

Clinical Skills for Care Staff: Temperature, Pulse And Respiration, Compression Stockings and Urinalysis

Program code: C140806

Live transmission: 6th August 2014

Program type: Core

Program category: Clinical Care: Clinical Skills

Program aim: Become skilled at performing clinical tasks such as urinalysis, recording vital signs and applying compression stockings.

Target audience: New Care Staff, Experienced Care Staff, Registered Nurses, Management

Learning outcomes: After viewing this program participants should be able to:

- Record vital signs (temperature, pulse and respirations)
- Correctly apply compression stockings
- Perform a urinalysis

Subject Matter Expert:

Jessica Humfrey is a Registered Nurse and the Clinical Nurse Educator for CBCS (Christian Brethren Community Services), an organisation with facilities in Sydney and Newcastle. As CNE and certified VET Trainer and Assessor, Jessica is involved in policy review and development, staff clinical skills training and assessment, and incorporation of evidence-based best practice into the aged care setting. Jessica has had focus training on wound care, clinical skills, medication training, and has a passion for palliative aged care as a member of HAPCN (Hunter Aged Palliative Care Network).

Jessica moved from acute hospital nursing to aged care 5 years ago, and was struck by the difference in attitude toward education between the two sectors. Jessica found that acute nursing is generally more glorified and recognised as amazing, hard work than aged care nursing, and this can follow through to aged care staff placing less value on their career, and the education to equip themselves. Jessica believes that clinical staff working in aged care are dealing with complex situations with limited support and resources, and would love to see more community value placed on the work of the aged care nurse and carer as clinicians, and the skills and training that support these roles. Jessica is dedicated to providing CBCS' clinical staff with education and skills that are relevant, best practice and contextualized to the aged care setting.

Think about: Consider the following questions:

- What are the most important you should do before measuring someone's vital signs?
- What is most effective way of assisting an older person with compression stockings?
- What are the steps involved in doing a urinalysis?

Active Learning Hours: This program and the accompanying assessment may require up to three hours of active learning. It is the learner's responsibility to calculate how many hours of active learning have taken place. The program viewed must be relevant to the care worker or nurse's context of practice for it to be considered continuing professional development. Certificates are available from your coordinator.

Key definitions

Body Temperature	Refers to the measure of the body's ability to produce and get rid of heat. A high body temperature is often a sign of a person being unwell.
Pulse	Pulse is the rate at which the heart beats. It is measured by counting the number of beats in one minute OR counting the number of beats in 30 seconds and multiplying the result by 2
Respiration rate	This refers to the number of breaths a person takes in one minute while at rest. One breath is one breath in and one breath out. It is measured by counting the number of breaths in one minute or counting the number of breaths in 30 seconds and multiplying the result by two.
Urinalysis	Refers to the testing of urine for any abnormalities. A urine sample that has proteins, leucocytes or blood usually indicates the person has infection such as a urinary tract infection (UTI)
Compression stockings	These are stockings worn to promote blood circulation in a person's legs. They work by gently squeezing the legs to help blood move up the legs.

Resources to support your learning



NSW Department of Education and Training. TAFE. 2004. Aged Care in Australia. A guide for aged care workers. Chapter 4. P75

General Social Care Council (2010)

http://www.skillsforcare.org.uk/developing_skills/GSCCcodesofpractice/GSCC_codes_of_practice.aspx

Potters & Perry's Fundamental of Nursing 3e. (2009) Editors Jackie Crisp and Catherine Taylor. Mosby, Sydney. P551-556

Dougherty, L and Lister, S Royal Marsden Clinical Nursing Procedures (2011) Wiley Blackwell; Sussex

JBI Best Practice Information Sheet. Graduated compression stockings for the prevention of post-operative venous thromboembolism. <http://connect.jbiconnectplus.org/ViewSourceFile.aspx?O=437>

The Royal Marsden NHS Foundation Trust. (2008). The Royal Marsden Hospital Manual of Clinical Nursing Procedures. Seventh Edition. Editors Lisa Dougherty and Sara Lister. Wiley-Blackwell. P532



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