting Medication into Vagina	309
8.14: Administration of Medication through Nasogastric Tube	311
8.15: Applying Topical Medications	313
9. IMMOBILIZATION AND SUPPORT	315
9.1: Assisting with Application of Splints	316
9.2: Assisting with Application of Slings	318
9.3: Assisting with Application of Skin Traction	321
9.4: Applying Bandages	326
9.5: Applying Binders	335
9.6: Assisting with Application of Plaster of Paris (POP)	339
9.7: Pinsite Care in Skeletal Traction	344

9.8: Assisting with Walking using Walker and Cane	345
9.9: Assisting with Crutch Walking	348

10. SKIN INTEGRITY AND WOUND CARE 355

10.1: Performing a Wound Dressing	356
10.2: Dressing a Burns Wound	359
10.3: Removal of Sutures and Staples	362
10.4: Performing Wound Irrigation	365

11. ADVANCED CLINICAL PROCEDURES 369

11.1: Recording an Electrocardiogram (ECG)	371
11.2: Preparation of Patient and Assisting with Exercise Stress Test	374
11.3: Preparation of Patient and Assisting with Cardiac Catheterisation	378
11.4: Preparation of Patient and Assisting with Pacemaker Implantation	381
11.5: Performing a Cardiopulmonary Resuscitation (CPR)	387
11.6(A): Performing Defibrillation and Advanced Cardiac Life Support (ACLS)	392
11.6(B): ACLS Algorithm	396
11.7: Performing a Heimlich Manoeuvre (Adult)	398
11.8: Assisting with Arterial Puncture	401
11.9: Preparation for and Assisting with Digital Subtraction Angiography	404
11.10: Preparation for and Assisting with Cerebral Angiography	406
11.11(A): Assisting with Insertion of Central Venous Catheter	408
11.11(B): Flushing a Central Venous Catheter	412
11.11(C): Measuring Central Venous Pressure (CVP)	413
11.11(D): Changing Dressing at Central Venous Catheter Insertion Site	415
11.11(E): Changing the Central Venous Tubing	416
11.12: Assisting with Bronchoscopy	417
11.13: Assisting with Endotracheal Intubation	419
11.14: Assisting with Tracheostomy	422
11.15: Providing Tracheostomy Care	424
11.16: Performing Endotracheal/Tracheal Suctioning	428
11.17: Performing Oropharyngeal Suctioning	432
11.18: Assisting with Thoracentesis	434
11.19: Connecting and Changing Intercostal Drainage (ICD) Bottles	436
11.20: Assisting with Removal of Chest Drainage Tubes	439
11.21: Performing Gastric Suctioning	441
11.22: Assisting with Upper Gastrointestinal Endoscopy	443
11.23: Assisting with Endoscopic Sclerotherapy	446
11.24: Assisting with Insertion of Sengstaken-Blakemore Tube/Balloon Tamponade	448
11.25: Performing a Gastric Lavage or Stomach Wash	451
11.26: Preparation of Patient and Assisting with Barium Studies (Upper GI Series)	453
11.27: Preparation of Patient and Assisting with Barium Enema	455
11.28: Preparation of Patient and Assisting with Colonoscopy	457
11.29: Preparation of Patient and Assisting with Proctoscopy	459
11.30: Assisting in Abdominal Paracentesis	461
11.31: Preparation for Ultrasonography	463
11.32: Assisting with Liver Biopsy	464
11.33: Assisting with Endoscopic Retrograde Cholangiopancreatography (ERCP)	467
11.34: Preparation for KUB X-ray	469

11.35:	Assisting with Intravenous Pyelography (IVP)	470
11.36:	Assisting with Renal Biopsy	472
11.37:	Preparation of Patient and Assisting with Cystoscopy	474
11.38:	Preparation for Skull and Spine X-ray	476
11.39:	Preparation of Patient and Assisting with Electroencephalography (EEG)	477
11.40:	Assessment of Consciousness using Glasgow Coma Scale (GCS)	478
11.41:	Assisting with Lumbar Puncture	480
11.42:	Assisting with Computerized Axial Tomography Scan	483
11.43:	Assisting with Magnetic Resonance Imaging (MRI) Scan	485
11.44:	Assisting with Bone Marrow Aspiration and Biopsy	487
11.45:	Preparation of Patient for Electromyography (EMG)	490
11.46(A):	Admission and Initial Management of Patient in Burns Unit	492
11.46(B):	Fluid Resuscitation in Acute Burns	495
11.47:	Providing Exercises for Postburn Patients	498
11.48:	Preparing Patient for Mammography	499
12. OPERATING ROOM AND RELATED PROCEDURES		501
12.1:	Performing a Surgical Scrub	502
12.2:	Conducting a General Preoperative Assessment and Checklist	505
12.3:	Performing Skin Preparation for Surgery	507
12.4:	Preparing an Operation Theater Trolley and Patient before Surgery	512
12.5:	Applying Mask and Sterile Gown	515
12.6:	Performing Sterile Gloving	517
12.7:	Positioning Patients for Surgery	519
12.8:	Assisting with Postoperative Exercises	523
13. MENTAL HEALTH NURSING		529
13.1:	Admitting a Patient in Psychiatric Unit	530
13.2:	Discharging a Patient from Psychiatric Unit	531
13.3:	Performing Mental Status Examination (MSE)	532
13.4:	Conducting Process Recording	535
13.5:	Preparing Patient and Assisting with Electroconvulsive Therapy (ECT)	537
13.6:	Preparing Patient and Assisting with Chemical Convulsive Therapy	541
13.7:	Assisting with Hypnosis Therapy	543
13.8:	Assisting with Insulin Subcoma Therapy	545
13.9:	Assisting with Narcoanalysis/Abreactive Therapy	546
14. MATERNAL AND CHILD NURSING		549
14.1:	Performing an Antenatal Abdominal Examination and Palpation	550
14.2:	Teaching Antenatal Exercises	555
14.3:	Performing a Nonstress Test (NST)	557
14.4:	Performing an Oxytocin Challenge Test	560
14.5:	Preparing a Prenatal Patient for Ultrasound Examination	562
14.6:	Assisting with an Amniocentesis	564
14.7:	Admitting a Client to Labour Room	568
14.8:	Assisting with Induction of Labour	570
14.9:	Performing Vaginal Examination for a Patient in Labour	574
14.10:	Conducting a Normal Vaginal Delivery	577

14.11:	Performing an Examination of Placenta	583
14.12:	Performing and Suturing an Episiotomy	586
14.13:	Assisting with Forceps Delivery	590
14.14:	Assisting with Ventouse Extraction	594
14.15:	Assisting with Dilatation and Curettage Procedure	596
14.16:	Providing Perineal Care	598
14.17:	Measuring Involution of Uterus	600
14.18:	Teaching Postnatal Exercises	602
14.19:	Assisting in Insertion of Intrauterine Contraceptive Device (Copper-T)	607
14.20:	Providing Immediate Newborn Care	611
14.21:	Performing a Newborn Assessment	613
14.22:	Performing Neonatal Resuscitation	621
14.23:	Assisting with Breastfeeding	626
14.24:	Care of Baby Undergoing Phototherapy	629
14.25:	Care of Newborn in Incubator (Isolette)	631
14.26:	Assisting in Exchange Transfusion	633
14.27:	Bathing a Newborn	637
14.28:	Giving Sponge Bath for a Newborn	640
14.29:	Weighing a Newborn	643
14.30:	Feeding Infants with Cleft Lip and Cleft Palate	645
14.31:	Administering Nasogastric/Orogastric Tube Feed for Children	647
14.32:	Growth Assessment for Children (Anthropometry)	649
14.33:	Cardiopulmonary Resuscitation for Children	654
14.34:	Performing Heimlich Manoeuvre for Children	657
14.35:	Collecting Urine Specimen from Infants	659

15. COMMUNITY HEALTH NURSING **661**

15.1:	Performing Handwashing at Home	662
15.2:	Performing Bag Techniques at Home	663
15.3:	Taking Anthropometric Measurements	665
15.4:	Checking Weight and Height	667
15.5:	Performing Urine Analysis	669
15.6:	Collection of Specimens for Laboratory Investigations	671
15.7:	Checking Temperature at Home	673
15.8(A):	Estimation of Hemoglobin at Home using Haemoglobinometer	674
15.8(B):	Estimation of Hemoglobin Level using Hemoglobin Testing Paper	675
15.9:	Collecting Blood for Peripheral Smear	676
15.10:	Dressing a Wound at Home	678
15.11(A):	Giving Baby Bath/Tub Bath	680
15.11(B):	Giving a Lap/Leg Bath	681
15.12:	Conducting a Domiciliary Delivery	683

APPENDICES **687**

BIBLIOGRAPHY **719**

INDEX **721**