NUR 114
HOLISTIC HEALTH CONCEPTS

COURSE DESCRIPTION:

Prerequisites: NUR 111, NUR 112, BIO 168, PSY 150, ENG 111, ACA 122
Corequisites: PSY 241, BIO 169

This course is designed to further develop the concepts within the three domains of the individual, healthcare, and nursing. Emphasis is placed on the concepts of cellular regulation, perfusion, inflammation, sensory perception, stress/coping, cognition, self, violence, health-wellness-illness, professional behaviors, caring interventions and safety. Upon completion, students should be able to provide safe nursing care incorporating the concepts identified in this course. Course Hours per Week: Class, 3 Clinical, 6. Semester Hours Credit, 5.
Placement in the curriculum: Second Semester

LEARNING OUTCOMES:

Upon completion of this course, the student will:

A. Advocate for patients and families in ways that promote their self-determination, integrity, and ongoing growth as human beings, specifically:
   1) Assess the patient’s health status by completing a health history and performing a physical and psycho-social, assessment utilizing subjective and objective data.
   2) Assess the patient’s response to actual health problems.
   3) Identify developmental emotional, cultural, religious, and spiritual influences on the patient’s health status.
   4) Demonstrate caring behavior towards the patient and significant support person(s).
   5) Protect and promote the patient’s dignity, uniqueness, integrity, and self-determination.
   6) Recognize the effect of patient’s own power and self-healing processes on care.
   7) Provide the patient with the information to make choices regarding daily care.
   8) Demonstrate use of patient coping strategies.
   9) Utilize nursing measures that assist the patient in completion of current developmental stage.
  10) Establish and evaluate realistic and measurable patient-centered outcomes with the patient.
  11) Discuss ways to support the patient when making healthcare and end of life decisions.
  12) Describe environmental factors that may impact the patient’s health status.
  13) Describe the resources and needs of the patient within the context of their community.
  14) Implement discharge teaching including appropriate follow up care.
  15) Interact with instructor and clinical group to solve problems to achieve patient goals and outcomes.
  16) Describe functions of various members of the health care team.
  17) Identify ways to reduce risks to patient safety.
B. Make judgments in practice, substantiated with evidence that integrates nursing science in the provision of safe, quality care and promote the health of patients within a family and community context, specifically:

1) Implement a plan of care for two patient problems ensuring accurate and safe care,
2) Utilize data from a complete holistic assessment of patients in the plan of care.
3) Evaluate plan of care for one patient by utilizing identified outcomes.
4) Revise plan of care and priorities as appropriate.
5) Select evidence-based standards of care from resources identified by faculty.
6) Demonstrate the use of information technology to support and communicate the provision of care.
7) Establish priorities when caring for one patient.
8) Provide organized care for one patient and significant support person(s).
9) Apply time management principles to patient care.
10) Discuss principles of delegation.
11) Discuss teaching and supervision of other personnel when aspects of care are delegated.
12) Identify ways to prevent waste and minimize cost in the clinical area.
13) Demonstrate the use of information technology to support and communicate the provision of care.
14) Describe the interaction patterns of the individual patient.
15) Demonstrate use of age appropriate verbal and non-verbal communication which conveys a caring attitude toward the patient and significant support person(s).
16) Communicate relevant, accurate, and complete information to patient, significant support person(s) (as appropriate), co-assigned RN, and instructor.
17) Report and document assessments and interventions.
18) Protect confidential information.
19) Demonstrate use of appropriate channels of communication.

C. Implement one’s role as a nurse in ways that reflect integrity, responsibility, ethical practices, and an evolving identity as a nurse committed to evidence-based practice, caring, advocacy, and safe, quality care for diverse patients within a family and community context, specifically:

1) Demonstrate the role of the ADN student in the ethical, legal, and regulatory frameworks of nursing and standards of professional nursing practice.
2) Demonstrate professional nursing behaviors.
3) Report nursing care errors or omissions to instructor/care nurse promptly.
4) Complete assigned care and documentation, recognizing and reporting significant data and changes in the patient health status to the instructor and health care team immediately.
5) Adhere to the AHA Patient Bill of Rights.
6) Maintain organizational and patient confidentiality.
7) Apply evidence to support decision making.
8) Practice within the parameters of individual knowledge and experience.
9) Discuss the functions and purpose of professional nursing organizations.
10) Demonstrate appropriate professional boundaries in the nurse-patient relationship.
11) Provide a safe physical and psycho-social environment for the patient.
12) Recognize the effect of patient’s values, customs, culture, and/or habits on care.
13) Perform nursing skills competently.
14) Develop an individualized teaching plan for one patient based on assessed patient needs.
15) Demonstrate use of health promotion information in patient teaching.
16) Identify aspects of care that could be delegated to others.
17) Describe nursing leadership roles.
18) Report and document assessments and interventions.
19) Utilize universal precautions and principles of safety.

D. Examine the evidence that underlies clinical nursing practice to challenge the status-quo, question underlying assumptions, and offer new insights to improve the quality of care for patients, families, and communities specifically:

1) Demonstrate the role of the ADN student in the ethical, legal, and regulatory frameworks of nursing and standards of professional nursing practice.
2) Describe the role of teamwork in health care.
3) Describe positive self care and nursing behaviors.
4) Demonstrate progress in meeting personal goals utilizing evidence-based information and resources.
5) Describe methods of participating in lifelong learning.
6) Seek assistance and help others as necessary.
7) Identify methods of collecting evidence-based information and resources for personal development and continuing g learning.
8) Identify reasons for conflict in the work setting.
9) Identify how clinical agency utilizes current nursing literature to improve patient care.
10) Describe the role of the ADN student in the ethical and legal frameworks of nursing.
11) Discuss the functions and purpose of professional nursing organizations.
12) Function within the Nursing Practice Act.
13) Describe standards of care utilized in the clinical agency.
14) Discuss economic, political, social, and demographic forces on the delivery of health care.
15) Discuss the role of the RN as supervisor in a health care setting.
16) Describe the purpose and process of quality improvement activities.

I. Concepts related to Nursing
   A. Professional behaviors
   B. Caring interventions

II. Concepts related to the Individual
   A. Cognition
   B. Violence
   C. Self
   D. Elimination
   E. Inflammation
   F. Cellular regulation
   G. Stress and coping
   H. Sensory/ perception
   I. Perfusion
   J. Health, wellness, and illness

III. Concepts related to Healthcare
   A. Safety
OUTLINE OF INSTRUCTION

I. Cognition
   a. Concepts of cognition
   b. The client with schizophrenia

II. Self
   a. The client with an eating disorder
   b. The client with a personality disorder

III. Elimination
   a. The client with urinary retention and incontinence
   b. The client with infectious disorders of the urinary tract
   c. The client with urinary calculi
   d. The client with congenital disorders of the urinary tract
   e. The client with obstructive disorders of the urinary tract
   f. The client with cancers of the urinary system
   g. The client with motility, structural and malabsorption syndromes of the GI tract
   h. The client with irritable bowel syndrome
   i. The client with a hernia

IV. Inflammation
   a. The client with peptic ulcer disease
   b. The client with Inflammatory bowel diseases
   c. The client with gall bladder inflammation
   d. The client with GERD

V. Cellular regulation
   a. Concepts of cellular regulation
   b. The client with benign prostatic hyperplasia
   c. The client with prostate cancer
   d. The client with colon cancer

VI. Sensory/ perception
   a. The client with cataracts
   b. The client with glaucoma
   c. The client with an eye infection
   d. The client with an eye injury
   e. The client with macular degeneration

VII. Perfusion
   a. Concepts of circulation and perfusion
   b. The client with hypertension
   c. The client with heart failure
   d. The client with coronary artery disease
   e. The client with uncomplicated MI
   f. The client with congenital heart defects
REQUIRED TEXTBOOKS AND MATERIALS:


HESI RN Patient Reviews (access card) Elsevier Health ISBN: 9781437767650


Karch, A. (2011). Focus on Nursing Pharmacology. 5th Ed. Lippincott, Williams & Wilkins


RECOMMENDED TEXTBOOKS:


**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 919-536-7207, ext. 1413 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1209.