## Incentive Spirometry

**Setting:**  
- [ ] Lab  
- [ ] Clinical

**Evaluator:**  
- [ ] Peer  
- [ ] Instructor

### Conditions (describe):

________________________________________________________________________

________________________________________________________________________

### Equipment Used

________________________________________________________________________

________________________________________________________________________

### Equipment and Patient Preparation

1. Verifies, interprets, and evaluates physician's order or protocol
2. Scans chart for diagnosis and any other data and notes
3. Selects, gathers, and assembles the necessary equipment
4. Washes hands and applies standard precautions and transmission-based isolation procedures as appropriate
5. Identifies patient, introduces self and department
6. Explains purpose of the procedure and confirms patient understanding

### Assessment and Implementation

7. Assesses patient progress by the following:
   - a. Pain medication schedule
   - b. Chest x-ray report
   - c. Patient's temperature
   - d. Preoperative evaluation of volumes and capacities
   - e. Patient’s pulse and respiratory rate
   - f. Auscultation of breath sounds
8. Assembles the incentive spirometer
9. Instructs the patient on the use and frequency of the incentive spirometer
   - a. Includes breath hold for 5 to 10 sec
   - b. Repeats the procedure 6 to 10 times per hour; allows adequate recovery time between breaths to prevent hyperventilation
10. Assists patient in using the pillow to splint the incision postoperatively to minimize pain during therapy
11. Has the patient demonstrate the procedure
12. Measures the achieved volume or flow
13. Instructs the patient to cough; observes for any sputum production
14. Reassesses the patient

### Follow-up

15. Maintains/processes equipment
16. Disposes of infectious waste and washes hands
17. Records pertinent data in chart and departmental records
18. Notifies appropriate personnel and makes any necessary recommendations or modifications to the patient care plan

_________________________  
Signature of Evaluator

_________________________  
Signature of Student
PERFORMANCE RATING SCALE

5  EXCELLENT – FAR EXCEEDS EXPECTED LEVEL, FLAWLESS PERFORMANCE
4  ABOVE AVERAGE – NO PROMPTING REQUIRED, ABLE TO SELF-CORRECT
3  AVERAGE – THE MINIMUM COMPETENCY LEVEL, NO CRITICAL ERRORS
2  IMPROVEMENT NEEDED – PROBLEM AREAS EXIST; CRITICAL ERRORS, CORRECTIONS NEEDED
1  POOR AND UNACCEPTABLE PERFORMANCE – GROSS INACCURACIES, POTENTIALLY HARMFUL

PERFORMANCE CRITERIA

1.  DISPLAYS KNOWLEDGE OF ESSENTIAL CONCEPTS
2.  DEMONSTRATES THE RELATIONSHIP BETWEEN THEORY AND CLINICAL PRACTICE
3.  FOLLOWS DIRECTIONS, EXHIBITS SOUND JUDGEMENT, AND DEMONSTRATES ATTENTION TO SAFETY AND DETAIL
4.  EXHIBITS THE REQUIRED MANUAL DEXTERITY
5.  PERFORMS PROCEDURE IN A REASONABLE TIME FRAME
6.  MAINTAINS STERILE OR ASEPTIC TECHNIQUE
7.  INITIATES UNAMBIGUOUS GOAL-DIRECTED COMMUNICATION
8.  PROVIDES FOR ADEQUATE CARE AND MAINTENANCE OF EQUIPMENT AND SUPPLIES
9.  EXHIBITS COURTEOUS AND PLEASANT DEMEANOR
10. MAINTAINS CONCISE AND ACCURATE RECORDS

SCALE

5  4  3  2  1

ADDITIONAL COMMENTS: INCLUDE ERRORS OF OMISSION OR COMMISSION, COMMUNICATIVE SKILLS, AND EFFECTIVENESS OF PATIENT INTERACTION:

SUMMARY PERFORMANCE EVALUATION AND RECOMMENDATIONS

SATISFACTORY PERFORMANCE – Performed without error or prompting, or able to self-correct, no critical errors.

LAbORATORY EVALUATION. SKILLS MAY BE APPLIED/OBSERVED IN THE CLINICAL SETTING.

CLINICAL EVALUATION. STUDENT READY FOR MINIMALLY SUPERVISED APPLICATION AND REFINEMENT.

UNSATISFACTORY PERFORMANCE – Prompting required; performed with critical errors, potentially harmful.

STUDENT REQUIRES ADDITIONAL LABORATORY PRACTICE.

STUDENT REQUIRES ADDITIONAL SUPERVISED CLINICAL PRACTICE.

SIGNATURES

STUDENT: ___________________________________________ EVALUATOR: ___________________________________________

DATE: ___________________________________________ DATE: ___________________________________________