LaFleur Brooks' Health Unit Coordinating

7th edition

Chapter 10

Patient Activity, Patient Positioning, and Nursing Observation Orders

Lesson 10.1

Taking Vital Signs

1. Define the terms in the vocabulary list.
2. Write the meaning of the abbreviations in the abbreviation list.
3. Explain how and why The Joint Commission's "Do Not Use" list was developed and identify abbreviations that are on the "Do Not Use" list.

Lesson 10.1

Taking Vital Signs (cont'd)

4. Identify patient activity and patient positioning orders.
5. List the four measurements included in a patient's daily vital signs.
6. Describe five methods of taking a patient's temperature.
7. Explain how orthostatic vital signs are measured.

The Joint Commission

- 2002: TJC established its National Patient Safety Goals (NPSGs) Program.
  - To help accredited organizations address specific areas of concern in regards to patient safety
- 2004: TJC created its “do not use” list of abbreviations.
  - Part of the requirements for meeting that goal

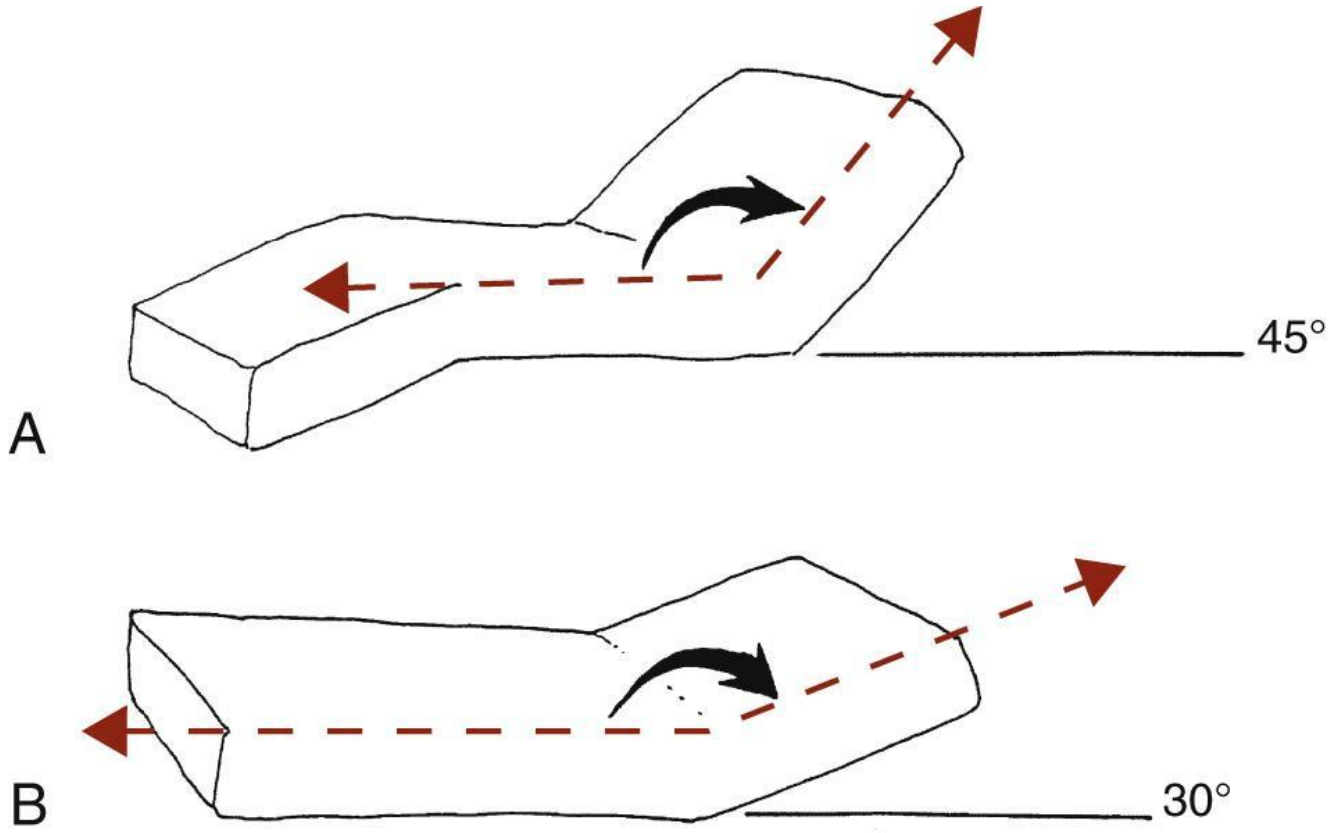
Patient Activity Orders

- Patient activity refers to the amount of walking, sitting, and other motions that the patient may do in a given period during a hospital stay.
- The prescribed activity changes to coincide with the patient's stage of recovery.
- The doctor indicates the degree of activity the patient should have by writing an activity order.

Patient Positioning Orders

- Patient positioning is often determined by the nursing staff.
  - However, the doctor may want the patient to remain in a special body position to:
    - Maintain body alignment
    - Promote comfort, and
    - Facilitate body functions.
- The doctor indicates a special position by writing the order on the doctors' orders sheet.

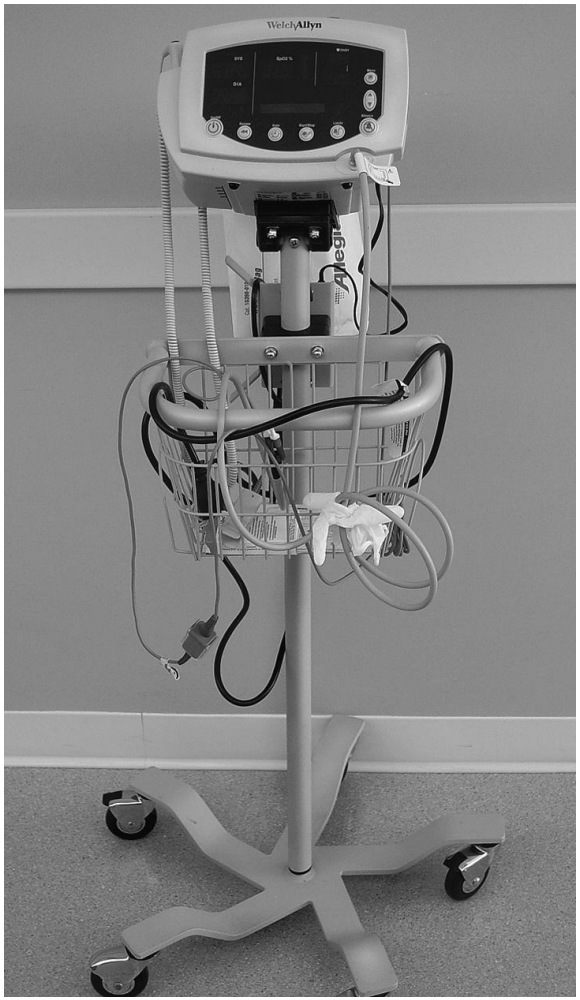
Positioning Orders: Fowler's and Semi-Fowler's Positions



Vital Signs

- Each hospitalized patient's vital signs are taken on a daily basis (also called TPRs).
- Four measurements included in daily measurements:
  - Body temperature
  - Pulse rate
  - Respiration rate
  - Blood pressure

Vital Signs Monitor Stand



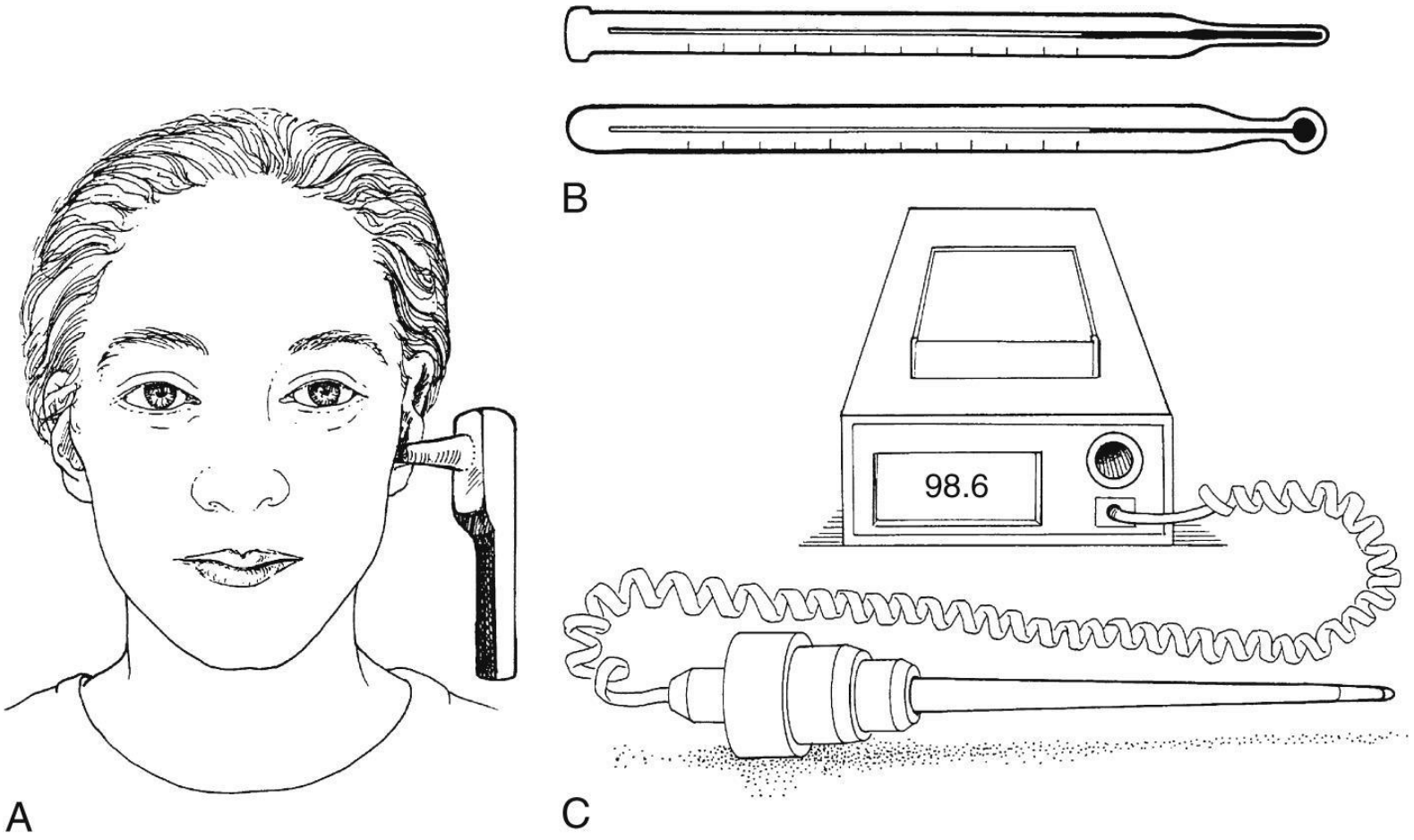
Taking the Patient's Pulse

- The pulse is obtained from the radial artery in the wrist, unless otherwise indicated.

Taking the Patient's Temperature

- Five methods:
  - Tympanic (aural) temperature – using tympanic thermometer in ear
  - Oral temperature – using oral thermometer in mouth
  - Auxillary temperature
  - Rectal temperature
  - Temporal temperature – gentle forehead scan
- Results of the temperature may be recorded using Celsius (C) or Fahrenheit (F) scale.

Types of Thermometers



Orthostatic Vital Signs

- The patient's blood pressure and pulse are taken and recorded while the patient is supine (lying) and again while the patient is erect (sitting and/or standing).
- A significant change in vital signs may signify dehydration or orthostatic hypotension.
  - A temporary lowering of blood pressure (hypotension) due usually to sudden standing up (orthostatic)

Lesson 10.2

Point-of-Care Testing, Cardiac Monitoring, and Intake and Output Orders

8. Identify at least three tests that may be performed at the point of care or bedside (POCT).
9. Explain what type of patient would require blood glucose monitoring and identify two types of blood glucose monitors that are commonly used.
10. Identify the hospital areas in which pulse oximetry would be used and the reason for it.

Lesson 10.2

Point-of-Care Testing, Cardiac Monitoring, and Intake and Output Orders (cont'd)

11. Identify the nursing unit that would employ a cardiac monitor technician.
12. Explain the function of nursing observation orders and list at least four examples of nursing observation orders.
13. Explain the reason for a doctor ordering intake and output (I&O) and list the items that would be included in "intake" and "output."

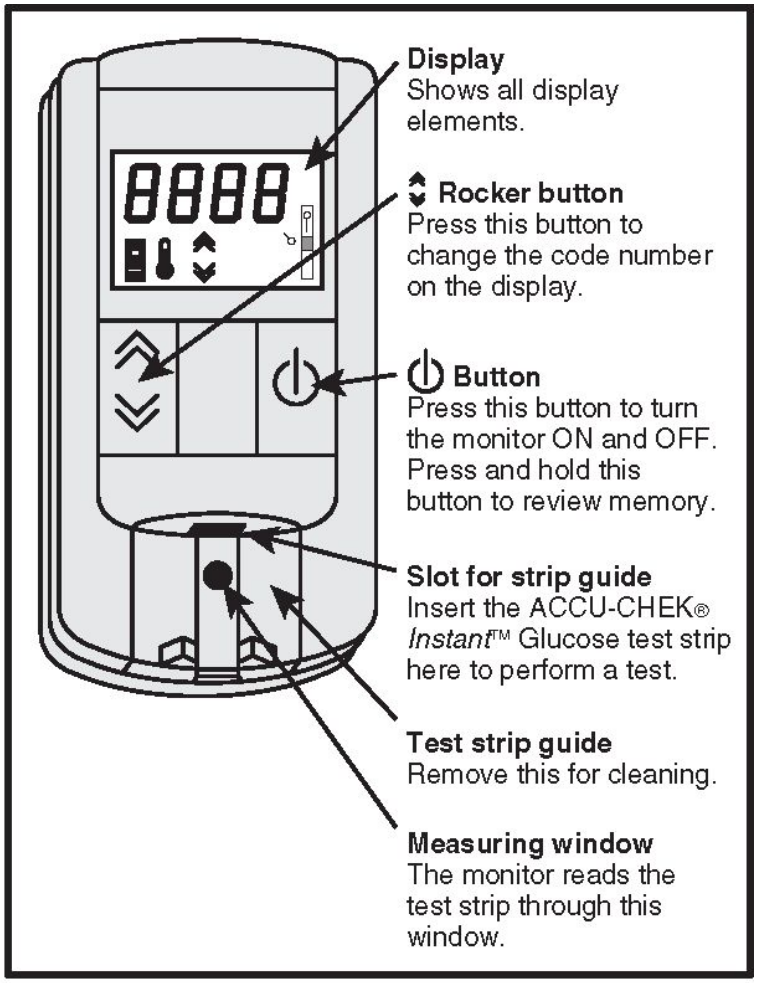
Point-of-Care Testing (POCT)

- Medical testing at or near the site of patient care
- Some tests that may be performed at the bedside include:
  - Blood glucose testing
  - Blood gases
  - Pulse oximetry
  - Electrolytes analysis

Blood Glucose Monitoring

- A POCT routinely performed by the nursing staff for diabetic patients or patients who are receiving nutritional support (total parenteral nutrition).
- Devices are used to obtain capillary blood.
- Types of blood glucose monitors include:
  - Accu-Chek
  - One Touch

Blood Glucose Monitoring, cont'd



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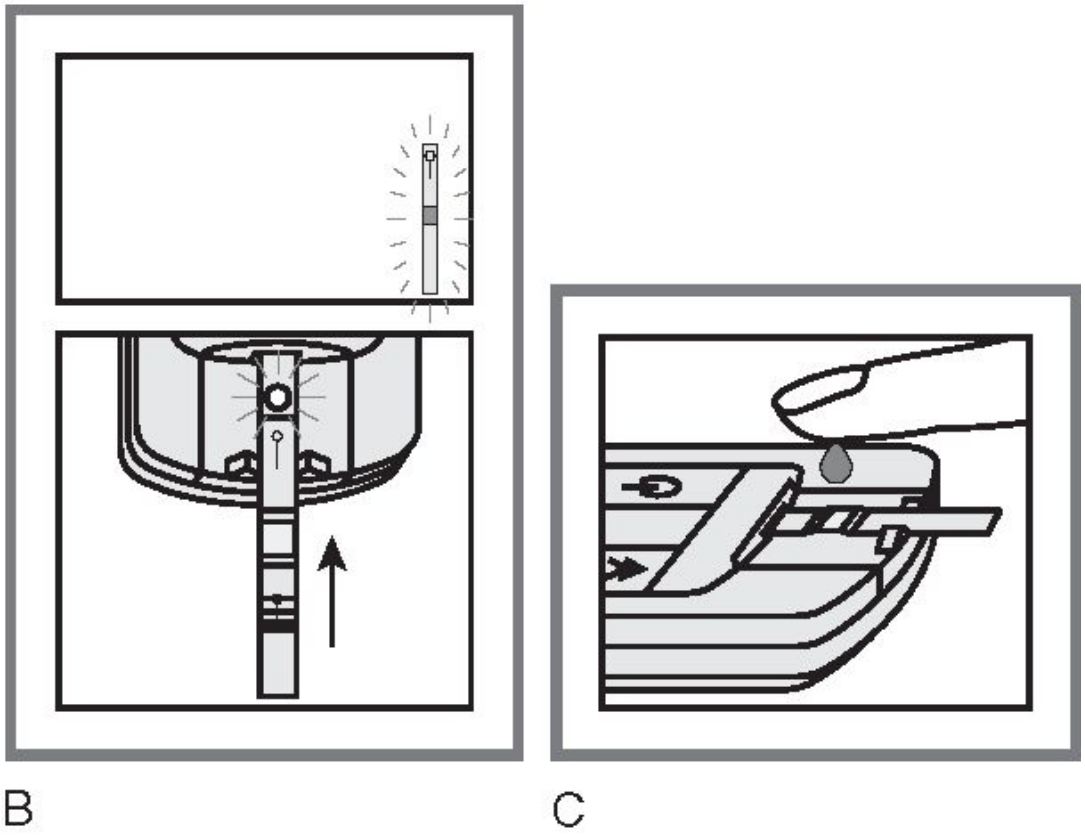
Blood Glucose Monitoring, cont'd



B C

Pulse Oximetry

- Oximetry is often referred to as the fifth vital sign.
- Is a noninvasive measurement of gas exchange and red blood cell oxygen-carrying capacity
- A pulse oximeter is often ordered to be applied continuously in the recovery room, an intensive care unit, a pediatric unit, or any setting where a patient's oxygenation is considered unstable.

Pulse Oximetry, cont'd

Cardiac Monitors and Cardiac Monitor Technicians

- Cardiac monitor – a device that shows the electrical and pressure waveforms of the cardiovascular system for measurement and treatment
- Cardiac monitor technician (CMT) – a person who monitors patients' heart rhythms and informs nurses of important physiologic changes and work on a telemetry unit.

Nursing Observation Orders

- The doctor will often write an order for nursing observation orders (periodic observations of the patient's condition) referred to as signs and symptoms.
- Some doctors may write "call" orders, if they want to be called in the event of certain circumstances.
- The doctor may need this information to assist in diagnosing the patient's illness or interpreting the patient's progress.

Intake and Output (I & O) Order

- Intake and output is measured and recorded at the completion of each shift to monitor the patient's fluid balance.
- It is calculated for 24-hour periods.
  - Intake: oral liquid consumed, intravenous fluids infused
  - Output: urine, emesis, wound drainage, and liquid stools

Intake and Output Form

24-Hour Intake and Output

Name Mary Ryan
Room 403A
Date 9/10/XX

Shift	Fluid Intake			Fluid Output		Other	Stools
	Oral	I.V.	Piggy Back	Urine	Emesis	Suction ☐	
0700-1500	08^{30} 100 cc 10^{00} 30 cc 12^{00} 320 cc 15^{00} 500 cc 210	Credit 300 Add 1000 Add _____	50	07^{30} 200 cc 11^{00} 300 cc 13^{00} 175 cc	200 cc		x1 lg amt
8 hr.	1160		50	675			
1500-2300		Credit 500 Add _____ Add _____					
8 hr.							
2300-0700		Credit ____ Add _____ Add _____					
8 hr.							
24 hr.							

Iced Tea - 6 oz. (180 cc)
Water Glass - 6 oz. (180 cc)
Milk (carton) - 8 oz. (240 cc)
Fruit Juice - 4 oz. (120 cc)
Soup - 4 oz. (120 cc)
Ice Cream - 3 oz. (90 cc)
Jello - 3.5 oz. (105 cc)

Cup of Coffee or Tea - 7 oz. (210 cc)
Styrofoam Cup - 150 cc
Paper Cup - 150 cc
Coffee Creamer - 0.5 oz. (15 cc)
Cereal Creamer - 2 oz. (60 cc)
Coca Cola and Sprite - 12 oz. (360 cc)
H_2O Pitcher - 30 oz. (900 cc)