

Common Course Outline
NURN 103
Foundations of Practical Nursing Concepts
6 Credits

The Community College of Baltimore County

Description

NURN 103 – 6 credits – Foundations of Practical Nursing Concepts establishes a firm basis on which to build subsequent practical nursing courses. The emphasis is on the essential concepts and skills needed for the student to begin learning the role of the practical nurse. Fundamental principles, concepts and technology for the safe performance of basic nursing skills are integrated throughout the course. The course focus is on the older adult. Opportunities to apply theoretical knowledge and perform nursing skills are provided through faculty guided campus laboratory and off-campus learning experiences in long-term care facilities.

6 Credits: 4 credit hours of theory (60 clock hours); 2 credit hours of simulation lab/clinical (90 clock hours)

Prerequisite: Admission to the nursing program

Overall Course Objectives

Upon completion of this course students will be able to:

1. identify the elements of the CCBC Practical Nursing Program Curriculum
2. describe the historical background of nursing and contemporary issues impacting practical nursing today;
3. identify the need for accountability, responsibility, and professionalism in the profession of practical nursing;
4. apply legal and ethical standards for nursing practice when providing nursing care for patients;
5. identify the roles, interrelationships and the importance of collaboration among members of the health care team;
6. use elements of therapeutic communication and caring behaviors when establishing relationships with patients;
7. discuss evidence-based practice as a tool to improve patient outcomes;
8. utilize nursing process when providing patient-centered care to the older adult;
9. identify teaching needs that can improve patient health outcomes;
10. implement established safety protocols to prevent patient/caregiver injury and to promote an optimal level of wellness;
11. utilize technology and information management systems to enhance the effectiveness and efficiency of nursing care for patients;
12. identify the comfort needs of patients including hygiene, sleep and rest, and basic comfort care;

13. apply infection control measures when caring for patients;
14. explain how alterations in nutrition impact the wellbeing of patients;
15. examine health promotion activities that contribute to the wellness of patients utilizing primary, secondary, and/or tertiary levels of prevention;
16. provide individualized nursing care while considering the diversity of patients and their spiritual needs;
17. perform nursing skills, using available technology, to meet standards of efficacy and safety;
18. explain physiologic and psychosocial aspects of aging and common health risks associated with the older adult;
19. discuss the safety issues and nursing care required to care for patients with alterations in sensory perception;
20. describe the effects of exercise and immobility on major body systems;
21. use safety techniques when positioning, moving, lifting, and ambulating patients; and
22. develop a holistic plan of care for patients at the end of life.

Major Topics

- I. The CCBC Practical Nursing Program Concept-Based Curriculum
- II. The Concept of Professional Practical Nursing
 - A. Historical Overview and Contemporary Nursing Practice
 - B. Professionalism
 - C. Health Care Delivery System
 - D. Ethics
 - E. Health Law
 - F. Advocacy
 - G. Team Work and Collaboration
- III. The Nature of Nursing
 - A. Caring
 - B. Communication
 - C. Evidence-Based Practice
 - D. Nursing Process
 - E. Patient-Centered Care
 - F. Teaching
- IV. Nursing in the Health Care Environment
 - A. Safety
 - B. Informatics
- V. Integral Components of Patient Care
 - A. Comfort
 1. Hygiene
 2. Rest and Sleep
 3. Pain Management
 - B. Infection Control
 - C. Elimination
 1. Constipation
 2. Diarrhea

- D. Nutrition
 - 1. Basic Diets
 - 2. Feeding
 - 3. Enteral Feedings
- E. Health Promotion
- F. Diversity
- G. Spirituality
- H. Nursing Skills
 - 1. Vital Signs
 - 2. Physical Assessment
- VI. The Concept of Aging
 - A. The Aging Adult
 - B. Normal Aging Assessment
 - C. Common Health Disparities
- VII. The Concept of Sensory/Perception
 - A. Effects of Sensory/Perceptual Alterations
 - 1. Sensory Deficits
 - 2. Sensory Deprivation/Overload
 - B. Cataracts
 - C. Glaucoma
 - D. Macular Degeneration
- VIII. Nursing Care at the End of Life/Palliative Care
 - A. Supporting the Dying Patient
 - B. Nursing Management for End of Life/Palliative Care
- IX. The Concept of Mobility
 - A. Transfers and Body Mechanics
 - B. Fractures
 - C. Osteoarthritis
 - D. Osteoporosis
 - E. Joint Replacement
- X. Simulation Laboratory Skills
 - A. Hand washing
 - B. Vital Signs
 - C. Bed Making
 - D. Personal Care
 - E. Application of Anti-embolism Stockings
 - F. Transfers, Positioning, & Body Mechanics
 - G. Restraints
 - H. Informatics (Docucare)
 - I. Physical Assessment
 - J. Enteral Tube Feedings

Course Requirements

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

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

Grading/Exams:

- Minimum of four theory exams.
- Exam average must equal 75.00% or higher to pass the course.
- Minimum of five quizzes
- Must successfully complete the Proctored Standardized Test.

Written Assignments:

- Minimum of three writing assignments such as: care plans, clinical focus assignments, and self-reflective journals.
- Students are required to utilize appropriate academic resources.
- Citations are based on the American Psychological Association (APA) format.

Simulation Lab/Clinical Requirements:

- Attendance at all assigned clinical/laboratory experiences
- Satisfactory completion of all assignments
- Satisfactory performance in the clinical experiences
- Satisfactory performance on all nursing skills tests