

Common Course Outline
NURN 153
Fundamentals of Nursing Concepts
6 Credits

The Community College of Baltimore County

Description

NURN 153– 6 credits – Fundamentals of Nursing Concepts introduces the theories and principles necessary to practice as a registered 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 essential elements of nursing and the concepts of aging, comfort, diversity, infection control, mobility, nutrition, sensory/perception, and spirituality. Learning experiences provide opportunities to develop the competencies necessary to meet nursing needs of adult patients and integrate the use of the nursing process 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.

6 credits: 4 credits of theory (60 clock hours) and 2 credit hours 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 Nursing Curriculum;
2. examine historical and contemporary factors influencing the development of nursing;
3. discuss evidenced-based practice as a tool for clinical decision making in the delivery of nursing care;
4. apply the steps of the nursing process in the delivery of systematic, patient-centered nursing care;
5. recognize the patient or his/her designee as a full partner with the health care team in the provision of coordinated health care;
6. use effective communication techniques and caring behaviors with patients and families to improve health outcomes;
7. apply basic principles of effective teaching in meeting patient/family learning needs;
8. practice the principles of safety required to prevent patient/caregiver injury and achieve optimal patient care outcomes;
9. use technology and information management systems in the provision of safe, quality patient care;
10. demonstrate the safe administration of therapeutic medications using pharmacologic principles;

11. apply principles of infection control to reduce the risk of infection to those receiving or providing health care;
12. use available technology to perform nursing skills while meeting standards of efficacy and safety;
13. provide for the comfort needs of patients including hygiene, sleep and rest, and pain management;
14. provide respectful, individualized care while considering the diversity of patient values, customs, and cultural backgrounds;
15. apply the nursing process to support patients' spiritual beliefs and religious practices;
16. explain physiologic and psychosocial aspects of aging and common health risks associated with older adults;
17. explore the nursing coordination and management of care associated with older adults during health care transitions;
18. discuss safety issues and the nursing care required for patients with alterations in sensory/perception functions;
19. identify the principles of proper nutrition as it relates to optimal health and wellness;
20. explain how alterations in nutrition impact of the wellbeing of patients across the lifespan;
21. demonstrate proper techniques and interventions to promote maximal patient mobility; and
22. use the nursing process as a framework to care for a patient with problems related to immobility.

Major Topics

- I. The CCBC nursing concept-based curriculum
- II. The Nature of Nursing
 - A. Overview - Historic and Contemporary Nursing Practice
 - B. Evidence Based Practice
 - C. Nursing Process
 - D. Patient Centered Care
 - E. Caring
 - F. Communication
 - G. Teaching
- III. Nursing in the Health Care Environment
 - A. Safety
 - B. Informatics
 - C. Pharmacology
 - D. Dosage
- IV. Integral Components of Patient Care
 - A. Infection Control
 - B. Comfort
 - C. Diversity
 - D. Spirituality
 - E. Nursing Skills
- V. The Concept of Aging (Advancing Care Excellence for Seniors [ACES])
 - A. Individualized Aging

- B. Complexity of Care
- C. Vulnerability during Transitions
- VI. The Concept of Sensory/Perception
 - A. Effects of Sensory/Perceptual Alterations
 - 1. Sensory Deficits
 - 2. Sensory Deprivation/Overload
 - 3. Ototoxic Drugs
 - B. Cataracts
 - C. Glaucoma
- VII. The Concept of Nutrition
 - A. Insufficient Nutrition - Malnutrition
 - B. Excess Nutrition - Obesity
- VIII. The Concept of Mobility
 - A. Fractures
 - B. Osteoarthritis
 - C. Osteoporosis
 - D. Joint Replacement

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 members but will include the following:

Grading/Exams:

A minimum of four theory examinations. The exam average must equal 75.00% or higher to pass the course

A minimum of three quizzes

Successful completion of a proctored standardized test

Written Assignments:

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

Students are required to utilize appropriate academic resources

Simulation Lab/Clinical Requirements:

Attendance at all assigned clinical/laboratory experiences

Satisfactory completion of all assignments

Satisfactory performance in the clinical experience

Satisfactory performance on all nursing skills tests