

**HLT07 Health
Training Package**

HLTEN512B
**Implement and monitor
nursing care for clients with
acute health problems**

Learner resource

Version 2

**Training and Education Support
Industry Skills Unit
Meadowbank**



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Table of contents

Introduction	7
1. General introduction.....	7
2. Using this learner guide	8
3. Prior knowledge and experience	10
4. Unit of competency overview	10
5. Assessment	12
Section 1 Preoperative preparation	15
Section 2 Postoperative care.....	27
Section 3 Possible postoperative complications	37
Section 4 Shock.....	47
Section 5 Assess hydration status in acute clients	53
Section 6 Oxygen therapy	57
Section 7 Critical thinking introduction	63
Section 8 Cellulitis.....	65
Section 9 Respiratory status of high dependency clients.....	69
Section 10 Tropical/infectious diseases introduction	73
Section 11 Management of client receiving blood transfusion	77
Section 12 Plastic/reconstructive surgery	81
Section 13 Tropical/infectious diseases	87
Reference list	91
Resource Evaluation Form	95

Section 1 Preoperative preparation

There are many psychosocial variables that impact on a client who develops an acute health problem. Apart from the physiological impact of pain or dysfunction on one or more body systems that an acute health problem may initiate, the client and their family may also experience emotional distress. It is vital for the nurse to understand the meaning of the illness for the client. To assist the client and their significant others to deal with the issue a clear understanding of what the client sees as their most outstanding need is important. The nurse can use a problem-solving approach, asking the client what is the problem that is causing them most concern, looking at the causes of the problem, what alternatives are available to resolve the problem, what the best approach may be, and what resources could assist in solving the problem.

This assessment can be undertaken during the admission procedure while assessing the health status of the client.

Preoperative nursing is the care given to clients before surgery. It can commence in the surgeon's consulting rooms, occur in a pre-operative clinic or day surgery or take place in a hospital ward or surgical unit. An important part of preparation is the communication, explanation and education of the client and their significant others, to ensure a successful surgical experience with minimal post-surgical complications/problems. The client may see various people during this pre-operation time e.g. surgeons, surgical nurses, anaesthetists, client educators.

An important part of modern surgery is day surgery, also known as ambulatory surgery. Advance surgical techniques and better client preparation have allowed for clients to be admitted, operated on and discharged in the same day. All types of anaesthesia can be used.

Surgery is used to treat diseases, injuries and deformities by operation. As part of the client's preparation you may need to discuss various terms used to describe surgery.

Activity 1



Write a response

Using a relevant text, define terms to describe surgery and the reasons for undergoing surgery.

Types

Methods of performing surgical procedures:

Purpose of surgery

SAMPLE

Anaesthesia methods

There are several ways that anaesthesia can be given.

- **Local anaesthesia** involves injection of a local anaesthetic (numbing agent) directly into the surgical area to block pain sensations. It is used for procedures on a limited part of the body. You may remain awake, though you will likely receive medicine to help you relax or sleep during the surgery.
- **Regional anaesthesia** involves injection of a local anaesthetic (numbing agent) around major nerves or the spinal cord to block pain from a larger but still limited part of the body. You will likely receive medicine to help you relax or sleep during surgery. Major types of regional anaesthesia include:
 - **Peripheral nerve blocks.** A local anaesthetic is injected near a specific nerve or group of nerves to block pain from the area of the body supplied by the nerve. Nerve blocks are most commonly used for procedures on the hands, arms, feet, legs, or face.
 - **Epidural and spinal anaesthesia.** A local anaesthetic is injected near the spinal cord and nerves that connect to the spinal cord to block pain from an entire region of the body, such as the abdomen, hips or legs.
- **General anaesthesia** is given into a vein (intravenously) or is inhaled. It affects the brain as well as the entire body. You are completely unaware and do not feel pain during the surgery. Also, general anaesthesia often causes forgetfulness (amnesia) right after surgery (postoperative period).

SAMPLE

Activity 2



Write a response

Describe the following forms of anaesthesia.

Conscious sedation

Regional anaesthesia:

Nerve block

SAMPLE

Activity 3



Write a response

Using a relevant text, discuss pre-operative care for a client, using the following headings:

Psychosocial preparation

Nursing interventions

Client teaching (education)

SAMPLE

Activity 4

Using a relevant text, differentiate between elective and emergency surgery, based on the required preparation to be completed preoperatively.

Emergency surgery

Elective surgery

SAMPLE

Activity 5



Write a response

Working with a fellow learner, complete the Pre-operative Checklist. State the estimated time (when) and the rationale (reason) for the item checked.

Date:

Ward:

Name:

Surgeon:

Operation:

ITEM	TIME	RATIONALE
1. Special skin preparation		
2. Weight		
3. Consent		
4. Client identification wristband		
5. Allergies		