

**APPENDIX R**

**PROFESSIONAL DEVELOPMENT REQUIREMENTS FOR NURSE OPTION  
MIDSHIPMEN**

The following is a suggested clinical Professional Development Requirements (PDR) syllabus. Every attempt should be made to complete this PDR, while also ensuring that the orientation to the structure and function of the ship is accomplished.

Each midshipman is to be assigned to the ship's Medical Department; specifically, to a running mate within the department whom the midshipman shall assist with his/her daily duties. The running mate will ensure that the midshipman's professional indoctrination is complete. Midshipmen will gain a complete picture of the organizational capabilities of the ship, and of the Medical Department.

| SUBJECT TITLE   | INITIAL | DATE  |
|---|---------|-------|
| <b>I. BASIC PATIENT CARE</b>  |         |       |
| 1. BLOODBORNE PATHOGENS OSHA STUDY GUIDE<br>COMPLETED AND DOCUMENTED IN MIDN's RECORD | _____   | _____ |
| 2. INTRAVENOUS THERAPY  |         |       |
| a. Purpose  | _____   | _____ |
| b. Equipment  | _____   | _____ |
| c. Complications  | _____   | _____ |
| d. Safety   | _____   | _____ |
| 3. BASIC WARD APPLIANCES/EQUIPMENT  |         |       |
| a. Oxygen Tank  |         |       |
| (1) Uses  | _____   | _____ |
| (2) Operations  | _____   | _____ |
| (3) PMS   | _____   | _____ |
| (4) Handling  | _____   | _____ |
| b. Resuscitators  |         |       |
| (1) Operation   | _____   | _____ |

|   |       |       |
|---|-------|-------|
| (2) PMS                                 | _____ | _____ |
| c. Suction Apparatus                    |       |       |
| (1) Operation                           | _____ | _____ |
| (2) PMS                                 | _____ | _____ |
| d. Ventilators                          | _____ | _____ |
| (1) Operation                           | _____ | _____ |
| e. Patient Monitors                     |       |       |
| (1) Operation                           | _____ | _____ |
| f. Infusion Pumps                       |       |       |
| (1) Operation                           | _____ | _____ |
| g. EKG Machines                         |       |       |
| (1) Operation                           | _____ | _____ |
| (2) PMS                                 | _____ | _____ |
| 4. CLEANING & SANITATION OF WARD/CLINIC |       |       |
| a. Standard                             | _____ | _____ |
| b. Special Problems                     | _____ | _____ |
| 5. CLERICAL                             |       |       |
| a. Transcribe Doctors' Orders           | _____ | _____ |
| b. Nursing Notes                        | _____ | _____ |
| c. Admission & Discharge                | _____ | _____ |
| d. Inpatient Forms                      |       |       |
| (1) TPR Log                             | _____ | _____ |
| (2) Progress Notes                      | _____ | _____ |
| (3) Patient Care Plan                   | _____ | _____ |

- (4) Medication Administration \_\_\_\_\_
- (5) I & O Sheets \_\_\_\_\_

II. EMERGENCY CARE

1. PATIENT EVALUATION

- a. ABC's \_\_\_\_\_
- b. Vital Signs \_\_\_\_\_
- c. Quick Check/Assessment \_\_\_\_\_
- d. Transporting of Patient \_\_\_\_\_

2. EMERGENCY EQUIPMENT/SUPPLIES

- a. Defibrillator \_\_\_\_\_
- b. Airways \_\_\_\_\_
- c. Stretchers \_\_\_\_\_
- d. Splints \_\_\_\_\_
- e. Dressings/Bandages \_\_\_\_\_
- f. Suction Machine \_\_\_\_\_
- g. IV's \_\_\_\_\_
- h. Spark Kit \_\_\_\_\_
- i. Crash Cart \_\_\_\_\_
- j. First Aid Boxes \_\_\_\_\_
- k. First Aid Kits, Gun Bags, & Boat Boxes \_\_\_\_\_
- l. Portable Medical Lockers \_\_\_\_\_
- m. BDS Equipment & Supplies \_\_\_\_\_
- n. Antidote Locker \_\_\_\_\_

3. CARDIO-PULMONARY RESUSCITATION \_\_\_\_\_

- 4. MASS CASUALTY TRIAGE \_\_\_\_\_
- 5. FIVE MAJOR INJURIES
  - a. Sucking Chest Wounds \_\_\_\_\_
  - b. Abdominal Injury \_\_\_\_\_
  - c. Amputation of Limb \_\_\_\_\_
  - d. Compound Fracture \_\_\_\_\_
  - e. Head & Facial Injuries \_\_\_\_\_
- 6. COMMON EMERGENCIES
  - a. Wounds \_\_\_\_\_
  - b. Shock \_\_\_\_\_
  - c. Hemorrhage \_\_\_\_\_
  - d. Heat Related Injuries \_\_\_\_\_
  - e. Cold Injuries \_\_\_\_\_
  - f. Poisoning \_\_\_\_\_
  - g. Burns \_\_\_\_\_
  - h. Airway Management \_\_\_\_\_
  - i. C-Spine Management \_\_\_\_\_
- 7. NBC
  - a. Decontamination Stations \_\_\_\_\_
  - b. Handling of Casualties \_\_\_\_\_
  - c. Biological Sampling Techniques \_\_\_\_\_
  - d. Decontamination Kits \_\_\_\_\_

### III. SICK CALL

- 1. PHYSICAL EXAMINATION

- a. Medical History \_\_\_\_\_
- b. HEENT Exam \_\_\_\_\_
  - (1) Head \_\_\_\_\_
  - (2) Eyes \_\_\_\_\_
    - (a) Visual Acuity \_\_\_\_\_
    - (b) Visual Fields \_\_\_\_\_
    - (c) PERRLA \_\_\_\_\_
    - (d) Functional Testing \_\_\_\_\_
  - (3) Ears \_\_\_\_\_
  - (4) Nasal \_\_\_\_\_
  - (5) Sinuses \_\_\_\_\_
  - (6) Throat \_\_\_\_\_
  - (7) Mouth \_\_\_\_\_
  - (8) Lymph Nodes \_\_\_\_\_
- c. Respiratory Exam \_\_\_\_\_
- d. Cardiovascular Exam \_\_\_\_\_
- e. Abdominal Exam \_\_\_\_\_
  - (1) Palpation, Auscultation \_\_\_\_\_
  - (2) Bowel Sounds \_\_\_\_\_
- f. Rectal Exam \_\_\_\_\_
  - (1) Prostate \_\_\_\_\_
  - (2) Guaiac Stool (Hemocult) \_\_\_\_\_
  - (3) Sphincter Tone \_\_\_\_\_
  - (4) Fissures \_\_\_\_\_

- (5) Hemorrhoids \_\_\_\_\_
- g. Genitourinary Exam \_\_\_\_\_
- h. Musculoskeletal
  - (1) Knee \_\_\_\_\_
  - (2) Back \_\_\_\_\_
  - (3) Shoulders \_\_\_\_\_
  - (4) Others \_\_\_\_\_
- i. Neurological Exam
  - (1) Mental Status \_\_\_\_\_
  - (2) Sensory \_\_\_\_\_
  - (3) Motor \_\_\_\_\_
  - (4) Miscellaneous \_\_\_\_\_

2. COMMON SHIPBOARD ILLNESSES

- a. Upper Respiratory Infections \_\_\_\_\_
- b. Sprained Ankle \_\_\_\_\_
- c. Abdominal Pain \_\_\_\_\_
- d. Otitis Media/Externa \_\_\_\_\_
- e. Management of Commonly Encountered Venereal Diseases \_\_\_\_\_
- f. Back Pain \_\_\_\_\_
- g. Knee Pain \_\_\_\_\_
- h. Common Skin Disorders \_\_\_\_\_
- i. Diarrhea \_\_\_\_\_
- j. Nausea/Vomiting \_\_\_\_\_
- k. Casting \_\_\_\_\_

- 1. Parasitic Infestation \_\_\_\_\_
- 3. SICK CALL ADMINISTRATION
- a. Treatment Log \_\_\_\_\_
- b. Morbidity Report \_\_\_\_\_
- c. Bed Rest/Light Duty \_\_\_\_\_

IV. WATCHSTANDING

- 1. FIRE PARTY
- a. Equipment \_\_\_\_\_
- b. Procedures \_\_\_\_\_
- 2. RESCUE & ASSISTANCE
- a. Equipment \_\_\_\_\_
- b. Procedures \_\_\_\_\_
- 3. DUTY CORPSMAN \_\_\_\_\_
- 4. UNREP DETAIL \_\_\_\_\_
- a. Equipment \_\_\_\_\_
- b. Procedures \_\_\_\_\_
- 5. FLYING SQUAD
- a. Equipment \_\_\_\_\_
- b. Procedures \_\_\_\_\_
- 6. MAN OVERBOARD \_\_\_\_\_
- a. Equipment \_\_\_\_\_
- b. Procedures \_\_\_\_\_
- 7. FLIGHT DECK CORPSMAN (OPTIONAL)
- a. Equipment \_\_\_\_\_

- b. Procedures \_\_\_\_\_
- 8. D. D. O. \_\_\_\_\_

V. LABORATORY

1. HEMATOLOGY

- a. Leukocyte Count (WBC) \_\_\_\_\_
- b. Erythrocyte Count (RBC) \_\_\_\_\_
- c. Hematocrit (HCT) \_\_\_\_\_
- d. Hemoglobin (HGB) \_\_\_\_\_
- e. Erythrocyte Sed Rate (ESR) \_\_\_\_\_
- f. Differential (Leukocyte) \_\_\_\_\_
- g. Venipuncture \_\_\_\_\_

2. URINALYSIS

- a. Routine \_\_\_\_\_
- b. Microscopic \_\_\_\_\_

3. SEROLOGY

- a. Monospot \_\_\_\_\_
- b. Rapid Plasma Reagin (RPR) \_\_\_\_\_

4. BACTERIOLOGY

- a. Specimen Recovery \_\_\_\_\_
- b. Culture Technique \_\_\_\_\_
  - (1) Media \_\_\_\_\_
  - (2) Procedure \_\_\_\_\_
  - (3) Interpretation \_\_\_\_\_

- c. Smears \_\_\_\_\_
- (1) Gram Stain \_\_\_\_\_
- (2) Potassium Hydroxide (KOH) Prep \_\_\_\_\_

5. BLOOD ALCOHOLS

- a. Procedure \_\_\_\_\_
- b. Specimen Shipment \_\_\_\_\_
- c. Chain of Custody/Legal Aspects \_\_\_\_\_

6. LABORATORY SAFETY \_\_\_\_\_

VI. OPERATING ROOM

1. MEDICAL ASEPTIC TECHNIQUE

- a. Medical Asepsis \_\_\_\_\_
- b. Infectious Process \_\_\_\_\_
- c. Isolation Technique \_\_\_\_\_

2. SURGICAL ASEPTIC TECHNIQUE

- a. Principles of Surgical Asepsis \_\_\_\_\_
- b. Handwashing Technique \_\_\_\_\_
- c. Gowning/Gloving \_\_\_\_\_

3. METHODS OF STERILIZATION

- a. Physical & Chemical \_\_\_\_\_
- b. Uses, Advantages, & Disadvantages \_\_\_\_\_
- c. Autoclaving \_\_\_\_\_

4. PROCEDURES

- a. Minor Surgical Packs \_\_\_\_\_
- b. Minor Surgery Trays \_\_\_\_\_
- c. Sterilization of Solutions \_\_\_\_\_
- d. Preparation & Handling of Sterile Articles \_\_\_\_\_

5. SUTURE & SUTURE REMOVAL

- a. Wound Classification and the Healing Process \_\_\_\_\_
- b. Principles & Methods of Sutures \_\_\_\_\_
- c. Selection of Sutures & Needles \_\_\_\_\_
- d. Follow-up Care \_\_\_\_\_

6. MINOR SURGERY

- a. Administration of Local Anesthesia \_\_\_\_\_
- b. Materials, Accessories \_\_\_\_\_

VII. PHARMACY

1. USE OF PHARMACEUTICAL REFERENCE BOOKS

- a. Physicians' Desk Reference (PDR) \_\_\_\_\_
- b. Drug Formulary \_\_\_\_\_

2. PRESCRIPTION WRITING \_\_\_\_\_

3. DISPENSING COMMON MEDICINALS \_\_\_\_\_

4. DRUG KNOWLEDGE

- a. Analgesics \_\_\_\_\_
- b. Anthelmintic \_\_\_\_\_
- c. Antibiotics \_\_\_\_\_

- d. Antihistamines \_\_\_\_\_
- e. Decongestants \_\_\_\_\_
- f. IV Therapeutics \_\_\_\_\_
- g. Narcotic Analgesics \_\_\_\_\_
- h. Steroids \_\_\_\_\_
- 5. CONTROLLED SUBSTANCES
- a. Schedule 1, 2, 3, 4, 5 \_\_\_\_\_
- b. Administration \_\_\_\_\_
- c. Narcotic Inventory \_\_\_\_\_
- 6. DRUGS FOR CORPSMEN'S PRESCRIPTIONS
- a. Dosage \_\_\_\_\_
- b. Administration \_\_\_\_\_
- c. Indications/Contraindications \_\_\_\_\_

VIII. X-RAY

- 1. ADMINISTRATIVE PROCEDURES
- a. Standard Forms 519 & 519-A \_\_\_\_\_
- b. Patient Log \_\_\_\_\_
- c. Color Coded X-Ray Jackets \_\_\_\_\_
- d. X-Ray Film Identification \_\_\_\_\_
- 2. BASIC FUNDAMENTALS
- a. X-Ray Unit \_\_\_\_\_
- b. Processor \_\_\_\_\_
- (1) Manual \_\_\_\_\_

(2) Automatic \_\_\_\_\_

(3) Maintenance \_\_\_\_\_

(4) Photodosimetry \_\_\_\_\_

4. BASIC X-RAY

a. Lower Extremities \_\_\_\_\_

b. Upper Extremities \_\_\_\_\_

c. Abdominal \_\_\_\_\_

d. Chest \_\_\_\_\_

e. Spine \_\_\_\_\_

f. Skull \_\_\_\_\_

g. Hips \_\_\_\_\_

h. Shoulder/Clavicle \_\_\_\_\_

i. Cervical \_\_\_\_\_

IX. PREVENTIVE MEDICINE

1. COMMUNICABLE DISEASES

a. Infectious Disease \_\_\_\_\_

b. Mode of Transmission \_\_\_\_\_

c. Method of Control \_\_\_\_\_

d. Preventive Medicine \_\_\_\_\_

e. Reporting Requirements \_\_\_\_\_

f. STD \_\_\_\_\_

g. TB Control \_\_\_\_\_

h. Quarantine/De-Rat \_\_\_\_\_

2. ENVIRONMENTAL INSPECTIONS

- a. Living Spaces \_\_\_\_\_
- b. Laundry \_\_\_\_\_
- c. Coffee Messes \_\_\_\_\_
- d. Heads/Washrooms \_\_\_\_\_
- e. Barber Shops \_\_\_\_\_
- f. Industrial Workspaces \_\_\_\_\_
  
- g. Role of Medical Department in Performing  
and Reporting Environmental & Preventive  
Medicine Inspections \_\_\_\_\_
  
- 3. FOOD SERVICE SPACES & PERSONNEL INSPECTIONS

  - a. Examine Food Service Workers \_\_\_\_\_
  - b. Periodic Physical Examinations \_\_\_\_\_
  - c. EDF/Wardroom/CPO Mess/1st Class Mess  
Inspections \_\_\_\_\_

  
- 4. INSPECTION OF FOOD ITEMS

  - a. Milk & Milk Products \_\_\_\_\_
  - b. Meats \_\_\_\_\_
  - c. Fish & Shell Fish \_\_\_\_\_
  - d. Fruits & Vegetables \_\_\_\_\_

  
- 5. WATER SUPPLY

  - a. Chlorine/Bromine Testing \_\_\_\_\_
  - b. Bacteriological Testing \_\_\_\_\_
  - c. Inspection of Fresh Water \_\_\_\_\_
  - d. Water Logs \_\_\_\_\_

  
- 6. PROGRAMS

- a. Heat Stress \_\_\_\_\_
- b. Hearing Conservation \_\_\_\_\_
- c. Asbestos Surveillance Program \_\_\_\_\_
- d. Immunization Program \_\_\_\_\_
- e. Rodent & Pest Control \_\_\_\_\_
- f. Respiratory Protection \_\_\_\_\_

**X. OPHTHALMOLOGY**

- 1. VISUAL ACUITY
  - a. Near \_\_\_\_\_
  - b. Far \_\_\_\_\_
- 2. DEPTH PERCEPTION \_\_\_\_\_
- 3. COLOR VISION \_\_\_\_\_
- 4. CHECK FOR AND REMOVAL OF FOREIGN BODIES \_\_\_\_\_
- 5. SLIT LAMP USE \_\_\_\_\_
- 6. TONOMETRY \_\_\_\_\_
- 7. LENSOMETER USE \_\_\_\_\_
- 8. REFRACTIONS (OPTIONAL) \_\_\_\_\_

**XI. SUPPLY**

- 1. ORIENTATION TO SUPPLY
  - a. Terminology \_\_\_\_\_
  - b. Manuals \_\_\_\_\_
- 2. REQUISITIONING
  - a. Use of the Cardex \_\_\_\_\_

- b. DD 1348 \_\_\_\_\_
- c. Receipt of Materials \_\_\_\_\_

XII. ADMINISTRATION

- 1. HEALTH RECORD MAINTENANCE
  - a. Opening/Closing the Health Record \_\_\_\_\_
  - b. Check In/Check Out \_\_\_\_\_
  - c. Tickler Card \_\_\_\_\_
  
- 2. PHYSICAL EXAMINATIONS
  - a. Manual of the Medical Department \_\_\_\_\_
  - b. Standard Forms 88 and 93 \_\_\_\_\_
  - c. Preliminaries \_\_\_\_\_
  
- 3. REPORTS
  - a. Morning Report of the Sick and Injured \_\_\_\_\_
  - b. Accident Reporting \_\_\_\_\_
  - c. Morbidity Report \_\_\_\_\_
  
- 4. CORRESPONDENCE
  - a. SECNAVINST 5216.5C \_\_\_\_\_
  - b. Formal Naval Letter \_\_\_\_\_
  - c. Naval Message \_\_\_\_\_
  - d. NAVGRAM \_\_\_\_\_
  - e. Filing Requirement/SSIC \_\_\_\_\_
  
- 5. CIVILIAN MEDICAL CLAIMS \_\_\_\_\_
  
- 6. OPTICAL CHARACTER RECOGNITION (OCR) \_\_\_\_\_

7. TYPING \_\_\_\_\_

XIII. PATIENT COMMUNICATION

1. PATIENT COURTESIES \_\_\_\_\_

2. RESTRAINT OF NEGATIVE INPUT \_\_\_\_\_

XIV. THE DECEASED PATIENT

1. PATIENT PROCEDURES \_\_\_\_\_

2. ADMINISTRATIVE PROCEDURES \_\_\_\_\_

XV. ADVANCED PATIENT CARE

1. CHEST TUBE AND SUCTION SET UP \_\_\_\_\_

2. EKG INTERPRETATION \_\_\_\_\_

3. MANAGEMENT OF RASHES \_\_\_\_\_

4. ANTIBIOTIC THERAPY \_\_\_\_\_

5. EMERGENCY CARDIAC MANAGEMENT

a. IV Set Up/Drips \_\_\_\_\_

b. Cardiac Medications, Spark-Kit/  
Crash Cart/ Medications \_\_\_\_\_

c. Monitors \_\_\_\_\_

d. Record Keeping \_\_\_\_\_

6. SYSTEMS REVIEW & PHYSICAL EXAM \_\_\_\_\_