

**NR 75.2A Course Outline as of Fall 2020****CATALOG INFORMATION**

Dept and Nbr: NR 75.2A Title: FUNDAMNTLS OF PROF NURSE

Full Title: Fundamentals of Professional Nursing

Last Reviewed: 2/3/2020

Units	Course Hours per Week		Nbr of Weeks		Course Hours Total	
Maximum	10.00	Lecture Scheduled	5.00	17.5	Lecture Scheduled	87.50
Minimum	10.00	Lab Scheduled	0	17.5	Lab Scheduled	0
		Contact DHR	16.00		Contact DHR	280.00
		Contact Total	21.00		Contact Total	367.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 175.00

Total Student Learning Hours: 542.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 42 - One Repeat if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

This course presents concepts fundamental to professional nursing with an emphasis on the geriatric patient: nursing process, professionalism, basic physiological, psychosocial, and developmental needs and basic nursing skills are included in this course. Application of theoretical knowledge is guided by the Readiness for Practice Model. A number of teaching/learning strategies are incorporated in a variety of settings: classroom, skills laboratory and patient-care settings providing students an opportunity to use the nursing process.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:**

Admission to Program.

The healthcare facilities in which students are clinically placed require that the students must comply with all of the following before they are allowed onsite: Currency on all immunizations including annual flu shots; currency on annual tuberculosis clearance; a negative background check, a negative urine drug screen, and possess a current American Heart Association Certified

Healthcare Provider CPR/BLS card.

### **Schedule of Classes Information:**

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Prerequisites/Corequisites:

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Transfer Credit: CSU;

Repeatability: One Repeat if Grade was D, F, NC, or NP

### **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>CSU GE:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>IGETC:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>CSU Transfer:</b>	Transferable	Effective: Fall 2020	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

### **COURSE CONTENT**

#### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Provide age and stage-appropriate safe and basic care for geriatric patients.
2. Apply evidence-based theoretical nursing concepts and critical thinking skills to identify and prioritize fundamental patient care needs.
3. Communicate professionally and effectively with patients, peers and members of the health care team.
4. Support patients' fundamental physiological, psychological and spiritual needs in maintaining health and recovering from illness.

**Objectives:**

## A. Theory

1. Describe nursing as a profession:
  - a. scope of practice
  - b. standards of practice
  - c. nurses' roles as collaborating members of the multidisciplinary team within the larger healthcare delivery systems.
  - d. nurses' role in promoting patient safety through open communication, respect for others and identifying uncivil behaviors.
2. Apply fundamental nursing care using the Readiness for Practice Model and Nursing Process.
3. Use individual-preferred learning styles, test taking techniques, and time management strategies to achieve success in the ADN program.
4. Identify and implement effective strategies for handling conflict.
5. Apply legal and ethical concepts to nursing practice situations.
6. Discuss practical implications of basic pharmacological and parenteral therapies for patient care.
7. Compare and contrast developmental needs of younger adults and the elderly, and how these are affected by alterations in health, and what their role is in patients' health promotion.
8. Identify psychosocial and spiritual needs of patients and intervene as appropriate.
9. Discuss how nurses reduce risk potential for patients and promote safe practices.
10. Adapt care to promote patients' health needs related to their cultural and ethnic backgrounds.
11. Report, document and seek to remedy patient care errors.
12. Familiarize themselves with facilities' written care plans for patients.

## B. Skills

1. Students comport in a manner consistent with the standards of professional nursing in:
  - a. dress
  - b. demeanor
  - c. communication with simulated patients
2. Competently perform fundamental nursing skills

## C. Clinical

1. Incorporate critical thinking in the application of baseline knowledge.
2. Use Nursing Process and Readiness for Practice concepts to provide nursing care.
3. Correlate patients' observed behaviors, signs, and symptoms to physiological and psychosocial homeostatic mechanisms.
4. Recognize the patient and family or designee as the source of control and full partner in care.
5. Document patients' status, care given, and patient response according to agency policy.
6. Promote physical health and wellness by providing care and comfort.
7. Adapt care to support patients' developmental needs as young, middle, and older adults.
8. Use standard safety practices that will protect the patient, nurse, and other members of the healthcare team from environmental hazards.
9. Explain the theoretical content underlying all aspects of nursing care for each assigned patient, consistent with the theory component of the course.
10. Exhibit professional behavior, as set forth in the American Nurses' Association Standards of Practice.
11. Manage their time and organize their activities to provide timely care to two patients.
12. Familiarize themselves with facilities' written care plans for patients.

## Topics and Scope:

### I. Theory Topics and Scope

#### A. Thriving in Nursing School

1. Learning styles
2. Time management
3. Study skills

#### B. Infection Control\*

#### C. Patient safety, mobility and hygiene\*

1. Safe practice for transfer, positioning, and ambulation
2. Nursing promotion of hygiene practices

#### D. Nursing Process I\*

1. Introduction to the nursing process
2. Focus is assessment and nursing diagnosis

#### E. Nursing Process II\*

1. Introduction to the nursing process continued
2. Focus in planning, implementation, and evaluation

#### F. Nursing Process III\*

1. Synthesis of five phases of the nursing process
2. Construction of an effective nursing care plan using the nursing process

#### G. Communication Skills in Nursing\*

1. Effective, professional communication skills
2. Nurse-Patient Communication
3. Development of therapeutic relationship.

#### H. Nursing Theory and Critical Thinking

1. Theoretical nursing models
2. Critical thinking and clinical reasoning development

#### I. Introduction to Professionalism, Culture Care and Civility in Nursing Practice\*

1. Definition of a profession
2. Principles of professionalism
3. Inter/Intraprofessional communication
4. Providing culturally competent care
5. Civility in nursing practice

#### J. Physical Assessment I\*

1. Rationale and purpose of the nursing physical assessment
2. Basic head-to-toe-physical assessment
3. Nursing assessment of patient hygiene

#### K. Physical Assessment II\*

1. Nursing assessment of the integumentary and respiratory systems
2. Common pathophysiologies in integumentary and respiratory systems

#### L. Physical Assessment III\*

1. Nursing assessment of cardiovascular system
2. Definition, rationale, and importance of accurate patient vital signs

#### M. Homeostasis, Stress, and Adaption

1. Compensatory physiological systems
2. Nursing management of stress, coping and adaptation

#### N. Wound Management\*

1. Basic wound care
2. Wound healing
3. Skin diseases

#### O. Diagnostic Laboratory Values\*

1. Introduction to basis laboratory tests and values

2. Clinical use of laboratory testing in nursing care planning
- P. Medication Administration I\*
  1. Medication administration procedure: 3 checks and 9 rights
  2. Focus is on oral medication administration
  3. Common oral medications
- Q. Medication Administration II\*
  1. Administration of common parenteral medications
  2. Focus is on subcutaneous and intramuscular medication administration
  3. Common parenteral medications
- R. Introduction to Pharmacology
  1. Principles of pharmacology
  2. Common medications
  3. Introduction to antibiotic therapy
- S. Introduction to Fluids and Electrolytes.
  1. Basic physiology of fluid and electrolytes
  2. Fluid and electrolyte disorders
  3. Nursing management of fluid and electrolyte therapy
- T. Sleep and Rest
- U. Introduction to Documentation in Nursing Practice\*
- V. Promoting a Safe and Effective Care Environment\*
  1. Skills for mitigating violence
  2. Management of aggressive behavior
- W. Nutritional Support I\*
  1. Describes the rationales for common types of nutritional support implemented by nursing, identifying appropriateness/assessment of enteral and parenteral nutrition including protein-calorie supplementation, and standard IV therapies for specific patient populations
  2. Compare bariatric surgical procedures.
  3. Describe post-op assessment and care
- X. Nutritional Support II
  1. Common gastrointestinal pathophysiologies
  2. Specific nursing assessment tools to identify the risks for and etiology of malnutrition, obesity, clinical manifestations including Body Mass Index
  3. Discuss strategies to prevent and treat obesity and its associated complications, and other forms of altered digestion
- Y. Introduction to Gerontology Nursing
  1. Nursing assessment considerations for the geriatric patient
  2. Development stages across the lifespan, focus on geriatric population
  3. Focus on specific nursing care planning and education of the geriatric patient
- Z. Nursing Care of the Cardiovascular Patient
  1. Basic nursing assessment and specific care considerations for the cardiovascular patient population, includes comfort and pain management
  2. Cardiovascular pathophysiology: Hypertension and arrhythmias
  3. Basic electro-cardiogram (EKG) procedures and common EKG waveforms
- AA. Nursing Care of the Respiratory Patient
  1. Basic nursing assessment and specific care considerations for the respiratory patient population, includes comfort and pain management
  2. Chronic Obstructive Pulmonary Disease (COPD), Asthma, Emphysema, Pneumonia, Tuberculosis (TB) and other fungal infections
- BB. Nursing Care of the Diabetic Patient I\*
  1. Basic nursing assessment and specific care considerations for the diabetic patient population, includes comfort and pain management

2. Diabetic pathophysiology and complications
3. Diabetic therapies: focus on basic insulin and diabetic medications
- CC. Nursing Care of the Renal Patient I\*
  1. Basic nursing assessment and specific care considerations for the renal patient population, includes comfort and pain management
  2. Normal renal function and urinary elimination
  3. Renal pathophysiologies, signs and symptoms of kidney malfunction
- DD. Nursing Care of the Gastrointestinal Patient I
  1. Basic nursing assessment and specific care considerations for the gastrointestinal patient population, includes comfort and pain management
  2. Post-operative care considerations
- EE. Nursing Care of the Gastrointestinal Patient II
  1. Common gastrointestinal pathophysiologies
  2. Nursing care considerations: Signs, symptoms, and treatment therapies
- FF. Orthopedics I
  1. Basic nursing assessment and specific care considerations for the orthopedic patient population, includes comfort and pain management
  2. Surgical treatments and post-operative nursing care of the orthopedic patient
- GG. Orthopedics II
  1. Common orthopedic pathophysiologies, signs/symptoms, treatments and complications
    - i. fractures
    - ii. osteoporosis
    - iii. osteomyelitis
    - iv. arthritis
    - v. spinal damage/disc disease
  2. Collaborative care of orthopedic pathophysiologies
- HH. Nursing Care of the Patient with Sensory Deficits
  1. Basic nursing assessment and specific care considerations for the patient with vision, auditory, and neurological and systemic sensation deficits, includes comfort and pain management
  2. Common vision, auditory, and sensation pathophysiologies
- II. Nursing Care of the Patient with Altered Level of Consciousness (ALOC)
  1. Basic nursing assessment and specific care considerations for the patient with ALOC, includes comfort and pain management
  2. Common pathophysiologies associated with dementia, delirium and trauma
- JJ. Nursing Care of the Patient with Cerebrovascular Accident
  1. Basic nursing assessment and specific care considerations for the stroke patient population, includes comfort and pain management
  2. Identifying risk factors, signs/symptoms, treatments for stroke patients
- KK. Nursing Care of Patients and Family with Loss, Grief, and Death
  1. Basic nursing assessment and specific care considerations for the patient and family experiencing loss, grief and death
  2. Coping and communication methods
  3. Post-mortem care

\*These items are introduced in lecture, and the related skills are performed in the lab.

## II. Skills

- A. Professional comportment and communication in the skills lab
- B. Safety for patient and health care provider
- C. Infection control for patient and health care provider
- D. Hygiene and elimination care

- E. Mobility/immobility - transfer, positioning, and ambulation
- F. Vital signs and oxygenation
- G. Admission and discharge
- H. Therapeutic communication
- I. Physical assessment
- J. Wound care and principles of sterile techniques
- K. Medication administration: oral and injectable
- L. Nursing process application
- M. Nutrition (intake and output)
- N. Blood glucose monitoring
- O. Specimen collection
- P. Management of aggressive behavior
- Q. Pre-clinical data gathering and preparation
- R. Writing a nursing care plan
- S. Integration of clinical skills
- T. Orientation to simulation lab

### III. Clinical

- A. Clinical application of nursing theory and process
- B. Medical records and chart review
- C. Communication
- D. Nursing care plans
- E. Shift report
- F. Resource nurse and instructor
- G. Unlicensed assistive personnel
- H. Patients with barriers to communication
- I. Dietary adjustments related to culture and religion
- J. Health-related cultural customs
- K. Promoting ego integrity in the nursing home setting
- L. Adapting care to patients' limitations
  - 1. Mobility
  - 2. Cognitive
  - 3. Sensory-perceptual
  - 4. Self-care
- M. End-of-life and palliative care
- N. Patients' rights
- O. Laws and governance
  - 1. State and federal
  - 2. Acute care
  - 3. Rehab care
  - 4. Custodial care
- P. Orientation to the agency
  - 1. Mission and philosophy
  - 2. Physical plan and environmental safety
  - 3. Policies and procedures
  - 4. Schedules and routines
  - 5. Setting-specific care delivery system
  - 6. Student nurse role expectations
- Q. Student nurse standards of practice

### **Assignment:**

### Lecture-Related Assignments:

1. Reading 70-100 pages per week.
2. Unit and standardized exams: 4-5 per semester. Minimum cumulative score of 75% on four unit exams to continue in the nursing program.

### Lab-Related Assignments:

1. Reading prior to nursing skills demonstration 15-50 pages per week.
2. Completion of media review prior to each skills lab (1 -2 hours per lab).
3. Practice skill performance in simulated lab.
4. Completion of skills lab quizzes 1 per skill (ungraded).
5. Demonstrate competency in seven formal skill check-offs within 3 attempts related to each skill lab topic: Pass/fail. Failure of skills competency results in dismissal from the nursing program.

### Clinical-Related Assignments:

1. Completion of the safe medication dosage calculation exam with a score of 95% or better by the third attempt. This assignment is not graded for purposes of this course, but failure to pass this assignment with a grade of 95% or better by the third attempt will result in a failed grade and dismissal from the nursing program.
2. Clinical practice in skilled nursing, long-term care, or hospital settings. Students must meet minimum problem-solving skills and practice to pass this course. Provide safe care to 1-2 patients. Rubric graded: Pass/Fail. Achieving a pass in clinical practice is required to remain in the nursing program.
3. Preparation for clinical assignments by reviewing patient's chart: Collecting data base, completing pathophysiology form, assessment tool, and researching medication and treatment skills - approximately 4-6 hours per week.
4. Completion of two-page clinical assessment tool, approximately 10 per semester.
5. Present patient situations for discussion in post clinical conferences. (approximately 1-hour presentation per student per semester).
6. Participation in analysis of patient care situations in group setting, approximately 6-8 per semester.
7. Written papers addressing objectives of clinical out rotations, 2-3 papers per semester, 2-3 pages per paper.
8. Written process recording, one per semester, 2-3 pages per recording.
9. Preparation of nursing care plans (2 diagnosis per plan) 2-3 plans per semester. Includes data collection, data analysis, development of plan for nursing care with specific interventions and evaluation of effectiveness. Rubric graded Pass/Fail, with remediation for failure.
10. Written cultural diversity paper and presentation, 3-4 pages Rubric graded Pass/Fail.
11. Preparation and participation in simulation lab scenarios, two rotations.

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Nursing care plans, cultural diversity paper/presentation
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Writing 10 - 15%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.



Clinical patient care: pass/fail, case discussions and care analysis, clinical assessment tools, clinical out-rotation objective papers, process recording paper	Problem solving 15 - 25%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Skills performance competencies	Skill Demonstrations 15 - 25%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Unit and standardized exams	Exams 45 - 60%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
None	Other Category 0 - 0%

### **Representative Textbooks and Materials:**

California regulations for RN practice: accessible via California Board of Registered Nursing Internet website

Davis's Drug Guide for Nurses. 16th ed. Vallerand, A.H. and Sanoski, C. A. 2018. F.A. Davis. 2018

Gerontological Nursing. 9th ed. Eliopoulos, C. Lippincott. 2018

Varcarolis' Foundations of Psychiatric Mental Health Nursing: A Clinical Approach. 8th ed. Halter, M. Saunders. 2018

Dimensional Analysis: Calculating Dosages Safely. 2nd ed. Horntvedt, T. F.A. Davis. 2019  
Pocket Companion for Physical Examination and Health Assessment. 8th ed. Jarvis, C. Saunders. 2019

Pharmacology: A Patient-Centered Nursing Process Approach. 9th ed. McCuistion, L.E. and Dimaggio, K. and Winton, M.B. Elsevier. 2017

Medical-Surgical Nursing. 10th ed. Lewis, S. M. and Heitkemper, M. M. and Dirksen, S.R. Mosby/Elsevier. 2019

Pathophysiology: The Biologic Basis for Disease in Adults and Children. 6th ed. McCance and Huether. Mosby Purnell. 2013 (classic)

Swearingen's Manual of Medical Surgical Nursing Care. 7th ed. Monahan, F. Mosby. 2010 (classic)

Mosby's Nursing Video Skills Student Online Version. 4th ed. Mosby Elsevier. 2013 (classic)

Mosby's Manual of Diagnostic and Laboratory Tests. 6th ed. Pagana, K. and Pagana, T. Elsevier/Mosby. 2017

Clinical Nursing Skills and Techniques. 9th ed. Perry, A.G. and Potter, P.A. and Ostendorf, W. Elsevier/Mosby. 2017

Phillips Manual of IV Therapeutics. 7th ed. Gorski, L. F.A. Davis. 2018

Fundamentals of Nursing. 9th ed. Potter, P.A. and Perry, A.G. Mosby. 2016

Pearson Nursing Diagnosis Handbook. 11th ed. Wilkinson, J.M. Pearson. 2016