Clinical Nursing Procedures: The Art of Nursing Practice
Clinical Nursing Procedures: The Art of Nursing Practice

EDITORS

Annamma Jacob MSc (N)
Professor, Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Formerly
• Professor, St Philomina’s College of Nursing, Mother Teresa Road, Bengaluru
• Principal, Graduate School for Nurses, BNE, SIB, CMAI
• Nurse Supervisor, Suburban Medical Center, Paramount, Southern California, USA
• Assistant Director of Nursing, Al-Sabah Hospital, Ministry of Public Health, Kuwait
• Sister Tutor, LT College of Nursing, SNDT Women’s University, Mumbai, Maharashtra, India
• Junior Tutor, College of Nursing, CMC Hospital, Vellore, Tamil Nadu, India

Rekha R MSc (N)
Registered Nurse
Medical-Surgical Department of Florida Medical Center
Fort Lauderdale, Florida, USA

Formerly
• Assistant Professor, Sree Mookambika College of Nursing
Kanyakumari, Tamil Nadu, India
• Vice Principal, Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Jadhav Sonali Tarachand MSc (N) PG Diploma in Medical Law and Ethics
Associate Professor of Nursing
Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Formerly
• Lecturer in Medical-Surgical Nursing, St Martha’s College of Nursing, Bengaluru, Karnataka, India
• Assistant Lecturer, Bharathi Vidyapeeth’s College of Nursing, Pune, Maharashtra, India
CONTRIBUTORS

Anita Grace Daniel  BSc (N)
Asstt. Lecturer of Nursing
Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Annamma Jacob  MSc (N)
Professor, Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Anne Dorcas  BSc (N)
Asstt. Lecturer of Nursing
Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Harsha Joy  BSc (N)
Asstt. Lecturer of Nursing
Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Jadhav Sonali Tarachand  MSc (N)
PG Diploma in Medical Law and Ethics
Associate Professor of Nursing
Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Jain Binny John  BSc (N)
Asstt. Lecturer of Nursing
Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Jessy Jacob  MSc (N)
Asstt. Professor of Nursing
Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Lakshmi  BSc (N)
Asstt. Lecturer of Nursing
Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Mary Daniel  BSc (N)
Asstt. Lecturer of Nursing
Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Nalini SR  BSc (N)
Asstt. Lecturer of Nursing
Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Naveena J  BSc (N)
Asstt. Lecturer of Nursing
Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Rekha R  MSc (N)
Registered Nurse
Medical-Surgical Department of Florida Medical Center
Fort Lauderdale, Florida, USA

Sindhu Narendran  BSc (N)
Asstt. Lecturer of Nursing
Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India

Subha Shankari G  BSc (N)
Asstt. Lecturer of Nursing
Bhagwan Mahaveer Jain College of Nursing
Bengaluru, Karnataka, India
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
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
ACKNOWLEDGMENTS

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.

For the production of this book, the editors are deeply thankful to the administration of Bhagwan Mahaveer Jain College of Nursing. The President of Bhagwan Mahaveer Memorial Jain Trust, Mr. Sampathraj Gadia always encouraged us and provided the freedom and the facilities needed to the principal and senior faculty of the college to gather knowledge and teach professional nursing of high quality to their students. The members of BMMJ Trust, Mr Parasmal Bansali and Mr Phoolchand Jain did an excellent job of providing the library in the college with large collection of books and periodicals for reference. This greatly enhanced preparation of materials for the book.

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.

Finally but importantly, we once again acknowledge the administration of BMJ College of Nursing, the BMMJ Trust in honour of which this book may be published.
CONTENTS

1. HEALTH ASSESSMENT

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

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
Clinical Nursing Procedures: The Art of Nursing Practice

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.14</td>
<td>Performing Eye Care</td>
<td>97</td>
</tr>
<tr>
<td>2.15</td>
<td>Performing Eye Irrigation</td>
<td>99</td>
</tr>
<tr>
<td>2.16</td>
<td>Performing Ear Irrigation</td>
<td>101</td>
</tr>
<tr>
<td>2.17</td>
<td>Use of Comfort Devices</td>
<td>103</td>
</tr>
<tr>
<td>2.18</td>
<td>Providing Back Massage</td>
<td>106</td>
</tr>
<tr>
<td>2.19</td>
<td>Providing Sitz Bath</td>
<td>109</td>
</tr>
<tr>
<td>2.20</td>
<td>Application of Hot Water Bag</td>
<td>111</td>
</tr>
<tr>
<td>2.21</td>
<td>Application of an Ice Cap</td>
<td>114</td>
</tr>
<tr>
<td>2.22</td>
<td>Application of Cold Compress</td>
<td>116</td>
</tr>
<tr>
<td>2.23</td>
<td>Giving a Tepid Sponge</td>
<td>118</td>
</tr>
<tr>
<td>2.24</td>
<td>Giving a Cold Sponge</td>
<td>120</td>
</tr>
<tr>
<td>2.25</td>
<td>Care of Body after Death</td>
<td>122</td>
</tr>
<tr>
<td>3.11</td>
<td>Policies for Segregation and Disposal of Biomedical Waste</td>
<td>126</td>
</tr>
<tr>
<td>3.12</td>
<td>Disinfection of Blood and Body Fluids Spills</td>
<td>128</td>
</tr>
<tr>
<td>3.13</td>
<td>Turning a Patient to Lateral or Prone Position</td>
<td>130</td>
</tr>
<tr>
<td>3.14</td>
<td>Logrolling a Patient</td>
<td>131</td>
</tr>
<tr>
<td>3.15</td>
<td>Assisting a Patient to Sitting Position</td>
<td>134</td>
</tr>
<tr>
<td>3.16</td>
<td>Transferring a Patient from Bed to Chair</td>
<td>135</td>
</tr>
<tr>
<td>3.17</td>
<td>Transferring a Patient Between a Bed and a Stretcher</td>
<td>137</td>
</tr>
<tr>
<td>3.18</td>
<td>Providing Range of Motion Exercises</td>
<td>140</td>
</tr>
<tr>
<td>3.19</td>
<td>Positioning of the Patient in Bed</td>
<td>144</td>
</tr>
<tr>
<td>3.10</td>
<td>Performing Medical Handwashing</td>
<td>150</td>
</tr>
<tr>
<td>3.11</td>
<td>Policies for Segregation and Disposal of Biomedical Waste</td>
<td>154</td>
</tr>
<tr>
<td>3.12</td>
<td>Disinfection of Blood and Body Fluids Spills</td>
<td>156</td>
</tr>
<tr>
<td>3.13</td>
<td>Preventing Nosocomial Infections</td>
<td>159</td>
</tr>
<tr>
<td>3.14</td>
<td>Applying Restraints</td>
<td>164</td>
</tr>
<tr>
<td>3.15</td>
<td>Positioning and Restraining Children for Procedures</td>
<td>168</td>
</tr>
<tr>
<td>4.1</td>
<td>Serving Normal Diet</td>
<td>171</td>
</tr>
<tr>
<td>4.2</td>
<td>Feeding Helpless Patient</td>
<td>172</td>
</tr>
<tr>
<td>4.3</td>
<td>Insertion of a Nasogastric Tube</td>
<td>174</td>
</tr>
<tr>
<td>4.4</td>
<td>Administration of Nasogastric Tube Feeding</td>
<td>176</td>
</tr>
<tr>
<td>4.5</td>
<td>Feeding through a Gastrostomy/Jejunostomy Tube</td>
<td>180</td>
</tr>
<tr>
<td>4.6</td>
<td>Administration of Total Parenteral Nutrition</td>
<td>183</td>
</tr>
<tr>
<td>4.7</td>
<td>Performing a Test Feed</td>
<td>186</td>
</tr>
<tr>
<td>5.1</td>
<td>Assisting with the use of a Urinal</td>
<td>190</td>
</tr>
<tr>
<td>5.2</td>
<td>Applying a Condom Catheter</td>
<td>192</td>
</tr>
<tr>
<td>5.3</td>
<td>Performing a Urinary Catheteration</td>
<td>193</td>
</tr>
<tr>
<td>5.4</td>
<td>Performing Catheter Care</td>
<td>196</td>
</tr>
<tr>
<td>5.5</td>
<td>Removing an Indwelling Urinary Catheter</td>
<td>199</td>
</tr>
<tr>
<td>5.6</td>
<td>Performing a Bladder Irrigation</td>
<td>201</td>
</tr>
<tr>
<td>5.7</td>
<td>Assisting with use of Bedpan</td>
<td>203</td>
</tr>
<tr>
<td>5.8</td>
<td>Administering an Enema</td>
<td>205</td>
</tr>
<tr>
<td></td>
<td></td>
<td>207</td>
</tr>
<tr>
<td></td>
<td></td>
<td>209</td>
</tr>
</tbody>
</table>
11. ADVANCED CLINICAL PROCEDURES

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 Maneuver (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
<table>
<thead>
<tr>
<th>Section</th>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.35</td>
<td>Assisting with Intravenous Pyelography (IVP)</td>
<td>470</td>
</tr>
<tr>
<td>11.36</td>
<td>Assisting with Renal Biopsy</td>
<td>472</td>
</tr>
<tr>
<td>11.37</td>
<td>Preparation of Patient and Assisting with Cystoscopy</td>
<td>474</td>
</tr>
<tr>
<td>11.38</td>
<td>Preparation for Skull and Spine X-ray</td>
<td>476</td>
</tr>
<tr>
<td>11.39</td>
<td>Preparation of Patient and Assisting with Electroencephalography (EEG)</td>
<td>477</td>
</tr>
<tr>
<td>11.40</td>
<td>Assessment of Consciousness using Glasgow Coma Scale (GCS)</td>
<td>478</td>
</tr>
<tr>
<td>11.41</td>
<td>Assisting with Lumbar Puncture</td>
<td>480</td>
</tr>
<tr>
<td>11.42</td>
<td>Assisting with Computerized Axial Tomography Scan</td>
<td>483</td>
</tr>
<tr>
<td>11.43</td>
<td>Assisting with Magnetic Resonance Imaging (MRI) Scan</td>
<td>485</td>
</tr>
<tr>
<td>11.44</td>
<td>Assisting with Bone Marrow Aspiration and Biopsy</td>
<td>487</td>
</tr>
<tr>
<td>11.45</td>
<td>Preparation of Patient for Electromyography (EMG)</td>
<td>490</td>
</tr>
<tr>
<td>11.46(A)</td>
<td>Admission and Initial Management of Patient in Burns Unit</td>
<td>492</td>
</tr>
<tr>
<td>11.46(B)</td>
<td>Fluid Resuscitation in Acute Burns</td>
<td>495</td>
</tr>
<tr>
<td>11.47</td>
<td>Providing Exercises for Postburn Patients</td>
<td>498</td>
</tr>
<tr>
<td>11.48</td>
<td>Preparing Patient for Mammography</td>
<td>499</td>
</tr>
</tbody>
</table>

12. OPERATING ROOM AND RELATED PROCEDURES  501

<table>
<thead>
<tr>
<th>Section</th>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.1</td>
<td>Performing a Surgical Scrub</td>
<td>502</td>
</tr>
<tr>
<td>12.2</td>
<td>Conducting a General Preoperative Assessment and Checklist</td>
<td>505</td>
</tr>
<tr>
<td>12.3</td>
<td>Performing Skin Preparation for Surgery</td>
<td>507</td>
</tr>
<tr>
<td>12.4</td>
<td>Preparing an Operation Theater Trolley and Patient before Surgery</td>
<td>512</td>
</tr>
<tr>
<td>12.5</td>
<td>Applying Mask and Sterile Gown</td>
<td>515</td>
</tr>
<tr>
<td>12.6</td>
<td>Performing Sterile Gloving</td>
<td>517</td>
</tr>
<tr>
<td>12.7</td>
<td>Positioning Patients for Surgery</td>
<td>519</td>
</tr>
<tr>
<td>12.8</td>
<td>Assisting with Postoperative Exercises</td>
<td>523</td>
</tr>
</tbody>
</table>

13. MENTAL HEALTH NURSING  529

<table>
<thead>
<tr>
<th>Section</th>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.1</td>
<td>Admitting a Patient in Psychiatric Unit</td>
<td>530</td>
</tr>
<tr>
<td>13.2</td>
<td>Discharging a Patient from Psychiatric Unit</td>
<td>531</td>
</tr>
<tr>
<td>13.3</td>
<td>Performing Mental Status Examination (MSE)</td>
<td>532</td>
</tr>
<tr>
<td>13.4</td>
<td>Conducting Process Recording</td>
<td>535</td>
</tr>
<tr>
<td>13.5</td>
<td>Preparing Patient and Assisting with Electroconvulsive Therapy (ECT)</td>
<td>537</td>
</tr>
<tr>
<td>13.6</td>
<td>Preparing Patient and Assisting with Chemical Convulsive Therapy</td>
<td>541</td>
</tr>
<tr>
<td>13.7</td>
<td>Assisting with Hypnosis Therapy</td>
<td>543</td>
</tr>
<tr>
<td>13.8</td>
<td>Assisting with Insulin Subcoma Therapy</td>
<td>545</td>
</tr>
<tr>
<td>13.9</td>
<td>Assisting with Narcoanalysis/Abreactive Therapy</td>
<td>546</td>
</tr>
</tbody>
</table>

14. MATERNAL AND CHILD NURSING  549

<table>
<thead>
<tr>
<th>Section</th>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>14.1</td>
<td>Performing an Antenatal Abdominal Examination and Palpation</td>
<td>550</td>
</tr>
<tr>
<td>14.2</td>
<td>Teaching Antenatal Exercises</td>
<td>555</td>
</tr>
<tr>
<td>14.3</td>
<td>Performing a Nonstress Test (NST)</td>
<td>557</td>
</tr>
<tr>
<td>14.4</td>
<td>Performing an Oxytocin Challenge Test</td>
<td>560</td>
</tr>
<tr>
<td>14.5</td>
<td>Preparing a Prenatal Patient for Ultrasound Examination</td>
<td>562</td>
</tr>
<tr>
<td>14.6</td>
<td>Assisting with an Amniocentesis</td>
<td>564</td>
</tr>
<tr>
<td>14.7</td>
<td>Admitting a Client to Labour Room</td>
<td>568</td>
</tr>
<tr>
<td>14.8</td>
<td>Assisting with Induction of Labour</td>
<td>570</td>
</tr>
<tr>
<td>14.9</td>
<td>Performing Vaginal Examination for a Patient in Labour</td>
<td>574</td>
</tr>
<tr>
<td>14.10</td>
<td>Conducting a Normal Vaginal Delivery</td>
<td>577</td>
</tr>
</tbody>
</table>
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
14.27: Bathing a Newborn ......................................................................................... 637
14.26: Assisting in Exchange Transfusion ................................................................. 633
14.25: Care of Newborn in Incubator (Isolette) ............................................................... 631
14.24: Care of Baby Undergoing Phototherapy ............................................................... 629
14.23: Assisting with Breastfeeding .............................................................................. 626
14.22: Performing Neonatal Resuscitation ................................................................. 621
14.21: Performing a Newborn Assessment ................................................................. 613
14.20: Providing Immediate Newborn Care ..................................................................... 611
14.19: Assisting in Insertion of Intrauterine Contraceptive Device (Copper-T) ............. 607
14.18: Teaching Postnatal Exercises ............................................................................... 602
14.17: Measuring Involution of Uterus ............................................................................ 600
14.16: Providing Perineal Care ......................................................................................... 598
14.15: Assisting with Dilatation and Curettage Procedure ............................................. 596
14.14: Assisting with Ventouse Extraction ...................................................................... 594
14.13: Assisting with Forceps Delivery ............................................................................ 590
14.12: Performing and Suturing an Episiotomy .................................................................. 586
14.11: Performing an Examination of Placenta ................................................................. 583

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

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