

NURN 150
Fundamentals of Nursing
7 Semester Hours

The Community College of Baltimore County

Description

Fundamentals of Nursing

Introduces foundations, principles and concepts necessary for the nursing student to begin socialization into the role of the nurse; provides structure for the student to begin theoretical studies through the organizing framework of the CCBC Nursing Curriculum. Presents concepts and principles in human needs, nursing process, communication, life-cycle, teaching/learning, and spiritual and cultural factors. Uses campus labs and clinical experiences to enable students to apply theoretical content and basic skills to client-centered care. Teaches beginning skills for the care of clients along the health continuum. Uses faculty directed clinical experiences to increase understanding of the impact of illness on the client and their significant others.

Prerequisite: Admission to the nursing program. Pass dosage calculation requirement.

Eligibility for college math requirement. BIOL 111, BIOL 220, 221 (both with a grade of “C” or higher within 6 years of entry into clinical nursing), ENGL 101, PSYCH 101. 4 credit hours of theory. 3 credits of clinical

Overall Course Outcomes

Upon successful completion of this course, the students will be able to:

1. Identify an individual’s position on the healthcare continuum. (Health Care = Arm)
2. Identify the members of the health care team who could complement the nurse’s implementation of the plan of care. (Health Care System = Arm)
3. Using the nursing process, apply basic care to an individual. (Nursing Process = Arm)
4. Demonstrate professional nursing conduct during interactions with clients, families, colleagues and members of the health care team. (Professionalism = Arm)
5. Identify relevant information that is necessary for problem solving and decision making. (Critical thinking = Arm)
6. Utilize basic therapeutic methods of communication in interactions with clients, families, colleagues and members of the health care team. (Communication = Thread)
7. Identify selected ethical, legal and regulatory codes that regulate nursing practice. (Ethical/Legal Aspects = Thread)
8. Define essential components of health promotion, maintenance and restoration for the adult client. (Health Promotion, Maintenance, and Restoration = Thread)
9. Identify needs and stressors in the lifespan as they relate to the care of the adult client. (Human Needs, Life Cycle, Stress and Stressors = Thread)
10. Describe the differing roles of health care professionals as they relate to the management of client care. (Management/Delegation = Thread)

11. Demonstrate satisfactory performance of beginning nursing skills based on scientific principles and rationales. (Skills = Thread)
12. Identify values, customs, culture and or habits as they effect behavior. (Socio-Economic-Cultural Factors = Thread)
13. Use basic technology to increase the effectiveness and efficiency of nursing care. (Technology = Thread)
14. Utilize a prescribed format to write a teaching plan that meets the basic needs of an adult client. (Teaching/Learning = Thread)
15. Identify health care issues that influence nursing practice. (Trends = Thread)

Major Topics

- I. Nursing Process
- II. Professionalism and Health Care Systems
- III. Introduction to Legal and Ethical Issues
- IV. Introduction to Pharmacology
- V. Medication Administration
- VI. Communication
- VII. Infection Control
- VIII. Safety
- IX. Mobility
- X. Health Promotion and Restoration
- XI. Comfort
- XII. Oxygenation
- XIII. Nutrition
- XIV. Fluid and Electrolytes
- XV. Skin and Wound Healing
- XVI. Elimination
- XVII. Values, Culture, and Spirituality
- XVIII. Life Cycle and Human Needs
- XIX. Stress and Coping
- XX. Peri-Operative Nursing
- XXI. Assessment
- XXII. Lab and Diagnostics
- XXIII. Aging

Course Requirements

Satisfactory completion of this course requires that the student meet the following requirements:

A. Theory and Campus Laboratory:

1. Achieve the minimum 72% - "C" average. Note: An average of 72% on Exams is required prior to the addition of quizzes, lab assignments, and clinical submissions to the overall grade.

2. Satisfactorily complete and turn in all required written work on the due date. Note: penalties for lateness of written work are located in “Student Policies and Procedures Manual.”
3. Students must take a Standard Critical Thinking Assessment required by the college. The cost of the exam is to be determined. Students who do not take this exam will not be permitted to participate in the clinical experience.
4. Students must satisfactorily perform selected lab skills during the semester. Satisfactory performance of these skills will increase the Laboratory grade by 40 points (8% of total grade). Failure to satisfactorily demonstrate these skills on the first attempt will require the student to repeat the exercises without being awarded points. An incomplete will be awarded to the student until these skills have been satisfactorily demonstrated. There will be two (2)-testing periods during the semester.
5. The student will be required to complete laboratory self-study materials in preparation for each campus laboratory experience. Twenty (20) points or (4% of the total grade) will be awarded for accuracy and completion of the Laboratory Learning Packet.
6. The grade for this course is based on the achievement of specific number of points. There will be a total of 500 points (100%) in NURN 101. In order to pass this course, the student must:
 - a. Attain at least 251 points or 72% out of the 350 exam points on the unit and final exams to achieve a 72%.
 - b. Attain at least 358 points out of the total 500 points on exams, quizzes, clinical submissions, and laboratory learning packet to achieve a 72%.
 - c. Points and percentages are distributed as follows:

	<u>Allocated Points</u>	<u>Allocated Percentages</u>
Total	500	100
Four (4) Unit Exams	250	50
Final Exam	100	20
Exam Grade	350	70
Clinical Submissions	60	12
Care Plan (30)		(6)
History and Assessment (20)		(4)
Discharge and Teaching Plan (10)		(2)
Laboratory	60	12
Learning Packet (20)		(4)
Skills Testing (40)		(8)
Classroom Quizzes	30	6

B. Clinical:

1. Successfully complete the clinical course outcomes and meet the objectives described in the "NURN 101 Clinical Evaluation Tool".
2. Be present each clinical day and perform safely in the clinical laboratory.
3. Complete all assignments and submit within the allocated time.
4. Satisfactorily complete and submit two (2) careplans (second is submitted for grading).
5. Satisfactorily complete and submit one (1) Nursing History and Physical Assessment.
6. Satisfactorily complete and submit one (1) Discharge Teaching Plan.
7. Maintain a Portfolio of Clinical Learning as described in the directions accompanying same.
8. Demonstrate satisfactory performance on all clinical objectives as described in the "Clinical Evaluation Tool" as described by the grading criteria on the tool (see page 11).

NOTE: Students must pass both theory and clinical components to pass the course. Students should refer to the Policy and Information Packet for additional course and program information.

Other Course Information

This course is the first in the sequence of clinical nursing courses. Satisfactory completion is required to progress to the next sequential course.

This course is taught using methods that include; computerized self-study environments, lecture, seminars, demonstrations, individual and group learning projects.

REQUIRED TEXTS:

Craven, R. and Hirnle, C. (2000) Fundamentals of nursing; human health and function. 3rd.Ed. Philadelphia: Lippincott.

Sauer, E. (2000) Fundamentals of Nursing Procedure Checklist: human health and function. 3rd Ed. Phila.: Lippincott

Johnson, J., Vaughans, B. and Prather-Hicks, P. (2000) Fundamentals of Nursing Study Guide: human health and function. 3rd Ed. Phila.: Lippincott

Mosby's Medical, Nursing, and Allied Health Dictionary (1998) 5th Ed. St. Louis: Mosby Company.

Pickar, G. (1999) Dosage Calculations 6th Ed. Albany: Delmar

Jarvis, C. (2000) Physical examination and health assessment. 3rd Ed. Phila.: W.B. Saunders Company

Grodner, M., Anderson, S. and DeYoung, S. (2000) Foundations and clinical applications of nutrition: a nursing approach. 2nd Ed. St. Louis: Mosby Company

Fischback, F. (2000) A manual of laboratory and diagnostic tests. 6th Ed. Phila.: Lippincott

Ignatavicius, D., Workman, M. and Mishler, M. (1999) Medical-Surgical nursing across the health care continuum. 3rd Ed. Phila.: W.B. Saunders

Key, J. and Hayes, E. R. (2000). Pharmacology: A Nursing Process Approach. 3rd Ed. Phila: W.B. Saunders.

Doenges, M; Moorehouse, M. and Geissler, A. (2000). Nursing Care Plans: Guidelines for individualizing patient care. 5th Ed. Phila: F. A. Davis Co.

Select one of the following:

Karch, A. (2001) 2001 Lippincott's nursing drug guide. Phila.: Lippincott

Deglin, J. and Vallerand, A. (1999) Davis's drug guide for nurses. 6th Ed. Phila.: F.A. Davis Company

Recommended Textbooks:

Sides, M. and Korchek, N. (1998) Successful test-taking: learning strategies for nurses. 3rd Ed. Phila.: Lippincott.

Huether, S. and McCance, K. (2000). Understanding Pathophysiology. 2nd Ed. St. Louis: Mosby.

Fundamentals of Nursing

Course Outline

(Revised 7/17/00)

Major Topics

Professionalism and Health Care Systems

- A. Brief history of Nursing
- B. Nursing Education
- C. Roles of the licensed and unlicensed personnel
- D. Nursing framework and theories
- E. Issues and factors affecting health care delivery
- F. Nursing Care Delivery Systems

Theory: 2
Lab Theory: 0

Introduction to Legal and Ethical Issues

- A. Standards of care
- B. Ethical issues
- C. Legal issues

Theory: 2
Lab Theory: 0

Nursing Process

- A. Assessment
- B. Nursing Diagnosis
- C. Planning
- D. Implementation
- E. Evaluation

Theory: 4
Lab Theory: 0

Safety

- A. Protective devices*
- B. Fire safety*
- C. Fall prevention*
- D. Alterations in sensory perception

Theory: 1
*Lab Theory: 1.5

Mobility

- A. ROM*
- B. Positioning/Transferring*
- C. Body mechanics*
- D. Hazard of immobility*

Theory: 0
*Lab Theory: 1.5

Infection Control

- A. Chain of infection
- B. Infectious process
- C. Inflammatory process
- D. Medical asepsis*
- E. Standard Precautions

Theory: 2
*Lab Theory: 1

Assessment

- A. Vital Signs*
- B. Techniques of assessment
- C. Client history
- D. Physical assessment

Theory: 4
*Lab Theory: 2

Nutrition

- A. Nutrients
- B. Foundations of a healthy diet
- C. Assessment of nutritional status (I&O, ht., wt.,)*
- D. Therapeutic diets
- E. Principles of feeding clients*
- F. Tube feedings/stoma care*
- G. Principles of Parenteral feedings

Theory: 5
*Lab Theory: 1

Communication

- A. Reporting/Recording*
- B. Therapeutic Communication
- C. Teaching/Learning Process

Theory: 2
*Lab Theory: 1

Life Cycle and Human Needs

Theory: 1
Lab Theory: 0

Aging

- A. Attitudes towards aging
- B. Normal aging process
- C. Theories of aging
- D. Role adjustments
- E. Common problems of the aging
- F. Introduction to long-term care*
- G. Death and dying

Theory: 4
*Lab Theory: .5

Skin and Wound Healing

- A. Skin assessment
- B. Pressure ulcers: assessment and interventions
- C. Wound healing and complications
- D. Treatments of hot and cold*
- E. Surgical asepsis/dressing changes*
- F. Bandages and binders*

Theory: 2
*Lab Theory: 2

Introduction to Pharmacology

- A. Pharmacokinetics
- B. Classification of drugs/Drug cards
- C. Controlled Substances

Theory: 2
Lab Theory: 0

Medication Administration

- A. Principles of medication administration
- B. Packaging/Labeling/Drug forms

Theory: 1
*Lab Theory: 3

- C. Enteral medications*
- D. Parenteral medications*

Stress and Coping

Theory: 1 Lab Theory: 0

Lab and Diagnostics

- A. Serum studies
 - CBC with diff. (hematology)
 - Chemistry studies
 - BUN, creatinine
 - Coags
 - Therapeutic/toxic drug monitoring
 - Arterial samples
 - Urine studies
 - Routine (U/A)
 - Timed urine studies
- Others
 - Endoscopy
 - EKG
 - Radiology
 - Nuclear scans
 - Angiography
 - LP
 - Stool
 - Sputum
- B. C&S*
- C. Specimen Collection*

Theory: 2 *Lab Theory: 1.5

Oxygenation

- A. Respiratory assessment
- B. Normal respirations/breathing patterns
- C. Ventilation, perfusion, diffusion, transport
- D. Factors affecting respiration
- E. Airway management (oral, pharyngeal suctioning) and supplemental oxygen*
- F. Diagnostic testing (ABG's, pulse oximetry, pulmonary functions)

Theory: 2 *Lab Theory: 1

Comfort

- A. Hygiene
- B. Bed making
- C. Rest/sleep
- D. Pain management
- E. Analgesics, sedatives, anti-inflammatory agents

Theory: 4 Lab Theory: 0

Fluids & Electrolytes

- A. Distribution of body fluids
- B. Fluid balance
- C. Distribution of electrolytes: potassium and sodium
- D. Acid Base balance

Theory: 4 *Lab Theory: 2

- E. Intravenous therapy*
- F. Blood and blood products*

Values, Culture, and Spirituality

Theory: 2 Lab Theory: 0

Health Promotion and Restoration

- Wellness theory
- Alternative/complimentary therapies
- Levels of health promotion

Theory: 1 Lab Theory: 0

Elimination

- A. Bowel
- B. Bladder
- C. Catheterization*
- D. Ostomy Care
- E. Enemas*
- F. Stool softeners, laxatives

Theory: 2 *Lab Theory: 1

Peri-operative nursing

- A. Pre-op phase
- B. Intra-op phase
- C. Post-op phase
- D. Admissions/Discharges
- E. Antibiotics

Theory: 4 Lab Theory: 0

**The Catonsville Campus of
The Community College of Baltimore County
Fundamentals of Nursing - NURN 101**

CLINICAL OUTCOMES

Upon successful completion of the course, the student will:

Professionalism: Conduct self in a professional manner in the clinical setting and maintain the clients' privacy and confidentiality.(P,E/L)

Assessment: Perform basic physical assessment skills accurately according to a prescribed format and with occasional verbal cueing from the instructor. (NP, HC,S/S)

Planning: Plan care that meets the basic needs of one assigned client. (CT, NP, HN, LC,

Implementation/Skills: Perform basic psychomotor skills using scientific rationales (skills include client comfort measures, vital signs, aseptic wound care, IV's, and specimen collection). (NP, S, T. HN)

Communication: Incorporate beginning therapeutic communication skills in patient interviews to obtain data. Interact and report data to other care providers with occasional faculty prompting. (CT, C, S/E/C)

Patient Teaching: Identify client learning needs. Explain the purpose of nursing interventions to the client . (CT, T/L, HN, S/E/C, LC, HP/M/R)

Medications: Correctly administer medications to one client. with occasional verbal cues. (CT,NP, S, HN)

Documentation: Record basic data correctly on flow sheets and graphic charts. (CT, HC,C)

Organization/Time Management: Provide care to one client in the allotted time.(CT, NP, HN)

Evaluation/ Problem Solving: Identify obvious client problems and possible solutions with occasional faculty assistance.(CT,HC,NP)

Management/Delegation: Distinguish between the responsibilities of the registered nurse and other functions that can be delegated. (CT,HCS)

Note: Letters in parentheses indicates the arms and threads of CCBC Nursing Conceptual Framework.

CCBC - Catonsville
Point Computation Form for **NURN 101**

The following may be used to record your grades as you receive them.

EXAMS:

- 1.
- 2.
- 3.
- 4.

Final:

TOTAL: /350 available points = _____% (need 72% or 251 points)

* **Note:** You must achieve 72% average on Exams before other points are included in the calculation of your theory grade.

QUIZZES:

- 1.
- 2.
- 3.

TOTAL: /30 available points

SUBMISSIONS:

Careplan:	/30 available points
Nsg. History and Physical Assessment:	/20 available points
Discharge Teaching Plan:	/10 available points

TOTAL: /60 available points

LABORATORY:

Laboratory Learning Packet	/20 available points
Skills Testing	/40 available points

TOTAL: /60 available points

TOTAL POINTS ACHIEVED: /500 TOTAL available points

Divide the total point achieved by the total available points (500) to calculate your percentage grade.
You must achieve 72% or 358 points to pass theory component of the course.

JB/8/00