

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)