

San Bernardino Valley College

Course Outline for NURS 100  
INTRODUCTION TO THE ASSOCIATE DEGREE NURSING PROGRAM

I. CATALOG DESCRIPTION

NURS 100, Introduction to the Associate Degree Nursing Program

1 hour lecture = 1 unit

Introduction to core concepts of the nursing curriculum: conceptual framework, anxiety/stress, defense mechanisms, crisis intervention, death and dying, and nursing ethics. Includes student learning responsibilities and strategies for success in the nursing program.

SCHEDULE DESCRIPTION

Introduction to core concepts in the nursing curriculum, student learning responsibilities, and strategies for success in the nursing program.

PREREQUISITE: Admission to the Nursing Program, and ENGL 015 and READ 970 and PSYCH 100

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One

III. EXPECTED OUTCOMES FOR STUDENTS

Upon completion of the course, the student should be able to:

- A. Identify and analyze student responsibilities and strategies to promote student success in the Associate Degree Nursing Program.
- B. Identify and discuss major concepts of the Nursing Program philosophy and conceptual framework.
- C. Describe major aspects of the Neuman Systems Model and explain how it relates to nursing practice.
- D. Review and discuss Erikson's theory of psychosocial development and its relationship to the nursing care of clients.
- E. Identify the concepts of "crisis" in relation to psychosocial responses to illness and principles of "crisis intervention."
- F. Compare and contrast the effects of stress and anxiety upon clients' psychosocial responses to illness.
- G. Identify and describe defense mechanisms used by clients and their families to cope with stress and anxiety.
- H. Identify the characteristics and stages of loss and death & dying.
- I. Discuss the American Nurses Association's Code of Ethics and ethical principles related to nursing practice.

IV. CONTENT

- A. Student Success in the Nursing Program
  1. Student responsibilities
  2. Instructor's role
  3. Organization and time management techniques
  4. Conflict resolution within the Nursing Program
- B. Philosophy of the Nursing Program
  1. Beliefs about nursing practice

2. Nursing practice of the Associate Degree graduate
  3. Nursing education
  - C. Conceptual framework of the Nursing Program
    1. Major constructs of the individual – 4 variables
    2. Nursing Process
    3. Roles of the Associate Degree Nurse
    4. Wellness-Illness Continuum
  - D. Neuman System Model for nursing
    1. Wholism
    2. Environment
    2. Lines of defense and resistance
    3. Interpersonal, intrapersonal, extrapersonal stressors
    4. Primary, secondary, tertiary interventions
  - E. Erikson developmental theory related to nursing
    1. Eight stages of development
    2. Sociocultural factors
  - F. Stress, anxiety and coping
    1. Biological stress response
    2. Effect of stress on health/illness
    3. Coping strategies
    4. Defense mechanisms
    5. Relaxation techniques
  - G. Crisis Intervention
    1. Crisis theory
    2. Maturational and situational crises
    3. Crisis intervention modes
  - H. Death and dying
    1. Kubler-Ross stages
    2. Grief reactions
    3. Types and meaning of “loss”
  - I. Nursing ethics
    1. ANA Code of Ethics
- V. METHODS OF INSTRUCTION
- A. Lecture
  - B. Discussion
  - C. Readings, handouts
  - D. Audio-visual aids
  - E. Written Assignments
  - F. Interactive small group exercises and case analysis
- VI. TYPICAL ASSIGNMENTS
- A. Prepare a personal time management sheet with written analysis of activities
  - B. Given a case scenario, participate in small group discussion to analyze and determine resolution.
  - C. Interview a well individual to identify their position on the Wellness-Illness continuum and high risk factors for illness. Prepare a written Wellness paper summarizing results.
- VII. EVALUATION
- A. Methods of evaluation
    1. Examinations: objective

## Typical examination question

A client is scheduled for exploratory surgery the next morning. She tells the nurse that she is glad to get this “question mark” out of her life and does not feel stressed at all. Based on the transactional model of stress, the best approach by the nurse would be...

- a. She has no problem with stress
  - b. Encourage her to verbalize her repressed stress
  - c. During preoperative teaching reinforce that surgery is a major stressor on the body
  - d. Develop interventions to address the client’s denial
2. Participation in small group assignments and quality of report to class
  3. Graded Time Management project report according to criteria
  4. Graded Wellness paper
- B. Frequency of evaluation
1. Examinations at mid-term and final
  2. One personal time management sheet and Wellness paper
  3. Participation in small group activities throughout course

## VIII. TYPICAL TEXT(S)

Associate Degree Nursing Program, Student Handbook, San Bernardino: San Bernardino Valley College Nursing Program, 1998.

Reed, K., Betty Newman: Newman’s System Model, Newbury Park: Sage Publishing., 1997.

Taylor, C., et. al., Fundamentals of Nursing, 3<sup>rd</sup> ed., Philadelphia: Lippincott Co., 1997.

## IX. OTHER SUPPLIES REQUIRED OF STUDENTS: none