



NURSE

DECODED

Practical Learning Made Easy

Services We Offer

Nurse Decoded provides personalized, hands-on training and mentorship designed to strengthen clinical competence, confidence, and readiness for real-world nursing practice - in a safe and welcoming environment. Each session is customized based on experience level, professional goals, and clinical setting.

Clinical Assessment, Documentation & Communication

- General head-to-toe and system-focused assessments (cardiac, respiratory, neuro, GI, GU)
- Vital signs measurement and clinical interpretation
- Oxygenation assessment and monitoring (pulse oximetry, oxygen delivery devices)
- Blood glucose monitoring and interpretation
- Insulin administration and sliding scale interpretation
- Pain assessment and ongoing monitoring
- Mental Status Examination (MSE) and cognitive screening
- Recognizing patient deterioration and clinical prioritization
- Documentation best practices and defensible charting
- Effective verbal reporting, SBAR communication, handover, and escalation of care

IV Therapy, Medications & Lines

- Peripheral IV insertion, maintenance, and troubleshooting
- IV medication administration and pump setup/programming
- Blood draws and venipuncture basics
- Injection techniques (IM, subcutaneous, insulin)
- Central line and PICC line care
- Blood transfusion setup, monitoring, and reaction management
- Comprehensive medication administration (all routes)
 - Oral, sublingual, topical, inhaled, injectable, enteral
 - 10 Rights of medication administration and safe practice principles

Catheterization, Wound, Ostomy & Infection Control

- Urinary catheter insertion, care, and removal (male and female)
- Basic and complex wound care, dressing changes, and skin integrity management
- Colostomy and ostomy care: application, emptying, and troubleshooting
- Aseptic & Infection Prevention Technique:
 - PPE selection (contact, droplet, airborne)
 - Donning & doffing sequence
 - Maintaining a clean vs sterile field

Enteral Feeding & GI Management

- NG tube insertion (simulation-based)
 - NG tube care and medication administration
 - G-tube feeding and care
 - Enteral feeding setup and monitoring
 - GI assessment and troubleshooting common feeding complications
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Acute Care Readiness & Emergency Foundations

- Code Blue fundamentals, including roles, expectations, and response flow
 - Management of common acute scenarios:
 - Seizures
 - Stroke
 - Myocardial infarction (MI)
 - Hypoglycemia
 - Shock
 - Respiratory distress
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Professional Confidence & Clinical Judgment

- Clinical decision-making and critical thinking development
 - Building confidence through understanding the “why” behind clinical skills
 - Scenario-based learning and simulation integration
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CPR, First Aid & BLS Certification

- Training and certification provided through the **Heart and Stroke Foundation**
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Nurse Decoded equips nurses with the knowledge, technical skills, and confidence needed to deliver safe, effective, and compassionate care across diverse clinical environments.



Note

- While our sessions are not accredited programs, we can provide a **Verification of Hands-On Practice Hours** document if needed upon request (following completion of a session). This documentation can be used to support professional portfolios and annual QA reflections.
- Sessions are **customizable** and flexible; not all skills need to be covered at once. It's best to select 2 skills max per hour to make the most of your learning experience.

