NPN 101 Nursing Fundamentals 6 Credits

Instructors:

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Office Hours posted on office door and extra time by appointment only

Hours: Lecture/Lab (Saturday 9am-7pm) Clinical (Friday 4pm-10pm)

Description:
Provides a historical overview of health care system and roles and responsibilities of members of the health care team. Emphasizes practical nursing and the nursing process in the context of Gordon’s Functional Health Patterns and Maslow’s hierarchy of needs as related to client daily living across the life span. Covers fundamental nursing skills including therapeutic communication techniques; nursing assessment; nursing process and care planning; charting; legal and ethical parameters of health care; rest and sleep; and body mechanics.

Components: Lecture: 3 credits (45 contact hours). Lab/Clinical: 3 credits (135 contact hours).

Pre-requisites: Current CPR card for Health Care Providers; Current certification must be maintained throughout the program. Successful completion of a Medicaid Nurse Aide equivalent course within the past three (3) years or proof of active status on the Medicaid Nurse Aide Registry. Admission into the Practical Nursing Program.

Pre-requisite or Co-requisite: (BIO 135 or BIO 139) and (AHS 115 or CLA 131 or AHS 120 or OST 103) and (AHS 100 or PSY 223). Minimum “C” grade.

Competencies/Student Outcomes:
Upon completion of this course, the student can:
1. Assume the role of a competent, caring practical nurse in a variety of health care settings under the direct supervision of a registered nurse, licensed physician, or dentist.
2. Use the human caring phenomena and the nursing process in providing care.
3. Discuss the importance of lifelong learning in maintaining professional competence.
4. Communicate effectively with all members of the healthcare team.
5. Demonstrate accountability of practice with adherence to ethical and legal standards of the profession.

Student Learning Outcomes
1.1 Recognize common therapeutic and diagnostic procedures and determine the appropriate nursing care for each.
1.2 Conduct an initial physical, psychosocial, spiritual assessment of a client with common health related interferences in Functional health patterns.
1.3 Use equipment correctly and safely to perform fundamental nursing skills.
1.4 Distinguish between medical and surgical asepsis, and select the appropriate technique to use in performing skills.
1.5 Describe infectious process and explain body defenses against infection and standard precautions related to a safe work environment for the healthcare provider.

2.1 Develop basic plans of care utilizing the nursing process for clients with common alterations in health status.
2.2 Evaluate a healthy client to determine factors that alter rest and sleep patterns. Develop nursing measures to promote good rest and sleep.
2.3 Develop an eating plan for a client on a prescribed diet.
2.4 Employ correct body mechanics in performing nursing activities avoiding injury to self or others.
3.1 Demonstrate self-direction and responsibility for maintaining nursing competence by pursuing personal and professional development.
4.1 Communicate in a professional and therapeutic manner with clients, families, peers and agency personnel.
4.2 Correctly chart significant client data utilizing proper medical terminology.
5.1 Distinguish between the role of the practical nurse and the roles of other health care professionals according to the state’s Nurse Practice Act.
5.2 Describe the legal and ethical responsibilities of the practical nurse in the clinical setting.
5.3 Describe the various regulatory bodies with authority to govern nursing practice.

Outline:
I. Roles and Communication
   A. Organization
      1. Health Care delivery system
         a. Community resources
         b. Cost containment
         c. Role of the health care providers
2. Development of nursing and nursing education
   a. Practice
      (1) PN role, requirements, responsibilities
      (2) Definition of nursing
   b. Education
      (1) Levels
      (2) Philosophy
      (3) Conceptual framework
      (4) Curriculum
      (5) Articulation
3. Professional organization
   a. American Nursing Association
   b. KANS
   c. NAPNES

B. Professionalism
   1. Behavior
   2. Appearance
   3. Communication
   4. Accountability
   5. Life-long learning

C. Cultural aspect of care
   1. Religious differences
   2. Ethnic differences
   3. Integration of knowledge into nursing care

D. Ethics and the law
   1. Legal aspects
      a. Definition of terms
      b. Concepts
      c. Rights, duties, laws
         d. Legal
            (1) Types of laws
            (2) Torts and crimes
            (3) Issues
   2. Ethical aspects
      a. Personal vs. standards
      b. Client’s rights

II. Theoretical framework for nursing practice
   A. Functional Health Patterns
      1. Health perception/Health management
      2. Sleep/rest
      3. Nutrition/metabolic
      4. Activity/exercise
      5. Cognitive/perceptual
      6. Self-perception/self-concept
      7. Role/relationship
      8. Coping/stress tolerance
9. Values/belief
10. Sexuality/reproductive
11. Elimination

B. Maslow’s Hierarchy of Basic Human Needs
1. Oxygenation
2. Metabolism
3. Fluid
4. Elimination
5. Activity and rest
6. Safety
7. Love and belonging
8. Self-esteem
9. Self-actualization

III. Nutrition
A. Definition of terms
B. Concepts of nutrition
  1. Nutritional status
  2. Nutrients essential to health
C. Factors that influence energy requirements
  1. Basal metabolic rate
  2. Energy requirements

IV. Nursing process
A. Assessment
B. Nursing diagnosis
C. Planning
D. Intervention/implementation
E. Evaluation

V. Documentation
A. Principles of documentation
B. Styles of documentation
C. Legal implications of documentation

VI. Health Assessment
A. Definitions
B. Assessment components
  1. Nursing history
  2. Assessment techniques
  3. Diagnostic testing
  4. Variations in normal across the lifespan
C. Assessment of nutritional status
  1. Physical
  2. Psychosocial
  3. Variation of normal nutritional needs across the lifespan

VII. Health Promotion
A. Definitions
B. Concepts
  1. Promotion
a. Primary
b. Secondary
c. Tertiary

C. Trends
1. Wellness
2. Cultural considerations
3. Community resources

Experiments/Activities:
1. Interview an individual recognizing subjective and objective data.
2. Identify a nursing diagnosis on a care plan.
3. Write goals using proper format
4. Identify nursing actions on a care plan.
5. In small groups, discuss principles of documentation.
6. Present a sample of documentation of nursing care.
7. Assist with administration of admission and discharge of patient in clinical setting.
8. Assist with a physical examination.
9. Plan a family menu for one day with consideration to nutritional, cultural and economic needs.
10. Plan a 2 day meal for individuals through each stage of the life cycle.
11. Demonstrate the techniques in physical assessment: inspection, auscultation, percussion, and palpation.
12. Auscultate the chest breath sounds.
13. Identify normal and abnormal breath sounds.
15. List criteria used in assessing metabolic needs of diverse groups.
16. Perform blood glucose testing.
18. Apply urine collection devices-infants/external catheters
19. Assess bowel sounds.
20. Identify methods of promoting safety across the lifespan.

Web Enhanced Course Guidelines
This course is web enhanced. All students will be required to access the course website through [http://www.elearning.kctcs.edu](http://www.elearning.kctcs.edu). The course website will be utilized for lecture content, assignments, and posting of grades. All students enrolled in this course have been issued a Madisonville Community College email address. Students are encouraged to check their email and the course website frequently for updated information. To access your online courses or any Kentucky Community and Technical College (KCTCS) web enhanced course through the Blackboard 7.1 website, you will need to use a special, unique username and password. (If you have already received and changed your password, continue to use your changed information to access your account.) You may access your course approximately two days prior to the course’s advertised starting date. To access your course, please follow these instructions:
Point your browser to [http://www.elearning.kctcs.edu/webapps/portal/frameset.jsp](http://www.elearning.kctcs.edu/webapps/portal/frameset.jsp).
In the space provided for “Username,” enter your Peoplesoft or Webmail login username and password.
3. Click on the “Login” button.
4. Click the link to your course to get started.

If you have difficulty logging in or if you have any further questions, please contact the Blackboard 7.1 Help desk. You may call them at 1-866-606-1725 for help with questions about login, accounts and accessing courses. It is the student’s responsibility to view all on-line material, including lectures, assignments, videos, and discussion boards located on Blackboard.

Attendance and Late/Make-up course work
Attendance during your educational program is important to your success. Attendance and participation in all learning experiences is essential for achieving an appropriate knowledge base and is necessary for success in the program. Attendance is expected in lectures, campus labs, clinical experiences, and all other assigned activities. Nursing employers are especially desirous of an employee who has demonstrated his/her reliability by good school attendance. The following rules apply to LPN program attendance:
An absence is defined as coming to class or leaving class early by more than 15 minutes. Two episodes of tardiness or leaving early (less than 15 minutes) will be counted as an absence.

Lecture/Campus Lab Absence Policy:
Attendance will be taken in all lecture and lab classes. Students may not sign in for other students. It is the student’s responsibility to sign in, failure to do so will be counted as an absence. If you are absent for any reason, you MUST call in prior to 8:00 am. If the absence occurs on a class day, the student must notify the nursing instructor/instructors office/s prior to 8:00 am. The telephone number of the school is (270) 824-7552. All quizzes and tests will be graded as a 0 for a NO CALL/NO SHOW DAY. More than 2 absences from theory class / or lab meetings will result in a two-point deduction in the final course grade for each subsequent absence. Instructors will close the door at the beginning of a class period and students will not be permitted to enter the classroom until the next break.
If an exam is scheduled on the day you return to class you are expected to take the exam on that day. If an exam was given on the day of your absence, it is to be made up on your FIRST day back at school or at the convenience of your instructor. FIVE POINTS will be automatically deducted from the score of any make-up exam. It is the student’s responsibility to contact the instructor to schedule make-up exams. Exams will cover the same material other students were tested over, but may not be the same exam. IF AN EXAM OR QUIZ HAS ALREADY STARTED, THE STUDENT WILL NOT BE ALLOWED TO ENTER THE ROOM AND A MAKE-UP EXAM OR QUIZ WILL BE SCHEDULED.
Evaluation and Grading:
The final grade will be determined by the following:
Tests: 75%
Final: 15%
Assignments/Quizes: 10%

Course Requirements/Attendance:
Students must complete this course with a minimum grade of 76% (letter grade C).
Students must have at least a 76% average after the completion of Exam III to take the
final. Students are expected to attend all scheduled classes, read all assigned lessons, and
complete all written assignments. If you are absent for any reason, you are required to call
in prior to the start of the class day. Absences in excess of 2 class periods will result in a
two point deduction in the final course grade for each subsequent absence.

ADA Statement:
Students with documented disabilities that require individualized accommodations should
schedule a conference with the Disability Resources Coordinator, Valerie Wolfe at their
earliest convenience (Hatley Building Room 127 or LRC Room 112). Telephone number is
824-1670.

Evaluation of Writing:
All writing assignments will be evaluated for correct use of Standard English. Errors in
English usage will result in penalty points and require the rewriting of assignments that do
not meet acceptable standards.

Withdrawal Policy:
A student withdrawing from school without following proper withdrawal procedures will
not receive a grade report or school transcript and may be denied re-entry. If the student
returns with a verified excused absence, he/she may be readmitted and permitted to make
up missed work. Failure to attend class does not constitute official withdrawal. Please
schedule a conference with the Program Chair and your instructor prior to withdrawing
from class.

KCTCS Student Code of Conduct:
Students may locate information regarding academic rights, academic offenses and the
right to appeal infringements upon those rights at: http://www.kctcs.edu/student/code.htm
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<thead>
<tr>
<th>Dates</th>
<th>Suggested Readings and Assignments</th>
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<tr>
<td>January 16th</td>
<td>7 pm Cover Syllabus / Lab / Clinical</td>
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<tr>
<td>Friday</td>
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<tr>
<td>January 17th</td>
<td>Unit I: Chapter 1, 2, 3, 4, 5, 11 (White) Roles and Communication / Theoretical framework for nursing practice Lab: CNA Review and Post Mortem Care</td>
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<td>Saturday</td>
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<tr>
<td>January 23rd</td>
<td>Chapter 1, 2, 3, 4, 5, 11, (White) Roles and Communication / Theoretical framework for nursing practice</td>
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<td>January 24th</td>
<td>Chapter 1, 2, 3, 4, 5, 11, (White) Roles and Communication / Theoretical framework for nursing practice Lab: Isolation, FSBS, Urine, Stool, Sputum, Wound Cultures or Specimens</td>
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<tr>
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<td>January 30th</td>
<td>Unit I Exam</td>
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<td>Friday</td>
<td>Unit II: Chapter 7, 8, 9, 10, 14, 16 (White) Nutrition / Nursing process / Documentation</td>
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<td>January 31st</td>
<td>Chapter 7, 8, 9, 10, 14, 16 (White) Nutrition / Nursing process / Documentation Lab: I&amp;O, Tube feedings, and Enemas</td>
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<td>February 6th</td>
<td>Chapter 7, 8, 9, 10, 14, 16 (White) Nutrition / Nursing process / Documentation</td>
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<td>February 7th</td>
<td>Chapter 7, 8, 9, 10, 14, 16 (White) Nutrition / Nursing process / Documentation Lab: Meds- PO, Liquids, Tube, Suppository, Topical, Eye drops, Ear drops, Nasal, Inhalers, Sub Ling, Buccal, Injections, Piggy Back Meds and Mixing Meds</td>
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<td>February 13th</td>
<td>Unit II Exam</td>
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<td>Friday</td>
<td>Unit III: Chapter 12, 17, 18, 23, 24, 25 (White) Health Assessment / Health Promotion</td>
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<td>February 14th</td>
<td>Chapter 12, 17, 18, 23, 24, 25, (White) Health Assessment / Health Promotion Lab: Sterile Field, Sterile Gloving, Urinary Cath and Irrigating</td>
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<td>February 20th</td>
<td>Chapter 12, 17, 18, 23, 24, 25 (White) Health Assessment / Health Promotion</td>
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<td>February 21st</td>
<td>Chapter 12, 17, 18, 23, 24, 25 (White) Health Assessment / Health Promotion Lab: Full Body Assessment</td>
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<td>February 27th</td>
<td>Chapter 12, 17, 18, 23, 24, 25 (White) Health Assessment / Health Promotion</td>
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| February 28th Saturday | Chapter 12, 17, 18, 23, 24, 25 (White)  
Health Assessment / Health Promotion  
Lab: Sterile Field, Sterile Gloving, Urinary Cath and Irrigating |
| March 6th Friday | Unit III Exam                                                            |
| March 7th Saturday | NPN 101 Final Exam  
Lab: Dressing Changes, Drains, Binders, Suture Removal, and Staple Removal |
I ______________, by signing below acknowledge that I have received a copy of; read and understand the expectations/requirements defined within both the syllabus for NPN 100- Introduction to Nursing and Health Care Delivery Systems. I have read and understood the information presented by my instructor; I agree to adhere to this outline in benefit of my academic success. I also understand that it’s my personal responsibility to assess the syllabus prior to each learning experience, thus assuring preparedness and noting projects, assignments, reading assignments, deadlines, etc. Moreover, I understand that the faculty reserves the right to make necessary changes in the course and/or course requirements at any time during the semester as deemed essential for optimal learning; I will be notified verbally/written/electronically in such an event.

___________________________ ___________   _______________________
Practical Nursing Student    Date            Witness