THE NURSE'S CLINICAL SKILLS POCKETBOOK

3RD EDITION



CATHE



The Nurse's clinical sk WY49 D367N 2022



B0023840 bib:13399117327



FIONA EVERETT AND WENDY WRIGHT





D367N 2022

เลขเรียกหนังสือ.....

เลขทะเบียนหนังสือ B0023840

Los Angeles | London | New Delhi Singapore | Washington DC | Melbourne

วินที่ลงทะเบียน 22 ก.ย. 9566.

ได้มาจาก ขนประมาณ 2566

SAGE Publications Ltd 1 Oliver's Yard 55 City Road London EC1Y 1SP

SAGE Publications Inc. 2455 Teller Road Thousand Oaks, California 91320

SAGE Publications India Pvt Ltd B 1/I 1 Mohan Cooperative Industrial Area Mathura Road New Delhi 110 044

SAGE Publications Asia-Pacific Pte Ltd 3 Church Street #10-04 Samsung Hub Singapore 049483

Editor: Alex Clabburn Assistant editor: Ruth Lilly Production editor: Martin Fox Copyeditor: Tom Bedford Proofreader: Thea Watson

Marketing manager: Ruslana Khatagova

Cover design: Sheila Tong

Typeset by: C&M Digitals (P) Ltd, Chennai, India

Printed in the UK

Editorial arrangement and Assisting Patients with Their Hygiene Needs © Catherine Delves-Yates 2022

Common Abbreviations, Useful Prefixes and Suffixes, Appendix 1 and Appendix 2 © Wendy Wright and Fiona Everett 2022

Infection Prevention and Control and Aseptic
Technique and Specimen Collection © Rose Gallagher
2022

Clinical Measurement © Caroline Dobson and Trevor Simpson 2022

Pain Management © Ann Kettyle 2022

Skin Integrity © Alexandra Carlin 2022

Safe Movement of People © Michelle O'Reilly and David Best 2022

Emergency Care © Sara Morgan 2022

Medicines Administration © Carol Hall, updated by Christina Roulston 2022

Assisting Patients with Their Nutritional Needs © Kate Goodhand and Jane Ewen 2022

Assisting Patients with Their Elimination Needs © Mairead Collie, David J. Hunter and Valerie Foley 2022 Care After Death © Maria Perry 2022

Apart from any fair dealing for the purposes of research, private study, or criticism or review, as permitted under the Copyright, Designs and Patents Act, 1988, this publication may not be reproduced, stored or transmitted in any form, or by any means, without the prior permission in writing of the publisher, or in the case of reprographic reproduction, in accordance with the terms of licences issued by the Copyright Licensing Agency. Enquiries concerning reproduction outside those terms should be sent to the publisher.

Library of Congress Control Number: 2022933435

British Library Cataloguing in Publication data

A catalogue record for this book is available from the British Library

ISBN 978-1-5297-9873-9

At SAGE we take sustainability seriously. Most of our products are printed in the UK using responsibly sourced papers and boards. When we print overseas we ensure sustainable papers are used as measured by the PREPS grading system. We undertake an annual audit to monitor our sustainability.

CONTENTS

Common Abbreviations Wendy Wright and Fiona Everett	viii
Useful Prefixes and Suffixes	X
Wendy Wright and Fiona Everett	
Infection Prevention and Control Rose Gallagher	1
Hand-washing	1
Using hand sanitiser	3
When to remove your gloves and why	5
Clinical Measurement	7
Caroline Dobson and Trevor Simpson	
Fundamental steps for all clinical measuremen	nts 7
Respirations	10
Pulse/heart rate	13
Manual blood pressure	15
Measuring body temperature	10
Pain Assessment	22
Ann Kettyle	
Aseptic Technique and Specimen Collection Rose Gallagher	27
Principles of asepsis	27
Common steps for the collection of all types of	of specimen 33
Taking a wound swab	39
Collecting a faeces specimen	41

Collecting a urine specimen	42
Collecting a sputum sample	44
Taking a throat swab	45
Skin Integrity Alexandra Carlin	47
Principles of wound care Removal of clips/sutures	47 51
Safe Movement of People Michelle O'Reilly and David Best	54
Assisted sit to stand with one carer	54
Emergency Care Sara Morgan	57
Head tilt chin lift Jaw thrust Using an oropharyngeal airway Recovery position Paediatric life support Dislodging an obstruction to the airway	57 59 60 61 64 65
Medicines Administration Carol Hall, updated by Christina Roulston	67
Administering medication (oral or topical route) Administering a subcutaneous injection Administering an intramuscular injection	67 75 83
Assisting People with Their Nutritional Needs <i>Kate Goodhand and Jane Ewen</i>	95
Common steps for all nutrition-related skills Weighing a patient Assisting a patient to eat and drink Passing a nasogastric tube Confirmation of position of a nasogastric tube Maintaining a nasogastric tube Removing a nasogastric tube Caring for a PEG (pertcutaneous endoscopic gastronomy) Stoma care	95 98 100 103 108 110 113 115 117

Assisting People with Their Elimination Needs Mairead Collie, David J. Hunter and Valerie Foley	124
Common steps for all elimination-related skills Assessing bowel function Assisting a patient to use a bedpan, urinal or commode Performing catheter care Emptying a patient's catheter bag Urinalysis	124 127 130 133 136 139
Assisting Patients with Their Hygiene Needs Catherine Delves-Yates	142
Common steps for all hygiene procedures Bathing a person in bed Assisting a patient with a wash (out of bed) Shaving Teeth-cleaning Trimming nails Washing a patient's hair in bed	142 146 152 157 159 161 164
Care After Death Maria Parry	168
Appendix 1: Commonly Used Medication and Side Effects Wendy Wright and Fiona Everett	171
Appendix 2: Normal Laboratory Values Wendy Wright and Fiona Everett	177
Appendix 3: Hand-Washing Technique	181
References	182