

San Bernardino Valley College

Course Outline for NURS 102
FUNDAMENTALS OF NURSING

I. CATALOG DESCRIPTION

NURS 102, Fundamentals of Nursing

2.5 hours lecture, 6 hours laboratory = 4.5 units

Introduction to the nursing care of adult and elder adult clients with basic alterations in the physiological variable. Includes fundamental nursing concepts/skills and beginning application of the nursing process to assist clients attain or maintain their optimum level of wellness.

SCHEDULE DESCRIPTION

Introduction to fundamental nursing concepts/skills and the nursing care of adult clients with basic alterations in the physiological variable.

PREREQUISITES: Admission to the Nursing Program, BIOL 250 and BIOL 251 (or BIOL 260 and 261) and BIOL 270 and PSYCH 100 and ENGL 015 and READ 970 and MATH 090

PREREQUISITE/COREQUISITE: NURS 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. Describe and apply fundamental nursing concepts and skills to the nursing care of adult clients with basic physiological alterations.
- B. With direction and/or assistance, use the nursing process to assess, identify stressors, formulate nursing diagnoses, set goals, plan and implement primary/secondary/tertiary nursing interventions, and evaluate the nursing management of basic physiological alterations.
- C. Describe and apply fundamental concepts of gerontology, nutrition, culture, pain, death and dying, and elementary algebra to the nursing care of clients.
- D. Identify and analyze the effect of illness and hospitalization on clients' psychological, sociocultural, and developmental variables.
- E. Describe and use beginning level therapeutic communication skills with clients, significant others, and health care team members.
- F. Assess clients' education needs. Formulate and implement beginning level teaching plans that promote an optimum level of wellness.
- G. Perform fundamental nursing skills/procedures adhering to the underlying principles of client safety, organization, and asepsis.

IV. CONTENT

- A. Fundamental nursing concepts
 - 1. Introduction to health care
 - 2. Body mechanics
 - 3. Therapeutic communication
 - 4. Documentation
 - 5. Environmental safety and stressors

6. Aging process
 7. Nutrition
 8. Fluid and electrolytes
 9. Thermoregulation
 10. Standardized Precautions, infection control
 - B. Fundamental nursing skills/procedures
 1. Vital Signs
 2. Positioning/Transfers
 3. Personal hygiene
 4. Handwashing
 5. Urine/bowel testing
 6. Condom cath
 7. Tube feeding residual/placement
 - C. Nursing Process
 1. Basic assessment of physiological subsystems/response to stressors
 2. Analysis of stressors and nursing diagnoses
 3. Goal development
 4. Primary, secondary and tertiary nursing Interventions
 5. Evaluation of effectiveness of nursing interventions
 - D. Nursing Management of basic physiological alterations
 1. Immobility, mobility problems
 2. Pain
 3. Constipation, diarrhea
 4. Urinary incontinence/retention
 5. Skin lesions, wound healing
 6. Fluid and electrolyte alterations
 7. Infection control, isolation
 - E. Fundamental sociocultural, psychological, and developmental aspects of nursing care
 1. Block's Conceptual Model for assessing sociocultural needs
 2. Space and social organization
 3. Biological variations
 4. Time and environmental control
 5. Food patterns
 6. Erikson's and Maslow's developmental theory
 7. Elder abuse
- V. METHODS OF INSTRUCTION
- A. Lecture
 - B. Demonstration/return demonstration
 - C. Discussion
 - D. Readings, handouts
 - E. Media, computer programs
 - F. Written Assignments
 - G. Case analysis
 - H. Student-teacher conferences
 - I. Supervised laboratory practice
- VI. TYPICAL ASSIGNMENTS
- A. Written Nursing Care Plans on assigned clients
 - B. Return demonstration of essential elements for fundamental nursing skills/procedures
 - C. Aging project/field trip: complete the observation objectives following field trip to the senior citizen center and give an oral report.

- D. Supervised nursing care of assigned clients with fundamental alterations in the hospital laboratory.

VII. EVALUATION

A. Methods of evaluation

1. Examinations: objective, essay
Typical examination question
For the list below, identify those physical conditions that are part of the normal aging process from those that may indicate pathology. Bubble in the appropriate letter on the answer sheet.
A = normal aging process
B = possible pathology
 1. decreased sensitivity to taste, smell, and thirst
 2. urinary stress incontinence
 3. transparent appearance of skin
2. Aging project: written and oral report according to stated criteria
3. Written Nursing Care Plans: according to stated criteria
4. Nursing skills return demonstration: satisfactory completion of all critical elements
5. Laboratory performance: according to stated first level criteria

B. Frequency of Evaluation

1. Weekly examination or quiz
2. One Aging project
3. 3 written Nursing Care Plans
4. Nursing skills check-off before performance in hospital laboratory
5. Laboratory performance: at mid-term and final

VIII. TYPICAL TEXT(S)

Copstead, L., Perspectives on Pathophysiology, Philadelphia: W.B. Saunders Co., 1995.

Curren and Monday, Math for Meds, Dosage and Solutions, San Diego: W.I. Publishing, 1995.

Deglin, J. and A. Vallerand., Davis' Drug Guide for Nurses, 5th ed., Philadelphia: F. A. Davis Co., 1997.

Dudek, S.G. Nutrition Handbook for Nursing Practice, 3rd ed., Philadelphia: Lippincott Co., 1997.

Giger, J. and R. Davidhizar, Transcultural Nursing, 2nd ed., St. Louis: Mosby, Co., 1995.

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

Weldy, N., Body Fluids and Electrolytes: A Programmed Presentation, 7th ed., St. Louis: C. V. Mosby, 1996.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS: uniform, stethoscope, bandage scissors