

**Common Course Outline**  
**Fundamentals of Nursing Concepts**  
**NURN 153**  
**8 Semester Hours**

**The Community College of Baltimore County**

**Description**

**NURN 153 – 8 credits –Fundamentals of Nursing Concepts** presents the principles and concepts necessary to introduce students to the role of the nurse generalist. Students begin theoretical studies which are based on the CCBC concept based curriculum and which provide opportunities for students to gain cognitive, technical, and interpersonal skills necessary for the practice of nursing. Emphasis is placed on the nursing process, communication, and safety as well as the concepts of aging, comfort, culture, infection control, spirituality, and end of life. The learning experiences surrounding the skills of nursing practice and health assessment with adult patient emphasis are designed to assist learners to integrate critical thinking, caring behaviors, technological innovations, and skills performance into safe effective nursing care. Supervised simulations and clinical experiences offer opportunities to apply the basic principles and skills of nursing practice in a clinical setting and to move the student toward the role of the nurse generalist.

**8 Credits: 5 credit hours of theory (75 clock hours) and 3 credit hours simulation lab/ clinical (135 clock hours)**

**Prerequisites: Admission to the nursing program. Successful completion of NURN 005 Dosage for Nurses.**

**Overall Course Objectives**

Upon completion of this course the student will be able to:

1. identify the need to collaborate with other health care providers to advocate for patients and families in order to provide quality nursing care;
2. utilize basic effective communication techniques and caring behaviors with patients and families to improve health outcomes;
3. perform a basic health assessment using effective communication techniques and caring behaviors;
4. identify the use of evidenced-based practice for clinical decision making in the delivery of nursing care;
5. examine health promotion activities that contribute to the wellness of patients;
6. identify the need for accountability and responsibility in the management of nursing care of patients;
7. apply the nursing process as a systematic method of providing nursing care for middle and older adult stages of the life span;
8. perform nursing interventions using accepted standards of nursing practice;

9. indicate the functions, responsibilities, and standards essential to the professional practice of nursing;
10. practice the principles of safety required to perform patient care;
11. perform nursing skills with guidance, using available technology, to meet standards of efficacy and safety;
12. identify teaching needs uncovered during the performance of assessments and nursing interventions;
13. apply principles of teaching to meet a basic patient learning need;
14. recognize the normal aspects of aging and common diseases of the elderly;
15. identify the comfort needs of a patient including hygiene, sleep and rest, and pain management;
16. apply infection control measures, standard precautions, and principles of skin and wound care; and
17. utilize the nursing process to provide care for patients and families at the end of life;
18. demonstrates the administration of medications using pharmacologic principles;
19. modify patient care according to the patient's cultural, customs, and values;
20. provide for the spiritual needs of the patient.

### **Major Topics for Theory**

- I. The CCBC nursing concept curriculum overview
  - A. Professional Practice Concepts
  - B. Life Phases Concepts
  - C. Biophysical Concepts
  - D. Psychosocial Concepts
- II. Program threads
  - A. Caring
  - B. Communication
  - C. Evidence Based Practice
  - D. Health Promotion
  - E. Life Span
  - F. Nursing Process
  - G. Pharmacology
  - H. Safety
  - I. Skills
  - J. Teaching
- III. Nursing care of the aging patient
  - A. The well older adult
  - B. The ill older adult
    1. Osteoporosis
    2. Falls
    3. Dysphagia
    4. Urinary Incontinence

- IV. Nursing care to promote comfort
  - A. Pain
    - 1. Acute pain management
    - 2. Chronic pain management
  - B. Sleep
    - 1. Sleep apnea
    - 2. Insomnia
  - C. Hygiene
- V. Culturally sensitive nursing care
  - A. Values
  - B. Overview
  - C. Assessment
  - D. Role of the nurse
- VI. Nursing care at the end of life
  - A. Theories
  - B. Symptom management
  - C. Bereavement and grief
- VII. Spiritually sensitive nursing care
  - A. Overview
  - B. Assessment
  - C. Role of the nurse

### **Major Topics for Simulation Laboratory**

- I. Thread: Nursing process
  - A. Vital signs
  - B. Physical assessment
  - C. Laboratory tests
  - D. Diagnostics studies
- II. Concept: Oxygenation
  - A. Suctioning
  - B. Oxygen devices
  - C. Pulse oximetry
- III. Concept: Comfort
  - A. Hygiene
  - B. Grooming and dressing
- IV. Concept: Elimination
  - A. Catheter insertion and care
  - B. Specimen collection
  - C. Bowel elimination devices
- V. Concept: Infection Control
  - A. Standards and procedures-hand hygiene, personal protective equipment, and surgical asepsis
  - B. Skin and wound care
  - C. Dressings changes
  - D. Infectious diseases

1. Urinary tract infection
  2. Influenza
- VI. Concept: Metabolism
- A. Fingersticks
  - B. Glucometers
- VII. Concept: Homeostasis
- A. Intake and output
  - B. Intravenous therapy
- VIII. Concept: Nutrition
- A. Oral feeding
  - B. Enteral feeding
- IX. Concept: Mobility
- A. Range of motion
  - B. Positioning, transfers, body mechanics
  - C. Effects of immobility
  - D. Anti-embolism stockings
- X. Thread: Pharmacology
- A. Enteral medications
  - B. Parenteral medications
  - C. Topical medications

### **Course Requirements**

An overall grade of C (75.00%) or higher is required for satisfactory completion of the course.

Grading/exams: Grading procedures will be determined by the course faculty members but will include the following:

1. A minimum of 6 theory examinations. The exam average must equal 75.00% or higher to pass the course.
2. Successful completion of a proctored standardized test.

Writing: A minimum of 2 writing assignments, such as clinical analysis papers, patient teaching project, and journal article reviews.

Simulation Lab/Clinical Requirements:

1. Attendance at all assigned clinical/laboratory experiences.
2. Satisfactory completion of all clinical assignments.
3. Satisfactory performance in the clinical experience.
4. Satisfactory performance on all nursing skills performance tests.
5. Completion of laboratory preparation assignments.