

Learning Goals for Students - First Year

By looking at discrete skills to be learned on the ward, it is regrettable but seemingly unavoidable, that the holistic sense of the patient, and continuity between home and hospital, is submerged. Perhaps this is an argument for abolishing ward-learning goals, but it was felt that they could be helpful in imparting some structure to your ward experience.

- A. (i) To develop some insight into how the ward is organised; how the "atmosphere" of the ward is created; what other services are involved in the care of patients on the ward, and how they are contacted.
- (ii) To become familiar with the record-keeping system used on the ward, and its advantages/disadvantages.
- B. (i) To acquire confidence in carrying out nursing care under supervision, with attention to the patients' safety, dignity, comfort and personal preferences.
- (ii) To help patients achieve independence in their activities of daily living. When this is not possible, to assist them with the appropriate nursing procedures.

Activity of Daily Living

Nursing Assistance

Personal cleansing and dressing

Bed and hoist-bathing;  
Helping a patient to strip-wash;  
Hairwashing;  
Mouthcare;  
Lifting and positioning a patient to prevent discomfort and the hazards of immobility;  
Bedmaking.

Eating and Drinking

Awareness of factors which may adversely affect the patient's appetite, and remedies for these when possible.  
Provision of appropriate eating and drinking aids;  
Care of a naso-gastric tube;  
Care of intravenous infusions.

Controlling body temperature

Methods of correcting pyrexia/hypothermia.

Sleeping and Resting

Knowledge of factors which may affect these, and remedies.

Activity of Daily Living

Nursing Assistance

Breathing	Administration of O <sub>2</sub> inhalations; Breathing exercises.
Elimination	Skilled administration of bedpans, urinals; Catheter care; Use of suppositories, enemas; Knowledge of aids for and means of preventing incontinence.
Mobility	Muscle-toning exercises; Use of aids.
Maintaining a safe environment	Realistic assessment of patient's capabilities; Identification of potential hazards in the ward environment; Awareness of difficulties the patient may face on discharge; Principles and practice of asepsis.
Working and playing	Awareness of the potential problem of sensory deprivation for the hospital patient.
Dying	Knowledge of the process of death; Ability to support the patient and his family (this skill develops over many years); Last rites.

(iii) To be able to act promptly in case of emergency.

(iv) To become familiar with the drugs used routinely on the ward, and with the regulations governing their administration.

(v) To develop competence in pre- and post-operative care.

C. To assess and describe a patient's health deficit:

(i) To develop increasing sensitivity to the patient's current mood;

(ii) To measure and record TPR, blood-pressure, weight, fluid balance, urinalysis;

(iii) To collect and observe specimens for analysis.

(iv) To become familiar with the commonly used diagnostic procedures on the ward.

N.B. The activities listed under nursing assistance are a general guide. You may not have the opportunity to encounter them all, and you may learn about other activities not on the list; this very much depends on the wards to which you are allocated.