Foundations of Nursing Skills

- Preventing Client Falls
- Managing Clients in Restraints
- Applying Torso/Belt Restraint
- Using Wrist Restraints
- Using Mitt Restraints
- Using Elbow Restraints
- Applying a Vest Restraint
- Folding a Mitered Corner
- Changing a Pillowcase
- Making an Unoccupied/Surgical Bed
- Changing an Occupied Bed
- Providing Morning Care
- Bathing an Adult Client
- Providing Foot Care
- Bathing a Client in Tub or Shower
- Bathing Using Disposable System
- Monitoring Skin Condition
- Preventing Skin Breakdown
- Preventing Skin Tears
- Providing Evening Care
- Providing Back Care
- Providing Oral Hygiene
- Providing Denture Care
- Providing Oral Care for Unconscious Clients
- Providing Hair Care
- Shampooing Hair
- Shaving a Client
- Using a Bedpan and Urinal
- Assisting Client to Commode
- Draping a Female Client
- Providing Female Perineal Care
- Providing Male Perineal Care
- Providing Incontinence Care
- Providing Routine Eye Care
- Providing Eye Care for Comatose Client
- Removing and Cleaning Contact Lenses
- Cleaning and Checking a Hearing Aid
- Using a Digital Thermometer
- Using an Electronic Thermometer
- Using an Infrared Thermometer for Tympanic Temperature
- Using an Infrared Scanner Thermometer
- Using a Heat-Sensitive Wearable Thermometer
- Palpating a Radial Pulse
- Taking an Apical Pulse
- Taking an Apical–Radial Pulse
• Palpating a Peripheral Pulse
• Monitoring Peripheral Pulses With a Doppler
• Obtaining the Respiratory Rate
• Measuring a Blood Pressure
• Palpating Systolic Arterial Blood Pressure
• Measuring Lower-Extremity Blood Pressure
• Using a Continuous Noninvasive Monitoring Device
• Applying Body Mechanics
• Maintaining Proper Body Alignment
• Using Coordinated Movements
• Using Basic Principles
• Assessing Clients for Safe Moving and Handling
• Placing a Trochanter Roll
• Turning to a Lateral Position
• Turning to a Prone Position
• Moving Client Up in Bed
• Using Posey Lift Assist II
• Moving Client With Assistance
• Logrolling the Client
• Transferring Client From Bed to Gurney
• Dangling at the Bedside
• Moving From Bed to Chair
• Using a Floor-Based (Sling) Lift
• Using a Hydraulic Lift
• Using a Footboard
• Performing Passive Range of Motion
• Teaching Active Range of Motion
• Minimizing Orthostatic Hypotension
• Ambulating With Two Assistants
• Ambulating With One Assistant
• Ambulating With a Walker
• Ambulating With a Cane
• Hand Hygiene (Medical Asepsis)