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Previous Next

Name_____ Date_____ Instructor's Name_____

Performance Checklist: Skill 26-2

Providing Perineal Care

	S	U	NP	Comments
1. Identify clients at risk for developing infection of genitalia, urinary tract, or reproductive tract.	_____	_____	_____	_____
2. Assess client's cognitive and musculoskeletal function.	_____	_____	_____	_____
3. Apply disposable gloves and assess genitalia for signs of inflammation, skin breakdown, or infection. Discard gloves. (Option: examine genitalia as care is administered.)	_____	_____	_____	_____
4. Assess client's knowledge of importance of perineal hygiene.	_____	_____	_____	_____
5. Explain procedure and its purpose to client.	_____	_____	_____	_____
6. Prepare necessary equipment and supplies.	_____	_____	_____	_____
7. Pull curtain around client's bed, or close room door. Assemble supplies at bedside.	_____	_____	_____	_____
8. Raise bed to comfortable working position. Lower side rail, and assist client in assuming side-lying position, placing towel lengthwise along client's side and keeping client covered with bath blanket.	_____	_____	_____	_____
9. Apply disposable gloves.	_____	_____	_____	_____
10. If fecal material is present, enclose in a fold of underpad or toilet tissue and remove with disposable wipes. Cleanse buttocks and anus, washing front to back. Cleanse, rinse, and dry area thoroughly. If needed, place an absorbent pad under client's buttocks. Remove and discard underpad, and replace with clean one.	_____	_____	_____	_____
11. Change gloves if soiled.	_____	_____	_____	_____



Cognitive Behavioral Therapy

Part 1 – An Overview

Cognitive Behavioral Therapy (CBT) is a general classification of psycho-therapy, based on social learning theory, which emphasizes how our thinking interacts with how we feel and what we do. It's based on the view that when a person experiences depression, anxiety, or anger that these stressors can be exacerbated (or maintained) by exaggerated or biased ways of thinking and that these patterns can be modified by reducing erroneous and maladaptive beliefs. A counselor using CBT helps a client to recognize their style of thinking and to modify it through the use of evidence and logic.

Principles and Elements of CBT

There are several different types and/or applications of CBT. They focus on cognitive restructuring, modifying behavior, and/or developing alternative coping skills. Most share some common principles and elements, such as:

Brief and Time-Limited - yields positive results for a client in a relatively short period of time. The average number of sessions clients receive is approximately 16. CBT is brief because it is instructional and makes use of homework assignments.

Present Centered - What is happening with the client in the "here and now?"

Thought Focused - Helps client recognize and understand personal thoughts that can lead to irrational fears and worries. Cognitive distortions, such as those listed on page 3, are explored by the client and counselor collaboratively.

Practice and Homework - Develops new skills by teaching different ways to understand situations and their responses. The counselor acts as a teacher and coach. Home work (including reading assignments) encourages the client to practice the techniques learned.

Sound Therapeutic Relationship - Establishes a trusting relationship and builds rational self-counseling skills in the client that helps the client learn to think differently. The counselor's role is to listen, teach, and encourage, while the client's role is to express concerns, learn, and implement that learning.

The advantages of using CBT include:

Structure that reduces the possibility that sessions will become "chat sessions", and more therapeutic work may be accomplished,

An emphasis on getting better by learning how to recognize and correct problematic assumptions, the root cause of many problems, and

Clearly defined goals and methods that can be evaluated using scientific methods.

Components of CBT

There are 2 critical components of CBT - Functional Analysis and Skills Training.

Functional Analysis - plays a critical role in helping the client and counselor assess high-risk situations that are likely to lead to substance use and providing insights into what may trigger or stimulate the client's substance use (e.g., interpersonal difficulties, opportunities to take risks or feel euphoria not otherwise available in the patient's life,

NURSING CARE PLAN -March 11, 2016-						
CUES	**NURSING DIAGNOSIS**	**BACKGROUND KNOWLEDGE**	**PLANNING**	**NURSING INTERVENTIONS**	**RATIONALE**	**EVALUATION**
SUBJECTIVE: *"Higit pa ako sa Dios"*, as verbalized by the patient. **OBJECTIVE:** -Delusion of grandiose - Inappropriate thinking about reality -Flight of Ideas	*Disturbed thought process* related to substance abuse as evidenced of delusion of grandiose and flight of ideas.	Substance abuse (Methampethamine) Disturbed neurotransmitter and absorption Neurotransmitter imbalances Disturbed thought process	***Short-term:*** After 8 hours of nursing intervention the client's experience will be validated and these feelings will be identified. ***Long-term:*** After 1 – 2 weeks of nursing intervention the client will regain level of cognition.	*Independent:* Established therapeutic relationship with the client. Reoriented to time, place, and person, as needed. Listened with positive regard. Presented reality concisely and briefly and do not challenge illogical thinking.	To provide an emotionally milieu that enables interpersonal interaction to gain trust. Inability to maintain orientation is a sign of deterioration. To convey interest and worth to individual. Communicating therapeutically about reality is healthy for the client. Enhances intake and general well-being.	***Short-term:*** After 8 hours of nursing intervention the client's experience was validated and these feelings were identified. -Expressed his feelings about his condition. -Accepted the reality between God and man. ***Long-term:*** After 2 weeks of nursing intervention the client was able regain his usual level of cognition as manifested by decrease episodes of delusions and absence of flight of ideas.
				Provided nutritionally well-balanced diet an encouraged to eat. *Dependent:* Administered antipsychotic drugs as ordered by the physician. *-Risperidone 2mg tab BID* *-Clozapine 50 mg tab AM, 100 mg tab PM* *- Fluphenazine decanoate 25 mg/cc 1 cc IM (w/ BP precaution)*		

Benefits of Effective Communication
Patient may disclose more information
Enhances patient satisfaction
Builds rapport between patient and professional
Patient is more involved in decision making
Leads to more accurate diagnosis
Leads to more realistic patient expectations
Better patient adherence to treatment
Patient more open to seeking further care

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If you already have some experience in the industry, FutureLearn's psychology and mental health courses can help expand your skills and knowledge. Microcredentials offer the chance to earn academic credit or independent certification. In most cases, these courses offer set timelines for completion, but they also usually have some schedule flexibility built in to help you work around other commitments. On average, most of the online programs require some two and a half years to complete. Those looking to advance their skills and specialty from RN to BSN can do so 100 percent online with University of Cincinnati's BSN degree online nursing program. They can give you the chance to explore the area and find out whether it's something that you'd like to study further. Those looking to gain an understanding of youth mental health will find a host of different resources. Free classes are also available in math, web development, entrepreneurship and many other fields that could help you get ahead of your competition in the workplace. Many things could have happened to alter or even negate the information in the course. As well as plenty of introductory courses covering things like the history and science of psychology and foundations in dementia, we also have more specialised programs in several areas. Among the advanced specialties that Duke offers are a Doctor of nursing practice degree and MSN. At FutureLearn, we've created a wide variety of courses related to the central topics in these fields, at different levels to cater to everybody from complete beginners to professionals looking to complement their existing knowledge. Udemy Approximately 7,000 free classes are offered at Udemy, with many in disciplines that relate to business. A good understanding of mental health, stressors, and self care is the first step in maintaining good health and balance. You can take free online courses to learn programming code, including HTML, Python and JavaScript. You can also find microcredentials and degrees related to mental health and psychology. Photo Courtesy: @sophia/Twitter Kaplan The well-known training company Kaplan offers both free and discounted courses to individuals who want to improve both their professional and personal skills to help them achieve their goals. Choosing a psychology or mental health course Our portfolio of courses spans a variety of topics within the subject of psychology, from the history through to clinical application and how to care for people with a variety of mental health issues. The course covers all the basic elements related to digital marketing, including details on ways new digital tools are changing the three core elements of marketing: price, placement and promotion. Apart from the comparatively low tuition, UCF also has one of the highest NCLEX pass rates at 98.06 percent.@UCF_Nursing/Twitter Duke UniversityIt shouldn't be surprising to see Duke University on this list, as it was one of the first schools to offer distance education in the field. Need some examples? The program has a convenient asynchronous format, and degrees from the University of Cincinnati nursing programs are recognized worldwide. Tuition costs around $12,000 a year.@UC_nursing/Twitter University of Central FloridaThe University of Central Florida (UCF) is one of the biggest universities in the United States, offering more than 200 programs to 63,000 students. The university has an excellent NCLEX pass rate of 97 percent and offers 14 separate nursing programs for students to specialize in their fields.@RushUniversity/Twitter University of CincinnatiThe University of Cincinnati has a reputation across many educational review sites as having one of the best online nursing programs. Students who take part in the program prime themselves for a successful and financially rewarding career in the medical field. @DukeU_NrsngSchl/Twitter The U.S. Bureau of Labor Statistics estimates that jobs for nurse practitioners, nurse midwives and nurse anesthetists are set to have a faster than average growth rate of 26 percent between 2018 and 2028. Data from the Bureau of Labor Statistics show that the median pay for nursing jobs was $113,000 in 2018, making it a distinctly viable career choice. With a degree, you can earn a qualification from a leading university and a robust pathway into your chosen career. Another important player in the market, Udacity, offers a substantial number of free business-related courses to help you expand your knowledge and training but doesn't provide certifications for free course completions. Well-known universities like Yale University and Duke University host courses, as do institutions like the University of Illinois at Urbana-Champaign and Wharton School of Business at the University of Pennsylvania. Easier access to nursing programs at prominent universities makes it easier than ever for students to advance in their career at a pace that suits their budgets and other needs. For instance, approximately 160,000 people signed up for only a handful of MOOC courses offered by Stanford University in 2012. For example, one of the items on the list is an audio class offered by Oxford University called "Building a Business: Moving Your Product to the Market." This class covers the fundamentals for building a business, but the course is from 2011. Open Culture for MOOCs Click over to Open Culture to check out a wide range of free online MOOC business courses in one convenient location. UCF nursing programs consist of 30 credit hours that can be accomplished in as few as three semesters. Photo Courtesy: @udemy/Twitter Coursera Coursera announced in the spring of 2020 that it was taking down its paywall to offer free credit classes for a limited time to unemployed workers. MOOCs were extremely popular at the start of the last decade. Psychology and mental health certifications and CPD Our psychology & mental health courses offer short learning opportunities, usually lasting a few weeks. The aging patient population and baby boomers retiring from the profession make it highly likely that there will a greater demand for caregivers and medical experts for years to come. Photo Courtesy: @NavyTimes/Twitter Good news feels scarce these days, but the events of 2020 inspired many educators to change their methods and the cost of their courses. Studying psychology and mental health online Mental health and psychology are fascinating fields covering a variety of issues and specialisms. This company also has an established partner network of schools that will count Sophia credits for paid courses as transfer credits. Participants have until December 31, 2020, to complete their courses. Photo Courtesy: @coursera/Twitter Otherwise, individuals have the traditional option of auditing many Coursera courses for free, which gives them valuable skills and training but not official certificates to confirm their completion. Depending on the skill or knowledge you want to gain and the developer of the course, these free online options could include several virtual lectures per week at regular times, a single lengthy session that takes place all at once, or assignments that can be completed at your own pace as long as you meet a final deadline. It sounds a little rude to refer to something as a MOOC, but in this case, it's simply an acronym for "massive open online course." In truth, the concept isn't actually new. Tuition is approximately $40,000.Rush UniversityRus University is part of the Illinois medical district in Chicago and a good alternative for students who are working on a budget, with tuition costs around $12,000. While students should expect to pay a premium for the programs ($1,111 per credit hour as an undergraduate and $1,425 per credit hour as a graduate), Duke University's high NCLEX passing rate of more than 98 percent makes it worthwhile. SDI Productions/Getty Images With the increasing need for more qualified nurses in the United States, even prestigious colleges and universities have made their nursing programs available online. Photo Courtesy: Solskin/DigitalVision/Getty Images With the rise in unemployment and the surge in demand for virtual education in the U.S., more people than ever before are turning to online sources to bolster their skills through free online business courses. If you want to learn about specific areas of mental health such as anxiety & depression, we also have you covered. For newcomers to the subject, you'll find a selection of introductory courses. What makes Rush University's online nursing programs attractive is that students can enroll either in part-time or full-time programs. They don't cost any money to take, but they can help you learn many valuable skills to apply in your future or current career. That gives students more flexibility in completing their coursework at their own pace. Certification in such areas can come in as few as 19 months. However, MOOCs can still make all the difference when it comes to advancing skills for work, particularly if you work in a specialized field. It would be better to look for a course that is more current. Be sure to check the reference dates on all the classes, as the list is comprehensive but sometimes a little out of date on certain topics. If you're feeling motivated to start your own business, Udemy has a free course that covers the steps for developing your business model, including creating a business plan and researching the landscape for your type of business. Photo Courtesy: courtneyk/E+/Getty Images Class Central At Class Central, you can choose from a wide selection of free online business courses, ranging from strategic management and leadership training to business accounting, marketing strategies and presentation skills. Advanced University of Cincinnati specialty programs include nurse midwifery, adult gerontology primary care nurse practitioner and family nurse practitioner. These cover the fundamentals of some of the key areas of both subjects. @GtownNHS/Twitter Georgetown offers four online nursing Master's degrees: family nurse practitioner, nurse-midwifery/women's health nurse practitioner, adult gerontology acute nurse practitioner and women's health nurse practitioner. This can be beneficial as you can upskill to a new role or develop your professional credentials. Photo Courtesy: @classcentral/Twitter One popular example of a free course offered by Class Central focuses on teaching you the foundations of marketing in a digital world. Popular offerings include classes that focus on healthcare, business, negotiation strategies, computer science and data science. As such, it can sometimes be difficult to cover the entire subject or know exactly what you'd like to study. All across the internet, surprising numbers of organizations offer free online business courses, including colleges, universities, private companies, nonprofits and groups of entrepreneurs. Each free course has an option to pay for the course to earn certifications or college credits. Sophia As one of the leaders in free online business courses, Sophia lets you choose from a wide variety of courses to advance your skills and knowledge in business areas like accounting, project management and macroeconomics. Similarly, if you're interested in mindfulness and wellbeing, you can find several courses of interest. Photo Courtesy: Mathplourde/Flickr Despite the continuous rise in the cost of college tuition, the enthusiasm for MOOCs has waned somewhat in the past few years. Likewise, psychology and mental health are growing areas within healthcare for professional development or even a brand new career direction. You no longer have to go to a college or a university to take many business-related courses that can help you expand your career, and a growing number of courses are being offered at no cost, a trend that will hopefully continue into the future. With so much information freely available via a simple online search, taking a course that focuses on more detailed learning — and takes more effort — hasn't been as popular. However, if you're looking for more in-depth qualifications, you'll also find them here. These collections of courses are a great way of exploring your passions and demonstrating your learning. We offer online psychology and mental health programs that give you the chance to delve deeper into particular subject areas. MORE FROM ASKMONEY.COM Studying psychology and mental health can benefit healthcare professionals, educators, and the general public alike. Course options include topics related to building your career and managing your financial resources. Students looking to apply for a Master of Science in Nursing (MSN) have the option of taking a maximum of nine credited hours of online coursework. Online nursing programs at UCF are also some of the most affordable in the country, at slightly more than $11,000 per year. MORE FROM ASKMONEY.COM The programs require a registered nursing (RN) degree or a Bachelor of Science in medicine major in nursing (BSN) degree to enroll in an advanced practice specialty area. The following are the best-reviewed online nursing degrees.Georgetown UniversityIt's hard to overlook Georgetown University and the high National Council Licensure Examination (NCLEX) pass rate of its nursing program — 99.2 percent, to be exact. The special Workforce Recovery initiative, which ends on October 31, 2020, has to be accessed through government agencies that assist the unemployed and can't be accessed independently.

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