



# graduate pack

## INCLUDED IN THIS PACK:

- Patient Assessment
- Basic Ward Routine
- Maths Conversion/Rights of Drug Administration
- Oxygen Delivery
- IV Drip Rates
- GCS Determination
- Emergency Pathology
- ISBAR/Hand Hygiene
- Pain Scale
- Stool chart



### PATIENT ASSESSMENT

<b>CNS</b>	GCS: Pain score. Analgesia - check patient is alert, medication orders and delivery system. Symmetry and co-ordination of pupils, sedation score.
<b>NEURO-VASCULAR</b>	Extremities, CWMS, Capillary refill & pedal pulses.
<b>CVS</b>	HR rhythm, febrile, ECG, oedema, skin colour, warmth, moist/dry, Anticoagulants. BP IV Therapy (see Drip Rates card).
<b>RESP</b>	Rate and effort. Cough moist/dry, sputum/colour. O2 Sat. Mode of O2 delivery & flow. -symmetrical A/E to upper/mid/lower, wheeze/inspiratory, crackles coarse/fine, nail bed colour, rebs, ICD: swing, bubble, draining.
<b>GIT</b>	Nausea/vomiting, tolerating diet & fluids, nil orally? Bowel sounds. Bowel open. ? when, abdomen soft non-tender, distended, pain location. Continent. BGL.
<b>ISBAR</b>	Identify, Situation, Background, Assessment, Recommendation. For further information, refer to ISBAR card

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### MATHS CONVERSIONS

1 Gram = 1,000 milligrams  
1 Gram = 1,000,000 micrograms

To convert **Milligrams to Micrograms**, multiply the milligrams by 1,000

To convert **Grams to Micrograms**, multiply the grams by 1,000,000

To convert **Micrograms to Milligrams**, divide the micrograms by 1,000

To convert **Micrograms to Grams**, divide the micrograms by 1,000,000

EXAMPLES	CALCULATIONS
0.01mg = 10mcg	(0.01 x 1,000 = 10)
0.75mg = 750mcg	(0.75 x 1,000 = 750)
0.15mg = 150mcg	(0.15 x 1,000 = 150)
500mcg = 0.5mg	(500 ÷ 1,000 = 0.5)
50mcg = 0.05mg	(50 ÷ 1,000 = 0.05)
1,000mcg = 1mg	(1,000 ÷ 1,000 = 1)

**FORMULA FOR CALCULATION OF DRUG DOSE**

$$\frac{\text{STRENGTH REQUIRED}}{\text{STRENGTH IN STOCK}} \times \frac{\text{VOLUME}}{1} = \text{AMOUNT TO BE GIVEN}$$

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### PAIN MEASUREMENT SCALE

	No Pain	0	<b>No Pain</b>
		1	
	Comfortable	2	<b>Mild</b>
		3	
	Slight Discomfort	4	<b>Moderate</b>
		5	
	Uncomfortable	6	
		7	<b>Severe</b>
	Very Uncomfortable	8	
		9	
	Extremely Uncomfortable	10	<b>Worst Pain Imaginable</b>

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### BRISTOL STOOL FORM SCALE

<b>TYPE 1</b>	Looks like separate hard lumps, like nuts (hard to pass)	<input type="checkbox"/>
<b>TYPE 2</b>	Looks like a sausage-shape but lumpy	<input type="checkbox"/>
<b>TYPE 3</b>	Looks like a sausage but with cracks on its surface	<input checked="" type="checkbox"/>
<b>TYPE 4</b>	Looks smooth and soft like a sausage	<input checked="" type="checkbox"/>
<b>TYPE 5</b>	Looks like soft blobs with clear cut edges (passed easily)	<input type="checkbox"/>
<b>TYPE 6</b>	Looks like fluffy pieces with ragged edges, a mushy stool	<input type="checkbox"/>
<b>TYPE 7</b>	Looks watery, no solid pieces (entirely liquid)	<input checked="" type="checkbox"/>

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### ISBAR

**I IDENTIFY:** Yourself, position/role, location. Patient with 3 identifiers: name, patient number, date of birth.

**S SITUATION:** Urgent? Reason for contact, for patient admission/presentation, diagnosis if known, primary concern/issue, reason for transfer.

**B BACKGROUND:** Relevant information only. History, Examination/Assessment, test results, management, medications, allergies, IV fluids, resuscitation status. Relevant social information

**A ASSESSMENT:** What you think is happening/your impression, Turgent. Vital signs, airway, breathing circulation, examination, test results, Management

**R RECOMMENDATION:** Clearly treatment plan. Assign and accept responsibilities/ accountability for tasks to be completed. Risks.

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