

Student Nurses

Orthopaedic Clinic

2021

Student Name:

Welcome to the Orthopaedic Clinic

The Orthopaedic Outpatient department manages patients with acute and chronic orthopaedic injuries or conditions, and provides a follow up service. We provide treatment for approximately 25,000 patients per annum.

We are able to offer our patients care and treatment of a very high quality. The nurses have expertise in patient assessment, fracture management, casting and splinting. The department is fortunate to be affiliated with the Wellington School of Medicine, and has the expertise of some of the most eminent orthopaedic surgeons in New Zealand.

We are open 7 days per week, including statutory holidays. Our hours of opening are 8am – 9.30pm Monday to Friday, 9am – 5.30pm weekends and public holidays.

Statement of Nursing Practice

Professional nursing practice in Orthopaedic Clinic is:

- a specialised expression of caring
- is focused upon the health needs of patients and families
- is a supportive partnership between nurse and patient
- is committed to assisting patients to maximise their potential
- is expressive of the principles of the Treaty of Waitangi - protection, participation, partnership and self-determination

Recognising that health and wellbeing are a subjective state, nurses in Orthopaedic Clinic are committed to assisting patients to maximise their potential while living with an injury or disability, through a partnership of care, support and shared responsibility.

Nursing practice is based upon a sound theoretical knowledge of orthopedic, and nursing, and is enhanced by new developments and theories. Nurses are

accountable for their practice development and maintaining a safe working environment.

Vision: Professional Care, in Partnership with Patients, to Achieve Best Possible Outcome

Orthopaedic Clinic Team Objectives:

- To provide a service which focuses upon the needs of patients and families, specifically physical, cultural and spiritual needs.
- To advocate on behalf of patients, protecting their right to privacy, comfort and dignity; and supporting informed choices.
- To constantly strive to improve the care and service delivered.
- To encourage teamwork and professional development, recognising value of skilled, knowledgeable practitioners.
- To maintain a working environment which promotes staff and patient safety?

Orthopaedic Clinic is located in the Emergency Building of Wellington Hospital, on Level 3. The Orthopaedic Clinic can be accessed from the main corridor, through any pedestrian entrance to the hospital. Alternatively we have external access through the CSB/Orthopaedic Clinic entrance off Mein Street between 8am and 4pm Monday to Friday only.

This is a purpose built facility which offers functionality, privacy and a pleasant environment for both patients and staff. Our department has 4 main areas, a patient waiting area, acute treatment/plaster rooms, a clinic area including offices and exam rooms. Personal belongings should be stored in a locker in the staff room. The clinic **direct dial number is 3855952**, this is the number to call if you are unwell or taking leave from your placement.

EMERGENCY / HEALTH AND SAFETY



Dial 777 And state clearly where and what the emergency is (State if adult or paediatric, medically unwell, collapse, respiratory arrest, cardiac arrest, fire, or threat to safety (personal or other). See the Emergency Procedures Flip Card in reception and familiarise yourself with this information. There is a staff duress button at reception should you need security orderlies to respond immediately to the clinic.

Health and Safety is everyone's business. You will need to be aware of hazards in this area and how they are managed. The health and safety folder is kept at reception. You are required to wear Personal Protective Equipment (PPE) at the appropriate times.

We are looking forward to
Working with you

Contacts

Orthopaedic Unit	Main contact	Email for main contact	Phone number for ward/Unit
Clinical Nurse Manager	Wendy Costa	Wendy.costa@ccdhb.org.nz	04 3855952 Ext 6444

Staff Nurses:

Bernie DeRuyter	Judith Swift
Sally Ayson	Virginia Pugh
Cathy Ostapowicz	Ali Taylor
Debbie Di Leva	

HCA : Christina Faaea

There are 17 orthopaedic surgeons who work in Orthopaedic Clinic, with 10 registrars, 1 SHO and 4 house surgeons. The registrars rotate every 6 months, and the house surgeons every 3 months. We also have Hand Therapists attending Mr Chou's and Mr Rowan's clinic as well as physiotherapists at a number of our fracture follow up clinics.

Your Preceptor/ Clinical Liaison Nurse

What Happens

You will be allocated to work with a nurse each day. This will be written in the allocation book. At the beginning of each day you should meet with this nurse. It is **your** responsibility to ensure the nurse you are working with is aware of your objectives for the day/week. You must provide evaluations and/or other paperwork to your preceptor in a timely fashion (i.e. not on the due date!!). You preceptor will not complete any evaluations if you give it to them on your last days in the unit.

To assist you in achieving your learning objectives, there is a large amount of literature and reference material, for you to use. We hope this will be an interesting and productive time for you.

If you are in doubt, overwhelmed, confused or uncomfortable – **speak up**. There is no such thing as a silly question.

Expectations of the Student Nurse

The shifts in the Orthopaedic clinic are Monday to Friday:

Morning	:	0800hrs – 1630 hrs
Afternoon	:	1300 hrs – 2130 hrs

We have a few expectations of student nurses working in the Orthopaedic Clinic:

- ❖ It is expected that you arrive on time for your shift and if you are going to be late or you are unwell and cannot come to call the unit on **04 3855952**
- ❖ You must complete the full shift that you are allocated to work – if you are unable to do so please discuss this with your nurse, preceptor or nurse educator. A lot of learning occurs at quiet times in the unit!!
- ❖ It is important for your preceptor or the nurse you are working with that he/she is aware of your objectives
- ❖ Due to infection control a clean uniform must be worn, long hair must be tied back and cardigans must not be worn when working in the floor
- ❖ If you are not achieving your objective please see your preceptor (before the last week in the unit)
- ❖ Please ensure all documentation you need to complete for the polytechnic/university is accomplished before the last days in the unit – your preceptor will **not** complete any paper that is given to him or her if it is given in the last days of your placement
- ❖ To be responsible and accountable for your actions while practicing in the Orthopaedic clinic

- ❖ To work as part of a multi-disciplinary team under the supervision of the designated registered nurse
- ❖ To work as part of a multi-disciplinary team under the supervision of the designated registered nurse
- ❖ To behave in a professional and responsible manner.
- ❖ To provide patient care and service in accordance with the values of Orthopaedic Clinic
- ❖ To be self-directed in seeking knowledge and development of skills
- ❖ To communicate appropriately with staff and patients

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Treasure Hunt

This list is designed to help you become familiar with the environment, but is by no means exhaustive of all the things you will be required to locate.

<input type="checkbox"/> Where to store your bags	<input type="checkbox"/> Discharge information
<input type="checkbox"/> Controlled Drug cupboard	<input type="checkbox"/> Clinical policies & procedures
<input type="checkbox"/> Store room	<input type="checkbox"/> Bio-hazard bags
<input type="checkbox"/> Linen supplies	<input type="checkbox"/> Roster
<input type="checkbox"/> Staff tea room	<input type="checkbox"/> Manual BP machine
<input type="checkbox"/> CNE/ACNM Office	<input type="checkbox"/> Suction Equipment
<input type="checkbox"/> Scales	<input type="checkbox"/> Evac Chair
<input type="checkbox"/> Blood glucose Machine	<input type="checkbox"/> District Nurse Referral
<input type="checkbox"/> Resuscitation trolley	<input type="checkbox"/> Tympanic thermometer & covers
<input type="checkbox"/> Dirty utility room	<input type="checkbox"/> Stationery supplies
<input type="checkbox"/> Clean utility room	<input type="checkbox"/> Photocopier
<input type="checkbox"/> Dressing trolley and Materials	<input type="checkbox"/> Patient charts
<input type="checkbox"/> Isolation Equipment	<input type="checkbox"/> Laboratory forms
<input type="checkbox"/> Incident Reporting	<input type="checkbox"/> Assessment Room
<input type="checkbox"/> Treatment Room	<input type="checkbox"/> Sterile Gloves
<input type="checkbox"/> Crutches	<input type="checkbox"/> Steady Eddie/Sara Steady
<input type="checkbox"/> Entonox Gas	<input type="checkbox"/> Dinamap - Vital Signs Monitors
<input type="checkbox"/> Ischemic Arm Block machine and Cuffs	<input type="checkbox"/>

Common Presentations to Orthopaedic clinic Include:

FRACTURES:

Orthopaedic:

Fingers / Thumb - distal, middle, proximal phalanges	Osteoarthritis : Hips, Knees, Ankles, Shoulders
Hand - Metacarpals	Carpal Tunnel, Dupuytren's Contractures,
Wrist – Carpal bones , distal radius and ulna	<u>PAEDIATRIC:</u> Talepes (club feet), Toe walking, Hip dysplasia,
Forearm – Radius and Ulna	
Elbow	
Humerus	
Shoulder , Scapula , Spine	
Clavicle	
Toes – distal, middle, proximal phalanges	
Foot and Ankle – Metatarsals, Tarsals calcaneus, malleolus (lateral & medial), distal tibia and fibula	
Toddlers fracture –spiral tibial fracture	
Patella , Femur, Hip	
<u>TENDON RUPTURES of:</u> Achilles, Thumbs, Fingers (Mallet), Quads, Biceps, Patella,	<u>WOUND CARE:</u> PICO Dressings VAC Dressings
Rotator Cuff injuries	

Common Medications

Panadol

Ibuprofen

Sevredol

Codeine

Odansatron

Prolocaine

Lignocaine

Entonox

Pre-reading/Resources

Principles of plaster management and bone healing

Musculoskeletal A & P

Evaluation of Clinical Experience

Nurse: _____ Date of placement _____

Date of Evaluation: _____ Preceptor: _____

This evaluation is intended to offer feedback to the preceptor and their clinical area.

Clinical Learning	1 Strongly Agree	2 Agree	3 Neither agree or disagree	4 Disagree	5 Strongly disagree	Comments
The staff were welcoming and learned to know the students by their personal name						
The staff were easy to approach and generally interested in student supervision						
A preceptor(s) was identified/introduced to me on arrival to area						
One preceptor had an overview of my experience and completed my assessment						
An orientation to the clinical area was provided						
My learning objectives were achieved						
I felt integrated into the nursing team						
I formally met with the "named preceptor" at least fortnightly						
There were sufficient meaningful learning situations in the clinical placement						
How was the Preceptor?						
The preceptor assessed and acknowledged my previous skills and knowledge						
The preceptor discussed my prepared learning objectives						
The preceptor assisted with planning learning activities						
The preceptor supported me by observing and supervising my clinical practice						
The preceptor was a good role model for safe and competent clinical practice						
I felt comfortable asking my preceptor questions						
The preceptor provided me with regular constructive feedback on my practice						

Additional comments:

Please return this form to Charge Nurse Manager or Clinical Nurse Educator

