

NUR 101 PRACTICAL NURSING I

COURSE DESCRIPTION:

Prerequisites: Enrollment in the Practical Nursing program

Corequisites: BIO 163 and PSY 110

Placement in Curriculum: First Semester

This course introduces concepts as related to the practical nurse's caregiver and discipline-specific roles. Emphasis is on the nursing process; legal, ethical, and professional issues; wellness and illness patterns; and basic nursing skills. Upon completion, students should be able to demonstrate beginning understanding of nursing process to promote, maintain, and restore optimum health for diverse clients throughout the life span. Experiences in the nursing laboratory and in health care agencies provide students the opportunity to develop nursing skills by providing direct client care. This is a diploma-level course. Course Hours Per Week: Class, 7. Lab, 6. Clinical, 6. Semester Hours Credit, 11.

COURSE OBJECTIVES: (Theory)

Upon successful completion of this course, the student will be able to:

- a. Recognize variables that influence health beliefs and practices
- b. Describe communication skills and concepts as they relates to client care
- c. Examine the ethical and legal responsibilities of the practical nurse
- d. Explain the components of the nursing process
- e. Identify nursing principles concerning health promotion and health maintenance throughout the life span
- f. Relate general principles of drug administration
- g. Discuss the characteristics of wellness and illness
- h. Examine the role of the practical nurse as it relates to change in health care associated with dying and death.
- i. Discuss the cost-effectiveness of health care throughout the life span
- j. Demonstrate selected nursing procedures in the nursing laboratory

Course Objectives (Clinical component)

- a. Demonstrate beginning level skills using the nursing process
- b. Utilize basic communication skills
- c. Provide basic nursing care from an established plan for the diverse clients throughout the lifespan.
- d. Identify the ethical, professional, and legal responsibilities of the practical nurse.
- e. Utilize principles of safety in providing care to clients

Outline of Content: (Theory)

- I. Recognize variables that influence health beliefs and practices
 - A. Compare the historical and modern perspective of nursing and health care
 - B. Recognize the role of nutrients in the maintenance of normal health
 - C. Identify nursing principles related to the control of microorganisms and safety

- II. Describe communication skills and concepts as they relate to client care
 - A. Explain the process of communication
 - B. Identify the types of communication
 - C. Discuss therapeutic communication skills
 - D. Describe factors influencing ineffective communication
 - E. Demonstrate the use of interviewing skills, including techniques to overcome communication barriers

- III. Examine the ethical and legal responsibilities of the practical nurse
 - A. Discuss the NC Nurse Practice Act
 - B. Describe the role of practical nurse according to the NC Nursing Practice Act
 - C. Compare the role of the RN to that of the LPN according to the NC Nursing Practice Act and its interpretation
 - D. State the role of ethics in nursing practice
 - E. Give examples of legal issues that arise in nursing practice
 - F. List sources for standards of care for nurses
 - G. Differentiate ethical issues from legal issues
 - H. Discuss the role of the practical nurse in the delegation of nursing activities

- IV. Explain the components of the nursing process
 - A. Discuss how the components of the nursing process are used in nursing practice
 - B. Describe the role of the practical nurse in each component of the nursing process

- V. Identify nursing principles concerning health promotion and health maintenance throughout the lifespan
 - A. Compare basic nursing principles as modified for the physiological and psychosocial differences of the growing child.
 - B. Compare basic nursing principles and procedures during pregnancy and the period immediately following childbirth.
 - C. Describe appropriate nursing interventions for common health concerns of the adults and the elderly.

- VI. Relate general principles of drug administration
 - A. Describe the principles of pharmacodynamics

- B. Explain the purpose of pharmacologic therapy and the role of the practical nurse in administering medication therapy
 - C. Demonstrate proficiency in calculating medication dosages
 - D. Prepare and administer medications by the enteral, percutaneous and parenteral routes in the nursing laboratory
 - E. Discuss drug therapy for the geriatric and pediatric client
 - F. List the actions and uses for the major drug group
- VII. Discuss the characteristics of wellness and illness
- VIII. Examine the role of the practical nurse as it relates to changes in health care associated with dying and death.
- IX. Discuss the cost-effectiveness of health care throughout the life span
- A. Differentiate between a proprietary and a non-profit hospital
 - B. Identify the characteristics of a health maintenance organization
 - C. Discuss diagnostic-related grouping
 - D. Discuss the advantages and disadvantages of private and group insurance
- X. Demonstrate selected nursing procedures in the Nursing Laboratory (Laboratory Skills Objectives)

Fundamentals

- a. Perform Universal precaution procedures
- b. Demonstrate proper alignment and safe body mechanics
- c. Demonstrate nursing interventions in assisting patients with hygienic measures
- d. Perform multiple types of bed making
- e. Demonstrate appropriate assessment and documentation of vital signs
- f. Demonstrate the proper techniques for measuring heights and weights
- g. Perform procedures using medical-surgical asepsis
- h. Perform proper elimination techniques (urinary catheterization and enemas)
- i. Demonstrate the proper techniques for inserting and/or reinserting gastric tubes in the simulator
- j. Perform ostomy care on the simulator
- k. Role play the techniques used in coughing, deep breathing exercises and postural drainage
- l. Demonstrate the proper techniques for administering tracheostomy care
- m. Demonstrate the proper application of restraints and bandages
- n. Illustrate collection of specimens
- o. Demonstrate use of oxygen equipment

Pharmacology

- a. Demonstrate proficiency in calculating drug dosage

- b. Demonstrate skill in administering oral medication
- c. Demonstrate skill in administering percutaneous medication
- d. Demonstrate skill in administering parenteral medication
- e. Demonstrate skill in administering intravenous medication and infusions
- f. Practice initiating and monitoring IV therapy

Obstetrics

- a. Demonstrate therapeutic use of heat and cold
- b. Perform perineal care
- c. Illustrate episiotomy checks
- d. Demonstrate infant bath
- e. Measure infant weight, length and head circumference
- f. Demonstrate proper teaching of breast care and feeding

OUTLINE CONTENT (Clinical Component)

- I. Demonstrate beginning skills using the nursing process
 - A. Assist in assessing physical, psychosocial and nutritional needs of the client
 - B. Assist in implementing basic clients with altered body functions
 - C. Participate on a beginning level in the development of a nursing care plan for selected clients

- II. Utilize basic communication skills
 - A. Follow verbal and written instructions
 - B. Develop beginning skills in therapeutic communication
 - C. Recognize the effects of illness on communication patterns
 - D. Develop beginning skill in documentation of information on the client's record with instructor assistance
 - E. Identify information to be reported to the health care team

- III. Perform basic nursing care from an established plan for adults and geriatric clients
 - A. Implement complete personal hygiene and comfort measures
 - B. Identify nutritional and fluid needs for selected clients
 - C. Record intake and output on selected clients
 - D. Assist in the implementation of nursing principles in the care of clients with incontinence
 - E. Assist in the implementation of measures to protect skin integrity
 - F. Monitor and document vital signs
 - G. Utilize safety principles in the use of equipment and procedures
 - H. Demonstrate appropriate transport/transfer technique
 - I. Use principles of body mechanics and alignment

- J. Demonstrate basic nursing care to prevent complications as a result of immobility
 - K. Demonstrate basic principles of medical-surgical asepsis
 - L. Utilize universal precautions according to agency policies
 - M. Maintain a safe therapeutic environment
- IV. Demonstrate the ethical and legal responsibilities of the practical nurse
- A. Recognize the rights of individual clients
 - B. Adhere to clinical agency policies and procedures
 - C. Practice within the professional, ethical and legal framework of the practical nurse
 - D. Given an ethical issue, demonstrate the use of the decision making process
 - E. Displays a positive and cooperative attitude when interacting with clients and health professionals
 - F. Recognizes own strength and weaknesses and requests assistance from instructor of health professional

STATEMENT FOR STUDENTS WITH DISABILITIES:

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.