



Health  
Southern NSW  
Local Health District

# Goulburn Community Health Centre

Student Nurse  
Orientation Package

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# Contents

Welcome.....	Page 1
The Primary Health Care Model.....	Page 1
Health Behaviour Change.....	Page 2
Student Objectives.....	Page 3
Community Nursing Streams.....	Pages 5–7
Orientation Checklist.....	Page 8
Student Objectives Planner.....	Page 9
Notes.....	Page 10
Placement Evaluation.....	Page 11

## Welcome to the Goulburn Community Health Student Placement Program!

Goulburn Community Health services provide nursing and allied health programs in the community under the Primary Health Care model. Primary Health and Community Care are essential in health promotion, disease prevention and hospital avoidance. We service an area within approximately a 50km radius that includes Gunning, Bungonia, Windellema, Marulan and Taralga. Your placement will give you the opportunity to understand the delivery of primary health care within rural communities and autonomous practice within a multidisciplinary team.

During your placement in Goulburn Community Health you will have the opportunity to rotate through a number of speciality nursing streams. Placements are available in generalist Community Nursing, Hospital in the Home, Palliative Care, Chronic Disease Management, Diabetes Management, Wound Clinic and Child and Family. For placements of longer than a week you will have the opportunity to spend up to 5 days in clinical streams.

To assist you to get the most out of your placement and ensure we are able to meet your needs we ask you to complete learning objectives. We also ask you to complete a short questionnaire prior to and at the end of your placement.

The following booklet provides information on the nursing services available through Goulburn Community Health and key objectives and skill development for your placement.

We hope that you enjoy your placement with Goulburn Community Health and look forward to working with you.

### The Primary Health Care Model

Primary Health Care aims to promote health, prevent disease and injury and reduce health inequalities within the Australian and global populations. The focus is moved away from treatment and cure of disease within secondary and tertiary health settings such as hospitals and refocused towards removing the cause of disease and injury from the community and individual. Strategies are based on individual and local community participation in identification of strengths and health issues and health priorities. Multidisciplinary collaboration is central to Primary Health Care and services provided through Goulburn Community Health have streamlined referral processes to ensure integration of appropriate disciplines and programs.

Further information on the Primary Health Care Model and Rural Health can be found in the following publications:

World Health Organisation – Primary Health Care

[www.who.int](http://www.who.int)

Australian Government Department of Health and Aging 2010, 'Building a 21<sup>st</sup> Century Primary Health Care System - Australia's First National Primary Health Care Strategy'

[www.yourhealth.gov.au](http://www.yourhealth.gov.au)

Australian Nursing Federation 2009, 'Primary Health Care in Australia – A Nursing and Midwifery Census View'

[www.rcna.org.au](http://www.rcna.org.au)

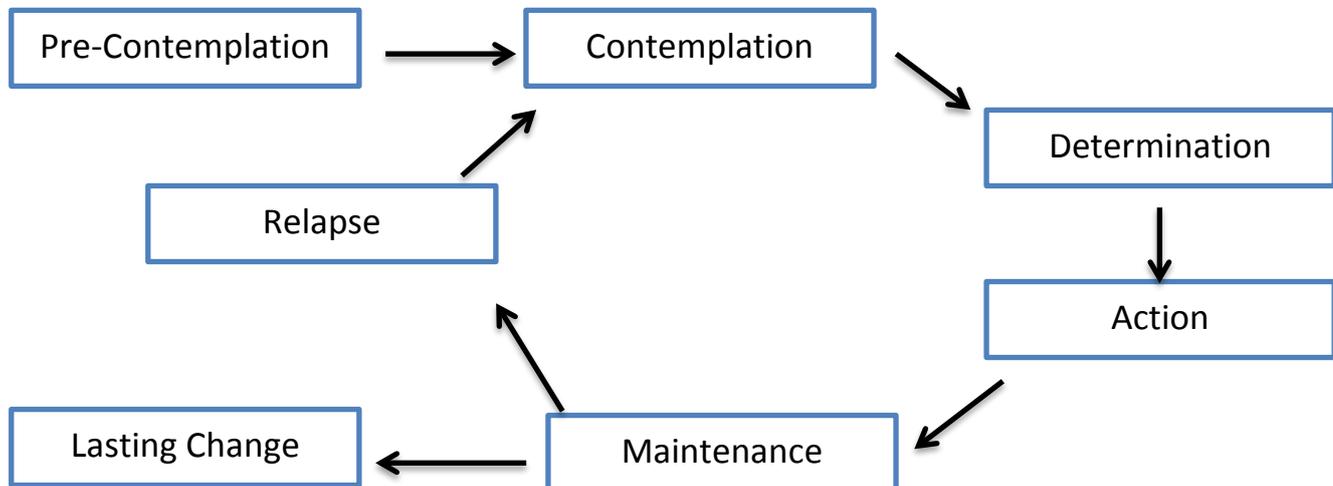
Wakerman, J, Humphreys, J, Wells, R, Kuipers, P, Jones, J, Entwistle, P & Kinsman, L 2009, 'Features of effective primary health care models in rural and remote Australia: a case study analysis', *Medical Journal of Australia*, vol 191, no 2, pp 88-91

National Rural Health Alliance, <http://nrha.ruralhealth.org.au>

## Health Behaviour Change

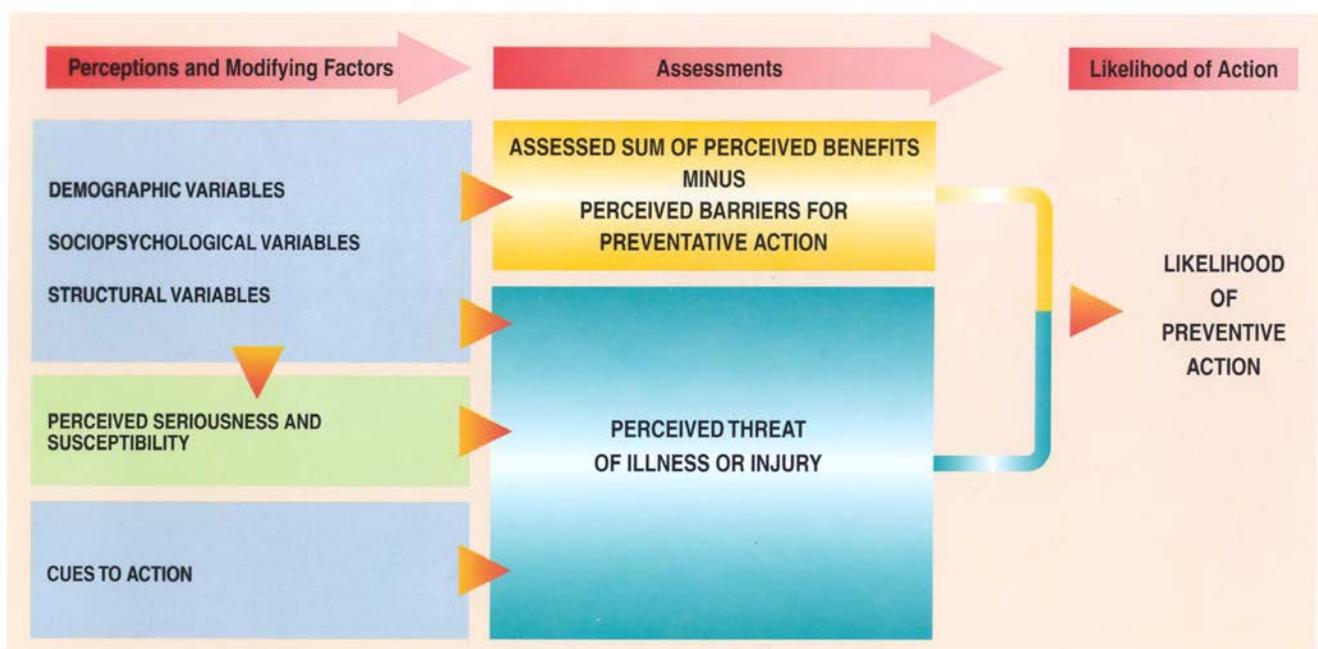
Central to Primary Health Care is empowerment of individuals and communities in health promotion and disease prevention. Throughout your placement you will have the opportunity to practice health promotion and behaviour change strategies with clients. It is important that you have an understanding of the complex cycle of health behaviour change to ensure Primary Health Care interventions are appropriate and client-focused.

### Cycle of Change



1-HW: 4

### Health Belief Model



Further information on health behaviour change can be found in the following publications:

Queensland Health 2007, 'Stages of Behaviour Change', <http://www.health.qld.gov.au>

Donatelle, R.J. 2012 (10th ed.), *Health: The Basics* (International edition), Boston, Benjamin Cummings/Pearson

National Asthma Council Australia, <http://www.nationalasthma.org.au/health-professionals>

## Student Objectives

Please determine your placement objectives prior to commencing placement and discuss with your preceptor on your first day of placement. The following objectives are general objectives for Community Health placement. Further stream-specific objectives are provided in each section where applicable.

General objectives for your placement with Goulburn Community Health Student Placement Program are:

- Demonstrate necessary knowledge and skills to perform comprehensive client assessment appropriate to year level
- Participate in the processes to formulate, deliver and evaluate care plans based on identified client needs
- Demonstrate ability to identify client position in cycle of change
- Discuss health promotion / disease prevention strategies appropriate to client health status and readiness for change
- Discuss Primary Health Care philosophy and principles
- Demonstrate an ability to apply Primary Health Care principles in community nursing care
- Discuss Primary Health Care nursing in the contexts of primary, secondary and tertiary settings
- Demonstrate an awareness of Primary Health Care programs available to the Goulburn community
- Demonstrate an understanding of issues relating to health equity, social justice, access and cultural awareness
- Demonstrate an understanding of the roles and referral processes of the multidisciplinary team
- Demonstrate an understanding of health issues specific to rural communities
- Demonstrate an understanding of the principles of habilitation, rehabilitation and palliative phases of chronic illness
- Demonstrate an ability to critically analyse nursing strategies used in the management of clients with chronic or terminal conditions
- Demonstrate an ability to apply therapeutic and interpersonal communication skills
- Demonstrate an ability to complete documentation accurately and clearly
- Demonstrate an understanding of legal and ethical issues related to caring for clients within the community setting
- Demonstrate an ability to critically analyse and reflect upon nursing practices

Skills developed (dependant on year level and clinical stream) will be:

- Comprehensive client assessment (biological, psychological, socio-cultural, environmental and politico-economic)
- Pain assessment
- Formulation of care plans
- Evaluation of care plans
- Multidisciplinary collaboration and communication
- Management of IDCs/SPCs, drains, stomas and central lines
- Wound assessment, cleaning and selection/application of dressings
- Delivery of intravenous, subcutaneous, intramuscular, topical and oral medications
- Application of infection control principles
- Documentation

## **Community Health Nursing**

The generalist community health nursing team provides services to the Goulburn community within their homes. We provide nursing services to eight main groups of clients:

- Chemotherapy support (oncology clients)
- Connecting Care in the Community / Chronic Care (in association with Nurse Practitioner)
- Continence / Stoma Care
- Medication assistance and supervision
- Health Monitoring
- Wound Care
- Palliative Care (in association with Palliative Care team)
- Patient / Outpatient Consult

## **Hospital in the Home**

The Hospital in the Home team provides acute and post-acute services within the community setting under medical governance of a GP or VMO. Evidence shows that HITH services are safe, cost effective and are a better alternative for particular patient groups as they reduce the risk of inpatient complications, falls, hospital acquired infections and delirium, particularly in the elderly. We provide nursing services for the following diagnostic related groups (DRGs):

- Respiratory Infections / Inflammations
- Chronic Obstructive Airways Disease
- Venous Thrombosis
- Cellulitis
- Pulmonary Embolism
- Bronchitis and Asthma
- Oesophagitis and Gastroenteritis
- Osteomyelitis
- Kidney & Urinary Tract Infection
- Red Blood Cell Disorders
- Other conditions as deemed suitable by treating physician and receiving RN

## **Palliative Care**

The Palliative Care team provides an assessment, consultancy and support service to inpatient areas and the community under the Primary Palliative Care model. Palliative Care is provided for people who have a life limiting illness in which improving quality of life is the primary treatment goal (as opposed to curative measures).

Objectives for your placement with the Palliative Care team are:

- Demonstrate an understanding of the World Health Organisation definition of Palliative Care
- Demonstrate an understanding of the primary functions of the Palliative Care service
- Demonstrate an understanding of the key components of the Primary Care Model in Palliative Care
- Demonstrate an understanding of the 13 National Palliative Care Standards
- Demonstrate an understanding of the Therapeutic Guidelines in Palliative Care and their use in managing a palliative care client
- Demonstrate necessary knowledge and skills to perform pain and symptom assessment
- Demonstrate an understanding of pain and symptom management methods

## **Chronic Disease Management**

The Nurse Practitioner in Chronic Disease coordinates the Connecting Care in the Community Program in conjunction with the Community Health Nursing team and allied health. The Nurse Practitioner in Chronic Disease assists clients to manage their asthma, chronic respiratory and chronic heart failure at home to promote self-management, avoid hospital admissions and increase quality of life. Chronic conditions managed by the team are:

- Chronic Obstructive Pulmonary Disease
- Asthma
- Pulmonary Fibrosis and Interstitial Lung Disease
- Bronchiectasis
- Community Acquired Pneumonia
- Heart Failure
- Pulmonary Hypertension

Objectives for your placement with Nurse Practitioner Chronic Disease are:

- Understand and articulate the role of a Nurse Practitioner in general and the Chronic Care NP in particular
- Understand and articulate the principles of self-management in Chronic Disease management
- Understand (appropriate to year level) the pathophysiology and treatment of Chronic lung disease and Chronic Heart Failure
- Understand the aim of the Connecting Care Chronic Disease Program
- Observe a meeting of the Connecting Care interdisciplinary team and explore the differences between multidisciplinary and interdisciplinary interventions
- Observe a client interview and assessment by the NP and participate within his/her scope of experience by taking vital signs etc. demonstrating knowledge of normal and abnormal ranges
- Understand the basic principles of Spirometry
- Articulate and demonstrate Cultural Safety
- Understand the role of Pulmonary and Cardiac Rehab programs in secondary prevention and development of self-efficacy

## **Diabetes Management**

The Credentialed Diabetes Educator provides education and support to clients with diabetes and pre-diabetic conditions. This includes individual consults, groups and advice to health professionals.

Objectives for your placement with the Credentialed Diabetes Educator will be discussed with you upon allocation to the clinical stream

## **Wound Clinic**

Goulburn Wound Clinic provides assessment, management and development of care plans for wounds as well as a consultancy service to inpatient and outpatient areas. You will be provided with a separate Wound Clinic Student Placement Package and objectives upon allocation of placement with the Wound Clinic.

## **Child and Family**

The Child and Family nursing team provide education, guidance and support to parents in the care of infants (0-5 years) and family health. They run an immunisation program for children 0-18 years and asthma education and management program for children aged 0-15 years. You will be provided with a separate Child and Family Student Placement Package upon allocation of placement with the Child and Family nursing team.

# Student Nurse Orientation Guideline Checklist

## Goulburn Community Health

Name \_\_\_\_\_ Start Date \_\_\_\_\_

Orientation Outlines & Content	Completion Date	Student Signature	Preceptor Signature
<b>Welcome</b> Orientation Package Meet Community Health team Building / Equipment Orientation Introduce objectives of clinical stream Primary Health Model Complete Pre-placement Learning Tool and Objectives Emergency Procedures			
<b>Human Resources</b> Rosters Hours of work Meal breaks			
<b>Clinical Processes</b> Work Schedules Admission Process - Intake / Referrals - Eligibility / Governance - Admission Assessment - Consent Documentation Discharge Process Care Plans Handover Process Referrals to other services eMR			
<b>Policies and Procedures</b> Policy and Procedure Manual Work Health and Safety Manual Stream Clinical Guidelines Protocol for entering a house			
<b>Communication</b> Mobile phones Transferring calls Internal paging system Fax machine / scanner / copier Staff Net			

## Community Health Learning Objectives for Student Placements

<b>Learning Objectives</b> <i>What do I want to learn?</i>	<b>Strategies to meet objectives</b> <i>How will I learn?</i>	<b>Evidence of objective met</b> <i>How will I demonstrate that I have learnt?</i>

Student signature: \_\_\_\_\_ Date: \_\_\_\_\_

Preceptor signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Notes

**Goulburn Community Health Centre  
Student Nurse Placement Program Evaluation**

Please rate your clinical placement experience by ticking the appropriate box and return to NUM.

Experience	Excellent	Good	Average	Fair	Poor
Expectations of the clinical placement were clear					
Preparation materials provided					
Orientation to Community Health Centre and Team					
Orientation to Primary Health Care model					
Orientation to work schedules and processes					
Activities were appropriate to scope of practice					
Provided hands on experience					
Provided a variety of experiences					
Adequate time for completion of experiences					
Adequate time for reflection and research					
Preceptor was approachable and supportive					
Preceptor provided adequate supervision					
Feedback given by preceptor at appropriate time and place					
I met my objectives for the placement					
What was the most enjoyable part of the placement?					
What were the two most useful aspects of the placement?					
What was the least enjoyable aspect of the placement?					
Have you any suggestions about how your placement experience could have been improved?					
Are there any additional resources, information or activities you think could improve future placements?					
Please provide any further comments					
<b>Student Name</b>	<b>University</b>	<b>Year Level</b>	<b>Date</b>		