

NURN 153

Fundamentals of Nursing Concepts

6 Credits: 4 credits lecture and 2 credits lab/clinical

Community College of Baltimore County Common Course Outline

Description

NURN 153 – Fundamentals of Nursing Concepts: students are introduced to the role of the nurse generalist by exploring beginning cognitive, technical, and interpersonal skills necessary for practice. Emphasis is placed on foundational concepts for nursing practice. Learning experiences provide opportunities to develop the competencies necessary to meet nursing needs of adult clients. Students use the nursing process in the delivery of safe, effective nursing care. Supervised simulations, labs, and clinical experiences are designed to develop clinical reasoning skills and provide hands-on experience in the care of adult clients.

Pre-requisites: Admission to the nursing program

Co-requisites: NURN 155

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. use effective communication techniques and caring behaviors with clients and families to improve health outcomes;
4. apply clinical judgment, utilizing steps of the nursing process and knowledge of the client in the delivery of safe, evidence-based, patient-centered nursing care;
5. practice the principles of safety required to prevent injury and/or illness to achieve optimal outcomes;
6. use technology and information management systems in the provision of safe, quality client care;
7. demonstrate proper techniques for basic nursing skills required for client care;
8. explain health and wellness interventions that assist clients to achieve optimal functioning;
9. explain the nursing care for clients experiencing problems with mobility, infection, elimination, tissue integrity, nutrition, and sensory perception;
10. provide for the basic comfort, sleep, and safety needs of adult clients;
11. explain physiologic and psychosocial aspects of aging and related nursing implications;
12. identify stress, coping, grief, and loss behaviors exhibited by adult clients and related nursing care;
13. practice the principles of adult teaching and learning to provide patient-centered care;
14. contrast the nursing implications for clients from different cultural backgrounds; and
15. identify pharmacological principles of medication administration.

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

Major Topics

- I. CCBC Nursing concept-based curriculum
- II. Professional practice concepts
 - a. Professionalism – nursing history
 - b. Caring interventions
 - i. Caring
 - ii. Psychomotor skills
 - c. Communication
 - i. Therapeutic and non-therapeutic
 - ii. Documentation
 - iii. Shift and bedside reporting
 - iv. Situation Background Assessment Recommendations (SBAR)
 - v. Incident reports
- III. Health care system concepts
 - a. Safety
 - i. National Patient Safety Goals
 - ii. Environmental safety
 - iii. Equipment safety
 - iv. Dosage and medication administration
 - v. Fall prevention
 - vi. Restraints and security devices
 - b. Evidence-based practice
 - i. Nursing research literature
 - ii. Research-care
 - iii. Research utilization process
 - iv. Best practices
 - c. Patient-centered care
 - i. Self determination
 - ii. Principles of patient-centered care
 - d. Technology and informatics
 - i. Information management
 - ii. Legal and ethical aspects of patient information
- IV. Health and wellness concepts
 - a. Comfort
 - i. Hygiene
 - ii. Acute and chronic pain
 - b. Culture
 - i. Cultural competence
 - ii. Diversity
 - iii. Spirituality
 - c. Elimination
 - i. Bladder incontinence and retention
 - ii. Bowel incontinence
 - iii. Diarrhea, constipation, and impaction

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- d. Human development – aging
- e. Mobility
 - i. Physical and psychological impact of immobility
 - ii. Osteoporosis
 - iii. Osteoarthritis
 - iv. Fractures
 - v. Body mechanics
- f. Nutrition
 - i. Hospital diets
 - ii. Dysphagia
 - iii. Malnutrition
 - iv. Obesity
 - v. Hyperlipidemia
 - vi. Oral, enteral, and parenteral nutrition
- g. Sleep
 - i. Dyssomnias
 - ii. Parasomnias
 - iii. Sleep hygiene
- h. Teaching and learning
 - i. Discharge teaching
 - ii. Pedagogy – andragogy
 - iii. Domains of learning
 - iv. Teaching/learning assessment
- V. Tissue integrity
 - a. Pressure injuries
 - b. Cellulitis
 - c. Wound healing
 - d. Wound dressings
- VI. Illness and injury concepts
 - a. Clinical judgment
 - i. Critical thinking and clinical decision making
 - ii. Nursing process
 - iii. Pharmacology
 - b. Grief and loss
 - i. Grief and loss in the aging population
 - ii. Situational loss
 - c. Infection
 - i. Infection control and standard precautions
 - ii. Hospital acquired/nosocomial infections
 - iii. Antibiotic-resistant infections
 - d. Sensory perception
 - i. Sensory deprivation
 - ii. Sensory overload
 - iii. Sensory deficits
 - e. Stress and coping – coping strategies

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Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- 4 theory examinations
- 3 quizzes to include non-proctored standardized test
- dosage testing
- 2 writing assignments, such as nursing process assignments and standardized test remediation
- 1 evidence-based research project

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

The following are required for satisfactory completion of this course:

- 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
- an exam average of 75.00% or higher
- an overall grade of C (75.00%) or higher

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