

**CUESTA COLLEGE**  
**DIVISION OF NURSING AND ALLIED HEALTH**

**NRAD 219**

**STUDENT INTERN**

**SPRING/SUMMER/FALL**  
**2008**

**Instructor: Pam Peachey RN, MSN**

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**CATALOG INFORMATION**

Dept and Nbr: NRAD 219 Title: BEG STUDENT INTERN

Full Title: BEGINNING STUDENT INTERN

Units	Course Hours per Week	Nbr of Weeks	Course Hours Total
Maximum 3.0	Lecture 0.0	18	Lecture 0.0
Minimum 1.0	Lab 9.0		Lab 162.0
	Contact DHR 0.0		Contact DHR 0.0
	Contact Total 9.0		Contact Total 162.0

Non-contact DHR 0.0	Non-contact DHR 0.0
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Title 5 Category: 01 AA Degree Applic

Grading: CR Credit course taken for CR/NC only

Repeatability: 01 REPEATABLE TWO SEMESTER.

Also listed as:

Formerly: A D NR 19A

**Catalog Description:**

Provides the opportunity to practice selected nursing skills learned during the first year of Associate Degree Nursing course work under the supervision of a preceptor. Offers work experience in a participating agency.

**Prerequisites:**

NRAD 2B

**Corequisites:**

**Recommended Preparation:**

No advisories.

**Limits on Enrollment:**

**Schedule of Classes Information:**

Prerequisites: NRAD 2B

Provides work experience and an opportunity to practice selected first year nursing skills under the supervision of a preceptor. (Credit Only) (Repeat Code 1)

Transfer Credit: CSU.

**ARTICULATION and CERTIFICATE INFORMATION**

**Associate Degree:**

Area:

Effective:

Inactive:

**CSU GE:**

Transfer area:

Effective:

Inactive:

**IGETC:**

Transfer area:

Effective:

Inactive:

**CSU Transfer:**

TRANSFERABLE

Effective:

FALL 1994

Inactive:

**UC Transfer:**

Effective:

Inactive:

**CAN:**

**COURSE CONTENT****Outcomes and Objectives:**

Upon completion of this course the student should be able to:

1. With the assistance of the Clinical Teaching Assistant, assess readiness to perform all proposed interventions prior to initial implementation.
2. With the assistance of the Clinical Teaching Assistant, plan the objectives, time-schedule and evaluation strategies for the contracted period.
3. Coordinate with the Cuesta College Lead Instructor plans for conferences with Clinical Teaching Assistant.
4. Perform duties identified as appropriate for Certified Nursing Assistants under Title 22.
5. After demonstration of competency and under direct supervision of a preceptor, perform nursing functions using nursing process:
  - a. Naso-gastric insertions/discontinuation
  - b. Tube feedings, continuous and intermittent
  - c. Urinary catheter insertion/discontinuation
  - d. Dressing changes
  - e. Glucoscan determination
  - f. Enemas
  - g. Ostomy care
  - h. Nasopharyngeal and oropharyngeal suctioning
  - i. Monitoring and discontinuing I.V.'s
  - j. Changing I.V. tubing and dressing in selected instances and with the direct support of preceptor.
  - k. Postpartum assessment, newborn assessment
  - l. Photo therapy
  - m. Handling, positioning and restraining the neonate
  - n. Infant feeding
  - o. Delivery room set up
6. Complete initial admission assessments/evaluations and systems review, which will be validated by the Registered Nurse.
7. Perform patient teaching discharge planning and documentation under the supervision of the Registered Nurse preceptor.
8. Care planning and charting under the supervision of the Registered Nurse preceptor.
9. Complete physical assessment under supervision of the Registered Nurse preceptor.
10. Demonstrate ability to problem-solve through use of the nursing process: assessment, diagnosis, planning, implementation and evaluation.

**Topics and Scope:**

Care of patients in acute or long-term care settings based upon concepts and skills gained in the first year of the Associate Degree Nursing curriculum.

**Assignments:**

Students are assigned to care for patients in the acute care hospital under the supervision of the Clinical Teaching Assistant. Students are required to demonstrate the steps of the nursing process. From these assignments students develop a specific plan of care for the individual patients, which is implemented with the supervision of the Clinical Teaching Assistant.

Students are required to keep a written log which describes learning activities utilized to meet individual learning objectives.

Primarily college level.

2 hours of independent work done out of class per each hour of lecture or class work, or 3 hours lab, practicum, or the equivalent, per unit.

Class participation and assignments require and develop critical thinking.

Students engage in patient care following the steps of the nursing process which allows them to establish priorities, problem-solve and utilize critical thinking strategies. The steps of the nursing process involve assessment, diagnosis, planning, implementation and evaluation.

**Methods of Evaluation:**

The types of writing assignments required:

Other: Clinical Log

The problem-solving assignments required:

Field work

The types of skill demonstrations required:  
Field work

The types of objective examinations used in the course:  
None

Other category:  
None

**Representative Textbooks:**

**STUDENTS PLEASE NOTE: DO NOT BUY TEXTBOOKS before checking with the Cuesta College Bookstore. These titles are representative only, and may not be the same ones used in your class.**

Primarily College Level

Job description for Student Intern in chosen agency.

Nursing Procedure Manual for chosen agency and department.

Cuesta College Skills Critical Elements.

Current syllabus.

Additional resources per faculty recommendation may be required.

## STUDENT INTERN NRAD 219

### A. Definition:

An elective work-study course for Registered Nursing students who have completed the first two (2) semesters of nursing classes. In order to work in an expanded role in a work study course, a student must be enrolled in a registered nursing approved work study program. BRN regulation regarding Student Worker: <http://www.rn.ca.gov/practice/pdf/npr-b-15.pdf>.

### B. Purpose

To provide the student an opportunity to practice selected nursing skills learned during the first, second and third semesters of coursework under the supervision of a Registered Nurse (RN) mutually chosen by the health care facility employer and the student.

### C. Who May Apply

Nursing students currently enrolled in the ADN program who:

1. Have completed the first year of the nursing program.
2. Obtain Nursing Division Director approval.
3. Are employed by participating clinical agencies.

As employees of the participating agency, both mentor RNs and students are covered by the facilities insurance during the work-study hours.

### D. Units of credit: 1.0 unit = 54 hours per semester (minimum)

- Students may elect to work additional hours in the work-study structure, but will not earn additional units.
- The internship course is offered summer, fall, and spring semesters.

### E. Procedure:

Student must:

1. Register at Cuesta for the course.
2. Download syllabus for NRAD 219
3. Register for the Semester NRAD 219 course
4. Make arrangement with the employing agency conducting the internship. You will have to go through their selection procedure and be hired as an employee of that facility.
5. Insert your name into the form "Approval from the Instructor of Record" and take it to the facility where you are wanting to intern. Fill out the form with the facility liaison (person responsible for the student internship while at the facility) and have it signed. They will help you find an RN mentor. If you don't know who the RN will be immediately, email me the name of the RN who you will be working with the most.

6. Complete the form "Application for Student Intern Assignment". Turn in the completed form to Pam Peachey as soon as possible.
7. Consult with the designated RN regarding:
  - a. Care to be rendered
  - b. Learning needs
  - c. Clarification of duties
    - A list of skills that you are allow to perform are included however, the employer has the right to restrict the list at their discretion. I suggest that you make copies of the list of skills for the designated RN to review at any time.
  - d. Student Evaluation and any feedback

F. Assignment:

1. Submit written requirement as specified by instructor.
2. Students are assigned to care for patients in the acute care hospital. Students are required to demonstrate the steps of the nursing process. From these assignments, students develop a specific plan of care for the individual patient, which is implemented with the supervision of the Registered Nurse designated by the employer. Students must follow the critical elements of Cuesta College ADN program and hospital policy for all skills.

**The student will not:**

- a. Administer medications (PO, IM, IV, SQ, or intradermals).
- b. Be responsible for scheduled medication (narcotics) administration or "counting" scheduled drugs.
- c. Take verbal/phone orders from physicians.
- d. Start IV's.
- e. Hang blood
- f. Perform any skills associated with a central line

3. Required Papers: Forms and log example are in the APPENDIX of the syllabus.
  - a. **Application to be a Student Intern**
    - Must be completed during the college registration process and turned into your instructor at the designated time per your instructor.
  - b. **Approval from the Instructor of Record.**
    - After you are hired by a hospital, turn in a **signed hard copy** to instructor ASAP
    - Give a signed hard copy to your instructor and Hospital ASAP after you are hired and have talked to the Designee in charge of RN student internships
  - c. Give the “**Intern Letter**”, “**Limitations to the Internship**” and “**Skills list**” forms to the RNs that you are assigned to so that they are clear of expectations
  - d. **Daily "Log"** reflects how your learning objectives were met and documentation of hours worked
    - You must follow the example and use the form provided
    - Due with Student and RN Mentor evaluation forms at the end of the semester internship as directed by the instructor
  - e. **Student evaluation of internship** & your designated Registered Nurse (RN)
    - Due with log and RN Mentor evaluation forms at the end of the semester internship as directed by the instructor
  - f. **RN Mentor’s evaluation of the Student**
    - Due with log and student evaluation forms at the end of the semester internship as directed by the instructor
4. As per the due dates, submit to the instructor a (1) written log, which describes learning activities utilized to meet individual learning objectives (2) student evaluation of the internship and (3) RN’s evaluation of the Student

G. Due Dates upon Completion of Internship:

1. Assignments are due no later than the first week of class in the next semester after the internship to receive credit. For example: If a student interns in the:
  - Summer semester:** all paper work is due the Friday of the first week of class in the Fall semester.
  - Fall semester:** all paper work is due at the end of the first week of class in the Spring semester.
  - Spring semester:** all paperwork must be turned in before the date of graduation.

# FORMS

Application for Student Intern Assignment

Approval from the Instructor of Record

Example of Log

Documentation of Clinical Hours

Internship Letter

Limitations during the Internship

Approved Skills List

Student Evaluation of Internship & Mentor

Student Evaluation by the RN Mentor

CUESTA COLLEGE ASSOCIATE DEGREE NURSING PROGRAM

APPLICATION FOR STUDENT INTERN ASSIGNMENT  
*Give to Instructor of the Course and Save a Hard Copy for  
Yourself to Discuss your Learning Objectives with Your Mentor*

Student email: \_\_\_\_\_

I, \_\_\_\_\_, a nursing student who has completed the first year of nursing studies at Cuesta College, am interested in working as a Student Intern at: \_\_\_\_\_ hospital on the \_\_\_\_\_ Unit during the Summer semester 2008\_\_\_\_, Fall 2008\_\_\_\_ or Spring 2009\_\_\_\_\_.

I understand that it is my responsibility to operate under the direct supervision of the Registered Nurses designated mentor; to follow the course requirements and have access to the syllabus for my Mentor to read. I understand that as an employee of the participating agency I will be covered by the malpractice insurance of the hospital.

I understand that in order to participate in this program, I must be registered in the internship course from Cuesta College—NRAD 219

As part of my Student Intern responsibilities, I am expected to evaluate my strengths and weaknesses, and to describe my clinical skills and experiences (A and B). This reflection of my own practice will guide me in writing measurable objectives (C).

A. Statement of strengths and weaknesses (*review your clinical evaluations to write this section; upon review, this should give you direction to write measurable objectives “C”*):

B. Statement of clinical skills experience (*this should give you direction to write measurable objectives “C”*):

C. Based on my experiences and my personal learning needs, I wish to accomplish the following ***measurable objectives*** (at least five objectives—TYPED)—Please do not just list skills that you want to perform. ***Depending on the semester that you are taking NRAD 219, you are expected to demonstrate GROWTH. Your judgment, decision-making, communication, time management, efficiency in skill ability, teaching and learning and advocacy should represent the expectations of the LEVEL of nursing school that you are in.-YOU WILL WRITE ABOUT THESE IN YOUR LOG.***

- 1.
- 2.
- 3.
- 4.
- 5.

CUESTA COLLEGE ASSOCIATE DEGREE REGISTERED NURSING PROGRAM

*Give a signed copy to the Instructor of record and have the hospital representative in charge of the internship keep a copy for hospital records*

APPROVAL FROM INSTRUCTOR OF RECORD

I, Pam Peachey RN, MSN, instructor for Cuesta College Registered Nursing Program approve of \_\_\_\_\_ to participate in the Student Intern Program.

This student is registered in an RN internship course, NRAD 219 1 unit (54 hours) making them eligible to work in an expanded role while in the hospital setting.

- Students may work additional hours in the work-study structure, but will not earn additional units.

The purpose of the Student RN internship is to provide the student an opportunity to practice selected nursing skills learned during the first, second and third semesters of coursework under the supervision of a Registered Nurse (RN) mutually chosen by the health care facility employer and the student. In order to work in an expanded role in a work study course, a student must be enrolled in a registered nursing approved work study program. Here is the BRN WEB site for regulation regarding Student Worker:

<http://www.rn.ca.gov/practice/pdf/npr-b-15.pdf>.

I understand that students are assigned in their expanded role to care for patients in the acute care hospital. Students are required to demonstrate the steps of the nursing process. From their hospital assignments, students develop a specific plan of care for the individual patient, which is implemented under the supervision of the Registered Nurse designated by the employer. Students must follow the critical elements of Cuesta College ADN program and hospital policy for all skills.

Course objectives are: **Under the direction of the RN mentor**, the student will

1. Assess readiness to perform all proposed interventions prior to initial implementation.
2. Plan the objectives, time-schedule and evaluation strategies for the contracted period.
3. Coordinate with the lead instructor plans to conference with RN mentor/manager.
4. Perform duties identified as appropriate for Certified Nursing Assistants under Title 22.
5. Perform nursing functions as found on the skills list.
6. Complete initial admission assessments/evaluations and systems review.
7. Perform patient teaching discharge planning and documentation.
8. Perform care planning and charting.
9. Complete physical assessment.
10. Demonstrate the ability to problem solve through use of the nursing process: assessment, diagnosis, planning, implementation and evaluation.

As an employee of the participating agency, the student is covered by the malpractice insurance of the participating hospital.

The hospital employee responsible for managing the students in the RN internship program will designate a Register Nurse(s) (RN) who is (are) approved by the clinical agency as positive role model and agreed upon by the student. The designated RN(s) will review the above statement, student's learning objectives, the description of the course objectives and limitations (skills) and agrees to serve as a student intern/mentor for the Summer 2008\_\_\_\_ Fall 2008\_\_\_\_ Spring 2009 \_\_\_\_ Semester. When a mentor is identified, the student will provide the instructor with the RN mentor's name.

As a partner with Cuesta College the chosen hospital will provide the intern student with a positive learning experience as per the objectives.

Signature of the designated hospital employee responsible for managing the student interns

## Example of Log

*Log Content will be determined by your learning objectives—depending on the semester that you are taking NRAD 219, you are expected to demonstrate GROWTH. Your judgment, decision-making, communication, time management, efficiency in skill ability, teaching and learning and advocacy should represent the expectations of the LEVEL of nursing school that you are in.*

Sample Objective: Demonstrate efficiency and accuracy in patient assessment.

June 30, 2008

Today I assisted with the post-operative (day 3) care of a 24 year old man who had an exploratory laparotomy. The diagnosis was metastatic Ca and it was an "open and close". Specific skills I planned and demonstrated in his care were:

Assessment (esp. abdominal and chest - he had ø BTS and crackles at both lung bases.)

Assistance with hygiene needs: He was very modest and did not want to have me help him at all! It required a professional attitude on my part to encourage him to have a back rub after his bath.

Ambulation: He had not been up, except in a chair. I used a transfer belt to keep him from falling as we walked.

Monitored fluid I & O: He was still NPO (except ice chips) and was receiving D5 LR @ 125 ml/hr. His intake for the previous 24<sup>o</sup> period was 1560 ml and his output was 950 ml. I spoke with Susan (my mentor) and she explained why his output was low and the urine was so concentrated. I had no idea the liver played such an important part in regulation of the body's needs.

Care of a terminally ill patient: This was really hard for me since he was younger than I am! He was in a stage of denial which would be appropriate in this first diagnostic period. He kept saying, "Boy, I'm glad this is over and I can get on with my life", and I really felt at a loss to know how to answer...I guess this comes with time.

Other skills: Cathed a female (age 34) c preceptor following critical elements; Gave tube feeding to 2 patients following the critical elements (made sure to check orders); Assisted in removing staples from incision; Did discharge teaching for two patients (one TAH, one Cholecystectomy) and charted appropriately.



CUESTA COLLEGE ASSOCIATE DEGREE NURSING PROGRAM  
INTERNSHIP LETTER

*Give to the RN Mentor's that you work with each day*

*Your time and effort in contributing towards an effective and individualized INTERNSHIP experience for the student is greatly appreciated.*

*Please contact us with questions, praise, or feedback at anytime. Please notify the Cuesta Nursing Instructors as soon as possible if a problem or concern should arise, an incident report is filed, or the student makes an error.*

Telephone numbers:      Division Secretary      Office/voice mail: 546-31219  
                                 Pam Peachey                      Office/voice mail: 546-3100, ext. 2797----Cell 704-8470

Internship Registered Nurse Responsibilities:

1. You have been chosen by administration as a positive role model for the student intern.
2. Inform your nursing supervisor that you have a student intern for the day.
3. Take time each clinical day to discuss student progress toward their learning objectives.
4. Familiarize self with the skills list. Ask student to provide you with the list. Your agency may limit the skills list, however, you may not add to the list as per BRN.
5. Be a student mentor - guide, direct, supervise, provide feedback, evaluate student, and act as a resource.
6. Facilitate exposure of student to learning situations. **Feedback should be timely, specific, and factual to provide the necessary guidance for the student to stay on track.**
7. Supervise the student to ensure that nursing and hospital standards are being met.
8. Cosign student's charting as the hospital employee assigned to that patient.
9. As an employee of the hospital, the student is covered by the malpractice insurance of the participating hospital.
10. The student evaluation is completed by the RN intern mentor **who worked the most hours with the student** upon completion of the internship. Multiple Registered Nurses assigned to the student may combine comments on one evaluation form, but this is not required.
  - If you are the RN completing the evaluation, give the completed evaluation form directly to the student by the end of the internship. Consequences result for the student if their paperwork is late.

## **Limitations to the Internship as set by the Board of Registered Nursing**

Skills that are **NOT** in the scope of practice of an intern student nurse and are **NOT ALLOWED TO PERFORM:**

- Medication administration (PO, IM, IV, SQ, IVPB, Intradermal, Topical)
- Narcotics
- Counting of narcotics
- Taking verbal or phone orders from physician
- Start IVs
- Hang blood
- Central line dressing changes
- Any skills involving a short or long term central line
- Witness Consents

All skills listed on the “SKILLS LIST” are within the scope of practice for an intern student nurse.

**HOSPITALS MAY MODIFY THE SKILLS LIST BUT MAY NOT ADD TO THE LIST-Please check with the Agency.** It is the responsibility of the student to inform the internship RN of your skill level. However, the Cuesta RN faculty believes that a student should be frequently monitored to benefit from the expertise and feedback of the RN regarding skill ability, patient assessment during skill performance and decision-making. All skills are performed under the supervision of the designated Registered Nurse.

## APPROVED SKILLS LIST

*May be modified but not added to by the facility*

*Under the direction and supervision of the RN Mentor*

### Documentation

Assessment  
Teaching  
Assessment/Progress—*must be co-signed by RN mentor*

### Teaching

Validate with RN mentor

### Decision-Making/Planning/Judgment

Validate with RN mentor

### Physical Assessment (lifespan)

Vital Signs  
Neuro checks  
Use of Otoscope/ophthalmoscope  
Lung sounds  
Heart sounds  
Bowel sounds  
Urinary assessment  
Skin assessment  
Pain assessment  
Peripheral pulses (Doppler)

### Psychosocial Assessment

Interviewing

### Oxygenation

Mask/cannula  
Oro-pharyngeal suctioning  
Naso-pharyngeal suctioning

### Nutrition/Elimination

Tube feeding—bolus and continuous  
Feeding assistance  
Catheterization—straight cath, foley, condom  
Care of patient with foley catheter  
NG insertion  
NG to suction  
Enemas  
Ostomy care  
Photo therapy

### Delivery Room Set-up

### Mobility/Immobility

Transfer Techniques  
Surgical Patient  
Geriatric Patient  
Orthopedic Patient  
Assist with ambulation  
Crutch walking  
Traction  
Special beds (bio-dyne; trio-dyne)  
Cast care  
ROM—passive and active  
Positioning  
Handling & positioning neonates  
Bandaging/Binder

### Tissue Perfusion

PAES; stocking application  
Homan's sign  
CPR  
Vital signs  
Orthostatic BP monitoring

### Hygiene/Comfort

Bathing  
Bedmaking  
Sitz bath  
Warm/cold compresses-Kpad  
Oral care

### Skin Integrity

Sterile technique/Dressing changes  
Isolation technique

### Tests/Diagnostic Studies

Collection of specimen  
Culture: wound, urine, sputum  
Glucometer  
Hemotest/Guaiac  
Assisting with: Thoracentesis & Paracentesis

### Fluid Balance

DC IVs  
I and O  
Change IV tubing & dressing

CUESTA COLLEGE ASSOCIATE DEGREE NURSING PROGRAM

STUDENT EVALUATION OF INTERNSHIP & INTERN-MENTOR

*Completed by the student after each semester of internship*

How well did the preceptor orient the student to the facility/unit?

What were the strengths of the intern-preceptor.

What could the preceptor improve for future student interns?

In general, the experience was most beneficial in:

The least valuable experience was:

Student \_\_\_\_\_

CUESTA COLLEGE ASSOCIATE DEGREE NURSING PROGRAM

STUDENT EVALUATION by RN MENTOR

*Completed by designated Registered Nurse Intern-Mentor---this should be the RN that the student worked with the most and is the RN that the student designated as their Mentor*

Evaluation of the Student Intern \_\_\_\_\_

Unit \_\_\_\_\_ DATE \_\_\_\_\_

Thank you for your willingness to serve as a preceptor for a student intern. We know this experience has been very valuable for them. It would be helpful to both the student and the school to have your feedback regarding the following:

1. How well did the student meet the objectives she/he developed for the experience?

2. What strengths did you observe in this student?

3. What areas of weakness did you observe in this student?

4. What suggestions do you have about future Student Intern experiences?

RN Signature/Name \_\_\_\_\_