



NURSING FOUNDATION DEPARTMENT
BEST PRACTICES
TEACHING LEARNING ACTIVITY

PROCESS ORIENTED GUIDED INQUIRY LEARNING:

1.INTRODUCTION:

POGIL is an acronym for Process Oriented Guided Inquiry Learning. Because POGIL is a student-centered instructional approach, in a typical POGIL classroom or laboratory, students work in small teams with the instructor acting as a facilitator. The student teams use specially designed activities that generally follow a learning cycle paradigm.

2. OBJECTIVES:

- ❖ To apply knowledge to new situations, to solve problems.
- ❖ To know specific facts, terms, concepts, principles, or theories
- ❖ Select appropriate assessment methods.
- ❖ State desired performance criteria.
- ❖ To create something, to integrate ideas into a solution, to propose an action plan, to formulate a new classification scheme.

3.THE CONTEXT:

Engage:

Students are engaged with a challenging situation, prior knowledge is activated, questions are provoked.

Explore:

Students investigate the phenomenon, prior knowledge is challenged, ideas are created.

Explain:

Students explain the phenomenon, new knowledge is gained and applied.

Eloborate:

Students apply their knowledge towards new situations, knowledge is deepened and extended.

4.THE PRACTICE:

This teaching learning activity was started in the year of 2021. This POGIL was conducted monthly once from June, July, August and September. The students are divided into small teams and the Exercise 1 was given on June, Exercise 2 was given on July, Exercise 3 was given on August, Exercise 4 was given on September. Each exercise consists of 10 questions and it continues till 40 questions with the same group and same faculty. It was conducted in second floor class room.

Each group was divided into 10. Each group was named as Group 1 – Lily, Group 2 – Jasmine, Group 3 – Rose , Group 4 – Sunflower, Group 5 – Tulip, Group 6 – Blue bell, Group 7 – Poppy , Group 8 – Daisy , Group 9 – Snow drop, Group 10 –Aster. The session was conducted for 30 minutes during 12 to 12:30 Pm. After completion of the session the answers was discussed and the appreciation was given to the group who got First, Second and Third. The winners in exercise 1 are Group 3, 7 and 10. The winners in exercise 2 are Group 2,5 and 1. The winners in exercise 3 are Group 8, 4 and 9. The winners in exercise 4 are Group 2, 5 and 1. All students got interested into this teaching learning activity.



GROUP 1 – LILY

MRS. SUBHASHINI ASSO.PROF M.Sc (N)



GROUP 2 – JASMINE

MRS.NADHIYA ASSO.PROF M.Sc (N)



GROUP 3-ROSE

MRS. VIJI .PROF M.Sc (N)



GROUP 3 – ROSE

GOT FIRST PRIZE – EXERCISE 1



GROUP 4 – SUNFLOWER

PROF.LATHA.A ASSO.PROF M.Sc (N)



GROUP 5-TULIP

MRS. TEJOWATHI ASSO.PROF M.Sc (N)



GROUP 6 – BLUE BELL

PROF.SMITHA ASSO.PROF M.Sc (N)



GROUP 7 – POPPY

PROF.MERLIN GOLDA M.Sc (N)



GROUP 8 – DAISY

PROF.MERLIN GOLDA M.Sc (N)



GROUP 9 – SNOW DROP



GROUP 10 – ASTER

5. EVIDENCE OF SUCCESS:

The evidence of success has got through their

The following activities were successfully conducted by Nursing Foundation Department:

GUIDING THE SEARCH FOR SOLUTIONS IN QUESTIONS:

Exercise 1:

1. **The most important nursing intervention to correct skin dryness is _____**
- A. Consult the dietitian about increasing the patient's fat intake, and take necessary measures to prevent infection.
 - B. Ask the physician to refer the patient to a dermatologist, and suggest that the patient wear home-laundered sleepwear.
 - C. Encourage the patient to increase his fluid intake, use non-irritating soap when bathing the patient, and apply lotion to the involved areas.
 - D. Avoid bathing the patient until the condition is remedied, and notify the physician.

Correct Answer: C

2. **When bathing a patient's extremities, the nurse should use long, firm strokes from the distal to the proximal areas. This technique:**
- A. Provides an opportunity for skin assessment.
 - B. Avoids undue strain on the nurse.
 - C. Increases venous blood return.
 - D. Causes vasoconstriction and increases circulation.

Correct Answer: C.

3. **Vivid dreaming occurs in which stage of sleep**
- A. Stage I non-REM
 - B. Rapid eye movement (REM) stage
 - C. Stage II non-REM
 - D. Delta stage

Correct Answer: B

4. **The natural sedative in meat and milk products (especially warm milk) that can help induce sleep is:**
- A. Flurazepam
 - B. Temazepam
 - C. Methotrimeprazine
 - D. Tryptophan

Correct Answer: D

5. **Nursing interventions that can help the patient to relax and sleep restfully include all of the following except:**
- A. Have the patient take a 30- to 60-minute nap in the afternoon.
 - B. Turn on the television in the patient's room.
 - C. Provide quiet music and interesting reading material.
 - D. Massage the patient's back with long strokes.

Correct Answer: A

6. **A terminally ill patient usually experiences all of the following feelings during the anger stage except:**
- A. Rage
 - B. Envy
 - C. Numbness

- D. Resentment

Correct Answer: C

7. Nurses and other healthcare providers often have difficulty helping a terminally ill patient through the necessary stages leading to acceptance of death. Which of the following strategies is most helpful to the nurse in achieving this goal?

- A. Taking psychology courses related to gerontology.
- B. Reading books and other literature on the subject of thanatology.
- C. Reflecting on the significance of death.
- D. Reviewing varying cultural beliefs and practices related to death.

Correct Answer: C.

8. A nurse caring for a patient with an infectious disease who requires isolation should refer to guidelines published by the:

- A. National League for Nursing (NLN)
- B. Centers for Disease Control (CDC)
- C. American Medical Association (AMA)
- D. American Nurses Association (ANA)

Correct Answer: B

9. To institute appropriate isolation precautions, the nurse must first know the:

- A. Organism's mode of transmission
- B. Organism's Gram-staining characteristics
- C. Organism's susceptibility to antibiotics
- D. Patient's susceptibility to the organism

Correct Answer: A

10. An autoclave is used to sterilize hospital supplies because:

- A. More articles can be sterilized at a time.
- B. Steam causes less damage to the materials.
- C. A lower temperature can be obtained.
- D. Pressurized steam penetrates the supplies better.

Correct Answer: D

Exercise 2:

11. The best way to decrease the risk of transferring pathogens to a patient when removing contaminated gloves is to:

- A. Wash the gloves before removing them.
- B. Gently pull on the fingers of the gloves when removing them.
- C. Gently pull just below the cuff and invert the gloves when removing them.
- D. Remove the gloves and then turn them inside out.

Correct Answer: C

12. After having an I.V. line in place for 72 hours, a patient complains of tenderness, burning, and swelling. Assessment of the I.V. site reveals that it is warm and erythematous. This usually indicates:

- A. Infection
- B. Infiltration
- C. Phlebitis
- D. Bleeding

Correct Answer: C

13. To ensure homogenization when diluting powdered medication in a vial, the nurse should:

- A. Shake the vial vigorously.

- B. Roll the vial gently between the palms.
- C. Invert the vial and let it stand for 1 minute.
- D. Do nothing after adding the solution to the vial.

Correct Answer: B

14. The nurse is teaching a patient to prepare a syringe with 40 units of U-100 NPH insulin for self-injection. The patient's first priority concerning self-injection in this situation is to:

- A. Assess the injection site.
- B. Select the appropriate injection site.
- C. Check the syringe to verify that the nurse has removed the prescribed insulin dose.
- D. Clean the injection site in a circular manner with an alcohol sponge.

Correct Answer: C

15. The physician's order reads "Administer 1 g cefazolin sodium (Ancef) in 150 ml of normal saline solution in 60 minutes." What is the flow rate if the drop factor is 10 gtt = 1 ml?

- A. 25 gtt/minute
- B. 37 gtt/minute
- C. 50 gtt/minute
- D. 60 gtt/minute

Correct Answer: A

16. A patient must receive 50 units of Humulin regular insulin. The label reads 100 units = 1 ml. How many milliliters should the nurse administer?

- A. 0.5 ml
- B. 0.75 ml
- C. 1 ml
- D. 2 ml

Correct Answer: A

17. A patient has just received 30 mg of codeine by mouth for pain. Five minutes later he vomits. What should the nurse do first?

- A. Call the physician
- B. Remedicate the patient
- C. Observe the emesis
- D. Explain to the patient that she can do nothing to help him.

Correct Answer: C

18. A patient is catheterized with a #16 indwelling urinary (Foley) catheter to determine if:

- A. Trauma has occurred.
- B. His 24-hour output is adequate.
- C. He has a urinary tract infection
- D. Residual urine remains in the bladder after voiding.

Correct Answer: B

19. A staff nurse who is promoted to assistant nurse manager may feel uncomfortable initially when supervising her former peers. She can best decrease this discomfort by:

- A. Writing down all assignments.
- B. Making changes after evaluating the situation and having discussions with the staff.
- C. Telling the staff nurses that she is making changes to benefit their performance.
- D. Evaluating the clinical performance of each staff nurse in a private conference.

Correct Answer: B

20. When examining a patient with abdominal pain the nurse in charge should assess:

- A. Any quadrant first
- B. The symptomatic quadrant first

- C. The symptomatic quadrant last
- D. The symptomatic quadrant either second or third

Correct Answer: C

Exercise 3:

21. The nurse is assessing a postoperative adult patient. Which of the following should the nurse document as subjective data?

- A. Vital signs
- B. Laboratory test result
- C. Patient's description of pain
- D. Electrocardiographic (ECG) waveforms

Correct Answer: C

22. A male patient has a soft wrist-safety device. Which assessment finding should the nurse consider abnormal?

- A. A palpable radial pulse
- B. A palpable ulnar pulse
- C. Cool, pale fingers
- D. Pink nail beds

Correct Answer: C

23. The nurse in charge is transferring a patient from the bed to a chair. Which action does the nurse take during this patient transfer?

- A. Position the head of the bed flat.
- B. Helps the patient dangle the legs.
- C. Stands behind the patient.
- D. Place the chair facing away from the bed.

Correct Answer: B

24. Before administering the evening dose of a prescribed medication, the nurse on the evening shift finds an unlabeled, filled syringe in the patient's medication drawer. What should the nurse in charge do?

- A. Discard the syringe to avoid a medication error
- B. Obtain a label for the syringe from the pharmacy.
- C. Use the syringe because it looks like it contains the same medication the nurse was prepared to give.
- D. Call the day nurse to verify the contents of the syringe.

Correct Answer: A

25. The physician orders heparin, 7,500 units, to be administered subcutaneously every 6 hours. The vial reads 10,000 units per milliliter. The nurse should anticipate giving how much heparin for each dose?

- A. $\frac{1}{4}$ ml
- B. $\frac{1}{2}$ ml
- C. $\frac{3}{4}$ ml
- D. $1 \frac{1}{4}$ ml

Correct Answer: C

The nurse solves the problem as follows:

$$10,000 \text{ units} / 7,500 \text{ units} = 1 \text{ ml} / X$$

$$10,000 X = 7,500$$

$$X = 7,500 / 10,000 \text{ or } \frac{3}{4} \text{ ml}$$

26. The nurse in charge measures a patient's temperature at 102 degrees F. what is the equivalent Centigrade temperature?

- A. 39 degrees C
- B. 47 degrees C
- C. 38.9 degrees C
- D. 40.1 degrees C

Correct Answer: C

1. To convert Fahrenheit degrees to centigrade, use this formula:
2. $C \text{ degrees} = (F \text{ degrees} - 32) \times 5/9$
3. $C \text{ degrees} = (102 - 32) 5/9$
4. $+ 70 \times 5/9$
5. 38.9 degrees C

27. To evaluate a patient for hypoxia, the physician is most likely to order which laboratory test?

- A. Red blood cell count
- B. Sputum culture
- C. Total hemoglobin
- D. Arterial blood gas (ABG) analysis

Correct Answer: D

28. The nurse uses a stethoscope to auscultate a male patient's chest. Which statement about a stethoscope with a bell and diaphragm is true?

- A. The bell detects high-pitched sounds best.
- B. The diaphragm detects high-pitched sounds best.
- C. The bell detects thrills best.
- D. The diaphragm detects low-pitched sounds best.

Correct Answer: B

29. What does the nurse in charge do when making a surgical bed?

- A. Leaves the bed in the high position when finished.
- B. Place the pillow at the head of the bed.
- C. Rolls the patient to the far side of the bed.
- D. Tucks the top sheet and blanket under the bottom of the bed.

Correct Answer: A

30. Which nursing action is essential when providing continuous enteral feeding?

- A. Elevating the head of the bed.
- B. Positioning the patient on the left side.
- C. Warming the formula before administering it.
- D. Hanging a full day's worth of formula at one time.

Correct Answer: A

Exercise 4:

31. When teaching a female patient how to take a sublingual tablet, the nurse should instruct the patient to place the table on the:

- A. Top of the tongue
- B. Roof of the mouth
- C. Floor of the mouth
- D. Inside of the cheek

Correct Answer: C

32. The doctor orders dextrose 5% in water, 1,000 ml to be infused over 8 hours. The I.V. tubing delivers 15 drops per milliliter. The nurse in charge should run the I.V. infusion at a rate of:

- A. 15 drop per minute
- B. 21 drop per minute
- C. 32 drop per minute
- D. 125 drops per minute

Correct Answer: C

33. Giving 1,000 ml over 8 hours is the same as giving 125 ml over 1 hour (60 minutes) to find the number of milliliters per minute:

$$125/60 \text{ min} = X/1 \text{ minute}$$

$$60X = 125X = 2.1 \text{ ml/minute}$$

To find the number of drops/minute:

$$2.1 \text{ ml}/X \text{ gtts} = 1 \text{ ml}/15 \text{ gtts}$$

$$X = 32 \text{ gtts/minute, or } 32 \text{ drops/minute}$$

33. A female patient undergoes a total abdominal hysterectomy. When assessing the patient 10 hours later, the nurse identifies which finding as an early sign of shock?

- A. Restlessness
- B. Pale, warm, dry skin
- C. Heart rate of 110 beats/minute
- D. Urine output of 30 ml/hour

Correct Answer: A

34. Which pulse should the nurse palpate during rapid assessment of an unconscious male adult?

- A. Radial
- B. Brachial
- C. Femoral
- D. Carotid

Correct Answer: D

35. Clients should be taught that repeatedly ignoring the sensation of needing to defecate could result in which of the following?

- A. Constipation
- B. Diarrhea
- C. Incontinence
- D. Hemorrhoids

Correct Answer: A

36. Which of the following is most likely to validate that a client is experiencing intestinal bleeding?

- A. Large quantities of fat mixed with pale yellow liquid stool.
- B. Brown, formed stool.
- C. Semi soft tar colored stools.
- D. Narrow, pencil shaped stool

Correct Answer: C

37. A practitioner orders a return flow enema (Harris flush drip) for an adult patient with flatulence. When preparing to administer this enema the nurse compares the steps of a return flow enema with cleansing enemas. What should the nurse do that is unique to a return flow enema?

- A. Lubricate the last 2 inches of the rectal tube.
- B. Insert the rectal tube about 4 inches into the anus.
- C. Raise the solution container about 12 inches above the anus.

- D. Lower the solution container after instilling about 150 mL of solution.

Correct Answer: D

38. A nurse discourages a patient from straining excessively when attempting to have a bowel movement. What physiological response primarily may be prevented by avoiding straining on defecation?

- A. Incontinence
- B. Dysrhythmias
- C. Fecal impaction
- D. Rectal hemorrhoids

Correct Answer: B

39. A nurse is caring for a client who will perform fecal occult blood testing at home. Which of the following information should the nurse include when explaining the procedure to the client?

- A. Eating more protein is optimal prior to testing.
- B. One stool specimen is sufficient for testing.
- C. A red color changes indicates a positive test.
- D. The specimen cannot be contaminated with urine.

Correct Answer: D

40. A client with chronic pulmonary disease has a bluish tinge around the lips. The nurse charts which term to most accurately describe the client's condition?

- A. Hypoxia
- B. Hypoxemia
- C. Dyspnea
- D. Cyanosis

Correct Answer: D

6. Problems Encountered and Resources Required

Problems:

- Difficulties in motivating large number of students.

Resources required:

- Various aspects of clinical books

7. Notes:

Any institution interested in implementing this Best Practice would be advised to constitute the Research Academy for students consisting of teachers and students. Teachers may take steps to motivate students in this direction even through personal advice. Teachers may take steps to motivate students in this direction even through personal advice.

OUTCOMES:

Students got interested by the exercises formed related to clinical aspects.

NAME OF THE GROUP	NAME OF THE STUDENT		MARKS			
	S.NO		JUNE	JULY	AUG	SEP
GROUP 1- Lily	1.	ALEENA MARIA BABU	8	6	4	6
	2.	TEENA MARY JOSE	8	6	4	6
	3.	ARATHY M V	8	6	4	6
	4.	AYONA SABU	8	6	4	6
	5.	ASHNA JINTO	8	6	4	6
	6.	AKSA ELISABATH THOMAS	8	6	4	6
	7.	JIYA MATHEW	8	6	4	6
	8.	MARIYA THOMAS	8	6	4	6
	9.	ELSITTA JIJI	8	6	4	6
	10.	FEBIN REJI	8	6	4	6
GROUP 2- Jasmine	S.NO					
	1.	MARIA OUSEPH	3	8	3	8
	2.	ANGEL RIJU	3	8	3	8
	3.	SNEHA VARGHESE	3	8	3	8
	4.	SNEHA SIBY	3	8	3	8
	5.	GAYATHRI JALEDHAN	3	8	3	8
	6.	ALEENA BABY	3	8	3	8
	7.	SNEHA SHAJI	3	8	3	8
	8.	ALEENA ROY	3	8	3	8
	9.	CHRISTEENA BAIJU	3	8	3	8
10.	DEETHI THOMAS	3	8	3	8	
GROUP 3- Rose	S.NO					
	1.	BIJIMOL ANTONY	7	4	3	4
	2.	MEKHAMOL BINU	7	4	3	4
	3.	BISMI MARIA	7	4	3	4
	4.	ALEENA K J	7	4	3	4
	5.	ASHAMOL A K	7	4	3	4
	6.	ANCY CHERIYAN	7	4	3	4
	7.	AXEA P ABY	7	4	3	4
	8.	ANU ELIZABETH THOMAS	7	4	3	4
	9.	ASHNA JOSE	7	4	3	4
10.	NIKHITHA ALEYAMMA VARGHESE	7	4	3	4	
GROUP 4- Sunflower	S.NO					
	1.	ANSU RAJ	4	3	7	4
	2.	ROSEMARIYA V P	4	3	7	4
	3.	MELFY PHILIP	4	3	7	4
	4.	ANIJAMOL SEBASTIAN	4	3	7	4
	5.	ALPHIYA SUSAN VARGHESE	4	3	7	4
	6.	NIMMY C J	4	3	7	4
	7.	SONIA ANTONY	4	3	7	4
8.	AMRUTHA HARIHAR	4	3	7	4	

	9.	ANUPRIYA DENNIS	4	3	7	4
	10.	ANNETTE SELIN MATHEW	4	3	7	4
GROUP 5- Tulip	S.NO					
	1.	SANDRA JAYAKUMAR	3	7	4	7
	2.	AKSHAYA SHIBU	3	7	4	7
	3.	ASHINA S	3	7	4	7
	4.	REVATHY V R	3	7	4	7
	5.	ALEENA ANNA JOGY	3	7	4	7
	6.	ANEETA T M	3	7	4	7
	7.	SNEHA MANOJ	3	7	4	7
	8.	JESMI JOMON	3	7	4	7
	9.	GIYA MOL ABRAHAM	3	7	4	7
	10.	ANISHA ANIL	3	7	4	7
GROUP 6- Blue bell	S.NO					
	1.	EMILIN ISSAC	4	3	5	4
	2.	KRISHNA BIJU	4	3	5	4
	3.	LINI GEORGE	4	3	5	4
	4.	ATHIRA VINOD	4	3	5	4
	5.	ELSA REJI	4	3	5	4
	6.	PARVATHY SABU	4	3	5	4
	7.	RIYA ALEX	4	3	5	4
	8.	MUDI SRIVIDYA	4	3	5	4
	9.	TESA TOMY	4	3	5	4
	10.	APARNA BOSE	4	3	5	4
GROUP 7- Poppy	S.NO					
	1.	JINIT JAMES	6	4	3	5
	2.	ANUPAMA BIJU	6	4	3	5
	3.	DATTAM PUJITHA	6	4	3	5
	4.	SURYA SURENDRAN	6	4	3	5
	5.	SNEHA A J	6	4	3	5
	6.	DAGGUPATI BHUVANESWARI	6	4	3	5
	7.	PUSAPATI LEELAVATHI	6	4	3	5
	8.	RESHMI MOHANAN	6	4	3	5
	9.	PATTAPU HARSHA	6	4	3	5
	10.	PHIONA TOM	6	4	3	5
GROUP 8- Daisy	S.NO					
	1.	MARIA SHAJI	3	4	8	3
	2.	DONA BENNY	3	4	8	3
	3.	ARYA S NAIR	3	4	8	3
	4.	JENCY MARIYA JOSEPH	3	4	8	3
	5.	SINGIRI BHANUSRI	3	4	8	3
	6.	ALEENAMOL REJI	3	4	8	3
	7.	ARYA THANKACHAN	3	4	8	3
	8.	JAICY JOY	3	4	8	3
	9.	HRIDYA MARIA	3	4	8	3
	10.	THEERTHA R	3	4	8	3

GROUP 9- Snow drop	S.NO					
	1.	SHINCY SHIJU	4	3	6	4
	2.	ALEENA BENNY	4	3	6	4
	3.	MUTHYALA RAMA SRI PRIYA	4	3	6	4
	4.	SOUMI SUNNY	4	3	6	4
	5.	SANDRA S	4	3	6	4
	6.	ILLURU NISSI MOULIKA	4	3	6	4
	7.	KRISHNENDHU K S	4	3	6	4
	8.	MARIYA SANTHOSH	4	3	6	4
	9.	SIYAMOL SIBY	4	3	6	4
	10.	ANITTA JOY	4	3	6	4
GROUP 10- Aster	S.NO					
	1.	ITREDDY HEMALATHA	5	4	3	4
	2.	KUNDURTHI PRAVALLIKA	5	4	3	4
	3.	SREELAKSHMI T G	5	4	3	4
	4.	MARIA MATHEW	5	4	3	4
	5.	MABLE JACOB	5	4	3	4
	6.	ALEENA SHAJI	5	4	3	4
	7.	ARCHANA BIJU	5	4	3	4
	8.	JOSNA JOSE	5	4	3	4
	9.	DEEPTHI SATHEESH	5	4	3	4
	10.	ALEENA BABU	5	4	3	4



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