Welcome!

Shadow Health™ develops educational solutions that address the twin problems facing our national and global health care systems—maintaining quality-of-care in the face of increasing provider shortages. We are reforming the status quo of nursing education delivery so that graduating students can become more competent contributors to the workforce.

Specifically, Shadow Health wants to give you an accurate and in-depth way to practice diagnostic reasoning, communication, and procedural skills.

We do this by focusing on two critical factors:

- Replicating the clinical experience so that students can practice procedural skills anytime, anywhere to consistently identify abnormal findings in patients.
- Increasing student engagement with a question and answer experience that encourages clinical reasoning, communication, and critical thinking.
Table of Contents

Welcome................................................................. 2
Meet Preceptor Diana™............................................ 4
Meet Tina Jones™................................................... 5
Your Role..................................................................... 6
System Requirements............................................... 7
DCE: The Path to Success......................................... 8
LMS Navigation....................................................... 9
Assessment............................................................. 10

Orientation Module............................................... 11
  Interacting with Tina Jones™

Module 1............................................................... 16
  History

Module 2............................................................... 18
  Skills

Module 3............................................................... 21
  HEENT

Module 4............................................................... 24
  Respiratory

Module 5............................................................... 26
  Cardiovascular

Module 6............................................................... 28
  Gastrointestinal (GI)

Module 7............................................................... 30
  Musculoskeletal

Module 8............................................................... 32
  Neurological

Module 9............................................................... 34
  Hair, Skin & Nails

Module 10............................................................ 36
  Discharge

Appendix..................................................................... 37
  Family Health History Chart................................. 37
  Contact & Resources.............................................. 39
While navigating the Digital Clinical Experience™ (DCE), you will be accompanied and observed by Preceptor Diana™. In the Orientation Module, she will explain how to navigate the DCE, as well as how to communicate with your digital standardized patient™.

Following the Orientation module, Preceptor Diana will also introduce each subsequent module, guide you through procedures, and discuss the nursing process with you in the Hallway after you leave Tina Jones™’ room.

"Hi, my name is Diana and I am here to support and guide you toward the best digital clinical experience possible."
Tina Jones™, your digital standardized patient™, is a 28-year-old woman who has come to Shadow General Hospital™ to receive treatment for an infected foot wound, fever and decreased appetite. Although a digital patient, Tina Jones breathes, speaks, and has a complex medical and psychosocial history. Preceptor Diana™ has gathered some general health information regarding Tina Jones below. Tina Jones has also completed a Family Health History chart for you to review (see the completed form in Appendix A).

Name: Tina Jones  
Age: 28  
Sex: Female  
Race: African American

Chief complaint: Ms. Jones presented to the emergency department with a foot wound, fever and decreased appetite.

She was previously evaluated in a local ER two weeks ago after a fall that resulted in the swelling of her right ankle and an abrasion on her right foot.

- Ht: 67 inches
- Wt: 90 kg
- BMI: 31

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Undergraduate Student Workbook | www.ShadowHealth.com
Your self-directed learning experience begins when you log into the Shadow Health™ web-based Learning Management System (LMS) on a laptop or desktop computer—anytime, anywhere. Through the Shadow Health LMS, you will take Tina Jones™ health history, perform a head-to-toe physical assessment, record shift assessments, collaborate with other healthcare professionals, and receive feedback on your performance.

After being introduced to Tina Jones in the Orientation module, the time you spend with your digital standardized patient™ will be divided into a series of ten modules. At the end of each module you will have the opportunity to prioritize information, reflect on nursing concepts, write about the nursing process in the Hallway™, consider lifespan issues related to each module, and compare your documentation with a model shift assessment. Each module will also offer you instant evaluation results upon submission before you receive feedback from your instructor.

Here are some of the ways you can interact with Tina Jones:

**? ASK:** Practice taking a patient history to improve communication skills, increase empathy and decrease anxiety with future patients.

**-pencil EXAMINE:** Perform comprehensive physical examinations to gain experience identifying normal and abnormal physical findings.

**? ASSESS:** Analyze health history, physical exam findings, and lab results to develop clinical reasoning skills.

Topics currently not covered in the Shadow Health DCE: Genitourinary & Breast Assessments and Billing & Coding
We currently support only Mac and Windows-based laptops and desktops with these system specifications:

**Minimum System Requirements**

| Operating System | Windows 7, Windows Vista (SP1), Windows XP (SP3)  
Mac OSX Snow Leopard (version 10.6.8) |
|------------------|---------------------------------------------------|
| Processor        | Windows Intel P4 or AMD Athlon 64  
Mac Intel Core Duo (non-Intel Macs are not supported) |
| Memory           | 2GB RAM |
| Display          | 1024 x 768 or higher resolution display |

**Internet Browser and Connection**

Google Chrome internet browser is required. Broadband Internet connection of 1.5 Mbps is recommended.

**Graphics**

Nvidia or ATI graphics card, or Intel GMA950. Graphics hardware acceleration requires a DirectX 9c or later graphics card with a minimum 128MB VRAM.

**Optimal System Experience**

| Operating System | Windows 7  
Mac OSX Snow Leopard (version 10.6.8) or more recent |
|------------------|---------------------------------------------------|
| Processor        | Windows Intel Core i3/i5/i7  
Mac Intel Core Duo/i3/i5/i7 |
| Memory           | 4GB RAM recommended for graphics features |
| Display          | 1366 x 768 or higher resolution display |

**Internet Browser and Connection**

Google Chrome internet browser is required. High-speed broadband Internet connection is required.

**Graphics**

Nvidia or ATI/AMD graphics card capable of DirectX 10 or later, with 512MB VRAM.

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**Unity Web Player**

The Unity Web Player is a free Web application that you must install in order to use the Shadow Health™ digital clinical experience™. Unity is easy to install and will not compromise the performance or the safety of your computer. Upon entering a module for the first time, your browser will prompt you to download the Unity Web Player installation file. Once the file has downloaded, double-click on it to launch the installation process. If the installation is not successful, you may also download the Unity Web Player directly from the Unity website: http://unity3d.com/webplayer

**Accessibility**

Shadow Health’s digital clinical experiences require the use of a computer monitor, keyboard, and mouse or touchpad. It is our goal to support alternative input modalities to improve accessibility for all users. However, if you are currently unable to use the DCE due to a visual or motor impairment, please contact the Shadow Health Learner Support team for assistance.

Tina Jones™ presents auditory and visual information representative of a human patient. To address auditory accessibility, when Tina Jones speaks, her speech is presented as both audio and text, except in instances where the textual representation would distinguish physical findings (e.g. textual descriptions of breathing sounds). If you require a transcription of these instances due to an auditory impairment, please contact the Shadow Health Learner Support team at Support@ShadowHealth.com.
Dashboard
The Shadow Health™ LMS dashboard will display the modules with their due dates as assigned to you by your instructor.

Launch Page
Upon entering a module, you will have the option to select the “Start Patient Exam” button in the upper right corner of the page. As you progress through and complete the module, you will see each individual attempt listed on the module launch page with one of the following statuses:

- **Exam In Progress:** If you close your browser window during your exam, the attempt will be saved and marked “Exam In Progress.” You may continue the exam by clicking the “Resume Exam” button on the module launch page.

- **Hallway In Progress:** If you leave a module while writing responses to the Shadow General team members in the Hallway, it will be saved and marked as “Hallway In Progress.” You may continue the attempt by clicking the “Hallway In Progress” status on the module launch page.

- **Lifespan In Progress:** If you leave a module while answering questions on the Lifespan page, your progress until that page will be saved and marked as “Lifespan In Progress.” You may continue the attempt by clicking the “Lifespan In Progress” status on the module launch page.

- **Self-Assessment In Progress:** If you leave a module while on the assessment page it will be saved and marked as “Self-Assessment In Progress.” You may continue the attempt by clicking the “Self-Assessment In Progress” status, or to turn in the module attempt, click the “Turn It In” button. **NOTE:** Only one attempt per module can be submitted to your instructor for review.

- **Awaiting Review:** Once a module attempt has been submitted to your instructor by clicking the “Turn It In” button on the Self-Assessment page, it will be marked as “Awaiting Review.”

- **Reviewed:** When your instructor has completed feedback on your module submission, you will be notified via email. You can directly access your instructor’s feedback along with your results by clicking the submitted attempt, now marked “Reviewed” on the module launch page.

- **Completed:** Because only one attempt per module can be submitted to your instructor for review, any subsequent attempts will be marked as “Completed” after you have concluded the module and clicked the “View Results” button to see the results page. These modules are not sent to your instructor for review, but your instructor will have access to the results.

**TIP:** As long as you have an Internet connection, your progress is automatically saved. You may logout at any time and resume the module later.
After completing the exam, collaborating with the health care team, answering lifespan questions, and assessing your documentation, your clinical competence will be evaluated based on the information you elicited from Tina Jones™. In addition to this instant feedback, your instructor will have the opportunity to review your transcript, shift assessment, Hallway responses, lifespan answers, and self-assessment, and then provide written feedback to you through the LMS.

**Assessment Pages**
The Module Findings tab will arrange your results into two categories: Urgent and Essential. Findings you have discovered while interviewing and examining Tina Jones in the DCE will appear on the assessment page in green. Findings you didn’t uncover during the module will appear in red. Clicking on any of these findings will provide you with detailed information about what you have found, or have missed.

**Urgent**
Urgent findings are those which you must find in order to properly treat Tina Jones.

**Essential Findings**
Essential findings are important as well, but may not pose an immediate threat to your patient’s health.

**Instructor Review**
You may submit only one attempt per module to your instructor for review. Once you have clicked the “Turn It In” button, your instructor will be notified that your module attempt has been submitted. After your instructor has reviewed your findings, shift assessment, Hallway responses, lifespan answers, self-assessments, and submitted feedback on your performance, you will be notified via email and your attempt will be marked as “Reviewed” on the module launch page.

**Hallway**
You may review your hallway responses here.

**Lifespan**
You may review your responses to the lifespan questions as well as the reasoning behind each correct answer here.

**Self-Assessment**
You may review your completed self-assessments and personal goals here.

**Shift Assessment**
You may review your shift assessment and the model notes here.

**Transcript**
You may view the transcript of your exam here. Reviewing your transcript will allow you to further assess your examination, communication, and questioning skills.
Orientation
Module Orientation

Before You Begin
☐ Open Google Chrome. Close all other programs, tabs, and windows.
☐ Login to the Digital Clinical Experience™ (DCE) at ShadowHealth.com.

Goals
✓ Learn to effectively communicate with your Digital Standardized Patient™
✓ Introduction to the Shadow Tablet
✓ Become familiar with the action menus
✓ Explanation of communication and self-assessment within the Shadow General Hallway™
✓ Learn to set personal goals
✓ Illustration of self-assessment, lifespan, and reviewing results

Time to complete: 55 minutes
Suggested resources: Student Workbook; Shadow Tablet Nursing Guide

Assignment
Overview: In this module, you will become familiar with the DCE, as well as with the most effective ways to communicate with Tina Jones™.

Instructions
To interact with Tina Jones, you will type questions, statements, and instructions as you use tools and tests to conduct your examinations. As a virtual patient, Tina Jones has had thousands of conversations with nursing students across the country, and she understands over 35,000 unique questions. However, as you talk with Tina Jones, you will probably ask her a question that she’s never been asked before. The following steps will help you to successfully overcome potential communication challenges in order to have the best possible experience. You will begin by logging in and entering the Orientation Module. Preceptor Diana will guide you through the module step-by-step.

☐ Go to https://app.ShadowHealth.com
☐ Login to the system using your username and password.
☐ Click on “Orientation Module” to review the module’s content. If necessary, install the Unity Web Player.
☐ Click on “Start Patient Exam” to begin the module. Preceptor Diana will give you instructions as the program loads.

STEP 1: DROPDOWN MENU
There are multiple resources available in the DCE simulation environment.

☐ Scroll over your name in the upper-right corner. A dropdown menu will appear. This dropdown menu will allow you to edit your profile, contact the learner support, sign out, or view a PDF copy of this Student Workbook.
STEP 2: PERSONAL GOAL-SETTING
An important component of your DCE simulation experience is setting personal goals. In every module, before you enter Tina Jones’ room, you’ll set a few personal goals to guide your work through the module. You should set your goals based on what you, as a nurse-in-training, would like to focus on. Preceptor Diana will give you more specific instructions for goal-setting in the beginning of Module 1.

☐ A box will appear in the doorway to Tina Jones’ room.
☐ Type in “I want to complete all the tasks in the Orientation Module” and hit the Submit button.

STEP 3: COMMUNICATING WITH TINA JONES
After setting your personal goals, you will automatically enter Tina Jones’ room. She was admitted to Shadow General Hospital last night for a foot infection. In this simulation, it’s 8 a.m. and you are beginning your morning rounds and assessment.

Any time you’re with Tina Jones, you can have an in-depth dialogue with her about her health history, home life, and more. She contains thousands of responses to questions that nurses ask.

However, when you interview Tina Jones, you need to follow some rules. Preceptor Diana will take you through a series of steps so that you can learn to communicate effectively, including how to use the Communication Menu to make statements.

Some basic guidelines for communicating with Tina Jones:

◆ To practice interpersonal communication, open the Communication Menu to Greet, Educate, or Empathize with Tina Jones. The Communication Menu is in the lower right-hand corner of the room.
◆ To elicit information from Tina Jones, or to direct her to perform an action during an exam, type your question or instruction directly into the conversation bar in the lower left-hand corner of Tina Jones’ room. You do not have to select a Communication Menu action.
◆ When you formulate your questions, they should be medically relevant, clear, and longer than two words.
◆ Sometimes, Tina Jones will ask you for clarification.
◆ Tina Jones may not recognize a question. When this happens, assess your question to make sure it’s medically relevant. If it is, try rephrasing it more simply. If Tina Jones still doesn’t recognize your question, move on to the next topic of conversation. Your instructor will be able to review your transcript to see the questions that you asked, and if they were medically relevant.
◆ Avoid compound questions that use the word “or,” such as, “Do you have any nausea or dizziness?” Instead, ask about each topic separately: “Do you have any nausea?” and “Are you feeling dizzy?”
◆ Avoid pronouns, such as it, he, she, her, him, they, and them.

STEP 4: NAVIGATING THE SHADOW HEALTH TABLET
Preceptor Diana will teach you how to navigate the Shadow Health Tablet, which is on the right-hand side of your screen next to Tina Jones’ room. You’ll use the tablet throughout every module, both as a resource and to document your nursing process. The tablet has four functions: Nursing Guide, Instructions, Electronic Medical Record, and Transcript.
The Shadow Health Tablet contains a wealth of information and guidance for you as you proceed through a module. Here is a summary of its parts:

- **Nursing Guide**: Provides information about health conditions, medications, instruments, and more.
- **Instructions**: Summarizes what you should accomplish in each module.
- **Electronic Medical Record, or EMR**: Here, you will document your findings and every task you perform with Tina Jones, similar to how you would use an EMR at any other hospital.
- **Transcript**: Records everything you say to Tina Jones and every action you perform. You can consult your transcript to review what you’ve covered so far. Also, your instructor can review your transcript to see how you conduct your interview and examinations.

**To navigate the Shadow Health Tablet**
- Click on one of the four tabs.
- Click on the Back button (the blue arrow at the bottom) to go to the previous page.
- Click on the Home button (the little house icon on the bottom) to return to the tablet’s main menu.

**More information on the Electronic Medical Record, or EMR**
The Shadow General EMR has many parts, similar to an EMR in any other hospital.

- **Orders**: You’ll be able to review, at any time, the orders written on admission so that you can ensure the patient’s needs are met.
- **Night Nurse Report**: This is the report from the night nurse.
- **History**: In your first module you’ll take Tina Jones’ complete health and social history. You’ll record your findings in the History function, and you’ll be able to view what you’ve documented in the modules that follow.
- **Medication Administration Record, or MAR**: Here, you can review the medications which have been ordered by the provider. Here you can see what medications Tina Jones has been administered since she was admitted, and you can enter the medications you’ll administer to her in the Skills Module.
- **Flowsheets**: You’ll fill these out in the Skills Module, and you can review your documentation in the subsequent modules. Flowsheets include vitals, I/Os and Risk Assessment.
- **Labs**: These are the results of the labs taken by the emergency department when Tina Jones was admitted. You can access this information any time you’re in Tina Jones’ room.
- **Shift Assessment**: The Shift Assessment function has text fields where you can fill out your findings here. Its format will change depending on the focus of each module. For example, when you give Tina Jones an HEENT exam, the Shift Assessment will have sections to note your observations on her head, ears, eyes, nose, and throat.
- **Nursing Progress Notes**: Record any additional information you gather or any additional tasks that you complete here. For example, you could use this section to document the status of the patient’s IV and current comfort level.
STEP 5: USING ACTION MENUS
Preceptor Diana will teach you how to examine and assess Tina Jones in the DCE simulation environment. You can find the action menus on the left-hand side of the screen. You’ll have access to the tools, tests, and procedures that you need in each module.

- **Nursing Tasks:** Tasks related to patient safety, infection control, and patient privacy.
  - *Privacy:* Closes the curtain in Tina Jones’ room. Each time you enter, you should use the Privacy button to close the curtain.
  - *Infection Control:* Just like in any other hospital, you must wash your hands every time you enter a room, every time you perform certain tests, and every time you are about to exit a room. Remember to close the curtain before you use the Wash Hands button.
  - *Safety:* Contains tools to maintain Tina Jones’ safety. Preceptor Diana will instruct you to verify Tina Jones’ identity by looking at her patient armband.

- **Procedures:** Perform nursing skills including taking vital signs, wound care, medication administration, risk assessments, and I/O assessment.
  - *Vitals:* Preceptor Diana will instruct you to take Tina Jones’ pulse.

- **Inspection:** Inspect Tina Jones visually and using instruments such as otoscopes and ophthalmoscopes.
  - *Otoscope:* You will use the otoscope to examine Tina Jones’ ears.

STEP 6: DOCUMENTING YOUR FINDINGS
Every time you perform a test or procedure with Tina Jones, you must document your findings in the EMR. Preceptor Diana will instruct you to practice documenting in the EMR.

Just like in any hospital, documenting your actions is crucial. If you document something you didn’t do, or if you do something but fail to document it, there can be serious legal implications in your nursing career. You need to both perform a test and document that test every time. If you fail to do so, you and your instructor will see an error message at the end of the module.

STEP 7: ACCESSING NOTIFICATIONS
The Shadow Health Tablet’s Nursing Guide will notify you when it can offer extra information or guidance about the tool you’re using, the topic you’re exploring, or the task you’re performing. Preceptor Diana will instruct you in how to check Nursing Guide notifications.

STEP 8: PROCEEDING THROUGH A MODULE
Preceptor Diana will teach you about the phases of every module. You can keep track of which phase you’re in by looking at the top of the screen above Tina Jones’ room. The phase that you’re currently in will be highlighted in green.

Preceptor Diana will ask you to click on the green Leave Room button in the lower right-hand corner of the screen, underneath the tablet. This will take you out of Tina Jones’ room and into the Hallway. Once you’ve clicked the Leave Room button, you will not be able to go back in to Tina Jones’ room for that module attempt.

Summary of the phases of a module:
- **Clinical Exam** - The first step in the clinical exam is setting personal goals. You will then complete your interaction with Tina Jones within her hospital room.
- **Hallway** - Your communication with Tina Jones’ nurse, Ron, Preceptor Diana, and other Shadow General Hospital staff.
- **Lifespan** - A multiple choice activity addressing pediatric and geriatric issues related to each module; the correct answers and reasoning for which can be reviewed immediately with your other results.
Orientation

- **Self-Assessment** - An opportunity to reflect on your assessment and documentation skills as you compare your shift assessment to a model shift assessment written by an expert. You will also reflect upon the goals you identified at the start of the module.

- **Review Results** - Upon completion of a module, you may review your clinical findings, transcript, Hallway responses, and self-assessments.

**STEP 9: INTERACTING IN THE HALLWAY**

In every module, you’ll meet three people to communicate with after you leave Tina Jones’ room. One of these people will always be Preceptor Diana, and the other will always be Ron, who is Tina Jones’ nurse on your shift. The third person you meet will be another staff member of the Shadow General Hospital or one of Tina Jones’ family members.

You should type a response to each person. These responses are an opportunity for you to practice your communication skills. You can use your notes in the EMR, as the tablet will be accessible to you on the right side of your screen.

- Click the Next button to move on to the next phase. Once you move on to the next phase, you can’t return to the Hallway.

**STEP 10: ANSWERING LIFESPAN QUESTIONS**

After the Hallway, you’ll enter the Lifespan phase of the module, where you’ll answer two multiple-choice questions exploring how a patient’s phase in life affects the way you provide care for them.

- Click the Next button to move on to the next phase.

**STEP 11: COMPLETING YOUR SELF-ASSESSMENT**

In the Self-Assessment phase, you have the opportunity to review your own performance. You can compare your shift assessment notes to a set of model notes. You will also assess and comment on whether or not you accomplished your personal goals.

Once you have completed the Self-Assessment, you will click the “Turn It In” button. This will submit all of your work to your instructor, including your transcript, your Hallway responses, your Lifespan answers, and your self-assessment.

- Preceptor Diana will instruct you to click the “Turn It In” button to complete the Orientation Module.

**Congratulations!** You’ve completed your orientation. In the following 10 modules, once you complete a module you will be able to review your clinical findings. Once your instructor has reviewed your work, you will receive an email from Shadow Health to notify you that you can log in and view any comments from your instructor by opening up the reviewed module from that module’s launch page.
Before You Begin

- Open Google Chrome. Close all other programs, tabs, and windows.
- Login to the Digital Clinical Experience™ (DCE) at ShadowHealth.com.

Goals

✓ Conduct an organized interview with Tina Jones
  - Perform safety, privacy, and infection control tasks
  - Observe, perform, and record appropriate patient assessment data
  - Appraise information obtained from interview to determine relevancy according to your patient’s needs
  - Differentiate between variations of normal and abnormal assessment findings
  - Discuss appropriate nursing diagnoses that reflect Tina Jones’ health needs and priorities

✓ Practice effective communication
  - Express consideration for Tina Jones’ feelings, limitations, and cultural and social background
  - Use appropriate open- and closed-ended questions
  - Use professional and accessible language that avoids jargon
  - Communicate effectively with members of the healthcare team
  - Demonstrate teamwork and respect toward members of the healthcare team

✓ Demonstrate professional and respectful behavior towards Tina Jones

✓ Demonstrate awareness and proper technique addressing patient comfort, patient privacy, patient safety, and hygienic practices

Personal Goals

1. 
2. 
3. 

Time to complete: 1 hour, 15 minutes

Suggested resources: None

Assignment

Overview: In this module you will be conducting a patient history interview with Tina Jones. Tina Jones is capable of discussing the following topics:

✓ Chief Complaint (CC)
✓ History of Present Illness (HPI)
✓ Medications (Meds)
✓ Allergies (ALL)
✓ Past Medical History (PMH)
✓ Surgical History (Surg)
✓ Immunizations (Imm)
✓ Social History (SH)
✓ Safety
✓ Family Culture
✓ Spiritual History
✓ Hospital Stay and Comfort Level

Instructions:
[40] minutes
1. Set personal goals for the topics, procedures, or skills related to taking a patient history that you would like to improve.
Module 1: History

2. Perform initial patient encounter tasks.
   - Provide patient privacy by closing the curtain
   - Greet the patient
   - Wash your hands
   - Perform two step patient verification process (ID and verbal confirmation)

3. Practice reviewing the chart including flowsheets, medications, allergies, labs, orders, history, and I/O’s.

4. Obtain a complete health history, inquiring about the following:
   - Chief complaint
   - History of present illness
   - Past medical history (including usual source of and access to healthcare, childhood and adult illnesses, injuries, surgical procedures, obstetrical history, psychiatric problems, hospitalizations, transfusions, medications, and drug allergies)
   - Past family medical history for three generations
   - Preventive health measures
   - Social, family, and occupational history (including potential limitations in the home setting which may require an alteration in medical care to protect the patient’s welfare, psychosocial problems and concern, diet and nutrition, tobacco and alcohol use, living arrangements, religious practices, education, career, and marital status)

5. Assure patient safety.
   - Place non-skid footwear
   - Place bedside table and call light within reach
   - Put upper bedrails in the upright position

6. Complete the Shift Assessment to document findings.
   - Document any additional information or observations in the Nursing Progress Notes

[20] minutes
1. Collaborate with other members of the healthcare team and practice the nursing process in the Hallway.
2. Reflect upon health promotion, disease prevention, and holistic nursing care across the lifespan.

[15] minutes
1. Complete a self-assessment of your personal goals and documentation.
2. Review and submit your results to your instructor.
Goals

✓ Conduct an organized examination of Tina Jones
  › Perform tests and procedures in order, from head to toe
  › Observe, perform, and record appropriate patient assessment data
  › Appraise information obtained from examination to determine relevancy according to your patient’s needs
  › Differentiate between variations of normal and abnormal assessment findings
  › Discuss appropriate nursing diagnoses that reflect Tina Jones’ health needs and priorities

✓ Practice effective communication
  › Express consideration for Tina Jones’ feelings, limitations, and cultural and social background
  › Use appropriate open- and closed-ended questions
  › Use professional and accessible language that avoids jargon
  › Communicate effectively with members of the healthcare team
  › Demonstrate teamwork and respect toward members of the healthcare team

✓ Demonstrate professional and respectful behavior towards Tina Jones
  › Explain to Tina Jones why you may need to touch sensitive areas
  › Explain to Tina Jones the purpose of each test

✓ Demonstrate awareness and proper technique addressing patient comfort, patient privacy, patient safety, and hygienic practices
  › Practice appropriate infection control measures
  › Demonstrate knowledge and safe appropriate administration of pharmacological agents

Personal Goals

1. __________________________________________
2. __________________________________________
3. __________________________________________

Time to complete: 1 hour, 15 minutes

Suggested resources: None

Assignment

Overview: In this module you will practice and document your nursing procedures. You will be performing the following skills:
  ✓ Vital signs
  ✓ Glucose check
  ✓ Medication administration
Module 2: Skills

- Input/Output
- Fall risk assessment
- Pressure ulcer risk assessment
- Venous Thrombosis Event (VTE) risk assessment
- Risk assessment
- Wound care
- Check IV

Instructions:
[40] minutes

1. Set personal goals for the nursing topics, procedures, or skills that you would like to improve.

2. Perform initial patient encounter tasks.
   - Provide patient privacy by closing the curtain
   - Greet your patient
   - Wash your hands

3. Practice reviewing the chart including flowsheets, medications, allergies, labs, orders, history, and I/O’s.

4. Observe, perform, and record appropriate patient documentation in the EMR.
   - Vital signs using the vital signs monitor
     - Temperature
     - Blood pressure
     - Respiratory rate
     - Heart rate and pulse oximetry
   - Check glucose
     - Put on gloves
     - Place test strip in glucometer
     - Clean and dry the finger
     - Use the lancet to stick the finger
     - Apply blood to the test strip
   - Input/Output
     - Ask about liquid intake
     - Check IV pump for amount delivered
     - Ask about urine output
     - Ask about stooling
     - Ask about vomiting
   - Risk assessments
     - Shadow Health Venous Thrombus Event (VTE) risk assessment
     - Shadow Health fall risk assessment
     - Shadow Health pressure ulcer risk assessment

5. Practice the steps of medication administration.
   - Demonstrate knowledge and safe administration of pharmacological agents
   - Confirm patient identity
     - Ask name and birthdate
     - Check armband
     - Check EMR
   - Ask about medication allergies
   - Only give medications if needed or scheduled
Module 2: Skills

6. Practice the steps of wound care.
   - Wash hands
   - Wear clean gloves
   - Date and initial tape for new dressing
   - Remove old bandage
   - Measure wound
   - Wash hands
   - Open wound care kit
   - Wear sterile gloves
   - Clean wound
   - Apply new dressing
   - Wash hands

7. Demonstrate awareness of IV safety.
   - Check IV pump for proper infusion rate
   - Check IV bag for date and matching name
   - Check IV site for general appearance

8. Assure patient safety.
   - Place non-skid footwear
   - Place sequential compression devices
   - Place bedside table and call light within reach
   - Put upper bedrails in the upright position

9. Complete the Shift Assessment to document findings.
   - Document any additional information or observations in the Nursing Progress Notes

[20] minutes
1. Collaborate with other members of the healthcare team and practice the nursing process in the Hallway.
2. Reflect upon health promotion, disease prevention, and holistic nursing care across the lifespan.

[15] minutes
1. Complete a self-assessment of your personal goals and documentation.
2. Review and submit your results to your instructor.
Goals
✓ Conduct an organized examination of Tina Jones
  ▶ Perform tests and procedures in order, from head to toe
  ▶ Observe, perform, and record appropriate patient assessment data
  ▶ Appraise information obtained from examination to determine relevancy according to your patient’s needs
  ▶ Differentiate between variations of normal and abnormal assessment findings
  ▶ Discuss appropriate nursing diagnoses that reflect Tina Jones’ health needs and priorities
✓ Practice effective communication
  ▶ Express consideration for Tina Jones’ feelings, limitations, and cultural and social background
  ▶ Use appropriate open- and closed-ended questions
  ▶ Use professional and accessible language that avoids jargon
  ▶ Communicate effectively with members of the healthcare team
  ▶ Demonstrate teamwork and respect toward members of the healthcare team
✓ Demonstrate professional and respectful behavior towards Tina Jones
  ▶ Explain to Tina Jones why you may need to touch sensitive areas
  ▶ Explain to Tina Jones the purpose of each test
✓ Demonstrate awareness and proper technique addressing patient comfort, patient safety, and hygienic practices

Personal Goals
1. ________________________________________
2. ________________________________________
3. ________________________________________

Time to complete: 1 hour 15 minutes
Suggested resources: None

Assignment
Overview: This module will allow you to practice and document head and neck physical exam techniques. You will be conducting an exam of the following systems:
✓ Head
✓ Neck
✓ Eyes
✓ Ears
✓ Nose
✓ Throat
✓ Lymph nodes
Module 3: HEENT

Instructions:
[40] minutes

1. Set personal goals for the topics, procedures, or skills related to the HEENT and regional lymphatic systems that you would like to improve.

2. Perform initial patient encounter tasks.
   - Provide patient privacy by closing the curtain
   - Greet your patient
   - Wash your hands

3. Practice reviewing the chart including flowsheets, medications, allergies, labs, orders, history, and I/O’s.

4. Perform a physical examination of Tina Jones in a logical, organized, respectful, and thorough manner, giving attention to Tina Jones’ general appearance, vital signs, and pertinent body regions.
   - Identify common assessment findings, risk factors, and primary prevention strategies of the HEENT and regional lymphatics systems
   - Identify normal physical assessment findings for the HEENT and regional lymphatics systems

   - **Head exam**
     - Inspect face and head
     - Palpate head
     - Auscultate and palpate temporal and carotid arteries

   - **Eye exam**
     - Check visual acuity using Snellen eye chart
     - Test peripheral vision
     - Test accommodation
     - Inspect external eye
     - Perform funduscopic exam using ophthalmoscope
     - Perform Pupils Equally Round and Reactive to Light (PERRL) exam

   - **Ear exam**
     - Inspect the tympanic membrane using an otoscope

   - **Nose exam**
     - Inspect nose
     - Palpate sinuses

   - **Throat and mouth exam**
     - Inspect oral mucosa
     - Assess gag reflex

   - **Regional lymphatics**
     - Palpate cervical/clavicular/axillary lymph nodes

   - Identify abnormal physical assessment findings for the HEENT and regional lymphatics systems

NOTE: Although Tina is positioned automatically for you within the DCE, you are encouraged to think about how you would position the patient and yourself properly for each part of the physical examination.
5. Assure patient safety.
   - Place non-skid footwear
   - Place sequential compression devices
   - Place bedside table and call light within reach
   - Put upper bedrails in the upright position

6. Complete the Shift Assessment to document findings.
   - Document any additional information or observations in the Nursing Progress Notes

[20] minutes
1. Collaborate with other members of the healthcare team and practice the nursing process in the Hallway.
2. Reflect upon health promotion, disease prevention and holistic nursing care across the lifespan.

[15] minutes
1. Complete a self-assessment of your personal goals and documentation.
2. Review and submit your results to your instructor.

TIP: If you encounter difficulties while inspecting, palpating, or performing another action on Tina Jones, click on the “Return to Menu” button, then reopen the tool or test and try again.
Respiratory
Module 4

Before You Begin
☐ Open Google Chrome. Close all other programs, tabs, and windows.
☐ Login to the Digital Clinical Experience™ (DCE) at ShadowHealth.com.

Goals
✓ Conduct an organized examination of Tina Jones
  - Perform tests and procedures in order, from head to toe
  - Observe, perform, and record appropriate patient assessment data
  - Appraise information obtained from examination to determine relevancy according to your patient’s needs
  - Differentiate between variations of normal and abnormal assessment findings
  - Discuss appropriate nursing diagnoses that reflect Tina Jones’ health needs and priorities

✓ Practice effective communication
  - Express consideration for Tina Jones’ feelings, limitations, and cultural and social background
  - Use appropriate open- and closed-ended questions
  - Use professional and accessible language that avoids jargon
  - Communicate effectively with members of the healthcare team
  - Demonstrate teamwork and respect toward members of the healthcare team

✓ Demonstrate professional and respectful behavior towards Tina Jones
  - Explain to Tina Jones why you may need to touch sensitive areas
  - Explain to Tina Jones the purpose of each test

✓ Demonstrate awareness and proper technique addressing patient comfort, patient privacy, patient safety, and hygienic practices.

Personal Goals
1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________

Time to complete: 1 hour 15 minutes

Suggested resources: None

Assignment
Overview: This module will allow you to practice a complete respiratory exam. In this module, you will be evaluating the following:
✓ Lungs
✓ Chest wall
✓ Pulmonary diagnostics

Instructions:
[40] minutes
1. Set personal goals for the topics, procedures, or skills related to the respiratory exam that you would like to improve.
Module 4: Respiratory

2. Perform initial patient encounter tasks.
   - Provide patient privacy by closing the curtain
   - Greet your patient
   - Wash your hands

3. Practice reviewing the chart including flowsheets, medications, allergies, labs, orders, history, and I/O’s.

4. Perform a physical examination of Tina Jones in a logical, organized, respectful, and thorough manner, giving attention to the Tina Jones’ general appearance, vital signs, and pertinent body regions.
   - Identify common assessment findings, risk factors, and primary prevention strategies of the respiratory system
   - Identify normal physical assessment findings for the respiratory system
     - Lung exam
       - Inspect anterior and posterior chest wall
       - Palpate anterior and posterior chest wall
       - Percuss anterior and posterior chest wall
       - Auscultate anterior and posterior chest wall
   - Identify abnormal physical assessment findings for the respiratory system
   - Interpret pertinent diagnostic data
     - Pulse oximetry
     - Spirometry

5. Assure patient safety.
   - Place non-skid footwear
   - Place sequential compression devices
   - Place bedside table and call light within reach
   - Put upper bedrails in the upright position

6. Complete the Shift Assessment to document findings.
   - Document any additional information or observations in the Nursing Progress Notes

[20] minutes
1. Collaborate with other members of the healthcare team and practice the nursing process in the Hallway.
2. Reflect upon health promotion, disease prevention and holistic nursing care across the lifespan.

[15] minutes
1. Complete a self-assessment of your personal goals and documentation.
2. Review and submit your results to your instructor.

TIP: All conversations should now be focused on clinical assessment.
Cardiovascular
Module 5

Before You Begin
☐ Open Google Chrome. Close all other programs, tabs, and windows.
☐ Login to the Digital Clinical Experience™ (DCE) at ShadowHealth.com.

Goals
✓ Conduct an organized examination of Tina Jones
  ‣ Perform tests and procedures in order, from head to toe
  ‣ Observe, perform, and record appropriate patient assessment data
  ‣ Appraise information obtained from examination to determine relevancy according
to your patient’s needs
  ‣ Differentiate between variations of normal and abnormal assessment findings
  ‣ Discuss appropriate nursing diagnoses that reflect Tina Jones’ health needs and
priorities
✓ Practice effective communication
  ‣ Express consideration for Tina Jones’ feelings, limitations, and cultural and social
background
  ‣ Use appropriate open- and closed-ended questions
  ‣ Use professional and accessible language that avoids jargon
  ‣ Communicate effectively with members of the healthcare team
  ‣ Demonstrate teamwork and respect toward members of the healthcare team
✓ Demonstrate professional and respectful behavior towards Tina Jones
  ‣ Explain to Tina Jones why you may need to touch sensitive areas
  ‣ Explain to Tina Jones the purpose of each test
✓ Demonstrate awareness and proper technique addressing patient comfort, patient
privacy, patient safety, and hygienic practices

Personal Goals
1. __________________________________________
2. __________________________________________
3. __________________________________________

Time to complete: 1 hour 15 minutes

Suggested resources: None

Assignment
Overview: This module will allow you to practice a cardiovascular exam. In this module, you
will be evaluating the following:
✓ Cardiac sounds
✓ Peripheral vasculature
✓ Carotid and temporal arteries

Instructions:
[40] minutes
1. Set personal goals for the topics, procedures, or skills related to the cardiovascular
exam that you would like to improve.
Module 5: Cardiovascular

2. Perform initial patient encounter tasks.
   - Provide patient privacy by closing the curtain
   - Greet your patient
   - Wash your hands

3. Practice reviewing the chart including flowsheets, medications, allergies, labs, orders, history, and I/O’s.

4. Perform a physical examination of Tina Jones in a logical, organized, respectful, and thorough manner, giving attention to Tina Jones’ general appearance, vital signs, and pertinent body regions.
   - Identify common assessment findings, risk factors and primary prevention strategies of cardiovascular system
   - Identify normal physical assessment findings for the cardiovascular system
     - **Cardiac exam**
       - Auscultate heart sounds
       - Palpate for point of maximal impulse (PMI)
     - **Peripheral vascular exam**
       - Inspect extremities
       - Palpate peripheral pulses
       - Assess capillary refill
   - Identify abnormal physical assessment findings for the cardiovascular system

5. Assure patient safety.
   - Place non-skid footwear
   - Place sequential compression devices
   - Place bedside table and call light within reach
   - Put upper bedrails in the upright position

6. Complete the Shift Assessment to document findings.
   - Document any additional information or observations in the Nursing Progress Notes

**[20] minutes**
1. Collaborate with other members of the healthcare team and practice the nursing process in the Hallway.
2. Reflect upon health promotion, disease prevention, and holistic nursing care across the lifespan.

**[15] minutes**
1. Complete a self-assessment of your personal goals and documentation.
2. Review and submit your results to your instructor.

**TIP:** All conversations should now be focused on clinical assessment.
Goals

✓ Conduct an organized examination of Tina Jones
  ‣ Perform tests and procedures in order, from head to toe
  ‣ Observe, perform, and record appropriate patient assessment data
  ‣ Appraise information obtained from examination to determine relevancy according to your patient’s needs
  ‣ Differentiate between variations of normal and abnormal assessment findings
  ‣ Discuss appropriate nursing diagnoses that reflect Tina Jones’ health needs and priorities

✓ Practice effective communication
  ‣ Express consideration for Tina Jones’ feelings, limitations, and cultural and social background
  ‣ Use appropriate open- and closed-ended questions
  ‣ Use professional and accessible language that avoids jargon
  ‣ Communicate effectively with members of the healthcare team
  ‣ Demonstrate teamwork and respect toward members of the healthcare team

✓ Demonstrate professional and respectful behavior towards Tina Jones
  ‣ Explain to Tina Jones why you may need to touch sensitive areas
  ‣ Explain to Tina Jones the purpose of each test

✓ Demonstrate awareness and proper technique addressing patient comfort, patient privacy, patient safety, and hygienic practices

Personal Goals

1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________

Time to complete: 1 hour 15 minutes

Suggested resources: None

Assignment

Overview: This module will allow you to practice a gastrointestinal exam of Tina Jones. In this module, you will be evaluating the following:

✓ Abdomen
✓ Lower back

Instructions:

[40] minutes

1. Set personal goals for the topics, procedures, or skills related to the Gastrointestinal exam that you would like to improve.
2. Perform initial patient encounter tasks.
   - Provide patient privacy by closing the curtain
   - Greet your patient
   - Wash your hands

3. Practice reviewing the chart including flowsheets, medications, allergies, labs, orders, history, and I/O’s.

4. Perform a physical examination of Tina Jones in a logical, organized, respectful, and thorough manner, giving attention to Tina Jones’ general appearance, vital signs, and pertinent body regions.
   - Identify common assessment findings, risk factors and primary preventions strategies of the GI system
   - Identify normal physical assessment findings for the GI system
   - Abdominal exam
     - Inspect contour of abdomen
     - Auscultate four quadrants of the abdomen
     - Palpate four quadrants of the abdomen
     - Percuss liver, spleen and four quadrants of the abdomen
   - Lower back exam
     - Percuss over the costovertebral angle (CVA) bilaterally
   - Identify abnormal physical assessment findings for the GI system

5. Assure patient safety.
   - Place non-skid footwear
   - Place sequential compression devices
   - Place bedside table and call light within reach
   - Put upper bedrails in the upright position

6. Complete the Shift Assessment to document findings.
   - Document any additional information or observations in the Nursing Progress Notes

[20] minutes
1. Collaborate with other members of the healthcare team and practice the nursing process in the Hallway.
2. Reflect upon health promotion, disease prevention, and holistic nursing care across the lifespan.

[15] minutes
1. Complete a self-assessment of your personal goals and documentation.
2. Review and submit your results to your instructor.

TIP: All conversations should now be focused on clinical assessment.
Musculoskeletal
Module 7

Before You Begin

☐ Open Google Chrome. Close all other programs, tabs, and windows.
☐ Login to the Digital Clinical Experience™ (DCE) at ShadowHealth.com.

Goals

✓ Conduct an organized examination of Tina Jones
  ‣ Perform tests and procedures in order, from head to toe
  ‣ Observe, perform, and record appropriate patient assessment data
  ‣ Appraise information obtained from examination to determine relevancy according to your patient’s needs
  ‣ Differentiate between variations of normal and abnormal assessment findings
  ‣ Discuss appropriate nursing diagnoses that reflect Tina Jones’ health needs and priorities

✓ Practice effective communication
  ‣ Express consideration for Tina Jones’ feelings, limitations, and cultural and social background
  ‣ Use appropriate open- and closed-ended questions
  ‣ Use professional and accessible language that avoids jargon
  ‣ Communicate effectively with members of the healthcare team
  ‣ Demonstrate teamwork and respect toward members of the healthcare team

✓ Demonstrate professional and respectful behavior towards Tina Jones
  ‣ Explain to Tina Jones why you may need to touch sensitive areas
  ‣ Explain to Tina Jones the purpose of each test

✓ Demonstrate awareness and proper technique addressing patient comfort, patient privacy, patient safety, and hygienic practices

Personal Goals

1. ____________________________________________

2. ____________________________________________

3. ____________________________________________

Time to complete: 1 hour 15 minutes

Suggested resources: None

Assignment

Overview: This module will allow you to practice a musculoskeletal exam of Tina Jones. In this module, you will be evaluating the following:

✓ Strength
✓ Range Of Motion (ROM)

Instructions:

[40] minutes

1. Set personal goals for the topics, procedures, or skills related to the musculoskeletal exam that you would like to improve.
Module 7: Musculoskeletal

2. Perform initial patient encounter tasks.
   - Provide patient privacy by closing the curtain
   - Greet your patient
   - Wash your hands

3. Practice reviewing the chart including flowsheets, medications, allergies, labs, orders, history, and I/O’s.

4. Perform a physical examination of Tina Jones in a logical, organized, respectful, and thorough manner, giving attention to Tina Jones’ general appearance, vital signs, and pertinent body regions.
   - Identify common assessment findings, risk factors and primary prevention strategies of the musculoskeletal system
   - Identify normal physical assessment findings for the musculoskeletal system
     - **Musculoskeletal exam**
       - Inspect for range of motion
       - Palpate for muscle strength
     - **Lower back exam**
       - Percuss over the costovertebral angle (CVA) bilaterally
   - Identify abnormal physical assessment findings for the musculoskeletal system

5. Assure patient safety.
   - Place non-skid footwear
   - Place sequential compression devices
   - Place bedside table and call light within reach
   - Put upper bedrails in the upright position

6. Complete the Shift Assessment to document findings.
   - Document any additional information or observations in the Nursing Progress Notes

[20] minutes
1. Collaborate with other members of the healthcare team and practice the nursing process in the Hallway.
2. Reflect upon health promotion, disease prevention, and holistic nursing care across the lifespan.

[15] minutes
1. Complete a self-assessment of your personal goals and documentation.
2. Review and submit your results to your instructor.

**TIP:** All conversations should now be focused on clinical assessment.
Neurological Module 8

Before You Begin
☐ Open Google Chrome. Close all other programs, tabs, and windows.
☐ Login to the Digital Clinical Experience™ (DCE) at ShadowHealth.com.

Goals
✓ Conduct an organized examination of Tina Jones
  ‣ Perform tests and procedures in order, from head to toe
  ‣ Observe, perform, and record appropriate patient assessment data
  ‣ Appraise information obtained from examination to determine relevancy according to your patient’s needs
  ‣ Differentiate between variations of normal and abnormal assessment findings
  ‣ Discuss appropriate nursing diagnoses that reflect Tina Jones’ health needs and priorities

✓ Practice effective communication
  ‣ Express consideration for Tina Jones’ feelings, limitations, and cultural and social background
  ‣ Use appropriate open- and closed-ended questions
  ‣ Use professional and accessible language that avoids jargon
  ‣ Communicate effectively with members of the healthcare team
  ‣ Demonstrate teamwork and respect toward members of the healthcare team

✓ Demonstrate professional and respectful behavior towards Tina Jones
  ‣ Explain to Tina Jones why you may need to touch sensitive areas
  ‣ Explain to Tina Jones the purpose of each test

✓ Demonstrate awareness and proper technique addressing patient comfort, patient privacy, patient safety, and hygienic practices

Personal Goals
1. ____________________________
2. ____________________________
3. ____________________________

Time to complete: 1 hour 15 minutes
Suggested resources: None

Assignment
Overview: This module will allow you to practice a neurological exam of Tina Jones. In this module, you will be evaluating the following:
✓ Cranial nerves II-XII
✓ Motor function
✓ Sensory function
✓ Deep tendon reflexes
✓ Mental status

Instructions:
[40] minutes
1. Set personal goals for the topics, procedures, or skills related to the neurological exam that you would like to improve.
Module 8: Neurological

2. Perform initial patient encounter tasks.
   - Provide patient privacy by closing the curtain
   - Greet your patient
   - Wash your hands

3. Practice reviewing the chart including flowsheets, medications, allergies, labs, orders, history, and I/O’s.

4. Perform a physical examination of Tina Jones in a logical, organized, respectful, and thorough manner, giving attention to Tina Jones’ general appearance, vital signs, and pertinent body regions.
   - Identify common assessment findings, risk factors and primary prevention strategies of the neurological system
   - Identify normal physical assessment findings for the neurological system
     - Neurological exam
       - Cranial nerve exam
       - Motor exam
       - Sensory exam
       - Deep Tendon Reflexes (DTR)
     - Mental status tests
   - Identify abnormal physical assessment findings for the neurological system

5. Assure patient safety.
   - Place non-skid footwear
   - Place sequential compression devices
   - Place bedside table and call light within reach
   - Put upper bedrails in the upright position

6. Complete the Shift Assessment to document findings.
   - Document any additional information or observations in the Nursing Progress Notes

[20] minutes
1. Collaborate with other members of the healthcare team and practice the nursing process in the Hallway.
2. Reflect upon health promotion, disease prevention, and holistic nursing care across the lifespan.

[15] minutes
1. Complete a self-assessment of your personal goals and documentation.
2. Review and submit your results to your instructor.
Hair, Skin & Nails
Module 9

Before You Begin
☐ Open Google Chrome. Close all other programs, tabs, and windows.
☐ Login to the Digital Clinical Experience™ (DCE) at ShadowHealth.com.

Goals
✓ Conduct an organized examination of Tina Jones
  › Perform tests and procedures in order, from head to toe
  › Observe, perform, and record appropriate patient documentation
  › Appraise information obtained from examination to determine relevancy according to your patient’s needs
  › Differentiate between variations of normal and abnormal assessment findings
  › Discuss appropriate nursing diagnoses that reflect Tina Jones’ health needs and priorities
✓ Practice effective communication
  › Express consideration for Tina Jones’ feelings, limitations, and cultural and social background
  › Use appropriate open- and closed-ended questions
  › Use professional and accessible language that avoids jargon
  › Communicate effectively with members of the healthcare team
  › Demonstrate teamwork and respect toward members of the healthcare team
✓ Demonstrate professional and respectful behavior towards Tina Jones
  › Explain to Tina Jones why you may need to touch sensitive areas
  › Explain to Tina Jones the purpose of each test
✓ Demonstrate awareness and proper technique addressing patient comfort, patient privacy, patient safety, and hygienic practices

Personal Goals
1. 
2. 
3. 

Time to complete: 1 hour 15 minutes
Suggested resources: None

Assignment
Overview: This module will allow you to practice a skin, hair, and nails exam of Tina Jones. In this module, you will be evaluating the following:
✓ Hair
✓ Skin
✓ Nails

Instructions:
[40] minutes
1. Set personal goals for the topics, procedures, or skills related to the skin, hair and nails exam that you would like to improve.
Module 9: Hair, Skin, & Nails

2. Perform initial patient encounter tasks.
   - Provide patient privacy by closing the curtain
   - Greet your patient
   - Wash your hands

3. Practice reviewing the chart including flowsheets, medications, allergies, labs, orders, history, and I/O’s.

4. Perform a physical examination of Tina Jones in a logical, organized, respectful, and thorough manner, giving attention to Tina Jones’ general appearance, vital signs, and pertinent body regions.
   - Identify common assessment findings, risk factors and primary prevention strategies of the integumentary system
   - Identify normal physical assessment findings for the integumentary system
     - **Skin**
       - Inspect skin
       - Assess skin turgor
     - **Hair**
     - Inspect hair
     - **Lower back exam**
       - Inspect nails
       - Assess capillary refill
   - Identify abnormal physical assessment findings for the integumentary system

5. Assure patient safety.
   - Place non-skid footwear
   - Place sequential compression devices
   - Place bedside table and call light within reach
   - Put upper bedrails in the upright position

6. Complete the Shift Assessment to document findings.
   - Document any additional information or observations in the Nursing Progress Notes

[20] minutes
1. Collaborate with other members of the healthcare team and practice the nursing process in the Hallway.
2. Reflect upon health promotion, disease prevention, and holistic nursing care across the lifespan.

[15] minutes
1. Complete a self-assessment of your personal goals and documentation.
2. Review and submit your results to your instructor.
Before You Begin

☐ Open Google Chrome. Close all other programs, tabs, and windows.
☐ Login to the Digital Clinical Experience™ (DCE) at ShadowHealth.com.

Goals

✓ Review the Discharge Orders tab
  ○ Appraise information obtained from examination to determine relevancy according to your patient’s needs

✓ Develop and communicate an individualized discharge plan for Tina Jones prior to her leaving the hospital
  ○ Compose appropriate nursing diagnoses that reflect Tina Jones’ health needs and priorities
  ○ Use professional and accessible language that avoids jargon
  ○ Demonstrate knowledge of safe, appropriate administration of pharmacological agents

Time to complete: 1 hour, 15 minutes

Suggested resources: None

Assignment

Overview: This module will allow you to interpret and communicate Tina Jones’ discharge plan to her. In this module you will be completing the following steps:

✓ Review of doctor’s discharge orders
✓ Develop and convey patient education information to Tina Jones prior to her discharge

Instructions:

[20] minutes
1. Read the instructions provided by Preceptor Diana.
2. Review the provider’s Discharge Orders.

[40] minutes
3. Click on the “Write Patient Education” button to continue.
4. Provide guidance for diet, activity, diagnosis, medications, wound care, and follow-up. Write your recommendations as if speaking with Tina Jones. Justify the need for the education provided.

- **Diet** - Record the information you would teach Tina Jones regarding proper diet. Use the suggested caloric intake to encourage reading food labels. Emphasize that lifestyle changes can improve disease outcomes.
- **Activity** - Provide Tina Jones with the survival skills needed to manage and take responsibility for her own health. Include recommendations for disease prevention and management.
- **Diagnosis** - Educate Tina Jones on her condition, management, and potential environmental and lifestyle changes.
- **Medications** - Please note, all written instructions and prescriptions should be in layman’s terms.
- **Wound care** - Educate Tina Jones on the proper technique and procedure to be used to clean and maintain her wound.
- **Follow-up** - Communicate primary care physician follow up appointment information.
- **When to return to ER or call MD** - Provide Tina Jones with information to identify occasions when she should call the ER or her primary care doctor.

5. Click the “Turn It In” button to provide Tina Jones with discharge instructions on prescribed treatments, medications (including food and/or drug interactions), the nutrition plan, activity level, and scheduled follow-up appointments.
<table>
<thead>
<tr>
<th></th>
<th>Age</th>
<th>Medical Conditions</th>
<th>Living</th>
<th>Cause of death</th>
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<tr>
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<td>Cholesterol, blood pressure &amp; diabetes</td>
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<tr>
<td>Biological Father</td>
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In addition to this workbook, other resources are available to support your interaction with the Shadow Health™ LMS and DCE.

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