

016-033.7
C54

Clinical Skills Manual for

Maternal & Child Nursing Care

THIRD EDITION

Ruth C. Bindler • Jane W. Ball • Patricia W. Ladewig



C57

Clinical Skills Manual for Maternal & Child Nursing Care

Third Edition

Ruth C. McGillis Bindler, PhD, RNC

*Professor, Washington State University
College of Nursing
Spokane, Washington*

Jane W. Ball, DrPH, RN, CPNP

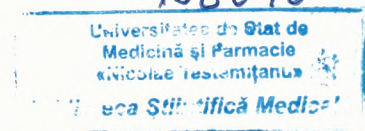
*Consultant, American College of Surgeons
Gaithersburg, Maryland*

Marcia L. London, RN, MSN, APRN, CNS, NNP-BC

*Senior Clinical Instructor and Director of Neonatal Nurse Practitioner Option
Beth-El College of Nursing and Health Sciences
University of Colorado at Colorado Springs
Colorado Springs, Colorado
Staff Clinical Nurse
Urgent Care and After Hours Clinic
Colorado Springs, Colorado*

Patricia Wieland Ladewig, Ph.D., RN

*Academic Dean and Professor, Rueckert-Hartman College for Health Professions
Regis University
Denver, Colorado*



Pearson

Boston Columbus Indianapolis New York San Francisco Upper Saddle River
Amsterdam Cape Town Dubai London Madrid Milan Munich Paris Montreal Toronto
Delhi Mexico City Sao Paulo Sydney Hong Kong Seoul Singapore Taipei Tokyo

Contents

Preface	xi
Introduction	xiii

CHAPTER 1

Protective Methods 1

Chapter Outline	1
Infection Control Methods	2
Standard Precautions	2
Transmission-Based Precautions	2
SKILL 1-1 Latex Precautions	5
SKILL 1-2 Visitor Identification and Health Insurance Portability and Accountability Act (HIPAA)	6

CHAPTER 2

Women's Health and Prenatal Care 8

Chapter Outline	8
Breast Self-Examination (BSE)	9
SKILL 2-1 Teaching Breast Self-Examination	9
Pelvic Examination	12
SKILL 2-2 Assisting with a Pelvic Examination	12
Deep Tendon Reflexes (DTRs) and Clonus	13
SKILL 2-3 Assessing Deep Tendon Reflexes and Clonus	13
Rh Sensitization	14
SKILL 2-4 Administration of Rh Immune Globulin (RhoGAM, HypRho-D)	15
Amniocentesis	16
SKILL 2-5 Assisting during Amniocentesis	16
Assessment of Fetal Well-Being	18
SKILL 2-6 Assessment of Fetal Well-Being: Nonstress Test (NST)	18
SKILL 2-7 Assessment of Fetal Well-Being: Contraction Stress Test (CST)	19
SKILL 2-8 Assessment of Fetal Well-Being: Biophysical Profile (BPP)	20

CHAPTER 3

Intrapartum 22

Chapter Outline	22
Intrapartal Vaginal Examination	23
SKILL 3-1 Performing an Intrapartal Vaginal Examination	23
Amniotomy	25
SKILL 3-2 Assisting with Amniotomy (AROM: Artificial Rupture of Membranes)	25
Leopold's Maneuvers	26
SKILL 3-3 Performing Leopold's Maneuvers	27
Fetal Heart Rate	28
SKILL 3-4 Auscultating Fetal Heart Rate	28
Electronic Fetal Monitoring	29
SKILL 3-5 External Electronic Fetal Monitoring	30
SKILL 3-6 Internal Electronic Fetal Monitoring: Applying a Fetal Scalp Electrode	31
Induction of Labor	33
SKILL 3-7 Assisting with and Monitoring the Woman Undergoing Labor Induction with Pitocin and Cervical Ripening Agents	33
Epidural during Labor	34
SKILL 3-8 Assisting with and Caring for the Woman with an Epidural during Labor	35
Prolapsed Cord	36
SKILL 3-9 Care of the Woman with Prolapsed Cord	36

CHAPTER 4

Postpartum 38

Chapter Outline	38
Assessing the Uterine Fundus	39
SKILL 4-1 Assessing the Uterine Fundus Following Vaginal Birth	39

Lochia	40
SKILL 4-2 Evaluating Lochia	40
Perineal Assessment	41
SKILL 4-3 Postpartum Perineal Assessment	42
Perineal Care	43
SKILL 4-4 Use of Perineal Hygiene, Ice Packs, and Sitz Baths	43
SKILL 4-5 Assisting with Breastfeeding after Childbirth	46

CHAPTER 5

Newborn 49

Chapter Outline	49
Nasal Pharyngeal Suctioning	50
SKILL 5-1 Performing Nasal Pharyngeal Suctioning	50
Newborn Apgar	50
SKILL 5-2 Assigning Newborn Apgar Scores	51
Thermoregulation of the Newborn	51
SKILL 5-3 Thermoregulation of the Newborn	52
Umbilical Cord Care	53
SKILL 5-4 Umbilical Cord Clamp: Application, Care, and Removal	53
Circumcision Care	54
SKILL 5-5 Assisting with Circumcision and Providing Circumcision Care	54
Newborn Bath	55
SKILL 5-6 Initial Newborn Bath	56
Jaundice/Bilirubin	56
Phototherapy	57
SKILL 5-7 The Infant Receiving Phototherapy	57

CHAPTER 6

Informed Consent 59

Chapter Outline	59
General Guidelines for Obtaining Informed Consent	60
SKILL 6-1 Pediatric Considerations for Obtaining Informed Consent	61

CHAPTER 7

Positioning and Restraining Therapies 63

Chapter Outline	63
Human Restraint	65
SKILL 7-1 Positioning a Child for Injections or Intravenous Access	65
SKILL 7-2 Positioning a Child for Lumbar Puncture	65
SKILL 7-3 Positioning a Child for an Ooscopic Examination	66
Mechanical Restraint	67
SKILL 7-4 Applying a Papoose Board Immobilizer	67
SKILL 7-5 Applying a Mummy Immobilizer	68
SKILL 7-6 Applying Elbow Immobilizers	69

CHAPTER 8

Transporting the Child 70

Chapter Outline	70
SKILL 8-1 Transporting the Infant	71
SKILL 8-2 Transporting the Child	71
SKILL 8-3 Transporting the Child with a Disability	72

CHAPTER 9

Physical Assessment 74

Chapter Outline	74
Growth Measurements	75
SKILL 9-1 Length	75
SKILL 9-2 Height	76
SKILL 9-3 Weight	76
SKILL 9-4 Body Mass Index	77
SKILL 9-5 Head Circumference	77
SKILL 9-6 Chest Circumference	78
SKILL 9-7 Abdominal Girth	78
Vital Signs	78
SKILL 9-8 Heart Rate	79
SKILL 9-9 Respiratory Rate	79
SKILL 9-10 Blood Pressure	80

Body Temperature	82
SKILL 9-11 Oral Route	82
SKILL 9-12 Rectal Route	82
SKILL 9-13 Axillary Route	83
SKILL 9-14 Tympanic Route	83
Special Neurologic Assessments	84
SKILL 9-15 Glasgow Coma Scale	84
SKILL 9-16 Neurovascular Assessment	85
SKILL 9-17 Intracranial Pressure Monitoring and Daily Care	85
Visual Acuity Screening	87
SKILL 9-18 Snellen Letter Chart	87
SKILL 9-19 HOTV, Snellen E, or Picture Chart	88
Hearing Acuity Screening	89
SKILL 9-20 Pure Tone Audiometry	89
SKILL 9-21 Tympanometry	90
Fluid and Electrolyte Balance: Intake and Output	91
SKILL 9-22 Output Measurement	91

CHAPTER 10

Specimen Collection 93

Chapter Outline	93
Blood Samples	94
SKILL 10-1 Performing a Capillary Puncture	94
SKILL 10-2 Newborn Screening	95
SKILL 10-3 Blood Glucose Meters	96
SKILL 10-4 Performing a Venipuncture	97
SKILL 10-5 Blood Cultures	98
SKILL 10-6 Arterial Blood Gases	98
Urine Samples	99
SKILL 10-7 Applying a Urine Collection Bag (Infant)	100
SKILL 10-8 Routine Urine Collection (Older Child)	100
SKILL 10-9 Collecting a Clean-Catch Midstream Urine Specimen (Older Child)	100
SKILL 10-10 Collecting a Sterile Urinary Catheter Specimen	101
SKILL 10-11 Collecting an Indwelling Catheter Urine Specimen	103

SKILL 10-12 Collecting a 24-Hour Urine Specimen	103
Stool Culture	104
SKILL 10-13 Obtaining a Stool Specimen	104
Wound Culture	105
SKILL 10-14 Obtaining a Sample for Wound Culture	105
Throat Culture	105
SKILL 10-15 Obtaining a Sample for a Throat Culture	105
Respiratory Secretions	106
SKILL 10-16 Collecting Respiratory Secretions from an Infant	106
SKILL 10-17 Collecting Respiratory Secretions from a Child	106
Bone Marrow Aspiration	107
SKILL 10-18 Assisting with Bone Marrow Aspiration	107

CHAPTER 11

Administering Medications and Irrigations 109

Chapter Outline	109
Administering Medications	110
Preparation	111
Documentation	111
Calculation	111
Oral Medication	112
SKILL 11-1 Administering an Oral Medication	113
Intramuscular Injection	113
Growth and Development	115
SKILL 11-2 Administering an Intramuscular Injection	115
Subcutaneous Injection	116
SKILL 11-3 Administering a Subcutaneous Injection	116
Intravenous Medication	117
Special Considerations	117
SKILL 11-4 Administering an Intravenous Medication	117
Ophthalmic Medication	119
SKILL 11-5 Administering Neonatal Ophthalmic Ointment	119

SKILL 11-6 Administering an Ophthalmic Medication	120
Contact Lens Care	121
Eye Irrigation	121
SKILL 11-7 Performing an Eye Irrigation	121
Otic Medication	122
SKILL 11-8 Administering an Otic Medication	122
Ear Irrigation	123
SKILL 11-9 Performing an Ear Irrigation	123
Nasal Medication	124
SKILL 11-10 Administering a Nasal Medication	124
Aerosol Therapy	124
SKILL 11-11 Administering Nebulizer Aerosol Therapy	124
Metered-Dose Inhaler (MDI)	125
SKILL 11-12 Using a Metered-Dose Inhaler (MDI)	125
Topical Medication	125
SKILL 11-13 Administering Topical Medication	126
Rectal Medication	126
SKILL 11-14 Administering Rectal Medication	127

CHAPTER 12

Intravenous Access **128**

Chapter Outline	128
Peripheral Vascular Access	129
Choice of Site	129
SKILL 12-1 Accessing a Peripheral Vein	130
Medication Lock	132
SKILL 12-2 Attaching a Medication Lock Cap to an IV Infusion	132
SKILL 12-3 Infusing Medication: Medication Lock in Place	133
SKILL 12-4 Administering an IV Push Bolus of Medication: Medication Lock in Place	133
Intravenous Infusion	134
Pumps	134
SKILL 12-5 Administering IV Fluids	135
Guidelines for Infusion of IV Fluids	136
Blood Administration	136
SKILL 12-6 Administering Blood or Blood Products	136
SKILL 12-7 Total Parenteral Nutrition	138

Central Venous Access Devices	138
Site Management	139
SKILL 12-8 Caring for a Central Venous Catheter Site	139
SKILL 12-9 Accessing a Central Venous Catheter	139
SKILL 12-10 Implanted Ports	141

CHAPTER 13

Pain Assessment and Management **142**

Chapter Outline	142
Pain Assessment	143
SKILL 13-1 Selected Pediatric Pain Scales	143
Special Pain Management Techniques	146
SKILL 13-2 Administering Patient-Controlled Analgesia (PCA) Pumps	146
SKILL 13-3 Sedation Monitoring	147
SKILL 13-4 Regional and Local Pain Management	149

CHAPTER 14

Cardiorespiratory Care **150**

Chapter Outline	150
Administering Oxygen	151
Oxygen Delivery Systems	151
SKILL 14-1 Using Oxygen Delivery Systems	152
Cardiorespiratory Monitoring	153
SKILL 14-2 Oxygen Saturation: Pulse Oximetry	153
SKILL 14-3 Cardiorespiratory or Apnea Monitor	154
SKILL 14-4 Placement of Electrocardiogram Electrodes	154
SKILL 14-5 Peak Expiratory Flow Rate (PEFR) Monitoring	155
SKILL 14-6 Central Venous Pressure Monitoring	156
SKILL 14-7 Arterial Pressure Monitoring	158
Artificial Airways	159
SKILL 14-8 Assisting with Oropharyngeal Airway Insertion	159
SKILL 14-9 Assisting with Nasopharyngeal Airway Insertion	159
SKILL 14-10 Tracheostomy General Guidelines	160
SKILL 14-11 Tracheostomy Care	161
SKILL 14-12 Endotracheal Tube Care	162

Assisted Ventilation	164
SKILL 14-13 Bag-Mask Ventilation	164
SKILL 14-14 Ventilator	165
Chest Tubes	166
SKILL 14-15 Assisting with Placement of Chest Tubes	166
SKILL 14-16 Care of the Chest Tube	167
SKILL 14-17 Assisting with Chest Tube Removal	168
Cardiopulmonary Resuscitation	169
SKILL 14-18 Performing Cardiopulmonary Resuscitation	169
Foreign Body Airway Obstruction	173
SKILL 14-19 Removing a Foreign Body Airway Obstruction	173
Suctioning	174
Nasal/Oral Suctioning	174
SKILL 14-20 Performing Nasal/Oral Suctioning	174
SKILL 14-21 Suctioning a Conscious (Awake and Alert) Child	175
SKILL 14-22 Suctioning a Child with a Decreased Level of Consciousness	176
SKILL 14-23 Tracheostomy Tube Suctioning	177
SKILL 14-24 Endotracheal (ET) Tube Suctioning	178
Chest Physiotherapy/Postural Drainage	179
SKILL 14-25 Performing Chest Physiotherapy/Postural Drainage	179
Incentive Spirometry	184
SKILL 14-26 Using the Incentive Spirometer	184

CHAPTER 15

Nutrition **185**

Chapter Outline	185
Gastric Tubes	186
Orogastric Tubes	186
SKILL 15-1 Inserting and Removing an Orogastric Tube	186
Nasogastric Tubes	187
SKILL 15-2 Inserting and Removing a Nasogastric Tube	187
Gastrostomy Tubes	189
Gavage/Tube Feeding	190
SKILL 15-3 Administering a Gavage/Tube Feeding	191
Gastric Suctioning	193
SKILL 15-4 Performing Gastric Suctioning	193

CHAPTER 16

Elimination **194**

Chapter Outline	194
Urinary Catheterization	195
SKILL 16-1 Performing an Indwelling Urinary Catheterization	195
SKILL 16-2 Double Diapering with a Stent in Place	196
Ostomy Care	197
SKILL 16-3 Changing the Dressing for an Infant with an Ostomy	197
SKILL 16-4 Changing an Ostomy Pouch for an Infant or Child	198
Enemas	199
SKILL 16-5 Administering an Enema	199

CHAPTER 17

Skin and Musculoskeletal Care **201**

Chapter Outline	201
Skin	202
SKILL 17-1 Wound Irrigation	202
SKILL 17-2 Burn Wound Care	202
SKILL 17-3 Suture and Staple Removal	203
Casts	205
SKILL 17-4 Providing Cast Care	205
Crutches	207
SKILL 17-5 Setting Crutch Height	207
Braces	207
Traction	208
SKILL 17-6 Applying and Monitoring Skin Traction	208
SKILL 17-7 Monitoring Skeletal Traction and Performing Pin Care	209
Appendix A: Physical Growth Charts	210
Appendix B: Blood Pressure Values by Age, Sex, and Height Percentiles	220
Appendix C: West Nomogram–Body Surface Area	224
Citations and General References	226
Index	228