

NRSR 0021 - NURSING FUNDAMENTALS AND GERIATRIC NURSING

Catalog Description

Prerequisite: Completion of BIOL 4 or 8A/8B, 5 or 7A/7B, 6, NUTF 10, HDEV 1, PSYC 100, MATH A, and ENGL 1A with grades of "C" or better
Hours: 396 (99 lecture, 297 laboratory)

Description: Introduction to nursing with overview of its evolution, present trends and issues, legal and ethical aspects and the major concepts underlying today's practice. Theory and correlated clinical practice related to utilizing the nursing process based on Roy's Adaptation Model to provide direct care to stable adult and geriatric patients. Emphasis on basic human needs and promoting adaptive mechanisms for attaining and maintaining wellness. Students gain the knowledge and skills necessary to perform all basic nursing procedures. (letter grade only) (CSU)

Course Student Learning Outcomes

- CSLO #1: Using the nursing process, describe variations in care planning for the adult and/or geriatric client.
- CSLO #2: Perform and document a basic physical assessment to include variations for the adult and/or geriatric client.
- CSLO #3: Communicate therapeutically with adult and/or geriatric patients.
- CSLO #4: Apply interpersonal communication abilities to interact effectively with patients, families, groups, faculty and colleagues from diverse backgrounds.
- CSLO #5: Apply basic principles of teaching and learning to convey information to patients and family members about the plan of care and medications.
- CSLO #6: Perform as a member of the healthcare team when caring for adult and/or geriatric clients in the acute and long term care setting.
- CSLO #7: Explain basic legal and ethical principles related to consumer rights and protection, and the Nursing Practice Act.
- CSLO #8: Safely administer medications by oral, injection, and topical routes. Interact safely within the environment of care.
- CSLO #9: Perform basic nursing care and procedures and correctly document the same.

Effective Term

Fall 2020

Course Type

Credit - Degree-applicable

Contact Hours

396

Outside of Class Hours

198

Total Student Learning Hours

594

Course Objectives

Through classroom discussions, presentations, written assignments:
Lecture Objectives:

1. Develop a basic understanding of the nursing process and describe variations in care planning for the adult and geriatric client.
2. Identify basic legal and ethical principles related to consumer rights and protection, and the Nursing Practice Act.
3. Incorporate knowledge of basic nursing concepts, sciences, and other pre-requisite support coursework into the care of adult and geriatric clients.

Through skills laboratory and clinical activities:

1. Communicate safely with adult and geriatric patients.
2. Apply basic principles of teaching and learning to convey information to patients and family members about the plan of care and medications.
3. Perform as a member of the healthcare team when caring for adult and/or geriatric clients in the acute and long term care setting.
4. Perform and document a basic physical assessment to include variations for the geriatric client. Safely administer medications by oral, injection, and topical routes.
5. Interact safely within the environment of care.
6. Perform basic nursing care and procedures and correctly document the same.

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable

Methods of Evaluation

- Objective Examinations
 - Example: Sample Test Questions, Fundamentals of Nursing: 1. The nurse who practices patient advocacy demonstrates which behavior? A. Assess the patient's point of view and articulate that point. B. Determine the patient's value system and encourage changes in beliefs. C. Identify the staff members who can contribute to the patient's plan of care. D. Assume accountability for the patient's relationships with health care providers. 2. Five days post surgery a patient still complains of severe incisional pain in spite of nursing and collaborative measures. According to the nursing process, the next step for the nurse is to: A. Continue with the plan until the patient's pain is gone. B. Change the nursing diagnosis from Alteration in Comfort to Ineffective Individual Coping. C. Collaborate with the physician to increase pain medication. D. Gather more data, evaluate the goals and modify the plan accordingly. Sample Test Question, Geriatric Nursing: The nurse is monitoring an older client for medication toxicity. The nurse understands which of the following age-related changes may increase the risk of medication toxicity? A. Decreased cough efficiency and decreased vital capacity. B. Decreased lean body mass and decreased glomerular filtration

rate. C. Decreased salivation and decrease gastrointestinal motility. D. Decreased muscle strength and loss of bone density.

- Problem Solving Examinations
 - Example: Students must also take a written dosage calculation exam. Sample Test Question, Dosage Calculation: The medication order reads: Digoxin 0.25 mg PO, once daily. Dose sent by pharmacy is labeled 0.125 mg/tablet. How many tablets should the nurse administer?
- Projects
 - Example: Weekly Nursing Care Plans are required when the student begins hospital clinical laboratory. The care plans demonstrate the student's ability to use the Nursing Process to problem-solve and plan care for adult and geriatric clients.
- Skill Demonstrations
 - Example: Students are required to complete online skills modules with a pre and post test and they must achieve a 90% on the skill post test prior to skill practice/performance in the skills lab. Students are required to demonstrate a basic level of competency and skill validation performing required skills that were presented in skills lab before participating in the hospital clinical laboratory setting.

Repeatable

No

Methods of Instruction

- Laboratory
- Lecture/Discussion
- Distance Learning

Lab:

1. Instructor will lecture on the topic of Fluid and Electrolytes and the class will develop a Pathophysiology Standards of Care sheet related to the specific electrolyte imbalance. The student will present the information and a test question to the class.

Lecture:

1. Instructor will lecture on the Principles of Medication Administration and Basic Pharmacology. Instructor will then demonstrate the skill of medication administration in a subsequent skills laboratory, and students will practice that skill under the supervision of the faculty and perform a skill competency test.
2. Clinical Lab with Human Patient Simulation: Instructor will demonstration how to assess vital signs followed by the students will properly perform assessing the patient's vital sign under supervision.

Distance Learning

1. The instructor may initiate or facilitate delivery of content through instructor-developed lecture content posted to the LMS site in the form of visually enhanced .pdf documents, PowerPoint presentations, personal websites or other digital medium useful for delivering information and ideas.

Typical Out of Class Assignments

Reading Assignments

1. Read and explore the effect of the Healthy People initiative in today's nursing practice and in the future. Identify 10 indicators of the health of

the U.S. population as evaluated by Health People 2020 2. Use chapter information to apply and discuss in class the nursing process when caring for patients with fluid and electrolyte imbalance.

Writing, Problem Solving or Performance

1. Perform the following nursing skill in clinical after faculty skill validation in the skill laboratory setting- Research pharmacokinetic properties of medications to develop an understanding of the desired effect, side effects, and contraindications for each medication. Using patient simulation, prepare and administer oral medications, and/or topical skin preparations, and eye, ear, and nose drops in the skills lab for skill validation prior to administration in the clinical setting. Utilize the medication dispense cart in the skills lab to obtain and prepare patient medications. Document medication administered according to agency policy. 2. Weekly journaling:
 - o Facilitate reflection about clinical experiences
 - o Allow for expression of feelings
 - o Develop critical thinking
 - o Improve written communication skills
 - o Promote self-directed learning
 - o Increase self-confidence
 - o Validate assumptions and ideas
 - o Promote a trusting relationship between student and clinical instructor

Other (Term projects, research papers, portfolios, etc.)

1. Patient education teaching project to be performed during post clinical. After week 8 of theory, the student will choose a medical or surgical topic to develop patient education teaching plan using evidence-based research to present in post clinical conference to the clinical group. Grading based upon grading rubric. 2. Additional patient assessment will be performed as needed to determine rationale and effectiveness of medications.

Required Materials

- Fundamentals of Nursing The Art and Science of Person-Centered Care
 - Author: Tayloy, Lynn, & Bartlett
 - Publisher: Wolters Kluwer
 - Publication Date: 2019
 - Text Edition: 9th
 - Classic Textbook?:
 - OER Link:
 - OER:
- Brunner & Suddarth's Textbook of Medical-Surgical Nursing
 - Author: Hinkle & Cheever
 - Publisher: Wolters Kluwer
 - Publication Date: 2018
 - Text Edition: 14th
 - Classic Textbook?:
 - OER Link:
 - OER:
- Pharmacology for Nursing Care
 - Author: Lehne
 - Publisher: ElsevierMosby
 - Publication Date: 2018
 - Text Edition: 10th
 - Classic Textbook?:
 - OER Link:
 - OER:

- Taylor's Clinical Nursing Skills A Nursing Process Approach
 - Author: Lynn
 - Publisher: Wolters Kluwer
 - Publication Date: 2019
 - Text Edition: 5th
 - Classic Textbook?:
 - OER Link:
 - OER:
- Nurse's Pocket Guide: Diagnosis, Intervention & Rationale
 - Author: Doenges, Moore et al.
 - Publisher: F.A. Davis
 - Publication Date: 2019
 - Text Edition: 15th
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.

Books for drug reference, lab test reference, and medical dictionary, are also required and published in the course syllabus. Supplies for skills laboratory are also required. Students must also purchase Kaplan online and practice tests for independent practice and preparation for clinical skills and review of theoretical course content.