

Virginia Western Community College

NSG 170

Introduction to Health/Illness Concepts

Prerequisites: BIO 142: Anatomy & Physiology I or NAS 162: Health Science II or BIO 232: Human Anatomy and Physiology; NSG 100: Introduction to Nursing Concepts; NSG 106: Competencies for Nursing Practice; NSG 130: Professional Nursing Concepts; NSG 200: Health Promotion & Assessment

Co-requisites: BIO 150: Introductory Microbiology or BIO 205: General Microbiology; NSG 152 Health Care Participant

Course Description

Focuses on the nursing care of individuals and/or families throughout the lifespan with an emphasis on health and illness concepts. Includes concepts of nursing care for the antepartum client and clients with common and predictable illnesses. Provides supervised learning experiences in college nursing laboratories, clinical/community settings, and/or simulated environments.

Semester Credits: 6

Lecture Hours: 4

Lab/Clinical/Internship Hours: 6

Required Materials

Textbooks:

1. CoursePoint for Nursing Concepts 6 book library year one - ISBN: **9781975115746**
2. vSim for Maternity/Pediatrics. Lippincott - ISBN: **9781975197841**
3. Kaplan

Supplementary Materials:

Kaplan Resources

Course Outcomes

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

1. Accurately assess clients who are experiencing common and predictable health problems.
2. Use nursing process and evidence-based care related to the concepts of fluid and electrolytes, cellular regulation, metabolism, sexuality, reproduction, thermoregulation, gas exchange and perfusion.
3. Prioritize safety measures in the care of clients with varied health problems.
4. Use evidence to support and plan appropriate nursing care.
5. Recognize the impact of personal beliefs, values and attitudes in the development of professionalism and professional behaviors.
6. Use technology and information management tools to plan and provide safe and effective patient care.
7. Compare and contrast the roles of the health team members in the planning and provision of

client care.

Topical Description

Major topics to be included:

1. Fluid & Electrolytes (F&E) Concept
 - Basic principles of F&E; Risk factors related to imbalances in F&E
 - Prevention strategies of F&E
 - Assessment and diagnostics
 - Nursing process related to imbalances in F&E
 - Skills related to intravenous therapy and blood transfusion
 - Pharmacological interventions: types of IV fluids, electrolyte replacements
 - Exemplars: specific electrolyte imbalances
2. Cellular Regulation Concept
 - Basic principles of cellular regulation; Risk factors related to imbalances in cellular regulation
 - Prevention strategies
 - Assessment and diagnostics
 - Nursing process related to imbalances in cellular regulation
 - Pharmacological interventions: chemotherapy, biologic response modifiers, radiation
 - Exemplars: breast cancer, colon cancer, leukemia (child)
3. Metabolism Concept
 - Principles of metabolism
 - Risk factors related to alterations in metabolism
 - Prevention strategies related to alterations in metabolism
 - Assessment and diagnostics
 - Nursing process related to alterations in metabolism
 - Pharmacological interventions: insulins and oral hypoglycemic agents
 - Exemplars: diabetes type 1 and 2 (across the lifespan), gestational diabetes
4. Sexuality Concept
 - Basic principles of sexuality
 - Risk factors related to alterations in sexuality
 - Prevention strategies related to altered sexuality
 - Assessment and diagnostics
 - Nursing process related to alterations in sexuality
 - Pharmacological interventions: contraceptives, hormone replacement, men's health drugs
 - Exemplars: family planning, Sexually Transmitted Infections (STI's), erectile dysfunction, menopause
5. Reproduction Concept
 - Basic principles of reproduction
 - Risk factors related to alterations in reproduction
 - Prevention strategies related to altered reproduction
 - Assessment and diagnostics
 - Nursing process related to alterations in reproduction
 - Pharmacological interventions: teratogenic agents, folic acid
 - Exemplar: antepartum
6. Thermoregulation Concept
 - Principles of thermoregulation

Risk factors related to alterations in thermoregulation

Prevention strategies related to altered thermoregulation Assessment and diagnostics

Nursing process related to alterations in thermoregulation

Pharmacological interventions: anti-pyretics, fluid and electrolyte replacement, Exemplars: fever, environmental hypothermia, preterm and newborn hypothermia

7. Gas Exchange Concept

Principles of gas exchange

Risk factors related to alterations in gas exchange

Prevention strategies related to altered gas exchange Assessment and diagnostics

Nursing process related to alterations in gas exchange

Pharmacological interventions: decongestants, expectorants/antitussives, corticosteroids, sympathomimetics, anti-cholenergics, beta-adrenergic agonists, zanthines, colony stimulating factors

Exemplars: asthma - child, COPD - adult, anemias

8. Perfusion Concept

Principles of perfusion

Risk factors related to alterations in perfusion

Prevention strategies related to altered perfusion

Assessment and diagnostics

Nursing process related to alterations in perfusion

Pharmacological interventions: diuretics, alpha and beta blockers, calcium channel blockers, ACE inhibitors, angiotension receptor blockers, vasodilators, magnesium sulfate

Exemplars: hypertension, peripheral vascular disease, preeclampsia

Note to Instructors