

# Common Course Outline

NURN 103

Foundation of Nursing Practice

6 Semester Hours

## The Community College of Baltimore County

**Description:** Establishes a firm basis on which to build subsequent practical nursing courses. The emphasis is on the essential principles, concepts and skills needed for the student to begin learning the role of a practical nurse. Fundamental principles, concepts and technology for the safe performance of basic nursing skills are integrated throughout the course. Opportunities to apply theoretical knowledge and perform basic nursing skills are provided through faculty guided campus laboratory and off-campus learning experiences in acute and long-term adult health care settings. The Neuman System Model is the framework for the study of client care. **Prerequisites:** Admission to Practical Nursing Program; LVM2 or successful completion of MATH 082; LVR2 or successful completion of RDNG 052; LVE2 or successful completion of ENGL 052 or ESOL 052; eligibility for ENG 101.

**Overall Course Objectives:** Upon completion of this course, the student will demonstrate satisfactory knowledge of basic nursing principles and concepts when providing care for the adult client. The student will be able to:

1. Apply legal and ethical standards for practical nursing practice, with guidance, when providing basic nursing care for client systems;
2. Prioritize basic nursing care, with guidance, for client systems experiencing common recurring stressors from the internal and external environment related to alterations in wellness;
3. Provide basic nursing care, with guidance, for client systems with common recurring health problems using principles and concepts from the Neuman System Model and the nursing process;
4. Participate, with guidance, in a team relationship with licensed professional health care providers to promote effective basic nursing care for client systems;
5. Use critical thinking skills, with guidance, to assist in planning holistic care for client systems during primary, secondary, and/or tertiary levels of prevention;
6. Identify, with guidance, the effects of physiological, psychological, socio-cultural, developmental and spiritual variables on client system health;
7. Explain the significance of cultural and ethnic factors, with guidance, when interacting with and planning basic nursing care for client systems;
8. Describe, with guidance, how one's own behavior, attitude, and values influence interactions with others;

9. Use basic elements of therapeutic communication, with guidance, when establishing relationships with client systems;
10. Create a basic health educational plan, with guidance, to assist client systems to attain, maintain and/or retain system stability;
11. Implement established protocols, with guidance, to protect client systems and others from environmental hazards;
12. Utilize technology, with guidance, to enhance the effectiveness and efficiency of basic nursing care for client systems;
13. Demonstrate, with guidance, accuracy in charting on client records and reporting on client care;
14. Demonstrate, with guidance, professional health care workforce behaviors; and
15. Describe the roles and interrelationships among members of the health care team.

**Major Topics:**

- I. Holistic Care
- II. Neuman System Model
- III. Critical Thinking
- IV. Student Nurse Skills for Success
- V. Legal and Ethical Issues
- VI. Communication
- VII. The Nursing Process
- VIII. Documentation
- IX. Client Teaching
- X. Cultural Diversity in Nursing
- XI. Alternative/Complementary Therapies
- XII. Loss, Grief and Death
- XIII. Basic Nutrition
- XIV. Rest and Sleep
- XV. Safety and Hygiene
- XVI. Infection Control and Asepsis
- XVII. Standard Precautions and Isolation
- XVIII. Fluid, Electrolyte, and Acid Base Balance
- XIX. Assessment
- XX. Pain Management
- XXI. Diagnostic Tests

**Skills:**

- Handwashing\*
- Vital signs\*
- Weighing client, mobile and immobile\*
- Body mechanics\*
- Performing passive ROM \*
- Assisting a client with ambulation\*
- Positioning a client in bed\*
- Transferring a client from bed to chair/stretchers\*
- Logrolling a client\*
- Bedmaking\*
- Feeding the client\*
- Personal Hygiene\*
- Perineal care\*
- Catheter care\*
- Eye care: artificial eye and contact lens removal
- Giving a back rub\*
- Applying antiembolism stockings\*
- Positioning and removing a bedpan\*
- Applying a condom catheter\*
- Administering an enema\*
- Measuring intake and output\*
- Urine collection - closed drainage system\*
- Urine collection - clean catch, female/male\*
- Collecting sputum specimens\*
- Gathering a stool specimen\*
- Applying binders\*
- Application of restraints\*
- Clearing an obstructed airway
- Admitting, transferring, and discharging a client
- Preparing and maintaining a sterile field\*
- Performing sterile gloving and removal\*
- Application of heat and cold\*
- Administering oral and sublingual medications
- Withdrawing medication from an ampule and vial
- Administering injectable medications
- Administering eye and ear medications
- Applying a dry sterile dressing\*
- Applying a wet to dry dressing\*
- Culturing a wound
- Irrigating a wound
- Administering oxygen (nasal cannula)
- Performing nasopharyngeal and oropharyngeal suctioning
- Fingertick- glucose testing
- Administering enteral tube feedings/medications
- Isolation precautions\*
- Preparing an intravenous solution
- Administering an IV solution
- Administering medications by IV piggyback or to an existing IV
- Managing IV therapy and dressing change

\*The option to receive a waiver for these health care skills is available for Certified Nursing Assistants.

**Course Requirements:** The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully in a career and as a citizen. To accomplish this goal, the Practical Nursing Program maintains high academic standards and expects students to be partners in the learning process and accept responsibility for their individual growth.

Writing: The individual faculty member will determine specific writing assignments.

Grading theory: Grading procedures will be determined by the individual faculty member but will include interim and comprehensive final examinations in the lecture portion of the course.

Note: An average of 70% on exams is required prior to the addition of any other graded assignments.

Grading clinical: Clinical performance will be graded as satisfactory or unsatisfactory.

Note: Students must achieve a satisfactory performance level in clinical and theory for satisfactory completion of the course.

Individual faculty members may include additional course outcomes, major topics, and other course requirements to the minimum expectations stated in the Common Course Outline.

**Other Course Information:** This course is required for the 42-46-credit certificate in Practical Nursing. Satisfactory completion of this course is required to progress to the next sequential level in the nursing program.

Methodologies used to teach and learn in this course include: lectures, individual and cooperative group learning projects, skill demonstrations, computerized self-study, and videos.

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending classes, completing all homework and other assignments, participating in class activities and preparing for tests.

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes, and skills appropriate to various courses and programs. The assessment activities may take many different forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio

evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvement of CCBC's courses and programs.