

# Virginia Western Community College

## NSG 210

### Health Care Concepts I

### Semester 3

**Prerequisites:** BIO 150: Introductory Microbiology or BIO 205: General Microbiology; NSG 152: Health Care Participant; NSG 170: Health-Illness Concepts

**Co-requisites:** NSG 211: Health Care Concepts II.

**Pre/co requisites:** ENG 112: College Composition II; or HLT 230: Principles of Nutrition and Human Development, or SOC 200: Principles of Sociology

#### **Course Description**

Focuses on care of clients across the lifespan in multiple settings including concepts related to physiological health alterations and reproduction. Emphasizes the nursing process in the development of clinical judgment for clients with multiple needs. Provides supervised learning experiences in college nursing laboratories, clinical/community settings, and/or simulated environments. Part I of II. Lecture 3 hours. Laboratory 6 hours. Total 9 hours per week.

**Semester Credits: 5**

**Lecture Hours: 3**

**Lab/Clinical/Internship Hours: 6**

#### **Required Materials**

1. CP for Concepts year 2: 9781975115852
2. Kaplan

#### **Supplementary Materials:**

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

#### **Course Student Learning Outcomes**

Upon completing the course, the student will be able to:

1. Apply principles of patient-centered care across the lifespan.
2. Incorporate factors for improvement of client safety for clients across the lifespan.
3. Apply the nursing process, evidence based care and clinical reasoning in making clinical judgments related to reproduction, addiction, clotting, metabolism, gas exchange, perfusion and mobility.
4. Incorporate legal/ethical principles and professional nursing standards in the care of patients across the lifespan.
5. Examine the impact of quality improvement processes, information technology and fiscal resources in the provision of nursing care.
6. Participate as a member of the health care team in the delivery of nursing care across the lifespan.

#### **Topical Description**

**Major topics to be included:****1. Reproduction Concept:**

Reproduction principles  
Risk factors related to reproductive complications Prevention of reproductive complications  
Reproductive diagnostic testing  
Nursing process related to reproductive complications  
Pharmacological interventions: uterine stimulants, tocolytics  
Exemplars: intrapartum, postpartum, newborn assessment

**2. Addiction Concept:**

Addiction principles  
Risk factors related to addiction Prevention of addiction  
Addiction diagnostic testing  
Nursing Process related to addiction  
Use of interdisciplinary team in delivery of health care  
Pharmacological interventions: medications for addiction  
Exemplars: alcoholism, substance abuse, prenatal substance abuse

**2. Clotting Concept:**

Clotting principles  
Risk factors related to altered clotting  
Prevention of altered clotting  
Clotting diagnostic testing  
Nursing process related to altered clotting  
Pharmacological interventions: anti-coagulants, anti-platelets  
Exemplars: Deep Vein Thrombosis (DVT), disseminated intravascular coagulation, HELLP Syndrome

**3. Metabolism Concept:**

Metabolism principles  
Risk factors related to altered metabolism  
Prevention of altered metabolism  
Metabolism diagnostic testing  
Nursing process related to altered metabolism  
Pharmacological interventions: thyroid and anti-thyroid drugs, adrenal drugs, pituitary drugs  
Exemplars: thyroid dysfunction, adrenocortical dysfunction, pituitary dysfunction

**4. Gas Exchange Concept:**

Gas exchange principles  
Risk factors related to altered gas exchange  
Prevention of altered gas exchange  
Gas exchange diagnostic testing  
Nursing Process related to altered gas exchange Pharmacological interventions: anti-tubercular drugs Exemplars: tuberculosis, cystic fibrosis (pediatric)

**5. Perfusion Concept:**

Perfusion principles

Risk factors related to perfusion alterations Prevention of perfusion alterations  
Perfusion diagnostic testing  
Nursing process related to perfusion alterations  
Pharmacological interventions: anti-anginal, anti-lipemic, cardiac glycosides  
Exemplars: coronary artery disease, congestive heart failure

6. Mobility Concept:

Mobility principles  
Risk factors related to mobility alterations Prevention of mobility alterations  
Mobility diagnostic testing  
Nursing process related to mobility alterations  
Pharmacological interventions: biphosphonates,  
Selective estrogen receptor modulators, muscle relaxants  
Exemplars: fractures, osteoporosis, osteoarthritis, hip and knee replacement, hip dysplasia (infant),  
multiple sclerosis

**Note to Instructors**