

## N84L Clinical Makeup #1

This makeup for a missed day of clinical will be 7.5 hours of Skills Lab Activities. You must complete all of the following:

- 1) View two videos: Coronary Artery Disease: Assessment and Care of Patients with Angina (#340) and Coronary Artery Disease: Cardiac Rehabilitation and Lifestyle Management (343). Available in the Resource Room.
- 2) Complete the study questions on the following two worksheets.
- 3) Complete any remaining hours in skills practice\*. This time must be documented as actively practicing, NOT reading, talking to other students/instructors, doing paperwork of any kind (unless it is required as a critical element of a skill), attending SNO meeting, tutoring, etc. You may practice skills as a team with another student (OK to practice with a student from another quarter). The skills you practice are up to you – use this time wisely!

\*NOTE: You may use some of this time practicing MATH problems too! Ask the Instructional Associate for practice questions.

### Verification of N84L Clinical Makeup Day Activities

Student Name: \_\_\_\_\_

1. Videos/study questions completed on \_\_\_\_\_.
2. \_\_\_\_\_ Hours of skills practice completed:

Signature of Instructional Associate: \_\_\_\_\_

Skills practiced:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name\_\_\_\_\_

Clinical Makeup #1 Worksheet: Assessment and Care of Patient's with Angina

1. Define CAD.
2. Define Angina.
3. What are the three types of angina? Briefly describe each.
4. Describe risk factors for CAD. Put an asterisk (\*) by the ones that are modifiable.
5. Describe a nursing assessment for a patient who is complaining of chest pain.
6. Describe treatment options for a patient with
  - a. Moderate risk for death
  - b. High risk for death

Name\_\_\_\_\_

Clinical Makeup #1 Worksheet: Cardiac Rehabilitation and Lifestyle Management

1. Describe the four phases of cardiac rehab.
2. What are the goals for each phase cardiac rehab?
3. How do you know when these goals are met in each Phase?
4. Describe at least three areas of cardiac assessment and lifestyle management teaching to minimize cardiac risk.

## N84L Clinical Makeup #2

This makeup for a missed day of clinical will be 7.5 hours of independent activities. Complete the following Supermarket Assignment. Materials you will need for this activity include pencil, paper, calculator. Other items to make it more interesting are optional, such as adaptive equipment (walker, cane, etc.).

You are a 79-year-old elder who lives independently with one indoor cat. You have a history of arthritis, which moderately affects your shoulders and hips and, to a lesser degree, your hands. You have recently been diagnosed with CHF, but it seems to be fairly well controlled with medication and a low sodium diet. Because of your declining eyesight, you are no longer able to drive.

1. Plan a simple menu and make a grocery list of items you would need for 3 days, keeping in mind your diet is sodium restricted. Include the categories fruit/vegetables, dairy products, protein sources, complex carbohydrates, snack foods, cleaning supplies, personal hygiene items, canned goods, pet food and supplies, etc.
2. Because you cannot drive, you plan to take a small pull-along cart and public transportation. Investigate bus transportation from your (actual) home to a grocery store, including the bus schedule, cost, distances from the bus stop to your home and the store, and the total time it would take you for transportation. If bus transportation is impossible, investigate the same for a taxi.
3. Actually go to a supermarket and pretend to “shop” for the items on your list. Observe and note the following:
  - A. Shelf height of products on your list
  - B. Size of print on products regarding price, sodium content, ingredients, etc.
  - C. Environmental obstacles such as crates, inventory stocking in progress, lighting, noise, crowds, lines, grocery carts, etc.
  - D. Do you think it would all fit into your pull-along cart?
4. Use your calculator to total the amount the groceries on your list would cost.

5. Write a brief analysis of your experience.
  - A. What unexpected obstacles did you encounter?
  - B. Were the products you desired generally in a convenient location? If not, would an elder with arthritis risk safety and/or have to ask store personnel for help? How many times?
  - C. Did the store have low sodium choices for your items?
  - D. How long would the total shopping trip be? With this and the distance to ambulate in mind, is this feasible for an elder with “your” medical history?

## **N 54 IL Clinical Makeup #3**

### Interview and paper

For this assignment, you will conduct a brief interview with an elder and write a 2 –3 page, double-spaced, typed paper to describe this elder's perspectives of aging. Use the points below to help you prepare your paper.

Interview a cognitively intact elderly person. This person must be 65 or older and may be a client, friend, neighbor, parent, grandparent, or other elder family member. Obtain permission for the interview, which should last no more than 30–45 minutes. Ask the elder to describe different factors and experiences which they feel shaped their life, lifestyle, and attitudes towards aging and health. While you are free to develop your own questions and/or direction of the interview, keep the following points in mind throughout the interview, and address each point in your paper. Enjoy your time with your elderly interviewee!

1. Describe any important points in history that made an impact on your life, lifestyle, and/or health. How did they impact you? Which was probably the most important to you? (NOTE: these could be historical, religious, cultural political, personal, financial, spiritual, etc.)
2. How do you define health? Has this definition changed over the years? If so, how?
3. Describe your current health beliefs/practices. Are they the same as those of your parents, elders, or culture? If different, describe how they are different and what may have influenced the change(s).
4. How do you define “elderly?” Has this definition changed over the years? If so, how? Is there a certain age at which one becomes elderly, or is it a state of health, mind, attitude, etc.?
5. When you were younger, you probably had some expectations about growing older. Please describe them. Have these

expectations been met, or has your experience been different? If different, describe.

\* Note to Student (NOT AN INTERVIEW QUESTION): also include in your paper the thoughts, feelings, comfort level, etc. that you experienced while spending time with this elder. Have any of YOUR opinions, attitudes, etc., about the elderly changed??

## **N84L Clinical Makeup #4**

This makeup for a missed day of clinical will be 7.5 hours of Resource Room study. You must complete all of the following:

1) Listen to 5 CDs: Challenging Geriatric Behaviors. Each disk is approximately 1 hour and 15 minutes (it is OK to divide and complete over several days). A written manual to follow along can be downloaded from the "Prep" Disk - please view it on the computer and do not print this out. Available in the Resource Room.

2) Complete the study questions on the following worksheet.

### Verification of N84L Clinical Makeup Day #5 Activities

Student Name: \_\_\_\_\_

7.5 hours of Challenging Geriatric Behaviors CD/study questions completed on \_\_\_\_\_.

\_\_\_\_\_  
Signature of Instructional Associate

## **N84L Clinical Makeup #5**

This makeup for a missed day of clinical will be 7.5 hours of independent activities.

You will research four (4) evidence-based items pertinent to the care of older adults and present the salient aspects of your findings to your clinical group in an interesting manner.

### **“Rules”**

1. Data must come from an Evidence-based practice center and must be current. Topics are YOUR CHOICE but must be pertinent to older adults (i.e., problems/ diseases/diagnostic tests/issues common to elders).
2. Topics cannot be the same. OK to include related topics, but all four must be distinctly different. For example, you may present information about different diagnostic procedures used to diagnose or evaluate heart failure; you may not present more than one article about each type of diagnostic test.
3. Your presentation will be “live” and will occur in a clinical or postconference setting and must be limited to 15 minutes max, must be “live” but can include self-made handouts, DVD/video, games, posters, or other creative ways to present. Important: You must notify instructor a day ahead of AV needs; due to AV constraints, no powerpoint or websites can be used to present in postconference at the hospital.

## **N84L Clinical Makeup #6**

This makeup for a partial missed day of clinical will be 2.5 hours of independent activities.

You will complete an on-line modular training program about pressure ulcers.

Time to complete: approximately 2.5 hours, all modules, can be completed at different times

Need: computer, online access, printer

Instructions:

- Go to site: <https://www.nursingquality.org/>
- Select “Services”
- Select “Pressure Ulcer Training”
- Complete all modules. When done, print certificate out, put name on it, and turn in on due date as assigned by instructor