

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



COURSE OUTLINE

NURS 101 – Fundamentals of Nursing

Prepared By: John Conklin and Dawne Barkley

**SCHOOL OF SCIENCE, HEALTH AND CRIMINAL JUSTICE
Nursing Department
April 2015**

- A. **TITLE:** NURS 101 – Fundamentals of Nursing
- B. **COURSE NUMBER:** NURS 101
- C. **CREDIT HOURS:** 6
- D. **WRITING INTENSIVE COURSE:** No
- E. **COURSE LENGTH:** 15 weeks
- F. **SEMESTER(S) OFFERED:** Fall
- G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:** 3 hours of lecture, 3 hours practice lab, and 6 hours clinical per week.
Note: 1 credit = 50 minutes of lecture or 180 minutes of clinical/practice lab per week.
- H. **CATALOG DESCRIPTION:** This course provides the student with knowledge and skills basic to nursing. Clinical experiences assist students in applying NURS 101 theory to client care. Skills performed in the nursing laboratory on campus facilitate the transfer of knowledge from the classroom to the clinical setting. This course is open to nursing students only.
- I. **PRE-REQUISITES/CO-REQUISITES:**

PRE/CO-REQUISITES:

- NURS 103: Introduction to Pharmacology
- NURS 105: Nursing Seminar
- BIOL 217: Human Anatomy & Physiology I
- ENGL 101: Composition and the Spoken Word

J. GOALS (STUDENT LEARNING OUTCOMES):

By the end of this course, the student will be able to:

<i>Course Student Learning Objective (SLO)</i>	<i>Institutional SLO</i>
a. Apply the nursing process, critical thinking, ethical principles and legal standards in the provision of nursing care to promote health and reduce risk.	Communication Critical Thinking Professional Competence Inter/Intrapersonal Skills
b. Demonstrate professional behavior, communication, and interpersonal skills necessary to function as a nurse and a member of the healthcare team.	Communication Critical Thinking Professional Competence Inter/Intrapersonal Skills
c. Examine the nurses' role in assuring coordination, integration and continuity of care.	Communication Critical Thinking Professional Competence Inter/Intrapersonal Skills

K. TEXTS:

Billings, D. M., & Hensel, D., (2015). Lippincott Q&A Review for NCLEX-RN.Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins

Bristol, T., Sherrill, K., (2014).Nurse think notes Note taking that works!. Waconia, MN: Nurse Tim Inc.

HESI Standardized Testing Packet

Sparks, Ralph, S. & Taylor, C., M., (2014). Nursing diagnosis:Reference handbook (9th ed.). Philadelphia, PA: Wolter Kluwer/Lippincott Williams & Wilkins.

Stedman's medical dictionary for the health professions and nursing (7th ed.). (2014). Philadelphia: Lippincott, Williams & Wilkins.

Taylor, C. R., Lillis, C., LeMone, P., & Lynn, P. (2011). Fundamentals of nursing: The art and science of nursing care (7th ed.). Philadelphia: Lippincott, Williams & Wilkins.

Taylor, C. R., Lillis, C., & Lynn, P. (2014). PrepU for Taylor's fundamentals of nursing (8th ed.). Philadelphia: Lippincott, Williams & Wilkins

Taylor, C. R., Lillis, C., LeMone, P., Lynn, P., LeBon, M. (2011). Study guide for fundamentals of nursing: The art and science of nursing care (7th ed.). Philadelphia: Lippincott, Williams & Wilkins.

Taylor, C. R., Lillis, C., LeMone, P., & Lynn, P. (2010). Taylor's video guide to clinical nursing skills student set on enhanced DVD (2nd ed.). Philadelphia: Lippincott, Williams & Wilkins.

L. **REFERENCES:** None

M. **EQUIPMENT:** Technology enhanced classroom, laboratory with mannequins and equipment, Portable computer with internet access

N. **GRADING METHOD:** A-F

N. **MEASUREMENT CRITERIA/METHODS:**

- Quizzes
- Exams
- Papers
- Clinical Evaluation
- Skills Competence

P. **DETAILED COURSE OUTLINE:**

- A. Role of the Nurse
 - A. Scope of Practice
 - B. Standards of Practice
 - C. Legal and Ethical Issues
- B. Cultural Diversity
 - A. Concepts of Cultural Diversity
 - B. Cultural Influences on Healthcare, Health and Illness
 - C. Culturally Competent Nursing care
- C. Health of the Individual, Family, and Community
 - A. The Individual's Basic Human Needs
 - B. The Family
 - C. The Community
- D. Continuity of Care
 - A. Essential Concepts
 - B. Admission to a Healthcare Setting
 - C. Transferring Within and Between Healthcare Settings
 - D. Discharge from a Healthcare Setting
- E. Asepsis and Infection Control
 - A. Infection
 - B. The Nursing Process for Infection Prevention and Control
- F. Medications
 - A. Principles of Pharmacology
 - B. Principles of Medication Administration
 - C. The Nursing Process for Administering Medications
- G. Communication
 - A. The Process of Communication
 - B. Forms of Communication
 - C. Levels of Communication
 - D. Factors Influencing Communication

- E. Using Therapeutic Communication in the Nursing Process
- F. Using Therapeutic Communication in the Helping Relationship
- G. Developing Therapeutic Communication Skills
- H. Blocks to Communication
- I. Impaired Verbal Communication
- H. Teacher and Counselor
 - A. Aims of Teaching and Counseling
 - B. The Nurse as Teacher
 - C. The Nurse as Counselor
- I. Vital Signs
 - A. Temperature, Pulse, Respirations, Blood Pressure
 - B. Teaching Vital Signs for Self-Care at Home
- J. Health Assessment
 - A. Health Assessment
 - B. Health History
 - C. Physical Assessment
 - D. Guidelines for Conducting a Physical Assessment
 - E. Documentation of Data
 - F. The Nurse's Role in Diagnostic Procedures
- K. Safety
 - A. Factors Affecting Safety
- L. Hygiene
 - A. Hygiene Practices
 - B. Factors Affecting Personal Hygiene
- M. Skin Integrity
 - A. Anatomy and Physiology of the Integumentary System
 - B. Wounds
 - C. Pressure Ulcers
 - D. Heat and Cold Therapy
 - E. The Nursing Process for Heat and Cold Therapy
- N. Nursing Process
 - A. Blended Skills and Critical Thinking throughout the Nursing Process
 - B. Assessment
 - C. Diagnosis
 - D. Outcome Identification and Planning
 - E. Implementation
 - F. Evaluation
 - G. Documentation, Reporting, Conferencing and Using Informatics
- O. Developmental Concepts
 - A. Principles of Growth and Development
 - B. Factors Influencing Growth and Development
 - C. Overview of Developmental Theories
 - D. Application of Theories of Growth and Development to Nursing care
 - E. Conception through Young Adult
 - F. The Aging Adult
- P. Activity

- A. Physiology of Movement and Alignment
- B. Factors Affecting Movement and Alignment
- C. Exercise
- Q. Rest and Sleep
 - A. Physiology of Sleep
 - B. Factors Affecting Sleep
 - C. Common Sleep Disorders
- R. Urinary and Bowel Elimination
 - A. Anatomy and Physiology
 - B. Factors Affecting Urination and Bowel Elimination
- S. Oxygenation
 - A. Anatomy and Physiology of Respiration
 - B. Factors Affecting Respiratory Functioning
- T. Fluids, Electrolytes and Acid-Base Balance
 - A. Anatomy and Physiology
 - B. Disturbances in Fluid, Electrolyte, and Acid-Base Balance
- U. Nutrition
 - A. Principles of Nutrition
 - B. Anatomy and Physiology of the Digestive System
 - C. Adequate Diet Selection
 - D. Factors Affecting Nutrition
- V. Comfort
 - A. The Pain Experience
 - B. Factors Affecting the Pain Experience
- W. Loss, Grief, and Dying
 - A. Concepts of Loss and Grief
 - B. Dying and Death
 - C. Factors that Affect Grief and Dying
 - D. The Nurse as Role Model
- X. Sensory Functioning
 - A. The Sensory Experience
 - B. Disturbed Sensory Perception
 - C. Factors Affecting Sensory Stimulation
- Y. Sexuality
 - A. Sexual Health
 - B. Physiology
 - C. Sexual Response Cycle
 - D. Sexual Expression
 - E. Factors Affecting Sexuality
 - F. The Nurse as Role Model
 - G. Sexual Harassment
- Z. Spirituality
 - A. Spiritual Dimension
 - B. Concepts Related to Spirituality and Spiritual Health

O. LABORATORY OUTLINE:

1. Hand washing and Personal Protective Equipment
2. Personal Hygiene
3. Vital Signs
4. Medication Administration
 - a. Eye and ear
 - b. Oral
 - c. Injections: Subcutaneous, Intramuscular, Intradermal
 - d. Intravenous Piggyback medications
5. Abdominal Assessment
6. Respiratory Assessment
7. Cardiovascular Assessment
8. Neurological Assessment
9. Head-to-Toe Assessment
10. Intravenous Therapy
11. Enema and Ostomy Care
12. Surgical Asepsis
 - a. Sterile Gloving
 - b. Sterile Dressing Change
13. Foley Catheterization
14. Enteral Feeding
15. Mobility