

Virginia Western Community College

NUR 111

Nursing I

Prerequisites BIO 141, BIO 142, HLT 105. **Corequisite(s):** NUR 226 and NUR 135.

Pre/corequisite(s): HLT 141 and SDV 100.

Course Description

Introduces nursing principles including concepts of health and wellness and the nursing process. Develops nursing skills to meet the biopsychosocial needs of individuals across the lifespan. Includes math computational skills, basic computer instruction related to the delivery of nursing care, communication skills, introduction to nursing, health, the health care system, legal aspects of nursing care, diagnostic testing, assessment, teaching and learning, asepsis, body mechanics and safety, personal care, activity/rest, wound care, nutrition, elimination, oxygenation, fluid and electrolytes, pain control, medication administration, culture, aging populations and pre/post-operative care. **The principles, concepts and skills that are introduced are patient centered and include evidence based practice** Provides supervised learning experiences.

Semester Credits: 7

Lecture Hours: 4

Lab/Clinical/Internship Hours: 9

Required Materials

Required Texts and Other References

Hogan-Quigley, Beth, Palm, M.L., Bickley, L. (2016). *Bates' Nursing Guide to Physical Examination and History Taking*. (2nd Edition). Philadelphia, PA: Wolters Kluwer & Lippincott Williams & Wilkins. ISBN: 9781496305565

Bickley, L. S. (2016). *Bates' Pocket Guide to Physical Examination and History Taking*. (8th Edition). Philadelphia, PA: Wolters Kluwer & Lippincott Williams & Wilkins. ISBN: 9781496338488

Taylor, C.R., Lillis, C., LeMone, P., & Lynn, P. (2014). *Fundamentals of Nursing: The Art and Science of Person-Centered Nursing Care*. (8th edition). Philadelphia, PA: Wolters Kluwer & Lippincott Williams & Wilkins. ISBN: 978-1-4511-8561-4

Taylor, C.R., Lynn, P. (2015) *Lippincott Course Point + for Taylor's Fundamentals of Nursing*. (8th edition). Philadelphia, PA: Wolters Kluwer & Lippincott Williams & Wilkins. ISBN 978-1496324184

Taylor, C.R., Lillis, C., LeMone, P., & Lynn, P. (2015). *Taylor's Video Guide to Clinical Nursing Skills*. (3rd edition) Philadelphia, PA: Wolters Kluwer & Lippincott Williams & Wilkins. ISBN 9781496316486

Lynn, Pamela. (2014). *Skills Checklists for Taylor's Clinical Nursing Skills*. (4th edition). Philadelphia, PA: Wolters Kluwer & Lippincott Williams & Wilkins. ISBN: 9781451192735

Frandsen, G., Abrams, A.C. (2016). *Abrams' Clinical Drug Therapy: Rationales for Nursing Practice*. (10th Edition). Philadelphia, PA: Wolters Kluwer & Lippincott Williams & Wilkins. ISBN: 9781609137113

Frandsen, G., Pennington, S.S. (2015). *Lippincott CoursePoint+ for Abrams' Clinical Drug Therapy*. (10th Edition). Philadelphia, PA: Wolters Kluwer & Lippincott Williams & Wilkins. ISBN: 9781496334442

Phelps, L.L. (2017). *Sparks & Taylor's Nursing Diagnosis Pocket Guide*. (3rd Edition). Philadelphia, PA: Wolters Kluwer & Lippincott Williams & Wilkins. ISBN: 9781496347855

Other Required Materials:

Basic Function Calculator

Course Objectives

After completion of this course, the student will be able to:

- **Patient-centered care:** Perform select basic skills including personal care according to guidelines to meet client needs across the lifespan in the on-campus lab and in the clinical setting.
- **Safety:** Understand and demonstrate principles of body mechanics.
- **Safety:** Plan for meeting the basic human needs of a client with alterations in safety, comfort, oxygenation, fluid and electrolytes, skin integrity, nutrition, and elimination throughout the lifespan using the nursing process.
- **Safety:** Understand and demonstrate principles of medication administration including dosage calculation.
- **Teamwork:** Practice appropriate verbal and nonverbal communication techniques with clients, families, and nursing team.
- **Evidence based Practice:** Practice within the profession's ethical and legal framework.
- **Evidence based practice:** Consistently apply theory in managing and performing the care of the individual throughout the lifespan.
- **Culture :**Discuss cultural and age-related conditions as they relate to basic nursing care.
- **Critical thinking:** Recall the concept of the individual, health, nursing and the environment including Maslow, roles of the nurse, professionalism, health-illness continuum, health care delivery system, and legal/ethical issues.
- **Informatics:** Report selected data verbally, in writing, and via electronic modalities
- **Patient centered care:** Plan for meeting the basic needs of a client pre, peri, and post operatively.

Topical Description

Unit 1:

Activity/Body Mechanics
Hygiene and Personal Care
Asepsis/Infection Control
Vital Signs

Unit 2:

Nursing Foundation
Health/Illness
Culture
Assessing/Diagnosis/Planning
Legalities/Health Care Systems/Communication
Implementing/Evaluating/Documentation/Reporting
Documentation

Unit 3:

Oxygen/Respiratory System

Skin and Wound care

Safety

Rest and Sleep

Unit 4:

Elimination and Urinary Systems

Fluids and Electrolytes

Nutrition

Unit 5:

Pain Control

Medication Administration

Perioperative

Med Math

Note to Instructors