

ORTHOPEDICS ROTATION STUDENT INTERNSHIP SKILLS LIST Provo School District

This list is designed to help you obtain considerable information during your internship period. The column on the left will designate various procedures used on the medical-surgical floor. When you have observed a procedure, record the date and have your mentor nurse initial the square. There is much to observe and learn. Be sure to ask your mentor nurse to show you as much as they are able.

SKILLS AND PROCEDURES	DATE	INITIAL	DATE	INITIAL	DATE	INITIAL
1. Complete patient assessment						
2. Listening to heart sounds						
3. Listening to lung sounds						
4. Listening to bowel sounds						
5. Starting IV's						
6. Changing IV solutions/monitoring IV drip rate						
7. IVAC pumps for monitoring drip rate						
8. IV site assessment						
9. Blood transfusions						
10. Use of K-pads						
11. Continuous passive motion (CPM)						
12. Abductor pillows						
13. Blue whales – movement ph						
14. Ileostomy care/stoma						
15. Urinary catheter (RC) insertion						
16. Traction – skeletal – bucks						
17. Urinary catheter (RC) removal						
18. Nasogastric (NG) tube removal						
19. Urinary catheter (RC) irrigation						
20. Halo braces						
21. Wound irrigation						
22. Fistula irrigation						
23. Colostomy irrigation						

24. Oxygen delivered by nasal cannula			
25. Oxygen delivered by mask			
26. Pulse oximetry - SAT check			
27. Pin care			
28. Nebulizer treatment by Respiratory Therapy			
29. Capillary blood glucose monitoring			
30. Passive range of motion			
31. Ambulation with Physical Therapy			
32. Abdominal (Richard's) binder			
33. Post-op exercises - turn, cough, deep breathe			
34. Patient information – kardex			
35. Patient information - admission form			
36. Patient information classification			
37. Patient information - diet sheet			
38. Patient information - nursing care plan			
39. Patient information - medication sheet (MAR)			
40. Medication - IV push			
41. Medication - IV piggyback			
42. Medication - oral - pills, suspensions, liquids			
43. Medication - Intramuscular (IM) injections			
44. Medication - Subcutaneous (SQ) injections			
45. Medication - Eye drops/ointment			
46. Medication – Topical			
47. Medication - Intramuscular (IM) site checks			
48. Medication - Narcotic signout			
49. Medication - Narcotic waste management			
50. Medication - Reading measurements from syringes			
51. Medication – Epidurals			
52. Medication - PCA Pumps			
53. Casts			

54. Plexipulse booties			
55. Vital signs – blood pressure			
56. Vital signs – pulse			
57. Vital signs - respiration			
58. Vital signs - temperature - oral thermometer			
59. Vital signs - temperature – tympanic thermometer			
60. Vital signs - Datascope for monitoring VS			
61. Circulation check			
62. Pre-operative check list			
63. Intake and Output measurement/recording			
64. A.M. care			
65. P.M. care			
66. Neuro. Check			
67. Splints			
68. Back braces			
69. Cervical collar (hard, soft)			
70. Cervical pillow			
71. Assist PT with gain training			
72. Assist PT with weight bearing			
73. Assist PT with non-weight bearing			
74. Specimen collection – sputum			
75. Specimen collection - blood (Plebotomy)			
76. Specimen collection – urine			
77. Specimen collection - saliva			
78. Specimen collection - stool - hemocult			
79. Leg expanders			
80. Dressing change			
81. Ace wraps			
82. Abdominal binders			
83. Suprapubic catheter			

84. Bladder retraining			
85. Bedmaking			
86. Weights - standing scale			
87. Weights - bedscale			
88. Sitz bath			
89. Penrose drain			
90. Retention Sutures			
91. Hemovacs			
92. Jackson Pratt Drains (J-P)			
93. Blue whale			
94. Walking with crutches			
95. Walking with a walker			
96. Walking with a cane			

STUDENT INTERNSHIP

ORTHOPEDICS ROTATION

SURGICAL DIAGNOSES AND PROCEDURES

Although there are many different types of surgeries, the following is a list of the ones most common to the orthopedic/neurology. As part of your internship, it is important to understand the physiology, pathophysiology, treatment and the nursing considerations. Complete the forms provided with information of the various diagnoses and surgical procedures. You may obtain the information from medical/nursing books and magazines.

1. Total Hip Replacement
2. Fasciotomy
3. Cervical Fusion
4. Laminectomy
5. Broken bones
6. Total Knee Replacement
7. Arthroscopy
8. Arthrotomy
9. Torn Anterior Cruciate Ligament
10. Torn Medial Meniscus
11. Acceleration-deceleration Cervical Injuries
12. Stroke - Cerebral Vascular Accident
13. Concussion
14. Spinal injuries with cord damage
15. Paraplegia
16. Quadriplegia
17. Head Injuries
18. Repair of torn tendons

**STUDENT INTERNSHIP
ORTHOPEDIC ROTATION
SURGICAL DIAGNOSES AND PROCEDURES**

Diagnosis or Procedure: _____

Description of the Diagnosis or Procedure:

Indications for the Procedure:

Care and Treatment:

Expected Results:

List Any Permanent Lifestyle Changes or Medications:
