



**NSS 413: PRACTICUM AND CLINICAL ATTACHMENT**

**COURSE MANUAL**

## **COURSE GUIDE**

### **NSS 413: PRACTICUM AND CLINICAL ATTACHMENT**

#### **Course Team**

**Course Developer/Writer:** Prof. Femi Peters

School of Science and Technology,  
National Open University of Nigeria,  
Lagos.

&

Simeon Kayode Olubiyi,  
School of Science and Technology,  
National Open University of Nigeria,  
Lagos.

**Programme Leader:** Prof. Femi Peters

School of Science and Technology,  
National Open University of Nigeria,  
Lagos.

**Course Coordinator:** Simeon Kayode Olubiyi,

School of Science and Technology,  
National Open University of Nigeria,  
Lagos

<b>Table of Content</b>	<b>Page</b>
1.0 Introduction	
2.0 Course Description	
3.0 Course aim	
4.0 Eligibility and course delivery	
5.0 Course Content	
6.0 Video Demonstration	
7.0 Template of Video Demonstration	
8.0 Ward Practice and Assessment	
9.0 Students' Log Book	
10.0 Roles of the Preceptor(s)	
11.0 Qualifications of Preceptors	
12.0 Assessment of Theory and Clinical Practice	
13.0 Student's Log Book	
14.0 Clinical Assessment Form for NSS 413: Clinical Practicum/Attachment	
15.0 Score Sheet for NSS 413: Clinical Practicum/Attachment	

## **1.0 INTRODUCTION**

Practicum and Clinical Attachment is a clinical practice for Nurses at the National Open University of Nigeria (NOUN).

Nursing as a practice-related profession involves both theory and clinical practice. It involves the cognitive, affective and psychomotor domains. The Clinical practice/attachment is an important component required before graduation by any student undergoing degree programme in Nursing.

This course guide provides hints on clinical practical for students at the 400 Level meant to further equip the students and to provide effective and qualitative nursing care for patients at the three levels of care.

NSS 413: Practicum and Clinical Attachment has been designed to provide opportunity for the nursing personnel running programmes to determine the level of clinical attachment by students in the programme some of whom might have left the clinical due to other professional assignments (administrative and ad-hoc duties).

Prior to taking this course, the BNSc programme has exposed students to basic scientific skills at the lower levels of study such as NSS 201: Foundations of Nursing, NSS 211: Human Anatomy , NSS 213: Human Physiology I and NSS 214: Human Physiology II, at the 200 Level, NSS 311: Nature of Nursing, NSS 314: Applied Sciences, NSS 316: Concise Behavioural Science, NSS 321: Medical and Surgical Nursing I, and NSS 322: Medical and Surgical Nursing II at the 300 Level and NSS 403: Medical and Surgical Nursing III, NSS 404: Medical and Surgical Nursing IV at the 400 Level. Thus, NSS 413 is the peak of the basic skills expected of a Nurse graduate in professional nursing care.

## **2.0 COURSE DESCRIPTION**

NSS 413 is meant to introduce students to the clinical and practical sessions expected of them as professional nurses. Having been introduced to some medical and surgical conditions which require optimal nursing care in some of their theoretical courses, the knowledge students will gain in this course will enable them to carefully and professionally implement relevant nursing care interventions based on the needs of the individuals and families.

## **3.0 COURSE AIM**

The aim of this course is to prepare you to be a polyvalent nurse provider at every level of health care.

The **objectives** of this course is to:

- Acquaint you with practical work in nursing practice
- Provide you the needed skills for effective practice
- Understand the basic requirements for efficient management of clients/patients.
- Provide opportunities for individual care which nursing process clearly represents.
- Enable you to see and utilize the methods for improved nursing care

## **4.0 ELIGIBILITY AND COURSE DELIVERY**

1. Course only applicable to 400 Level Students
2. Students must have taken and passed all the courses at 200 and 300 Levels inclusive of the following among others; NSS 211: Human Anatomy, NSS 213: Human Physiology I and NSS 214: Human Physiology II, NSS 314: Applied Sciences and NSS 322: Medical /Surgical Nursing II.

## **5.0 COURSE CONTENT**

The course is to be delivered in three parts:

1. Video demonstration
2. Ward Practice
3. Assessment
4. Preceptors and their roles

## **5.0 COURSE CONTENT**

### **Basic 1: Skills on Enteralnutrition.**

Areas to be covered include: basic principles of enteral nutrition, prevention of pulmonary aspiration, individualized care and education, Intake and Output Fluids, Enteral feeding and associated procedures, Basic principles of giving intravenous fluids and tube feeding, Removal of feeding tubes and documentation. Application of nursing process.

**Duration: 2 hours**

### **Basic 2: Key Measurements in the Management of Patients Vital Signs.**

Areas to be covered include: Key vital signs measurements namely: body temperature, pulse, respiration, blood pressure and pulse oximetry, Height and Weight, Intake and Output and Application of nursing process.

**Duration: 2 hours**

### **Basic 3: Personal Hygiene and Grooming**

Areas to be covered include: Nail and foot care, preventing pressure sores, Sites of pressure sores, Nursing management to prevent pressure sores, Change of position, Shaving, Friction relieving devices. Application of nursing process.

**Duration: 2 hours**

#### **Basic 4: Basic Principles of Bathing, Bed making, Body Mechanisms and Exercises**

Areas to be covered include: principles of bedmaking, body mechanisms and exercises. Types of Hospital Beds and its implication for nursing practice. Application of nursing process

**Duration: 2 hours**

#### **Advanced 5: Principles of Medication**

Areas to be covered include principles of medication and nursing care during medication. Application of nursing process.

**Duration: 2 hours**

#### **Advanced 6: Medication: IV Fluid/Injections**

What are medicine, drug, medication and process of medication. Types of drug routes and nursing care during each of the types. **Duration: 2 hours**

#### **Intermediate 7: Suctioning, Urinary Catheter Management and Wound Care.**

Description of suctioning and methods. Urinary Catheter management and wound care. Nursing care of patient during Suctioning and catheter application.

**Duration: 2 hours**

#### **Intermediate 8: Pre and Post Operative Nursing Care and Specimen Collection**

This section will cover all pre and post operative nursing care as well as specimen collection. The video display will consider different types of specimen and methods of collection. The expected roles of the nurse, patient and laboratory staff will be briefly mentioned with a view to assist every stakeholder to know the importance of the task.

**Duration: 2 hours**

## **6.0 VIDEO DEMONSTRATION**

The video demonstration will cover Eight (8) Video- CDs of different titles namely:

VCD Basic 1: Skills on Enteral nutrition

VCD Basic 2: Key Measurements in Management of Patients Vital Signs

VCD Basic 3: Personal Hygiene and Grooming

VCD Basic 4: Basic Principles of Bathing, Bedmaking, Body

Mechanisms and Exercises

VCD Advanced 5: Principles of Medication

VCD Advanced 6: Medication: IV Fluid/Injections,

VCD Intermediate 7: Suctioning, Urinary Catheter Management and Wound Care

VCD Intermediate 8: Pre and Post Operative Nursing Care and Specimen Collection.



## 7.0 TEMPLATE OF VIDEO DEMONSTRATION

S/N	Activity	By Whom	Duration
1	Viewing of the 8 VCDs at the Study Centre	<b>ALL STUDENTS</b> are to attend.	2 VCDs are to be viewed per day.
	<b>Basic 1:</b> Skills on Enternutrition	The Centre Directors to coordinate the viewing.	
	<b>Basic 2:</b> Key Measurements in Patients Management of Vital Signs.	A record of student’s participation should be kept by the Study Centre Director.	<i><b>*There will be an evaluation/assessment on the last day (Theory of Clinical Practice)</b></i>
	<b>Basic 3:</b> Personal Hygiene and Grooming	The University appointed <b>PRECEPTOR</b> should be assigned by the Centre Director to guide the students during the viewing.	
<b>Basic 4:</b> Basic Principles of Bathing Bed making, Body Mechanisms and Exercises.			
<b>Advanced 5:</b> Principles of Medication			
	<b>Advanced 2:</b> Medication: IV Fluid/Injections		
	<b>Intermediate 7:</b> Suctioning, Urinary Catheter Management and Wound Care.		
	<b>Intermediate 8:</b> Pre and Post Operative Nursing Care and Specimen Collection		

2	Clinical Practice in the Hospitals I.	All students are to attend with their Log Book.	3 weeks
		The Log Book has to be signed by the Supervising Nurse in the Ward.	
		A Preceptor should be on hand to provide needed guidance and monitoring.	
		The Log Book is to be submitted to the Preceptor after the practice for countersigning.	
3	Clinical Practice in the Hospitals II	All students are to attend.	3 weeks
		The Log Book has to be signed by the Supervising Nurse in the Ward.	
		A Preceptor should be on hand to provide needed guidance and monitoring.	

		The Log Book is to be submitted to the Preceptor after the practice for countersigning	
4	Theory of Clinical Practice: A <b>1 hour</b> set of questions based on the viewed VCDs and an essay (of choice) on an experience on the ward highlighting best practice procedure.	ALL STUDENTS to participate.	<b>The answer sheets are to be sent by Courier to the School of Science and Technology, NOUN, Lagos for assessment.</b>

## 8.0 WARD PRACTICE AND ASSESSMENT

The Ward Practice is to take place in all the approved hospitals for the clinical practice of B.N.Sc students across the country. The clinical practice for the students will be coordinated by the Preceptors appointed by the University in collaboration with the Hosting Hospitals.

(Attached are the lists of the hospitals).

**Duration: 6 – 8 weeks**

## 9.0 STUDENT'S LOG BOOK

Each of the students would have a Log book to be obtained from the Study Centre Directors Office. This will be jointly countersigned by the **Preceptors and the Ward Head**. This is expected to reveal the records of students progress on his/her clinical practice during the period in view.

## **10.0 ROLES OF THE PRECEPTOR**

- Participate in identification of learning needs of the Nursing students and interns.
- Set goals with the students in collaboration with the institution and in line with the curriculum.
- Provide patient care in accordance with established evidence- based nursing practice standards
- Fulfill nursing duties according to hospital and training institution's policies and procedures
- Facilitate the student's professional socialization into the new role by building their practice.
- Provide the student with feedback on his / her progress, based on preceptors' observation of clinical performance, achievement of clinical competencies and patient care documentation.
- Participate in educational activities of the institution to promote continuous learning and professional growth of nursing students and interns.
- Promote safe, effective and qualitative patient care
- Know the strengths and weaknesses of the preceptee, find experiences to address the weaknesses and capitalize on the strengths
- Create a non threatening environment to make integration and transition less, stressful for the students and interns.
- Outline the requirements and expectations of both the preceptor and preceptee.

## **11.0 QUALIFICATIONS OF PRECEPTORS**

1. Holder of a First degree in Nursing (BSc/BNSc) certificate.
2. In addition must be a Registered Nurse with at least five years post registration experience in the clinical area
3. Must have a Post Basic Nursing qualification
4. Should have interest in guiding and mentoring young nurses
5. Should be suitable to serve as a role model (A good listener, sensitive to the needs of preceptee, competent and confident, has good communication skills etc)
6. Should be familiar with current theories and practice in nursing
7. Have interest in research and evidenced based care
8. Must have the ability to reduce the degree of stress experienced by the student nurse or newly qualified practitioner by ensuring that responsibilities are not place on them inappropriately.

## **12.0 ASSESSMENT OF THEORIES AND CLINICAL PRACTICE:**

The assessment will comprise of the following:

- A 40 minutes practical schedule for each student at the designated hospital by the University Study Centre
- 1 hour set of questions, based on the viewed VCDs
- A patient care study of choice on an experience in the ward by each student utilizing the nursing process. (**This is to be typed and should not be more than 6 pages**)

---

**N.B ALL STUDENTS** are expected to participate.

---

The answer sheets and the patient care study are to be sent by Courier to the School of Science and Technology, NOUN, Lagos for assessment



**NATIONAL OPEN UNIVERSITY OF NIGERIA  
SCHOOL OF SCIENCE & TECHNOLOGY  
NURSING UNIT**

**LOG BOOK FOR CLINICAL EXPERIENCE  
B.N.Sc STUDENTS**

**COURSE TITLE: NSS 413: CLINICAL PRACTICUM/ATTACHMENT**

NAME OF STUDENT.....

YEAR OF ENTRY.....

MATRICULATION NUMBER.....

SCHEDULED DATE OF PRACTICALS.....



## **INTRODUCTION**

The Bachelor of Nursing Science (B.N.Sc) National Open University of Nigeria degree programme is a 4year baccalaureate education designed for registered/nurse practitioners who desire higher knowledge in nursing. It is a flexible programme that affords the student to do other things and at the same time engage in academic exercises.

The students of this programme are expected to undergo clinical posting experience assigned to them enthusiastically using the nursing process approach as well as current trends and issues in nursing profession.

This log book is intended to keep track of the student's practical experiences. Each section of the log book must be duly signed by the student at the end of each experience and also by the student worked with, and finally by the preceptor/instructor.

<b>Nursing Activities</b>	<b>Date</b>	<b>Student's Signature/Date</b>	<b>Preceptor/Clinical Instructors Sign/Date</b>	<b>Remarks</b>
<b>WARD ORGANIZATION</b>				
Organization/ management of patients environment				
Maintenance of ward unit				
Use, storage and care of ward equipment				
Privacy				
Isolation				
Giving and taking reports				
Supervision of ancillary staff				
<b>BASIC PATIENT CARE USING THE NURSING PROCESS APPROACH</b>				
Admission of patients				
Emergency				
Booked				
Transferred				
<b>ASSESSMENT</b>				
History taken				
Physical Examination				
Inspection				
Auscultation				
Percussion				
Palpation				
Weight				

Height				
<b>VITAL SIGNS</b>				
Temperature				
Pulse				
Respiration				
Blood pressure				
Apex beat				
<b>ROUTINE INVESTIGATION</b>				
Collection, observation, testing and disposal of urine.				
Collection, observation and disposal of faeces				
Collection, observation and disposal of vomit				
Collection, observation and disposal of sputum				
Other body fluids				
<b>ROUTINE DAILY CARE IN HOSPITAL</b>				
Meeting total needs [a] Ambulant patient [b] Patient in bed [c] Child in hospital				
<b>PROCEDURES</b>				
Administration of medicines				
Parenteral				
Oral				
Rectal				
Inunctions				
Aseptic technique				

Wound dressing				
<b>Nursing Activities</b>	<b>Date</b>	<b>Student's Signature/Date</b>	<b>Preceptor Sign/Date</b>	<b>Remarks</b>
<b>MANAGEMENT OF PATIENTS WITH SPECIFIC PROBLEMS</b>				
Local inflammation				
Infested patients				
Incontinence				
Paralysis				
Unconsciousness				
Restless patients				
Violent patients				
Chronic illness				
Fever				
Pains				
Skin disorder				
Shock				
Dying patients				
Last offices				

<b>Nursing Activities</b>	<b>Date</b>	<b>Student's Signature/Date</b>	<b>Preceptor/Clinical Instructors Sign/Date</b>	<b>Remarks</b>
<b>CARE OF PATIENTS WITH DISORDERS OF THE CARDIO- VASCULAR SYSTEM</b>				
Assessment				

Nursing diagnosis				
Planning				
Intervention				
Evaluation				
<b>CARE OF PATIENTS WITH COMMUNICABLE DISEASES</b>				
Assessment				
Nursing diagnosis				
Planning				
Intervention				
Evaluation				
<b>CARE OF PATIENTS WITH DISORDERS OF METABOLISM</b>				
Assessment				
Nursing diagnosis				
Planning				
Intervention				
Evaluation				
<b>CARE OF PATIENTS WITH DISORDERS OF THE NERVOUS SYSTEM</b>				
Assessment				
Nursing diagnosis				
Planning				
Intervention				
Evaluation				
<b>CARE OF PATIENTS WITH DISORDER OF THE REPRODUCTIVE SYSTEM</b>				
Assessment				

Nursing diagnosis				
Planning				
Intervention				
Evaluation				

<b>Nursing Activities</b>	<b>Date</b>	<b>Student's Signature/Date</b>	<b>Preceptor/Clinical Instructors Sign/Date</b>	<b>Remarks</b>
<b>CARE OF PATIENTS WITH DISORDERS OF RESPIRATORY SYSTEM</b>				
Assessment				
Nursing diagnosis				
Planning				
Intervention				
Evaluation				
<b>CARE OF PATIENTS WITH DISORDERS OF THE SPECIAL SENSES (EYE)</b>				
Assessment				
Nursing diagnosis				
Planning				

Intervention				
Evaluation				
<b>CARE OF PATIENTS WITH DISORDERS OF THE SPECIAL SENSE (EAR)</b> Assessment Nursing diagnosis				
Planning				
Intervention				
Evaluation				
<b>CARE OF PATIENTS WITH DISORDERS OF THE SPECIAL SENSE (NOSE)</b>				
Assessment				
Nursing diagnosis				
Planning				
Intervention				
Evaluation				
<b>CARE OF PATIENTS WITH DISORDERS OF THE URINARY SYSTEM</b>				
Assessment				
Nursing diagnosis				
Planning				
Intervention				

<b>Nursing Activities</b>	<b>Date</b>	<b>Student's Signature/Date</b>	<b>Preceptor/Clinical Instructors Sign/Date</b>	<b>Remarks</b>
<b>EXPERIENCE IN SPECIAL WARDS OR DEPARTMENTS CASUALITY/ O.P.D</b>				
Assessment				
Nursing diagnosis				
Planning				
Intervention				
Evaluation				
<b>PERIOPERATIVE CARE</b> Preoperative care				
Intraoperative care				
Post operative care				
<b>OBSTETRIC DEPARTMENT</b> Care of patient Ante natal				
Labour				
Puerperium				
Care of the new born				
Abortions – Threatened inevitable				
Missed				
Manual Vacuum Aspirations				
Obstetrics Emergencies				
<b>COMMUNITY</b>				



<b>EXPERIENCE</b>				
Health Education				
Immunization				
Health Promotion				
Activities				
Growth Monitoring				
Nutrition Education Assessment and Management of well and Sick babies				
School Health				
Family planning				
Community Mobilization				
Referral				
Home Visiting				
Follow Up Care				
Others (Specify)				

**Preceptor's comment:**

**Preceptor's name:**

**Signature & Date:**



**NATIONAL OPEN UNIVERSITY OF NIGERIA**

**14/16 Ahmadu Bello Way, V/I, Lagos**

**School of Science & Technology**

**CLINICAL ASSESSMENT FORM FOR NSS 413: CLINICAL PRACTICUM**

**YEAR OF EXAM ..... MATRICULATION NUMBER... ..**

**NURSING PROCEDURES**

**PATIENT'S DIAGNOSIS**

**1.**

**1.**

**2.**

**2.**

S/No	AREAS	MARKS OBTAINABLE 70%	MARKS OBTAINED	REMARKS
<b>1.</b>	<b>COMPORTMENT &amp; APPEARANCE</b> <ul style="list-style-type: none"> <li>• Appears neat</li> <li>• Adequately composed and confident</li> <li>• Cheerful</li> <li>• Smart with sense of purpose</li> </ul>	<b>5</b>  2 1 1 1		
<b>2</b>	<b>APPROACH TO PATIENTS</b> <ul style="list-style-type: none"> <li>• Greets patients by name</li> <li>• Establishes rapport with patients</li> <li>• Informs patient about procedure</li> </ul>	<b>4</b>  1 1 1 1		

	<ul style="list-style-type: none"> <li>Assesses readiness of patient for procedure</li> </ul>			
<b>3</b>	<b>PREPARATION</b> <ul style="list-style-type: none"> <li>Assembles/improvises necessary equipment</li> <li>Adapts environment for patient's welfare and safety</li> <li>Respects and provides safety</li> <li>Provides for comfort and safety of patient</li> </ul>	<b>8</b> 5 1 1 1		
<b>4</b>	<b>PROCEDURE</b> <ul style="list-style-type: none"> <li>Explains procedure to patients</li> <li>Checks patients relevant charts, Labels etc as necessary</li> <li>Uses appropriate requirements for procedure</li> <li>Performs procedure in correct/logical order</li> <li>Involves patient in care</li> <li>Adapts procedure to suit patient's condition/situation</li> <li>Handles patients gently and skillfully</li> <li>Exposes patients</li> </ul>	<b>22</b> 2 1 3 5 1 1 2 2		

	minimally during procedure <ul style="list-style-type: none"> <li>• Maintains patient's comfort during procedure</li> <li>• Skillfully overcomes difficulties(if any)</li> <li>• Records procedures and relevant observations</li> </ul>	2  1  2		
<b>5</b>	<b>SPEED AND ACCURACY</b> Procedure completed within reasonable time limit Performs procedure with confidence Take prompt and appropriate action in emergency	<b>6</b>  3  2  1		
<b>6</b>	<b>FINISHING</b> Ensures patient's comfort after procedure Patient's environment left neat and tidy Discards used equipment safely and properly Reports relevant information/findings	<b>5</b>  1  1  2  1		
<b>7</b>	<b>UNDERSTANDING OR PURPOSE</b> Explain rationale for procedure Convinces patient and family	6  2		

	on procedure Demonstrates understanding of underlying principle for procedure Reports/Seeks counsels as necessary	1  2  1		
8	<b>AWARENESS(ALERTNES S) OF TOTAL SITUATION</b> <b>A). ON THE WARD</b> Aware of equipment/general ward layout Recognizes patients on ward by names  <b>B). AROUND THE PATIENT</b> Notices changes in patient's condition Demonstrates awareness of changes in patients regimen Recognizes change in patient's expression	2   1  1  3  1  1  1		
9	<b>APPROACH TO PEOPLE</b> Polite to colleagues Accepts suggestion and criticisms Cooperates with co-workers Sensitive to needs of others	4 1  1 1 1		
10	<b>TEACHING ABILITY</b>	5		

	Recognizes need for teaching patient/Juniors	1		
	Adapts teaching to patient's understanding	1		
	Instructs patients clearly as necessary	1		
	Involves patient's family in health teaching	1		
	Checks on understanding of instruction	1		

**TOTAL**

**Preceptor's Comment**.....

.....

**Preceptor's Signature and Date**.....

