

Virginia Western Community College

NSG 100

Introduction to Nursing Concepts

Prerequisites: BIO 141: Human Anatomy and Physiology I or NAS 161: Health Science I or BIO 231 Human Anatomy and Physiology I; ENG 111 College Composition I; PSY 230 Developmental Psychology; SDV 100 College Success Skills; CPR – American Heart Association Basic Life Support for Health Care Providers; Acceptance to the AAS Nursing program; Evidence of completion of AAS Nursing Program required documents.

Co-requisites: NSG 106 Competencies for Nursing Practice; NSG 130 Professional Concepts; and NSG 200 Health Promotion and Assessment.

Pre/co requisites: BIO 142 Human Anatomy and Physiology I, or NAS 162 Health Science II, or BIO 232 Human Anatomy and Physiology II

Course Description

Introduces concepts of nursing practice and conceptual learning. Focuses on basic nursing concepts with an emphasis on safe nursing practice and the development of the nursing process. Provides supervised learning experiences in college nursing laboratories, clinical/community settings, and/or simulated environments.

Semester Credits: 4

Lecture Hours: 3

Lab/Clinical/Internship Hours: 3

Required Materials

1. CoursePoint Premium first year access code. ISBN: 9781975115807
2. vSim for Maternity/Pediatrics. Lippincott. ISBN: 9781496327819
3. Kaplan

Supplementary Materials:

Virtual simulation/ clinical resources as needed to complete the clinical course components

Course Outcomes

At the completion of this course, the student should be able to:

- Demonstrate the use of therapeutic communication, caring behaviors and patient self-determination in the provision of basic nursing care.
- Use the nursing process to meet the basic needs of patients related to infection, mobility, functional ability, tissue integrity, gas exchange, nutrition and principles of pharmacology.
- Report patient safety issues and risks.
- Provide safe basic nursing care with guidance using the core concepts identified.
- Summarize the components of clinical reasoning, evidence-based practice and the nursing process.

- Demonstrate professionalism and professional behaviors.
- Identify quality improvement and informatics principles used in patient care.
- Compare and contrast the roles of the health care team.

Topical Description

Safety Concept:

- Overview of safety science
- Safety assessment
- Exemplars: medication errors, falls, and poor interprofessional communication

Clinical Judgment Concept:

- Steps of the nursing process
- Steps in making clinical judgments
- Exemplars: care plans, concept maps

Infection Concepts:

- Principles of infection
- Chain of infection
- Hospital-associated infections
- Client risk factors for infection
- Infection control policies
- Interprofessional roles
- Exemplars: Methicillin Resistant Antibiotic (MRSA infections, Clostridium Difficile (C.diff), urinary tract infection

Mobility Concept:

- Principles of mobility
- Developmental considerations in mobility
- Principles of body mechanics
- Assessment and nursing interventions for clients with mobility problems
- Priority setting for clients with mobility problems
- Interprofessional roles
- Exemplars: chronic low back pain, immobile client on bedrest

Functional Ability Concept:

- Definitions of functional ability and activity of activities of daily living (ADLs) and IADLs (instrumental activities of daily living)
- Assessment of functional ability
- Risks for loss of functional ability
- Role of nursing in the preservation and restoration of ADLs (activities of daily living)
- Exemplars: blindness, confusion

Tissue Integrity Concept:

- Principles of tissue integrity
- Risk factors for impaired skin integrity
- Prevention strategies
- Application of the nursing process in the care of the client with altered tissue integrity
- Exemplars: pressure ulcers, surgical wounds, cellulitis (pediatric)

Gas Exchange Concept:

- Principles of gas exchange
- Risk factors for altered gas exchange
- Prevention strategies
- Application of the nursing process in the care of the client with alterations in gas exchange
- Exemplars: post-surgical atelectasis, viral/bacterial bronchitis

Elimination Concept:

- Principles of elimination
- Risk factors for impaired elimination
- Prevention strategies
- Application of the nursing process in the care of the client with altered elimination
- Pharmacological interventions: laxatives and anti-diarrheals
- Exemplars: incontinence: bladder & bowel, benign prostatic hypertrophy: urinary retention, constipation/diarrhea

Nutrition Concept:

- Principles of nutrition
- Risk factors for alterations in nutrition
- Prevention strategies
- Application of the nursing process in the care of the client with alterations in nutrition
- Nutrition and diet therapy
- Pharmacological interventions: supplements
- Exemplars: obesity: children and adults, malnutrition (older adult)

Comfort Rest Concept:

- Principles of comfort and rest
- Assessment and management of pain
- Sleep and rest
- Pharmacological interventions: analgesics, opioids and non-opioids, paralytics/anesthetics
- Exemplars: osteoarthritic pain (chronic pain), post-surgical pain (acute pain), insomnia, sleep apnea

Pharmacology Principles:

- General principles
- Legal, ethical and safety concerns with medication administration
- Factors that impact drug therapy
- Exemplars: Pharmacotherapeutics, pharmacodynamics

Note to Instructors