

NRN 110: FOUNDATIONS OF NURSING PRACTICE

Originator

likinsey

Co-Contributor(s)**Name(s)**

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Justification / Rationale

Major Curriculum Revision

Effective Term

Fall 2022

Credit Status

Credit - Degree Applicable

Subject

NRN - Nursing

Course Number

110

Full Course Title

Foundations of Nursing Practice

Short Title

FOUND OF NURS PRACT

Discipline**Disciplines List**

Nursing

Modality

Face-to-Face

Catalog Description

This Foundational course introduces students to the organizing framework of the program and to basic concepts of the nursing process. Optimum wellness concepts, and promoting, maintaining, or restoring health for the client are presented in the classroom. Concepts of professionalism, evidenced-based practice, holistic client-centered care, communication, and safety are integrated throughout the course. Students must be concurrently enrolled in NRN 110C.

Schedule Description

This course introduces students to the organizing framework of the nursing program and to the nursing process. Students must be concurrently enrolled in NRN 110C.

Lecture Units

3.5

Lecture Semester Hours

63

In-class Hours

63

Out-of-class Hours

126

Total Course Units

3.5

Total Semester Hours

189

Prerequisite Course(s)

Prerequisite: BI 013 Prerequisite: BI 014 Prerequisite: BI 015 Prerequisite: ENG 001A Corequisite NRN 110C

Limitation on Enrollment

Acceptance to the registered nurse program

Required Text and Other Instructional Materials**Resource Type**

Book

Open Educational Resource

No

Formatting Style

APA

Author

Honan, L.

Title

Focus on Adult Health Medical-Surgical Nursing

Edition

2nd

City

Philadelphia

Publisher

Wolter Kluwer

Year

2019

College Level

Yes

Flesch-Kincaid Level

15.99

ISBN #

978-1-4963-4928-6

Resource Type

Book

Open Educational Resource

No

Formatting Style

APA

Author

Dudek, S.G.

Title

Nutrition Essentials for Nursing Practice

Edition

9th

City

Philadelphia

Publisher

Wolters Kluwer

Year

2021

College Level

Yes

Flesch-Kincaid Level

17.8

ISBN #

978-1975161125

Resource Type

Book

Open Educational Resource

No

Formatting Style

APA

Author

American Psychological Association

Title

Publication Manual of the American Psychological Association

Edition

7th

Publisher

American Psychological Association

Year

2020

College Level

Yes

Flesch-Kincaid Level

12.21

ISBN #

978-1-4338-3217-8

Class Size Maximum

30

Entrance Skills

Basic understanding of human anatomy and physiology

Requisite Course Objectives

BI 013-Use appropriate anatomical and physiological terminology in discussing principles and relationships.

BI 013-Explain the structure of skin, including important accessory structures.

BI 013-Explain bone formation, growth, and repair.

BI 013-Compare and contrast the structure and function of skeletal, cardiac, and smooth muscle.

BI 013-Explain the structure and function of the eye and the ear.

BI 013-Explain and identify basic clinical disorders, diseases, and applications, associated with each topic.

BI 013-Integrate principles from different systems and critically evaluate clinical problems.

BI 014-Explain how the lymph system interacts with the vascular system and how the processing of lymph contributes to immune system function.

Entrance Skills

Basic elements of the English language, writing, spelling, grammar, and the writing process

Entrance Skills

Basic understanding of human anatomy and physiology

Requisite Course Objectives

BI 014-Explain how hormones affect human physiology and draw out the signaling pathways used by different hormone types.

BI 014-Compare and contrast the functions of various blood cells and plasma proteins.

BI 014-Compare and contrast innate and adaptive mechanisms of immunity and explain the role of each type of white blood cell in immune protection.

BI 014-Identify the location of major blood vessels and explain how blood pressure and blood flow are regulated.

BI 014-Explain the cardiac cycle and compare and contrast sympathetic and parasympathetic effects on the cardiac cycle.

BI 014-Identify major lymph vessels and anatomical regions within the lymph node.

BI 014-Explain how the lymph system interacts with the vascular system and how the processing of lymph contributes to immune system function.

BI 014-Identify the structures of the respiratory system.

BI 014-Explain gas exchange on both the organismal and cellular levels.

BI 014-Compare and contrast cellular metabolic processes of different macromolecules.

BI 014-Explain the functional anatomy of the digestive system and explain major digestive processes.

BI 014-Identify structures of the urinary system and explain how the kidney processes plasma to produce urine.

BI 014-Explain how the body regulates fluid volume, fluid osmolarity and regulation of fluid pH.

BI 014-Compare and contrast the structure and function of the male and female reproductive systems.

BI 014-Explain the affect of sex hormones on reproductive processes.

BI 014-Explain physiological changes involved with pregnancy and explain the major steps involved with embryonic development.

Course Content

- History of nursing
- Nursing as a profession
- Nursing theories/theorists
 - Other discipline theories
 - Erikson, Maslow, Learning theories
- Nursing practice in today's environment
- The Nurse's role
 - Provider, coordinator, manager, designer of care
 - Member of profession
 - In health promotion and health prevention
 - In various settings
- Ethics, values, and morals in nursing practice
- Values clarification
 - Influence of personal values and beliefs on nursing
- Ethical concepts in nursing
 - beneficence, maleficence, justice, autonomy
- Legal aspects of nursing
 - standards of care, scope of practice, P&P, the responsibility of the SN

- Cultural humility
- Introduction to Employability skills (SLO 2)
- Self-care Management of the new nurse
 - Stress & coping
 - Factors impacting stress and coping
 - Common stress theories
 - Assessment of stress
 - Nurses role
 - Community resources
 - Alternative management/therapies
 - Rest & Sleep
 - Factors affecting sleep
 - Interventions for promoting rest and sleep
 - Sleep alterations & care
- Professionalism
 - Introduction to Regulatory and Professional agencies
- Art of Caring & compassion
- Conflict management
 - Deescalation techniques
- Active and empathetic listening
- Various modalities
- Medical terminology (abbreviations and symbols)
- Therapeutic communication
- Effective communication
- Assertive communication
- Non-verbal communication
- Barriers to communication
- Electronic communication
 - Email etiquette
 - Documentation
 - EHR
 - Processes
 - Methods
 - Focused notes, SOAP, DAR, PIE, database, exception, Plan of care
 - legalities
- Communication with impaired clients (hearing, vision, cognitive)
- Optimum Environment (SLO 6)
- Risk assessments (fall, skin, CIWA, etc)
- Risk reduction techniques
 - Fall precautions (bed position, side rails, perimeter reach)
 - Seizure precautions
 - Aspiration precautions
- Restraints and alternatives
- Documentation
- Asepsis
 - Hand hygiene
 - Standard precautions
 - Isolation precautions
 - PPE
 - Nosocomial Infections
- Acuity of illness
- Resources & needs
- Transition of care including community resources.
- Continuum of Care
 - Nurses' role
- Self-concept and Self-identity
- Concept of Optimum Wellness

- Health-Illness continuum
- Maslow's needs theory
 - Activity, rest, circulation, respiration, metabolism, elimination
- Growth & Development
 - Theories of aging
 - Normal physiological changes
- Lifestyle
- Hygiene
- Vital Signs
- Health Behaviors & beliefs
 - Influencing factors
 - Lifestyle
 - Emotional
 - Cognition
 - Spirituality and religious practices affecting care
 - Safety awareness (personal safety)
 - Factors influencing behaviors
- Social Determinants of Health (SDoH)
 - Environmental factors
- Cultural Awareness
- Community Resources
- Application to nursing
- Assessment/Data Collection
 - Purpose of assessment and history
 - Sources of data
 - Types of assessments
 - Client interview
 - Approaches and stages
 - Client history
 - Types of Assessment
 - Admission
 - Transfer/Discharge
 - Systems based/Head-to-toe
 - Focused
 - Mini-mental/cognitive
 - Nutritional/Hydration
 - Functional
 - Social
 - Pain
 - Cultural/Spiritual
 - Normal vs. abnormal findings
- Planning Care
 - Creating nursing diagnoses
 - Purpose
 - Diagnostic statements
 - Prioritization
 - Setting patient goals
 - SMART goals
 - Purpose
 - Nursing vs. medical diagnosis
- Implementation
 - Interventions
 - Health Teaching
 - Principles of teaching and learning and affecting factors
 - Teaching strategies
 - Documentation
 - Assessment of cognition, knowledge, learning level

- Preferences in the method of learning
- Methods of evaluation of teaching
- Health Teaching of common topics for all clients
 - Nutrition/Hydration
 - Relationship of nutrition to health
 - Sociocultural, developmental, financial, physical factors influencing nutritional status.
 - Nutrition intake log
 - Weigh trending
 - Lab values – electrolytes, pre-albumin, albumin, H&H
 - Setting nutritional goals
 - Community resources
 - Diet restrictions/modifications
 - Goals
 - Types of diets
 - Urinary Elimination methods
 - Variables influencing urinary process
- Immobility related to urinary system
- Cultural variations impacting care of clients with urinary alterations.
- Bathroom privileges, commodes, Bedpans, urinals, condom catheters, periwicks, specimen collection
- Bowel elimination
 - Rectal tube/flexi-seal
 - Specimen collection
- Rest & Sleep
- Evaluation of Outcomes
- History of drug legislation
- Types of drug preparations, delivery
- Drug classifications, actions, names
- Medication Reconciliation
- Parts of a medication order
 - Order abbreviations
- 5 rights of medication administration
- Documentation of medication administration
- Pharmacokinetics, Pharmacodynamics
 - Adverse, idiosyncratic, synergistic, common side effects
 - Drug interactions
 - Absorption, distribution, metabolism, excretion
- Dosage Calculations
- Nutritional and other factors affecting administration and response to medication
- Nurse responsibilities in teaching the client safe self-administration of medications
 - Taking meds at the appropriate time
 - Foods to avoid certain meds
 - When to notify the MD
 - When to stop taking
- Safe preparation and administration of oral, topical, ear, eye, nose, SL, SQ, ID, rectal, vaginal medications
- Pain as a vital sign
- Factors affecting pain
- Experience of pain within various cultures and over the lifespan
- Assessing pain
- Evaluation of pain after intervention
- WHO Pain ladder
- Non-pharmacological interventions– distraction, therapeutic touch, healing touch
- hypnotherapy, herbal supplements
- Pain medication – opioid analgesics, opioid antagonists, non-opioid analgesics, NSAIDs, COX2 inhibitors
- Skin integrity and factors contributing to alterations
- Various wounds
- Skin disorders

- Skin healing
 - Age-related
 - Nutritional factors
- Techniques & tools for assessment
- Prevention of skin alterations
- Non-pharmacological interventions for skin alterations
- Pharmacological interventions for skin alterations
- Caring for skin alterations in the continuum of care
 - Outpatient
 - Community
 - Home
- Assessment of musculoskeletal (MS) system
- Mobility limitations and precautions
- Management of clients with MS or spinal alterations
 - Non-pharmacological
 - Community resources
 - Nutritional needs
 - Orthopedic equipment
 - Casts, slings, splints, CPM, cane, walker, crutches, wheelchair
 - Care of ortho surgical clients
 - Joint replacement
 - Spinal fusion/surgery
 - Care of MS trauma clients
 - Fractures
 - Fat embolism
 - Compartment syndrome
 - Displacement
 - Strains/sprains
 - Pharmacological
 - Anticoagulants (enoxaparin, coumadin, heparin, etc)
 - Calcium
 - Corticosteroids
 - Muscle relaxants
 - Nurses' role in each phase of perioperative experience
 - Role of other healthcare providers in the operating room
 - Pharmacology in the perioperative experience
 - Anesthetics – general and regional
 - Sedatives – benzodiazepines
 - Anticholinergics
 - Malignant Hypothermia
 - Preoperative teaching
 - Postoperative teaching
 - Safety concerns in the operative area
 - Major complications in the immediate postoperative period
 - Care for each situation
 - Medical history (sleep apnea, anticoagulant medications)
 - Positioning intra-op, sterile environment maintenance
 - Correct surgical site identification
 - Post-Anesthesia Care Unit: Airway maintenance, aspiration precautions, positioning
 - Medications to hold prior to surgery, nothing by mouth teaching, mobility device teaching if anticipated use, post-operative surgical site expectation and care.
 - Concepts of loss & grief
 - Nursing assessment alterations for the client at end of life
 - Concepts of death and dying
 - Common religious and cultural influences on death and dying
 - Theories/theorists (Kubler-Ross)

- Interventions in the care of the dying client and family experiencing loss, grief, or death
- Community resources

Course Objectives

	Objectives
Objective 1	Identify the influence of a nurse's personal values and ethics on their nursing practice.
Objective 2	Describe professional and ethical Standards of Care.
Objective 3	Describe the legal responsibilities of nursing students.
Objective 4	Discuss self-care behaviors that promote wellness among nurses.
Objective 5	Describe the nursing role in advocacy.
Objective 6	Examine basic principles of pharmacology and medication administration.
Objective 7	Discuss Evidence-based practice and its impact on the nursing profession.
Objective 8	Discuss the metacognitive process of clinical judgment and decision-making.
Objective 9	Analyze problems using the nursing process.
Objective 10	Identify social determinants of health for various populations.
Objective 11	Examine the nurse's responsibilities in health promotion for the client and family members.
Objective 12	Explain the variations of wellness from the client's perspective.
Objective 13	Discuss components of cultural variances in health including nutrition, learning, and community.
Objective 14	Differentiate communication styles among clients, families, nurses, and other members of the interdisciplinary team.
Objective 15	Explain how the nurse uses informatics in healthcare.
Objective 16	Describe how to effectively manage conflict.
Objective 17	Explain the prevention of various safety risks in clients through the continuum of care.
Objective 18	Discuss principles of infection control.
Objective 19	Describe optimal environments in various stages of the continuum of care.
Objective 20	Analyze situations requiring intervention in response to a client's changing status.

Student Learning Outcomes

	Upon satisfactory completion of this course, students will be able to:
Outcome 1	Describe the legal, ethical, and regulatory principles that guide the delivery of nursing care.
Outcome 2	Describe the professional identity of nurses.
Outcome 3	Demonstrate a systematic approach for decision-making.
Outcome 4	Discuss factors that impact differences in health status among individuals, communities, and populations.
Outcome 5	Describe various communication tools used in the care of clients, communities, and populations.
Outcome 6	Describe methods to provide an optimal environment for client-centered care.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Collaborative/Team Participation	Small group discussion/ assignments, Think - Pair- Share
Lecture	Simulation, case studies, reading assignments
Discussion	Large group discussion, Power Point, concept mapping
Other (Specify)	Small and large group
	Case studies

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Tests/Quizzes/Examinations	Written quizzes and unit exams (multiple choice, SATA, Hot Spot, etc.)	In Class Only
Term or research papers	Research paper with rubric	Out of Class Only

Assignments
Other In-class Assignments

1. Participate in class
2. View videos and additional posted resources
3. Participate in group discussions, group work, and critical thinking exercises

Other Out-of-class Assignments

1. Complete reading assignments
2. Complete assigned computer programs
3. Complete case studies as assigned
4. Students should anticipate at least 2 hours of study time required for each hour of class in order to adequately prepare for class and to prepare for exams.

Grade Methods

Letter Grade Only

MIS Course Data
CIP Code

51.3801 - Registered Nursing/Registered Nurse.

TOP Code

123000 - Nursing

SAM Code

C - Clearly Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Not transferable

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Files Uploaded

Attach relevant documents (example: Advisory Committee or Department Minutes)

NRN 110 Foundations.pdf

Approvals**Curriculum Committee Approval Date**

05/03/2022

Academic Senate Approval Date

05/12/2022

Board of Trustees Approval Date

05/20/2022

Chancellor's Office Approval Date

05/22/2022

Course Control Number

CCC000631587

Programs referencing this course

Registered Nursing AS Degree (<http://catalog.collegeofthedesert.eduundefined/?key=72>)