



Contents

About the companion website vii

- 1 Measuring body temperature 1
- 2 Measuring pulse and blood pressure 7
- 3 Transcutaneous monitoring of oxygen saturations 13
- 4 Peak expiratory flow 17
- 5 Venepuncture 21
- 6 Managing blood samples correctly 25
- 7 Taking blood cultures 29
- 8 Measuring capillary blood glucose 33
- 9 ECG monitoring 37
- 10 Recording a 12 lead ECG 41
- 11 Basic respiratory function tests 45
- 12 Urine multi-dipstick test 49
- 13 Advising patients on how to collect a mid-stream urine specimen 53
- 14 Taking nose, throat, and skin swabs 57
- 15 Performing a pregnancy test 63
- 16 Administering oxygen 69
- 17 Airway management: Insertion of oropharyngeal and nasopharyngeal airways 75
- 18 Ventilation: Pocket mask and self-inflating bag 81
- 19 Defibrillation (manual and automated) 87
- 20 Cardiopulmonary resuscitation 91
- 21 Establishing peripheral intravenous access 101
- 22 Use of infusion devices 107
- 23 Making up drugs for parenteral administration 111

- 24** Dosage and administration of insulin and use of sliding scales 115
- 25** Administering a subcutaneous injection 119
- 26** Intravenous injections 123
- 27** Administration of blood transfusion 127
- 28** Male and female urinary catheterisation 135
- 29** Instructing patients in the use of devices for inhaled medication 147
- 30** Skin suturing 151
- 31** Application of a sling 155
- 32** Safe disposal of clinical waste, needles, and other 'sharps' 159
- 33** Arterial blood gas sampling 165
- 34** Examination of the ear 169
- 35** Ophthalmoscopy 175
- 36** Relieving foreign body airway obstruction 181

Index 185