**King Saud University** [](http://www.google.com/imgres?imgurl=http://cdn-arabic.alshahid.net/wp-content/uploads/2011/06/%D8%B4%D8%B9%D8%A7%D8%B1-%D8%AC%D8%A7%D9%85%D8%B9%D8%A9-%D8%A7%D9%84%D9%85%D9%84%D9%83-%D8%B3%D8%B9%D9%88%D8%AF.jpg?61f4ea&imgrefurl=http://arabic.alshahid.net/news/45934/attachment/%D8%B4%D8%B9%D8%A7%D8%B1-%D8%AC%D8%A7%D9%85%D8%B9%D8%A9-%D8%A7%D9%84%D9%85%D9%84%D9%83-%D8%B3%D8%B9%D9%88%D8%AF&usg=__K8tsM_rdy5nr4CPbrbmYpk9dpe8=&h=580&w=580&sz=38&hl=en&start=1&zoom=1&itbs=1&tbnid=sEdFUd-Bs--YeM:&tbnh=134&tbnw=134&prev=/images?q=%D8%B4%D8%B9%D8%A7%D8%B1%D8%AC%D8%A7%D9%85%D8%B9%D8%A9+%D8%A7%D9%84%D9%85%D9%84%D9%83+%D8%B3%D8%B9%D9%88%D8%AF&hl=en&safe=active&tbm=isch&ei=fYzUTrOhDpujsgbMyIHHDg)

**College of Nursing**

**Medical – Surgical Department**

**Catheter Insertion**

**Student’s name :**

**ID Number :**

|  |  |  |  |
| --- | --- | --- | --- |
| **No of steps** | **Steps of procedure** | **Score of step** | **Student’s mark** |
| **1.** | **Collect the equipment:**  -sterile catheter of appropriate site.  -catheterization kit.  -waterproof drape.  -Antiseptic solution .  -cleansing ball  -forceps.  -water- soluble lubricant.  -Uri- bag  -Sterile specimen container.  -urine receptacle  -Syringe prefilled with sterile water for indwelling  catheter.  -supplies for performing perineal cleansing | **6** |  |
| **2.** | **Follow common steps :**  - greeting & identify the patient, introduce self  - explain the procedure to the patient  - perform hand hygiene  - provide privacy | **2** |  |
| **3-** | **Positioning the patient :**  -put the female patient in supine position with knee flexed , feet about 2 feet apart . | **1** |  |
| **4.** | **Open the catheterization kit and put a waterproof drape under the female patient’s buttocks .** | **1** |  |
| **5.** | **Put on sterile gloves .** | **1** |  |
| **6.** | **Attach the prefilled syringe to the indwelling catheter inflation hub to test the balloon .** | **1** |  |
| **7.** | **Lubricate the catheter (1-2 in ) for female.** | **1** |  |
| **8.** | **Cleans the meatus using the correct method and direction .** | **1** |  |
| **9.** | **Insert the catheter**  - by grasping the catheter firmly 2-3 in from the tip.  -ask the patient to take deep breath and insert the catheter . | **1** |  |
| **10.** | **For an indwelling catheter , inflate the retention balloon with designated volume of saline .** | **1** |  |
| **11.** | **Collect a urine specimen if needed .** | **If it is required**  **1** |  |
| **12.** | **Wipe the perineal area of any remaining antiseptic solution or lubricant .**  **-**return the patient to a comfort position . | **1** |  |
| **13.** | **Fix the catheter tube by taping the tube of the catheter to the inside of a female client’s thigh** | **1** |  |
| **14.** | **Discard all unnecessary equipment and supplies in the appropriate place**  **-performing hand wash.** | **1** |  |
| **15.** | **Document all relevant information** | **1** |  |
| **Total score** |  | **21** |  |

**Evaluator’s Name :**

**Signature :**

**University** [](http://www.google.com/imgres?imgurl=http://cdn-arabic.alshahid.net/wp-content/uploads/2011/06/%D8%B4%D8%B9%D8%A7%D8%B1-%D8%AC%D8%A7%D9%85%D8%B9%D8%A9-%D8%A7%D9%84%D9%85%D9%84%D9%83-%D8%B3%D8%B9%D9%88%D8%AF.jpg?61f4ea&imgrefurl=http://arabic.alshahid.net/news/45934/attachment/%D8%B4%D8%B9%D8%A7%D8%B1-%D8%AC%D8%A7%D9%85%D8%B9%D8%A9-%D8%A7%D9%84%D9%85%D9%84%D9%83-%D8%B3%D8%B9%D9%88%D8%AF&usg=__K8tsM_rdy5nr4CPbrbmYpk9dpe8=&h=580&w=580&sz=38&hl=en&start=1&zoom=1&itbs=1&tbnid=sEdFUd-Bs--YeM:&tbnh=134&tbnw=134&prev=/images?q=%D8%B4%D8%B9%D8%A7%D8%B1%D8%AC%D8%A7%D9%85%D8%B9%D8%A9+%D8%A7%D9%84%D9%85%D9%84%D9%83+%D8%B3%D8%B9%D9%88%D8%AF&hl=en&safe=active&tbm=isch&ei=fYzUTrOhDpujsgbMyIHHDg)

**College of Nursing**

**Medical – Surgical Department**

**Measuring Blood Pressure Check List**

**Student’s Name :**

**ID Number :**

|  |  |  |  |
| --- | --- | --- | --- |
| **No of steps** | **Steps of procedure** | **Score/step** | **Student’s score** |
| **1.** | **Collect equipment :**  -sphygmomanometer  -stethoscope .  -alcohol swab | **3** |  |
| **2.** | **Follow common steps :**  **-** greeting & identify the patient, introduce self  **-** explain the procedure to the patient  **-** perform hand hygiene  **-** provide privacy | **2** |  |
| **3.** | **Measuring the BP:**  -expose upper arm .  -palpate brachial pulsation at anticubital fossa. | **2** |  |
| **4.** | Apply cuff of sphygmomanometer  Correctly above 2.5 cm of elbow. | **1** |  |
| **5.** | **For first time measure blood pressure** for patient palpate radial systolic pressure:  -palpate radial pulse while tight valve of pump and inflate cuff.  - note reading of disappear feeling of pulsation.  -deflate cuff. | **3** |  |
| **6.** | Wear stethoscope correctly and place the diaphragm over pulsated area of brachial artery . | **1** |  |
| **7.** | Tight valve of pump with thumb and index finger one of one hand . | **1** |  |
| **8.** | Deflate cuff to 30 mmHg reading above palpated systolic radial pressure . | **1** |  |
| **9.** | Deflate cuff slowly 2 to 3 mmHg per beat but use only one hand to open the valve of pump . | **1** |  |
| **10.** | Note reading systolic sound which is first sound you heard . | **1** |  |
| **11.** | Note of di-systolic sound which no more sound you can heard . | **1** |  |
| **12.** | Document and record correctly on graph sheet . | **1** |  |
| **Total score of steps** | ---------------------------------------------------- | **18** |  |

**Evaluator’s Name :**

**ID Number :**

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**College of Nursing**

**Medical – Surgical Department**

**Intramuscular Injection Check List**

**Student’s Name:**

**ID Number :**

|  |  |  |  |
| --- | --- | --- | --- |
| **No of steps** | **Steps of procedure** | **Score/step** | **Student’s score** |
| **1.** | **Collect equipment:**  -client’s MAR.  -vial or ampoule of correct medication  -syringe and needle with appropriate size  -antiseptic swabs.  -dry sterile gauze for opening ampoule. | **4** |  |
| **2.** | **Follow common steps :**  **-** greeting & identify the patient, introduce self  **-** explain the procedure to the patient  **-** perform hand hygiene  **-** provide privacy | **2** |  |
| **3.** | **Check the medication administration record:**  -check the label on the medication carefully against the MAR.  -following the three check. | **2** |  |
| **4.** | **Position the patient :**  -assist the patient in supine , lateral prone or setting position | **1** |  |
| **5.** | **Select , locate and clean the site:**  -site free of lesions tenderness, swelling  - clean the skin at the site using the circular motion starting at the center and widening the circular outward. | **2** |  |
| **6.** | **Prepare the syringe for injection :**  -remove needle cap without causing stick needle injury . | **1** |  |
| **7.** | **Inject the medication :**  -with non dominant hand pull skin 2.5 cm laterally to spread skin and hold skin taut.  -hold syringe like dart with dominant hand with needle bevel upward.  -inject needle at 90 –degree angle.  -hold syringe steady into the site with non dominant hand.  -aspirate to be sure needle is not into blood vessels.  -inject the medication slowly .  -after injection wait for 10 seconds | **7** |  |
| **8.** | **Withdraw the needle :**  -withdraw the needle smoothly with the same angle of insertion .  -apply gentle pressure | **2** |  |
| **9.** | **Discarding the needle in sharp box:**  -collect unnecessary equipments.  -perform hand wash. | **2** |  |
| **10.** | **Document all relative information** | **1** |  |
| **Total score of the steps** | --------------------------------------------------- | **24** |  |

**Medical Hand washing**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No** | **Steps** | **Comment** | **mark** | |
| 1 | Prepare antiseptic soap and paper towel. |  | 1 |  |
| 2 | Stand in front of sink don’t allow for clothes to touch it. |  | 1 |  |
| 3 | Remove jewelry. |  | 2 |  |
| 4 | Wet the hands and wrist ,keep hands point down ward through hand washing |  | 1 |  |
| 5 | Apply soap in hands and create leather |  | 1 |  |
| 6 | With firm rubbing and friction clean :palms, back of hands , each finger and thumb, between fingers, knuckles and wrist |  | 3 |  |
| 7 | Continues rubbing for at least 40-60 seconds. |  | 1 |  |
| 8 | use nails of finger to clean under nails of other hands or by using organ stick |  | 1.5 |  |
| 9 | Rinse thoroughly while maintaining hands point downs ward |  | 1.5 |  |
| 10 | Dry hands and fingers  From fingers toward wrist |  | 1.5 |  |
| 11 | Use new tissues for each hands |  | 1 |  |
| 12 | Clean faucet off by clean paper towel |  | 1 |  |
| 13 | Apply lotions |  | 1 |  |
| Total  score | Comment …………………………………………………………………………………………………………………… | | 17.5 |  |

Examiner name:……………………………… Signature……………………….