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Adult Health Internship Shift Care Plan and Handover

Practical 01 / Supervised clinical practice

Aim

Coordinate a supervised shift of adult nursing care and give an accurate end-of-shift handover.

Principle

Prioritisation, verified orders and repeated assessment support safe continuity over a complete shift.

Articles and Materials

- Fictional ward assignment or supervised clinical plan
- Care plan, observation chart, medication record and internship log

Procedure

1. Receive handover and identify immediate risks, required observations, orders, devices and pending results. Agree on tasks with the supervising nurse.
2. Assess the allocated patient and compare baseline observations, symptoms, function and comfort. Escalate new concerns before routine care.
3. Set shift priorities, measurable goals and an observation and care timeline. Verify medicines, diet, mobility and device restrictions.
4. Provide the assigned hygiene, mobility, medicine, wound or device care within scope. Review identity, orders, asepsis and checks for each task.
5. Assess response and compare with goals. Adjust nursing priorities with supervision when pain, vital signs, intake or function changes.
6. Prepare discharge or ongoing care instructions if relevant and verify who reviews results and unresolved issues.
7. Give a complete handover including trends, actions, response, concerns and explicit requests. Confirm acceptance and timing.
8. Complete accurate clinical and competency entries, obtaining supervisor review for duties actually performed, assisted or observed.

Precautions

- Practise only within authorised placement responsibilities.
- Escalate deterioration and medication or device discrepancies immediately.

Observations and Record

Adult Health Internship Shift Care Plan and Handover

Documentation

Item	What to record	Why it matters
Allocation	Risks, orders and priorities	Sets safe coverage
Care	Intervention, timing and response	Evaluates nursing plan
Handover	Outstanding issues and verification	Protects continuity

Worked Example

An adult receiving postoperative care develops a new low urine-output trend. The intern verifies the measurement, alerts the supervisor and documents the intervention and repeat.

Result and Evaluation

Complete an organised and traceable supervised shift and handover with a reviewed care plan.

Viva Questions and Answers

Why compare observations with earlier values?

It shows the timing and direction of change from baseline.

What goes in a useful end-of-shift request?

The action needed, how soon and who should do it.

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