

NURS G160: FUNDAMENTALS OF NURSING

Item	Value
Curriculum Committee Approval Date	03/02/2021
Top Code	123010 - Registered Nursing
Units	4 Total Units
Hours	72 Total Hours (Lecture Hours 72)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)

Course Description

This course focuses on care of diverse individuals across the lifespan to meet physical and psychosocial health needs. The course introduces the student to the foundations of professional practice; emphasizing the knowledge, skills, and attitudes required for safe, quality nursing care. The nursing process will be utilized as the framework for patient-centered nursing care. The concept-based curriculum provides structure and is threaded throughout the course. Permission is required to enroll in the course. PREREQUISITE: PSYC G118, COMM C1000, BIOL G210, BIOL G220, BIOL G225, and ENGL C1000 or ENGL C1000E. COREQUISITE: NURS G160C. ADVISORY: NURS G131. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Describe the theoretical basis and procedures for foundational psychomotor skills.
3. Identify the health needs of individuals across the lifespan to plan care.
4. Explain how to perform a basic head-to-toe physical assessment.
5. Compare and contrast between normal assessment findings and abnormal assessment findings.
6. Utilize the nursing process to provide care to meet physical and psychosocial patient needs that adheres to legal, ethical, and professional standards.
7. Describe professional communication techniques and tools used in nursing and health care.

Course Objectives

- 1. Describe health needs of individuals across the lifespan.
- 2. Describe patient-centered care and how/when foundational psychomotor skills should be implemented in a safe manner.
- 3. Describe the nursing process and its use in providing care to meet the physical and psychosocial needs of patients across the lifespan.
- 4. Differentiate normal assessment findings and abnormal findings for identification of actual and/or potential health problems to promote quality care.

- 5. Organize safe evidence-based nursing care, based on the nursing process framework that is patient-centered and meets the patient's physical and psychosocial needs.
- 6. Assess cultural needs and provide nursing care for patients from diverse cultural groups.
- 7. Utilize standardized communication techniques to communicate with members of the health care team.
- 8. Describe factors that influence patient compliance with the therapeutic plan and utilize this information to develop effective teaching plans to promote health.

Lecture Content

Overarching standards that will be addressed in each concept: Patient-centered Care Utilizing the nursing process to provide compassionate culturally sensitive care that is based on the physiological psychological sociological spiritual and cultural needs preferences and values. Safety and Quality Improvement (QI) The minimization of risk factors that could cause harm while promoting quality care and maintaining a secure environment for patients self and others in order to improve health care services and better meet the needs of patients. Nursing Judgment/ Evidence Based Practice (EBP) The use of current knowledge from research and other credible sources in consideration of the nurse's clinical expertise and patient preferences to make nursing clinical judgments and provide patient, family and community centered care. Teamwork and Collaboration The delivery of patient care in partnership with nursing and interdisciplinary teams to achieve continuity of care and promote patient outcomes. Informatics and Technology The use of information and technology as a communication and data gathering tool that supports clinical decision making and safe scientifically based nursing practice. Professional Identity Adherence to legal, ethical and professional standards of practice to provide nursing care for patients across the lifespan. For the following concepts, apply the nursing process and collaborative management for improved patient outcomes focusing on the adult and geriatric patient: Cognition; Thinking skills, including language use, calculations, perception, memory, awareness, reasoning, judgment, learning, intellect, social skills and imagination. Introduction to the concept of cognition as it relates to the care of patients. Nursing assessment of patients with cognitive issues. Nursing interventions to safely care for patients with dementia and delirium. Elimination: The secretion and excretion of bodily waste. Introduction to the concept of elimination as it relates to the care of patients. Nursing assessment of the elimination patterns of the adult patient. Nursing interventions to maintain proper elimination patterns in adult patients with incontinence. Fluid Electrolytes: The physiological mechanisms that maintain fluid and electrolyte balance. Introduction to the concept of fluid and electrolytes as it relates to the care of patients. Nursing assessment of adult patients with fluid balance issues. Nursing care of adult patients with fluid volume excess or fluid volume deficit. Grief Loss: A series of responses that occur following a physical and/or psychological insult with a goal of returning to homeostasis. Introduction to the concept of grief and loss as it relates to the care of patients. Nursing assessment of the dying patient and their family. Nursing interventions for the dying patient and their family. Health Wellness: A subjective perception of what makes life meaningful and manageable and is result of adaptation to life's immediate experiences to maintain physical, psychological, social and cultural harmony. Introduction to the concept of health and wellness as it relates to the care of patients. Nursing assessment of the adult patient. Safe administration of oral, parenteral, and topical medications for the adult patient. Sexuality in older adults and related health screening/

implications. Immunity: The natural induced resistance to infection and conditions associated with impaired responses. Introduction to the concept of immunity as it relates to the care of patients. Nursing assessment of the immunity status of patients. Nursing interventions of patients with immunity issues. Infection: A state of tissue destruction resulting from the invasion of microorganisms into the body. Introduction to the concept of infection as it relates to the care of patients. Nursing assessment to detect infection. Nursing care of patients with infections. Inflammation: The physiologic response to injury, infection or allergens. Introduction to the concept of inflammation as it relates to the care of patients. Nursing assessment to identify patients at risk for inflammatory response. Nursing interventions for patients with inflammation. Mobility: Mechanisms which affect the ability to move within an individual and living environment. Introduction to the concept of mobility as it relates to the care of patients. Nursing assessment of the mobility status of patients. Nursing interventions to promote optimal mobility of patients. Nutrition: The process by which the body ingests, absorbs, transports and uses nutrients and food. Introduction to the concept of nutrition as it relates to the care of patients. Nursing assessment of the nutritional status of patients. Nursing interventions to promote optimal nutrition in patients. Oxygenation: The exchange of gases (oxygen and carbon dioxide) in the cells. Introduction to the concept of oxygenation as it relates to the care of patients. Nursing assessment of patient's oxygenation status. Nursing interventions to promote optimal oxygenation. Pain and Comfort: An experience of emotional, spiritual, psychological and physical well-being. Introduction to the concept of pain and comfort as it relates to the care of patients. Nursing assessments to identify pain levels of patients. Nursing interventions to decrease and/or alleviate pain in patients. Sensory Perception: Factors contributing to receiving and interpreting internal and external stimuli. Introduction to the concept of sensory perception as it relates to the care of patients. Nursing assessment to identify sensory/perception difficulty in patients. Nursing interventions of patients with deficits in senses/perception. Stress Coping: Conditions which disturb physiological and/or psychological equilibrium and the body's attempt to return to homeostasis following disequilibrium. Introduction to the concept of stress and coping as it relates to the care of patients. Nursing assessment to identify stress levels and coping mechanisms of patients. Nursing interventions to assist patients' attainment of equilibrium. Tissue Integrity: Mechanisms that facilitate intact skin and mucous membranes and their physiological functioning. Introduction to the concept of tissue integrity as it relates to the care of patients. Nursing assessment of a patient's tissue integrity. Nursing interventions to take care of patients with impaired tissue integrity.

Lab Content

Clinical evaluation tool Used to evaluate students' performance during healthcare and community experiences. (See attachment). Healthcare and Community Experiences Students experience hands-on activities weekly. Human Patient Simulation (HPS) Simulated scenarios enhance learning through directly relating theory to the clinical setting in an interactive environment. Nursing Education Simulation Technology (NEST) Center Practice and demonstrate competency in nursing skills. Skills Perform psychomotor skills and/or interventions for improved patient outcomes based on evidence-based practice and evaluated through use of a skills rubric. Basic Patient Care Bathing Linen change Transferring and repositioning patients Feeding patients Vital Signs Physical Assessment Point of Care Blood Glucose Monitoring Medication Administration Nasogastric medications Subcutaneous injections Intramuscular injections Intradermal injections Intravenous piggyback medications Topical medications Nasogastric tubes: insertion, feeding,

removal Indwelling catheter: insertion and removal Intravenous (IV) fluids: changing IV bags, monitoring IV site

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)

Instructional Techniques

Seminar-style instruction Lecture Case Studies

Reading Assignments

Textbook Interactive software for students

Writing Assignments

Nursing care plans Critical thinking exercises Presentations

Out-of-class Assignments

Reading assignments from required textbooks and online resources Internet research for evidence-based articles View audio-visual material as assigned

Demonstration of Critical Thinking

Nursing care plans Case studies Critical thinking exercises

Required Writing, Problem Solving, Skills Demonstration

Nursing care plans, critical thinking exercises, case studies.

Eligible Disciplines

Nursing: Master's degree in nursing OR bachelor's degree in nursing AND master's degree in health education or health science OR the equivalent OR the minimum qualifications as set by the Board of Registered Nursing, whichever is higher. Master's degree required.

Textbooks Resources

1. Required Taylor, C.. Fundamentals of Nursing, 9th ed. Wolter Kluwer, 2019
2. Required Hinkle, J. Cheever, K.. Brunner Suddarth's Textbook of Medical-Surgical Nursing, 14th ed. Wolter Kluwer, 2018
3. Required Ackly, B.J. Ladwig, G.B.. Nursing Diagnosis Handbook. A Guide to Planning Care, 12th ed. Mosby, 2019

Software Resources

1. Lippincott CoursePoint for Nursing Concepts. Wolters Kluwer, 2nd ed.