



Faculty of Nursing
Internship Program

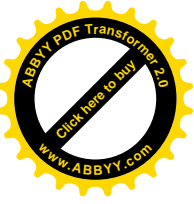


Mansoura University

INTERNSHIP LOG BOOK



٢٠١٦/٢٠١٥



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- * **Adult Nursing Department**
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- * **Community Nursing Department**
- * **Psychiatric Nursing Department**
- * **Administration Nursing Department**

* إرشادات وتوجيهات طالبات الامتياز

* النماذج :-

أ- استمارة تقييم نهائية لطالبة الامتياز

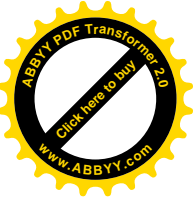
ب- نموذج تأجيل لفترة الامتياز

ت- نموذج التحويل خارج مستشفيات جامعة المنصورة



Introduction

- **This guide has been developed for Internship graduate students at Faculty of Nursing Mansoura University to enable them to follow training year objectives aims and time table for each activity, event and work group.**
- **It is estimated that by having this manual, each student will be able to know her staff and tutorial support. When, where and by whom each activity will be done all over the internship year. Any queries regarding the log book please contact with staff members of internship committee related to each area .**

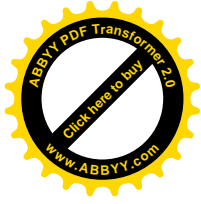


Vision of internship year

Our vision is helping students to learn and to Practice nursing

Mission of internship year

Our mission is to help student intern to gain essential practice experience which will them to face professional requirements for nursing practice in heath care settings .



Overall Aims of internship year

This year aims to :-

- 1- **Develop skills necessary to function competently in different specialities as a professional nurse.**
- 2- **Develop confidence in clinical decision making within the professional nursing role in the different setting.**
- 3- **Deal as a staff member in health team .**



Areas of evaluation

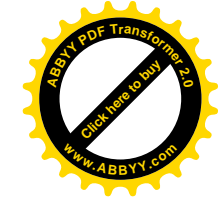
<i>Name of area</i>	<i>Period time</i>	<i>Status</i>
Critical care	Two month	<i>obligatory</i>
Obstetrics and gynecology	Two month	<i>obligatory</i>
Pediatric	Two month	<i>obligatory</i>
Medical Adult	One month	<i>obligatory</i>
Geriatric	One month	<i>obligatory</i>
Community	One month	<i>obligatory</i>
psychiatric	One month	<i>obligatory</i>
Chosen area	Two month	Elective



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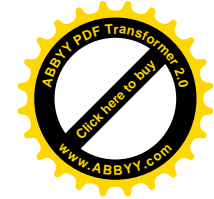
Critical Nursing Department



Critical Care training For Internship Students

Objectives:

١. Demonstrate high technical skills in caring for critically ill patients in ICUs.
٢. Identify the appropriate action for the emergency situation.
٣. Demonstrate confidence in clinical decision making within the professional nursing Role in the critical care setting.
٤. Integrate knowledge from nursing science in the nursing care of critically ill patient.
٥. Prioritize care to critical care patients.
٦. Communicate effectively with patients and their families and other colleagues.
٧. Develop leadership skills



Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff Signature
Respiratory System A. Air way management ١. Head tilt / Chin- lift method. ٢. Jaw thrust method. ٣. Oropharyngeal airway. ٤. Administration of O ₂ therapy. ٥. Inhalation therapy and neublization. ٦. Tracheostomy care. ٧. Tracheal tube cuff care. ٨. Endotracheal Suction. ٩. Tracheostomy suction.						



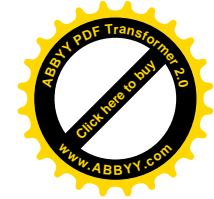
Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff Signature
1. Breathing and coughing exercises. 2. Percussion and vibration. C. Thoracic cavity management 1. Chest tube drainage system D. Respiratory monitoring 1. Oxygen saturation monitoring by Pulse Oximetry. 2. Capnograph.						
Cardiovascular System A. Cardiac monitoring B. Electrocardiograph						



Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff Signature
1. Central venous pressure. 2. Arterial puncture.						
Gastrointestinal System 1. Nasogastric tube insertion. 2. Nasogastric tube lavage						
Nutrition 1. Enteral nutrition via feeding tube. 2. Potential nutrition (TPN)						



Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff Signature
Hematological system ١. Blood and blood components administration						
Care of unconscious patient ١. Physical physiotherapy. ٢. Mouth care. ٣. Eye care.						
End of life care						
Safety ١. Standard precautions measures						



Evaluation Sheet

Date from // to //

Intern Name:

Hospital:

Unit:

No. of absenteeism day:

Procedure	Scores	Interns Scores	Comments
I- Professional behavior & sense of responsibility: a- General appearance & uniform b- Punctuality & respect of work time c- Sense of responsibility & follow up of professional ethics in her work d- Co-operation and good relation with health care team e- Respect of colleagues and supervisors f- Self growth and development of technical skills g- Response to comments	20 2 2 2 2 2 2 2		
II- Duties & responsibilities for unit management			



Procedure	Scores	Interns Scores	Comments
a- Attending medical rounds b- Attending nursing rounds c- Applying unit routine activities d- Following hospital and unit policies & regulations e- Sharing in solve problems in the unit g- Maintaining safe patient environment	2 2 0 2 2 2		
III- Duties & Responsibilities for patient management: a- Respecting individualize patient care b- Evaluating current patient care c- Maintaining reports & record of patient care d- Carrying out patient care activities that assigned to her	1. 2 2 2 2		
Total	0.		

Signature of instructor:

Signature of nurse intern:



Mansoura University



**Maternity and Gynecology Nursing
Department**

Objectives of Maternity and Gynecology Training for Intemship Students

Objectives of Antenatal Unit

- Perform complete assessment for pregnant woman.
- Practice complete Physical examination for pregnant woman.
- Provide Counseling and health education for pregnant woman.

Objectives of High Risk Unit

1. Provide high quality nursing care by applying nursing process for high risk pregnant women.
2. Provide health education for high risk pregnant women.

Objectives of Labour and Delivery Unit

- 1- Assess mother's general & local condition during labor (using partogram).



५- Prepare woman for labour.

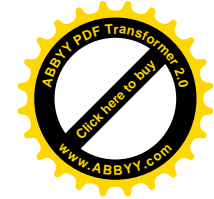
५- Provide nursing Care during stages of labour.

Objectives of Post Partum Unit

- Assess mother's physical and psychological conditions during post partum period.
- Provide nursing care for post partum women.
- Provide immediate baby care.
- Provide health education regarding breast feeding, schedule of immunization. family Planning methods, nutrition and PP exercise.

Objectives of Family planning Unit

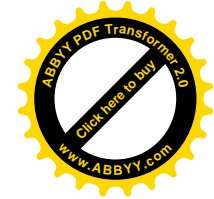
Provide health education and counseling regarding family planning methods



Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff Signature
Antenatal १- Physical Vital signs Breast examination Report abnormalities						
२- Abdominal examination Inspection Palpation Auscultation Investigation						
३- Counseling & health education						
४- Perineal Care						
५- Breast Care						
Labour Use partogram Nursing Care during १st stag Nursing Care during २ed stag Nursing Care during Episiotomy Immediate baby care Perinealcare						



Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff Signature
Post Partu 1- Record & differentiate different types of lochia 2- Check the contractivity of the uterus 3- Assess signs of bleeding 4- Check the condition of the perineum 5- Support immediate breast feeding 6- Support PP IUDS insertion 7- Provide post partum health education 8- Perineal Care 9- Uterine massage 10- Breast care						
Planning 1- Provide contraceptive methods counseling 2- Apply principles of infection control 3- Helping during IUPS insertion						



Evaluation Sheet

Date from // to //

Intern Name:

Hospital:

Unit:

No. of absenteeism day:

Items of evaluation	Scores	Interns Scores	Comments
I- Professional behavior & seponsi of responsibility: a- General appearance & uniform b- Punctuality & respect of work time c- Sense of responsibility & follow up of professional ethics in her work d- Co-operation and good relation with health care team e- Respect of colleagues and supervisors f- Self growth and development of technical skills g- Response to comments	۲۰ ۲ ۲ ۲ ۲ ۴ ۲ ۲		
II- Duties & responsibilities for unit management:	۲۰		



Procedure	Scores	Interns Scores	Comments
a- Attending medical rounds b- Attending nursing rounds c- Applying unit routine activities d- Following hospital and unit policies & regulations e- Sharing in solve problems in the unit g- Maintaining safe patient environment	2 2 0 3 2 2		
III- Duties & Responsibilities for patient management: a- Respecting individualize patient care b- Evaluating current patient care c- Maintaining reports & record of patient care d- Carrying out patient care activities that assigned to her	2 2 0 3 2 3		
Total	0.		

Signature of instructor:

Signature of nurse intern



Mansoura University
Faculty of Nursing



pediatric Nursing Department

General objective of pediatric training For Internship Students

Provide competent care to children during health and illness from birth to adolescence.

Specific objectives

After each of this following clinical rotation the student will be able to :

A- Objectives of Medical unit

- ١- Perform growth and physiological measurements correctly.
- ٢- Perform physical examination for every child correctly and completely.

- ٣- Assess the signs and symptoms of common serious childhood illness with serious medical condition.

B- Objectives of Hematology unit

- provide high quality nursing care using nursing process for child with blood disease



C- Objectives of Surgical pediatric intensive care unite

- ١- Provide pre and post operative care for ill child.**
- ٢- Provide wound care for common surgical conditions.**
- ٣- Follow universal infection control precautions.**

D- Objectives of Pediatric intensive care unit

- ١- Perform care for comatose child .**
- ٢- Prepare crash care.**
- ٣- Take blood samples.**
- ٤- Perform apparatus care which contacted with critical child.**
- ٥- Provide plans for discharge and follow up.**
- ٦- Follow universal infection control precautions.**

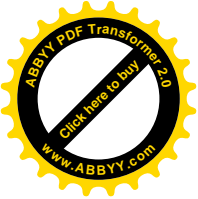
E- High risk neonatal and newborn units

- ١- Resuscitate the asphyxiated neonates**
- ٢- Assess gestational age of neonates**
- ٣- Conduct a systemic physical assessment**
- ٤- Provide care measures specific to high risk neonates conditions**
- ٥- Follow universal infection control precautions**
- ٦- Monitor growth using the growth chart**
- ٧- Provide immediate care of neonates**
- ٨- Provide routine care of neonates**



9- Prepare the neonates and his family for discharge

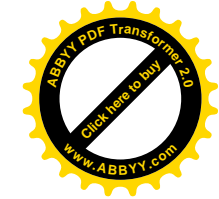
Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff Signature
١- History taken ٢- Physical assessment ٣- Growth M . Weight . Height . Head circumference						
٤- Phy. Measurement . Temp . Pulse . Resp . B.P						
٥- Hygienic care . Complete bath . Partial bath						



. Mouth care . Eye care . Diaper care . Colostomy care						
∩- Assess gestational age						
∪- Provide . Oz Therapy . ORS . Bottle feeding . Gavage feeding . I M injection . I V injection						
Other drugs, adm - Passive exercise - Active exerc						
∧- Infection control . Handwashing . Scrubbing						
∩-Sampling						

Evaluation Sheet

Date from // to //



Intern Name:
 Unit:
 If have disciplinary

Hospital:
 No. of absenteeism day:
 Why

Items of evaluation	Scores	Interns Scores	Comments
I- Professional behavior & sense of responsibility	20		
a- General appearance & uniform	2		
b- Punctuality & respect of work time	2		
c- Sense of responsibility & follow up of professional ethics in her work	2		
d- Co-operation and good relation with health care team	4		
e- Respect of colleagues and supervisors	2		
f- Self growth and development of technical skills	2		
g- Response to comments			
II- Duties & responsibilities for unit management :	20		

Procedure	Scores	Interns Scores	Comments



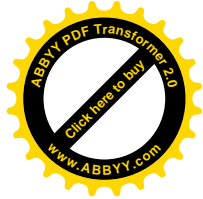
a- Attending medical rounds	۲		
b- Attending nursing rounds	۲		
c- Applying unit routine activities	۵		
d- Following hospital and unit policies & regulations			
e- Sharing in solve problems in the unit			
g- Maintaining safe patient environment	۴		
III- Duties & Responsibilities for patient management:	۱۰		
a- Respecting individualize patient care	۲		
b- Evaluating current patient care	۲		
c- Maintaining reports & record of patient care	۲		
d- Carrying out patient care activities that assigned to her	۴		
Total	۲۰		

Signature of instructor:

Signature of nurse intern:



Mansoura University
Faculty of nursing



Gerontological nursing

General objective Gerontological training for Internship Students

General objectives:-

By the end of internship rotations student will be able to utilize appropriate and effective communication skills and interpersonal techniques to implement and maintain caring , therapeutic relationship with assigned clients .

Specific objectives of Gerontological nursing areas :-

Upon completion of the internship year, the student will be able to:

- **Discriminate between normal and abnormal age – related changes either physiological or psychosocial.**
- **Differentiate between typical and atypical manifestations of common health problems among elderly.**
- **Establish specific nursing care plan to meet elderly patients' needs / problems.**



- **Apply communication skills in dealing with the elderly person, caregivers, professionals and therapeutic context.**
- **Demonstrate counseling skills and health education for elderly.**
- **Develop leadership skills.**



Geriatric nursing Evaluation sheet

Date from / / to / /

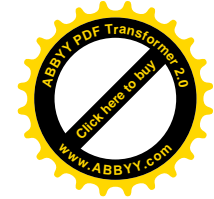
Intern Name:

Hospital:

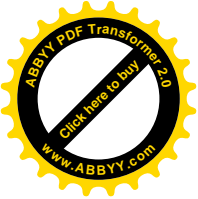
Procedure	Scores	Interns scores	Comments
I- Professional behavior & sense of responsibility: a- General appearance & uniform b- Punctuality & respect of work time c- Sense of responsibility & follow up of professional ethics in her work d- Co-operation and good relation with health care team e- Respect of colleagues & supervisors f- Self growth and development of technical skills g- Response to comments			
II- Duties & responsibilities for unit management: h- Attending medical rounds i- Attending nursing rounds j- Applying unit routine activities k- Following hospital and unit policies & regulations			



l- Sharing in solve problems in the unit m- Maintaining safe patient environment			
n- Duties & responsibilities for patient management: o- Respecting individualize patient care p- Evaluating current patient care q- Maintaining reports & record of patient care r- Carrying out patient care activities that assigned to her			
Total			



Procedure	Scores	Interns scores	Comments
<p>III- Professional behavior & sense of responsibility:</p> <p>s- General appearance & uniform</p> <p>t- Punctuality & respect of work time</p> <p>u- Sense of responsibility & follow up of professional ethics in her work</p> <p>v- Co-operation and good relation with health care team</p> <p>w- Respect of colleagues & supervisors</p> <p>x- Self growth and development of technical skills</p> <p>y- Response to comments</p>			
<p>IV- Duties & responsibilities for unit management:</p> <p>z- Attending medical rounds</p> <p>aa- Attending nursing rounds</p> <p>bb- Applying unit routine activities</p> <p>cc- Following hospital and unit policies & regulations</p> <p>dd- Sharing in solve problems in the unit</p> <p>ee- Maintaining safe patient environment</p>			
<p>ff- Duties & responsibilities for patient management:</p>			



gg- Respecting individualize patient care			
hh- Evaluating current patient care			
ii- Maintaining reports & record of patient care			
jj- Carrying out patient care activities that assigned to her			
Total			

Unit:

No. of absenteeism day:

Signature of nurse intern:

Signature of instructor:



Evaluation in neurology area

Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff signature
<p>١- Physical examination: ٢-Vital signs ٣-Height & weight measurement ٤-Assessment of cognitive status of elderly ٥-Provide nursing care plan for elderly with neurological problems ٦-Apply principles of infection control ٧-Perform active or passive range of motion exercise. ٨-Perform bedside nursing care based on patient needs. ٩-Care of immobile elderly patient.</p>						



Evaluation in oncology area

Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff signature
<p>1- Physical examination: 2-Vital signs 3-Height & weight measurement 4-Assess patient with cancer and determine elderly patient needs.</p> <p>4-Perform the special nursing care of patient receiving chemotherapy or radiotherapy .</p> <p>6-Provide individualized and comprehensive nursing care for elderly patient with cancer .</p> <p>7-Apply principles of infection control</p> <p>8-Perform active or passive range of motion exercise .</p> <p>9-Perform bedside nursing care based on patient needs .</p> <p>9-Care of pre and postoperative care to elderly patient with cancer .</p>						



Evaluation in Medical Area

Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff signature
<p>Physical examination:</p> <ol style="list-style-type: none">1. Vital signs2. Height & weight measurement3. Assessment of cognitive status of elderly4. Provide nursing care plan for elderly with chronic disease (diabetes mellitus , hypertension , liver disease).5. Apply principles of infection control6. Perform foot care .7. Perform Denture care .8. Perform bedside nursing care based on patient needs .9. Administer Insulin injection .10. Care of elderly patient with Diabetic coma.11. Care of elderly patient with Diabetic coma.						



Checklist For Measuring Height of Elderly

First method

Procedure	Done	Not done
١- Hand Washing		
٢- Prepare equipment		
٣- Identify the resident		
٤- explain the procedure		
٥- Provide privacy		
٦-Ask The client to raise his or her arms sideways to shoulder height		
٧- Measure the distance from longest fingertip on one side to the longest on other side by using tape measure.		
٨- Put the elderly in a comfort position in good body alignment.		
٩-Note the height and record it in cm.		
Total grade		



Second method (In case of kyphosis)

Procedure	Done	Not done
١- Hand Washing		
٢- Prepare equipment		
٣- Identify the resident		
٤- explain the procedure		
٥- Provide privacy		
٦- ask the elderly to raise his or her arm side way to shoulder height		
٧- The nurse measure the distance from the tip of longest finger to the mid sternum by using tape measure, and multiply ٢ by give the height of elderly person..		
٨-Note the height and record it in c.m.		
Total grade		



Third method (resident who can't stand)

Procedure	Done	Not done
١- Hand Washing		
٢- Prepare equipment		
٣- Identify the resident		
٤- explain the procedure		
٥- Provide privacy		
٦- Bring a tape measure to the resident's bed side.		
٧- Flatten the bed and place the resident in supine position (on the back)		
٨- Place a mark on the sheet at the top of the resident's head and another at the bottom of the feet.		
٩- Measure the distance between the two marks.		
١٠- Note the resident's height and record it.		
Total grade		



Checklist For Dentures Care

Procedure	Done	Not done
1. Wash hands and prepare supplies and equipments.		
2. Explain procedure to client and encourage his participation		
3. Wear gloves.		
4. Place the necessary equipment at the sink.		
5. Place the towel over the resident chest.		
6- Ask the resident to remove the dentures and place them in the emesis basin.		
7-If the resident cannot remove the dentures, you may do so as following:- A-Move the upper denture up and down slightly by grasping it with your thumb and index finger at the front B- When loose, remove the denture and place it into the emesis basin (place in denture cup to soak).		



<p>C- Grasp the lower denture at the front with your thumb and index finger.</p> <p>D- Remove it gently, turning it if necessary to bring the end of one side out before the other</p>		
<p>١٠- Take the dentures, denture cup and emesis basin to the sink</p>		
<p>١١-Place a paper towel in the sink or fill the sink with water.</p>		
<p>١٢- Holding one denture in your palm, brush all surfaces thoroughly. Return it to the emesis basin while you brush the other denture in the same manner.</p> <p>١٣- Rinse each denture thoroughly, one at a time, under cool running water.</p>		
<p>١٤- Place the dentures in the denture cup with fresh cool water</p>		
<p>١٥- Rinse the emesis basin.</p>		
<p>١٦- Bring the emesis basin and dentures (in the cup) to the resident.</p>		
<p>١٧- Assist client in cleansing oral cavity:-</p> <ul style="list-style-type: none">▪ Provide mouth wash▪ Encourage client to swab inner cheeks, lips, tongue and gums.▪ Instruct client to swirl mouth wash in mouth and expectorate.		

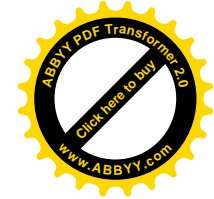


▪Rinse with water & expectorate.		
١٦- Apply petroleum jelly or mineral oil to client's lips.		
١٧- Remove towel from client chest		
١٨- Position client for comfort with side rails raised and call button within reach.		
١٩- Record condition of the mouth and report the procedures.		
Total grade		



Foot care

Steps	Done	Not done
Hand washing.		
Examine the feet at least once daily.		
Help client to assume fowler position. Place a water proof pad under his or her feet.		
Fill a basin one half full with warm water.		
Place cleaning agent into the water in the basin.		
Put on gloves		
Have the client soak his l her feet in the basin for 10-15 minutes.		
Use wash clothes to rub callused and dirty areas.		



Remove the client washed feet from the soapy water and place them on a towel.		
Use an orange stick to clean under the nails, wipe the orange stick on the paper towel after cleaning each nails.		
Fill the basin with fresh water and rinse the client feet well.		
Dry them thoroughly with a clean dry towel before trimming the nails.		
Trim the client toenails straight across with clippers.		
File the rough nail edges with an emery board.		
With lotion, massage the client's feet by starting at the heels of each foot and working toward the toes.		
Hand washing.		



Range of motion exercises for the neck

Steps	Done	Not done
١- Support the head with both hands		
٢- Move the head down		
٣- Turn the head to the right side, straighten it, turn to the left side and straighten		
٤- Move the head toward the right shoulder, straighten it, move the head toward the left shoulder, and straighten the head again		

Range of motion exercises for the shoulder

Steps	Done	Not done
١- Place one hand under the elderly elbow		
٢- Grasp the elderly hand with your other hand		
٣- Raise the elderly arm over the head and down again while keeping the elbow straight		
٤- Raise the elderly arm out to the side and bring it back to the side keeping the elbow straight		
٥- Bring the arm out to the side, bend the elbow, and rotate the forearm and hand downward and then up ward		



Range of motion exercises for the elbow and forearm

Steps	Done	Not done
١- Place one hand under the elbow and grasp the elderly hand with your other hand		
٢-Bend the elderly's elbow toward the shoulder and then straighten the elbow		
٣-Turn the forearm so that the palm of hand faces down. Then turn the forearm so that the hand faces up		

Range of motion exercises for wrist

Steps	Done	Not done
١-Both of your hands should support the elderly's wrist and hand		
٢-Bend the wrist up and then down		
٣-Keeping the fingers together, bend the wrist from side to side		

Range of motion exercises for the fingers

Steps	Done	Not done
١-Support the hand at the wrist and above each joint that you are exercising		
٢-Bend and straighten each finger separately. Then make a fist and open it with the fingers together		
٣-Bring the fingers together and then spread them apart		
٤-Bring the thumb across the palm of the hand and then bring the thumb away from the hand		
٥-Touch the thumb to the tip of each finger		



Exercises for the hip

Steps	Done	Not done
1-Place one hand below the knee and support the foot with the other hand		
2-Bend the knee and bring it up toward the chest. Straighten the knee as you lower the leg to the bed		
3-Raise the leg up off bed, keeping the knee straight. Lower the leg to the bed again		
4-Keeping the knee straight, bring the leg from the body, then bring the leg back to the body		
5-Rotate the hip in, so that toes point toward the other leg. Then rotate the hip out, so that the toes point away from the other leg		

Exercises for the Knee

Steps	Done	Not done
1-Place your hands under the knee and the ankle to support the joints		
2-Bend the knee and then straighten it		

Exercises for the Ankle

Steps	Done	Not done
1-Place your hands under the foot and ankle to support the joint		
2-Bend the foot down, then bend the foot up toward the head		
3-Turn the sole of foot toward the middle		
4-Then turn it outward		



Exercises for the toes

Steps	Done	Not done
१-Support the foot with one hand as you exercises the toes with the other hand		
२-Bend and straighten the toes separately, then bend and straighten the toes together		
३-Bring the toes together and then separate them		

Neck exercises

Steps	Done	Not done
१-Place the heel of your right hand above your right ear.		
२-Without moving your head, neck?, or arm push your head toward your hand.		
३-Repeat the exercise with your left hand above your left ear		



Shoulder and chest exercise

Steps	Done	Not done
1-First , hold you right arm straight down at your side		
2-Grasp your right wrist with your left hand		
3-Then try to Shrug your right shoulder,		
4-but prevent this by keeping a firm grip on Your right wrist.		
5-Repeat the exercise with your left arm and shoulder		

Arm exercises

Steps	Done	Not done
1-With you right arm at your side , bend your elbow at ago – degree angle.		
2-Turn your right palm up and place your left fist in it.		
3-Then try to bend your right arm up ward while resisting this force with your left first.		
4-Repeat the exercise with your left arm and right fist.		



Abdominal exercise

Steps	Done	Not done
1- Begin by sitting on the floor or on a bed with your legs out in front of you.		
2- Then bend forward and place your hands palm down on the mid front of your thighs		
3- Try to bend forward, but resist this movement by pressing your palms against your thighs.		

Kegel's exercise

Steps	Done	Not done
1- Squeeze your inner thighs buttocks, as tightly as possible. Then relax for few seconds.		
2- Do 10 times pelvic floor muscles exercise every day		
3- Do the exercises in three sets, 10 exercises at a time, three times a day		
4- Remember to relax all the muscles in the abdomen and continue to breathe normally when doing these exercises. When doing this exercise in bed, place a pillow between your knees to make the exercise more effective		



Thigh exercise

Steps	Done	Not done
1-Sit on the floor on a bed		
2-With your legs completely straight , vigorously tighten the muscles above your knees so that your knee – caps move upward		

Calf exercise

Steps	Done	Not done
1-While sitting up in bed, bend forward and grasp your toes		
2-Then pull gently backward, and hold this position briefly		
3-Still touching your toes, push them forward and down as far as possible and hold this position briefly.		



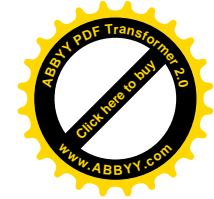
Side Leg Raise

Steps	Done	Not done
1-Stand straight, directly behind table or chair, feet slightly apart.		
2-Hold table or chair for balance		
3-Slowly lift one leg to side, 6-12 inches out to the side – keep your back and both legs straight. Don't point your toes downward. Keep them facing forward.		
4-Hold position		
5-Slowly lower leg		
6-Repeat with other leg		
7-Your back and knees are straight throughout exercise		
8-Alternate legs until you repeat exercise 6 to 10 times with each leg.		
9- Rest. Do another set of 6 to 10 alternating repetitions		
10-Add modifications as you progress		



Hip Flexion

Steps	Done	Not done
1-Stand straight; holding onto a table or chain for balance		
2-Slowly bend one knee toward chest, without bending waist or hips		
3-Hold position for 1 second		
4-Slowly lower leg all the way down. Pause		
5-Rest; then do another set of 1 to 10 alternating repetitions		
6-Add modifications as you progress		



Hip Extension

Steps	Done	Not done
1-Stand 12 to 18 inches from table or chair, feet slightly apart		
2-Bend forward at hips at about 90 – degree angle; holds onto a table or chair for balance		
3-Slowly lift one leg straight backwards, without bending you keen, pointing your toes, or bending your upper body any further forward.		
4-Hold position for 1 second		
5-Slowly lower leg. Pause.		
6-Repeat with other leg		
7-Alternate legs until you have done 8 to 10 repetitions with each leg		
8-Rest; then do another set of 8 to 10 alternating repetitions		
9-Add modifications as you progress		



Knee flexion

Steps	Done	Not done
1-Stand straight; hold onto table or chair for balance		
2-Slowly bend knee as far as possible , so foot lifts up behind you		
3-Hold position		
4-Slowly lower foot all the way back down		
5-Repeat with other leg		
6-Add modifications as you progress		



Plantar flexion

Steps	Done	Not done
1-Stand straight, holding onto a table or chair for balance		
2-Slowly stand on tip toe , as high as possible		
3-Hold position		
4-Slowly lower heels all the way back down		
5-Repeat 1 to 4 times		
6-Rest a minute, then do another 1 to 5 repetitions		
7-Add modifications as you progress		



Using cane

Steps	Done	Not done
Upstairs		
stronger limb first when going upstairs.		
The patient always should have the stronger limb assume the first full weight-bearing step on level surfaces.		
Descending stairs		
If there is no stair rail, advance the cane just before rising or descending with the weaker leg.		
the affected lower limb first when coming downstairs.		



Mansoura University
Faculty of Nursing



Adult Nursing Department

Adult Care training for Internship Students

General objective

Utilize appropriate and effective communication skills and interpersonal techniques to implement and maintain caring, therapeutic relationship with assigned clients.

Specific objectives of medical surgical areas

- Assess adult clients who have selected alterations in function of the different body systems (history examination).
- Describe the purpose, significance of results, and nursing implications associated with diagnostic tests with medical surgical problem

Provide comprehensive and skillful nursing care for patients with medical surgical problems based on predesigned nursing care plan.



Specific objectives of neurosurgical area

- Discuss the importance of neurological assessment, and identify specific equipment used for this.
- Describe altered levels of consciousness which indicate a change in neurologic status.
- Explain the purpose of selected diagnostic test and the nursing interventions necessary for each.
- drew appropriate and comprehensive nursing care plan for client with different neurological alteration.

Specific objectives of urology and nephrology area:

- Assess adult clients who have selected alterations in function of the urinary system (history, physical examination).
- Describe the purpose, significance of results, and nursing implications associated with diagnostic tests of the urinary system.
- Discuss clinical manifestations, diagnosis, treatment, and nursing management of adult clients who have selected alterations in urinary function: Renal calculi, cystitis, pyelonephritis, bladder cancer, infection, chronic renal failure.
- Use the nursing process as a framework for the care of patients with urological and nephrological disorders
- Provide the patient under going hemodialysis with nursing care needed before, during, and after dialysis.
- Described the most common acute and late complications of hemodialysis and nursing intervention needed



Specific objectives of area of gastroenterology:

- Assess adult clients who have selected alterations in function of the gastrointestinal system (history, physical examination).
- Describe the purpose, significance of results, and nursing implications associated with diagnostic tests of the gastrointestinal system.
- Discuss clinical manifestations, diagnosis, treatment, and nursing management of adult clients who have selected alterations in gastrointestinal system.
- Use the nursing process as a framework for the care of patients with gastrointestinal disorders.

Specific objective of oncology area:

- Assess patient with cancer and determine patient's needs.
- Describe the special nursing needs of patient receiving chemotherapy or radiotherapy
- Provide individualized and comprehensive nursing care for patient with cancer .

Use the nursing process as a framework for the care of patients with cancer. -



Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff Signature
<p>Medical and surgical word :</p> <ul style="list-style-type: none">- Maintaining good body alignment- Perform bedside nursing care based on patient's needs- Cleansing and irrigation of open wound applying proper aseptic technique- Provide nursing care fore drains and su-tures- Removing sutures- Changing colostomy or ileostomy pouch- Provide care of bum wound- Perform range of motion exercise- Administer oral medication following five rights- Administer intramascular medication- Administer intradermal medication- Administer subcutaneous medication- Administer intravenous medication						



Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff Signature
<ul style="list-style-type: none">- Administer intravenous fluid- Dressing on intravenous insertion sit- Administer blood transfusion- Drawing venous blood sample						
Chest diseases word : <ul style="list-style-type: none">- Provide care for patient with under water seal- Provide chest physiotherapy when Needed						
Gastrointestinal words: <ul style="list-style-type: none">- Inserting nasogastric tube- Perform gastric gavages- Perform gastric lavage						
Neurosurgical words: <ul style="list-style-type: none">Prepare equipment needed for lumber puncture- Using Glasco coma scale appropriately						



- Urology and nephrology center:						
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Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff Signature
-Inserting female urethral catheter - Caring of patient with urethral catheter - Prepare patient before peritoneal dialysis - Care of patient during peritoneal dialysis - Prepare of patient before hemodialysis - Care of patient during hemodialysis - Careofurostoma						
Orthopedic procedures; - Prepare cast materials - Provide nursing care before cast application - Care of patient with cast - Provide nursing care after cast removal - Prepare patient before traction application - Care of patient with traction						
Perform charting and reporting accurately						



Evaluation Sheet

Date from // to //

Intern Name:

Hospital:

Unit:

No. of absenteeism day:

If have disciplinary

Why

Items of evaluation	Scores	Interns Scores	Comments
I- Professional behavior & sense of responsibility: a- General appearance & uniform b- Punctuality & respect of work time c- Sense of responsibility & follow up of professional ethics in her work d- Co-operation and good relation with health care team e- Respect of colleagues and supervisors f- Self growth and development of technical skills g- Response to comments	۲۰ ۲ ۲ ۲ ۲ ۴ ۲ ۲		
II- Duties & responsibilities for unit management:	۲۰		



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Procedure	Scores	Interns Scores	Comments
a- Attending medical rounds b- Attending nursing rounds c- Applying unit routine activities d- Following hospital and unit policies & regulations e- Sharing in solve problems in the unit g- Maintaining safe patient environment	۳ ۳ ۵ ۴ ۲ ۳		
III- Duties & Responsibilities for patient management : a- Respecting individualize patient care b- Evaluating current patient care c- Maintaining reports & record of patient care d- Carrying out patient care activities that assigned to her	۱۰ ۲ ۲ ۲ ۴		



Total	0.		
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Signature of instructor:

Signature of nurse intern:



Mansoura University
Faculty of Nursing



Community Nursing
Department

Community Health training for Internship Students

Objectives: The nurse's interns should be able to:-

- ١-Apply the concept of the three levels of prevention during providing nursing care for individual ,families and groups at ambulatory health care setting .**
- ٢-Provide health education &counseling for individual ,families & community in ambulatory care setting.**
- ٣-Implement the process of evidence based practice in providing nursing intervention.**



Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff Signature
<p>1. History taken :-</p> <p>a -Collect relevant medical information b -Ask specific question to the condition of client</p>						
<p>2. Physical examination</p> <p>a- Explaining to client what is going to be done before or during physical exam b- Maintaining client comfort during physical exam c- Perform a focused physical exam</p>						



<p>۳. Determine the client needs& problems</p> <p>۴. Providing nursing care for the clients according to their needs& problems</p> <p>۵. Provide health education and counseling for individual, families and groups based on their needs & problems</p> <p>۶. Implement the procedure of EBP for providing nursing intervention</p>						
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Evaluation Sheet

Date from // to //

Intern Name:

Unit:

Hospital:

No. of absenteeism day:

Items of evaluation	Scores	Interns Scores	Comments
I- Professional behavior & sense of responsibility a- General appearance & uniform b- Punctuality & respect of work time c- Sense of responsibility & follow up of professional things in her work d- Co-operation and good relation with health care team e- Respect of colleagues and supervisors f- Self growth and development of technical skills g- Response to comments	20 2 2 2 2 2 2 2		
II- Duties & responsibilities for unit management :	20		



Procedure	Scores	Interns Scores	Comments
a- Attending medical rounds b- Attending nursing rounds c- Applying unit routine activities d- Following hospital and unit policies & regulations e- Sharing in solve problems in the unit g- Maintaining safe patient environment	۳ ۳ ۵ ۴ ۲ ۳		
III- Duties & Responsibilities for patient management: a- Respecting individualize patient care b- Evaluating current patient care c- Maintaining reports & record of patient care d- Carrying out patient care activities that assigned to her	۱۰ ۲ ۲ ۲ ۴		
Total	۵۰		

Signature of instructor:

Signature of nurse intern:



Mansoura University
Faculty of Nursing



Psychiatric Nursing
Department

Psychiatric training for Internship Students

Objectives: The nurse's interns should be able to:-

- ١- Provide experiential training in different psychiatric disorders
- ٢- Promote professional attitude in dealing with psychiatric patients.
- ٣- Develop different skills including interview, history taking, risk assessment and protective issues
- ٤- To familiarize each interns with the inter-disiplinary process involved in providing comprehensive mental health services.

- ٥- To provide an overview of continuity of care.
- ٦- To foster and develop independent professional skills in the area of psychiatric and mental health nursing.



Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff Signature
<p><u>Daily nursing record including:</u></p> <ul style="list-style-type: none">1- general appearance2- eating habits3- elimination4- activity5- mood6- thought7- talk8- interpersonal relationship9- insight10- orientation11- perception12- activity therapy13- treatment14- Nursing note about psychiatric patients.15- Nursing care plane for different psychiatric problems.16- Evaluation.						



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Evaluation Sheet

Date from // to //

Intern Name:
Unit:

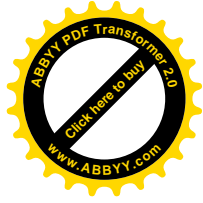
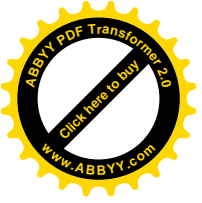
Hospital:
No. of absenteeism day:

Items of evaluation	Scores	Interns Scores	Comments



<u>Nurse, patient relationship:</u> १-initiation of relationship and being with the patient. २-showing interest, acceptance, empathy, tact and understanding. ३-Using appropriate communication techniques.	२० ० ० १०		
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	Scores	Interns Scores	Comments
<u>Nursing care procedures:</u> १-Recreational activities (choice, initiation, maintenance and evaluation of activity). २-Physical care and somatic therapy.	१० ७,० ७,०		
<u>Professional behavior:</u> १-Grooming	१० ०		



५-Attitude toward others (peer, staff and teachers). ५-Responsibility.	o o		
Total	o.		

Signature of instructor:

Signature of nurse intern:



Faculty of Nursing

Mansoura University



Administration Nursing
Department



Administration Nursing for Internship Students

Objectives: The nurse's interns should be able to

- ١- Apply the role of head nurse in the ward.
- ٢- Construct the staff development programs to the staff.
- ٣- Evaluate the performance of the staff.



Procedure	Frequency	Not done	Needs more practice	Competent	Remarks	Staff Signature
Care Management. <ul style="list-style-type: none">- Head nurse sure that the patient's total needs are met. to use- Five steps of nursing process in the management of patient care- assessment- Nursing diagnosis- Planning- Implementation- Evaluation						
Staff management. <ul style="list-style-type: none">- Orientation of new staff- Staff utilization- Time schedule- Patient assignment- Staff supervision- Staff development- Staff performance appraisal						
Unit management <ul style="list-style-type: none">- Transcription of medical prescription- Maintenance of supplies and equipment- Maintenance of records and reports- Departmental reports- Reception of visitors						



Evaluation Sheet

Date from // to //

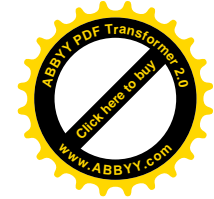
Intern Name:

Unit:

Hospital:

No. of absenteeism day:

Items of evaluation	Scores	Interns Scores	Comments
I- Professional behavior & sense of responsibility a- General appearance & uniform b- Punctuality & respect of work time c- Sense of responsibility & follow up of professional things in her work d- Co-operation and good relation with health care team e- Respect of colleagues and supervisors f- Self growth and development of technical skills g- Response to comments	2. 2 2 2 2 2 2 2		
II- Duties & responsibilities for unit management :	2.		



Procedure	Scores	Interns Scores	Comments
a- Attending medical rounds b- Attending nursing rounds c- Applying unit routine activities d- Following hospital and unit policies & regulations e- Sharing in solve problems in the unit g- Maintaining safe patient environment	۳ ۳ ۵ ۴ ۲ ۳		
III- Duties & Responsibilities for patient management: a- Respecting individualize patient care b- Evaluating current patient care c- Maintaining reports & record of patient care d- Carrying out patient care activities that assigned to her	۱۰ ۲ ۲ ۲ ۴		
Total	۵۰		

Signature of instructor:

Signature of nurse intern:



إرشادات وتوجيهات طالبات الامتياز

- ١- يسبق السنة التدريبية للامتياز برنامج تدريب إرشادي لمدة أسبوع بالكلية وعلى طالبات الامتياز حضور هذا البرنامج التدريبي إجباريا و وفي حالة يكون تأخرها عن بدء التدريب بمثابة انقطاع يتم إعادته في نهاية السنة التدريبية .
- ٢- مدة السنة التدريبية اثني عشر شهرا ميلادي و تبدأ كالآتي :-
 - أول سبتمبر من كل عام بالنسبة لخريجات الدور الأول .
 - أول ديسمبر من كل عام بالنسبة لخريجات الدور الثاني .
- ٣-المجموعة المشرفة على الامتياز تتكون من عدد من أعضاء هيئة التدريس ومعاونيهم في كل تخصص من أقسام الكلية المعنية
- ٤- تستحق طالبة الامتياز (٧)أيام عارضة خلال السنة التدريبية ولا يجوز ضم أكثر من يومين متتاليين منها
- ٥- تستحق طالبة الامتياز (١٥)يوم أجازة اعتيادية بعد مضي (٦) شهور من بداية السنة التدريبية .
- ٦- يطبق على طالبة الامتياز عند قيامها بأجازة مرضية أو أجازة وضع القواعد المعمول بها في المستشفى التي يتم بها التدريب
- ٧-يسلم للطالبة نسخ من :-
 - أ-التوزيع في الأماكن المختلفة بالمستشفيات الجامعية.
 - ب-كتيب تقييم طالبة الامتياز
 - ج-صورة من طلب التحويل
 - ٧- خطوات التحويل خارج مستشفيات جامعة المنصورة كما يلي :-



موافقة الجهة المحول إليها طالب الامتياز
كتابة طلب إلى عميد الكلية للموافقة على التحويل إلى الجهة المراد قضاء فترة الامتياز بها .
يعرض الطلب على لجنة الامتياز ثم مجلس الكلية
عند الحصول على الموافقة بقضاء فترة الامتياز خارج مستشفيات جامعة المنصورة
يسلم للطالبة نسخة من لائحة الامتياز ، نسخة من التوزيعة بمختلف الأماكن والإرشادات الخاصة بسنة الامتياز وأيضا كتيب التقييم .



النماذج



السيد الأستاذة الدكتورة / أماني محمد شبل
عميدة كلية التمريض - جامعة المنصورة

تحية طيبة وبعد
برجاء التكرم من سيادتكم بالموافقة على تأجيل فترة الامتياز خلال الفترة من // ٢٠١١ وحتى // ٢٠١١ وذلك لظروف خاصة

ولسيادتكم جزيل الشكر والتقدير

وتفضلوا بقبول فائق الاحترام

مقدمة لسيادتكم

طالبة الامتياز/

ت /



السيد الأستاذة الدكتورة / أماني محمد شبل
عميدة كلية التمريض - جامعة المنصورة

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برجاء التكرم من سيادتكم بالموافقة على قضاء فترة الامتياز خلال الفترة من // ٢٠١١ وحتى // ٢٠١١ وذلك بمستشفى

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وتفضلوا بقبول فائق الاحترام

مقدمة لسيادتكم

طالبة الامتياز/

ت /

المراجعين

عميد الكلية	أ.م.د/أماني محمد شبل
وكيل الكلية لشئون خدمة المجتمع وتنمية البيئة	أ.م.د/أميرة أحمد حسنين
منسق الامتياز - مدرس بقسم إدارة التمريض	د/ هاله جابر الأطر وشي
عضو بلجنة الامتياز - مدرس بقسم تمريض صحة المجتمع	د/ منى عماد الدين
عضو بلجنة الامتياز - مدرس بقسم التمريض النفسي	د/ نشوى محمود إبراهيم
عضو بلجنة الامتياز - مدرس بقسم تمريض العناية الحرجة والطوارئ	د/ أسماء إبراهيم أبو سعده
عضو بلجنة الامتياز - مدرس بقسم تمريض المسنين	د/رئيفة رفعت
عضو بلجنة الامتياز - مدرس بقسم التمريض الباطني والجراحي	د/ حنان محمد بدران
عضو بلجنة الامتياز - مدرس بقسم التمريض الباطني والجراحي	د/أمل عيد
عضو بلجنة الامتياز - مدرس بقسم تمريض الأطفال	د/ رحاب عبد العزيز
عضو بلجنة الامتياز - مدرس بقسم إدارة التمريض	د/سحر حسن
عضو بلجنة الامتياز - مدرس بقسم تمريض صحة المرأة والتوليد	د/سوزان السعيد منصور

