

Virginia Western Community College

PNE 141

Nursing Skills I

Prerequisites

Admission to the Practical Nursing Program

VWCC Discipline Specific Course Description

Studies principles and procedures essential to the basic nursing care of patients.

Semester Credits: 5

Lecture Hours: 2

Laboratory Hours: 3

Required Materials

Laptop Computer, WiFi access, Elsevier Evolve Course Resources - First Semester Package, Skills Lab Kit (in tote bag), Program approved Uniform with Badge applied. Nursing Skills Competency List (Sign-Off Sheet), Watch with second hand

Required Textbook:

Williams, P. 2026. *deWit's Fundamental Concepts and Skills for Nursing* (7th ed.). Elsevier - Evolve. ISBN: 9780443245992

Morris, D. 2022. *Calculate with Confidence* (8th ed.). Elsevier - Evolve. ISBN: 978-0-323-69695-1

Note to Instructors

VWCC AND DISCIPLINE SPECIFIC OUTCOMES

Course Objectives

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

1. Describe components of the chain of infection; demonstrate the concept of asepsis (medical and surgical); recognize and demonstrate the purpose of ergonomics in body mechanics, positioning patients and use of ambulatory aids; discuss safety and environmental hazards and the role of health care providers. (Safety)
2. Describe and demonstrate basic personal care related to hygiene, comfort, rest, sleep, nutrition, and correct procedures for turning, moving, and transferring clients with/without assistive devices; discuss and demonstrate procedures for assessing, reporting, and recording vital signs. (Patient-centered care)

3. Discuss the purpose of the National Patient Safety goals; differentiate between fitness exercise and therapeutic exercise; discuss the purpose of a code of ethics and ethical issues common in nursing practice. (Critical Thinking)
4. Recognize resources for and demonstrate exercise including range of motion (active and Passive); differentiate restraint alternatives including physical, chemical (Teamwork)
5. Discuss the principles of infection control including standard and transmission-based precautions; demonstrate infection control measures with personal protective equipment (PPE); demonstrate correct body mechanics. (Evidence-Based Practice)
6. Associate didactic and lab experience with application in the appropriate documentation of care in the patient's health record. (Informatics)
7. Discuss cultural and age-related considerations as they relate to basic nursing care. (Culture)

VWCC AND DISCIPLINE SPECIFIC TOPICAL DESCRIPTIONS

Course Outline

***I.* Unit 1: Introduction to Nursing and the Health Care System**

- a. Ch. 2. Concepts of Health, Illness, Stress, and Health Promotion
 1. Health and Illness
 2. Traditional Views of Health and Illness
 3. Current Views of Health and Illness
 4. The Consumer Concept of Health and Illness
 5. The Holistic Approach
 6. Homeostasis
 7. Stress-Reduction Techniques
 8. Health Promotion and Illness Prevention

***II.* Unit 2: The Nursing Process**

- A. Ch. 4. The Nursing Process, Critical Thinking, and Clinical Judgement
 1. The Nursing Process
 2. Critical Thinking
 3. Critical Thinking in Nursing: The Nursing Process and Clinical Judgement Measurement Model
 4. Priority Setting and Work Organization
 5. Application of Problem Solving, Clinical Reasoning, and Using the Clinical Judgement Measurement Model
- B. Ch. 5. Assessment, Data Analysis/Problem Identification, and Planning
 1. Assessment (Data Collection)
 2. Data Analysis/Problem Identification
 3. Planning
- C. Ch. 6. Implementation and Evaluation
 1. Implementation
 2. Interprofessional Care
 3. Evaluation
 4. Constructing a Nursing Care Plan

***III.* Unit 3: Communication in Nursing**

- A. Ch. 7. Documentation of Nursing Care

1. Documentation and the Health Record
 2. Methods of Documentation (Charting)
 3. The Documentation Process
 - B. Ch. 8. Communication and the Nurse-Patient Relationship
 1. The Communication Process
 2. Therapeutic Communication Techniques
 3. Blocks to Effective Communication
 4. Interviewing Skills
 5. The Nurse-Patient Relationship
 6. Nurse-Patient Communication
 7. Communication Within the Health Care Team
 8. Communication in the Home and Community
- IV. Unit 4: Developmental, Psychosocial, and Cultural Considerations**
- A. Ch. 14. Cultural and Spiritual Aspects of Patient Care
 1. Transcultural Care
 2. Major Religions in the United States and Canada
 3. Developing Cultural Congruence
 4. Cultural Differences
 5. Nursing Process and Clinical Judgement Measurement Model in Transcultural Nursing
 - B. Ch. 15. Sexuality and Patient Care
 1. Gender and Sexuality
 2. Sexuality and Gender Across the Lifespan
 3. Sexuality in Health Care
 - C. Ch. 16. Loss, Grief, and End-of-Life Care
 1. Nurses' Attitudes Toward End-of-Life Care
 2. Change, Loss, and Grief
 3. Death and Dying
 4. Nursing and the Dying Process
 5. Application of the Nursing Process/Clinical Judgement Measurement Model
 6. Signs of Impending Death
 7. Legal and Ethical Aspects of Life-and-Death Issues
 8. Postmortem (After Death) Care

V. Unit 5: Basic Nursing Skills

- A. Ch. 17. Infection Prevention and Control: Protective Mechanisms and Asepsis
 1. Infectious Agents
 2. Process (Chain) of Infection
 3. Body Defenses Against Infection
 4. Asepsis and Control of Microorganisms
 5. Sepsis in the Home Environment
 6. Infection Control Surveillance
- B. Ch. 18. Infection Prevention and Control in the Hospital and Home
 1. Infection
 2. Infection Prevention and Control

3. Personal Protective Equipment
4. Application of the Nursing Process/Clinical Judgement Measurement Model
- C. Ch. 19. Safely Lifting, Moving, and Positioning Patients
 1. Overview of the Structure and Function of the Musculoskeletal System
 2. Principles of Body Movement for Nurses
 3. Principles of Body Movement for Patients
 4. Application of the Nursing Process/Clinical Judgement Measurement Model
- D. Ch. 20. Assisting With Hygiene, Personal Care, Skin Care, and the Prevention of Pressure Injuries
 1. Overview of the Structure and Function of the Integumentary System
 2. Application of the Nursing Process/Clinical Judgement Measurement Model
- E. Ch. 21. Patient Environment and Safety
 1. Factors Affecting the Environment
 2. Patient Unit
 3. Safety
 4. Restraints and Supportive Devices
- F. Ch. 22. Measuring Vital Signs
 1. Overview of the Structure and Function Related to the Regulation of Vital Signs
 2. Measuring Body Temperature
 3. Application of the Nursing Process/Clinical Judgement Measurement Model
 4. Measuring the Pulse
 5. Application of the Nursing Process/Clinical Judgement Measurement Model
 6. Measuring the Blood Pressure
 7. Application of the Nursing Process/Clinical Judgement Measurement Model
 8. Pain, the Fifth Vital Sign
 9. Automated Vital Sign Monitors
 10. Documenting Vital Signs
- VI. Unit 6: Meeting Basic Physiologic Needs**
 - A. Ch. 27. Concepts of Basic Nutrition and Cultural Considerations
 1. Overview of the Structure and Function of the Gastrointestinal System
 2. Dietary Guidelines
 3. Protein
 4. Vegetarian Diets
 5. Carbohydrates
 6. Fats (Lipids)
 7. Vitamins, Minerals, and Water
 8. Factors That Influence Nutrition
 9. Cultural Influences on Nutrition
 - 10.

11. Nutritional Needs Throughout the Life Span
12. Application of the Nursing Process/Clinical Judgement Measurement Model

B. Ch. 32. Pain, Comfort, and Sleep

1. Pain and Discomfort
2. Application of the Nursing Process/Clinical Judgement Measurement Model
3. Sleep
4. Application of the Nursing Process/Clinical Judgement Measurement Model

VWCC AND DISCIPLINE SPECIFIC TOPICAL DESCRIPTIONS-LAB

I. Unit 2: Systems of Measurement

A. Ch. 5. Metric System

1. Particulars of the Metric System
2. Rules of the Metric System
3. Units of Measure
4. Conversions Between Metric Units

B. Ch. 6. Apothecary and Household Systems and Additional Measures Used in Medication Administration

1. Apothecary System
2. Household System
3. Other Medication Measurements Used in Dosage Calculations

C. Ch. 7. Converting Within and Between Systems

1. Equivalents Among Metric and Household Systems
2. Converting
3. Methods of Converting
4. Converting Within the Same System

5. Converting Between Systems

6. Calculating Intake and Output

D. Ch. 8. Additional Conversions Useful in the Health Care Setting

1. Converting Between Celsius and Fahrenheit

2. Formulas for Converting Between Fahrenheit and Celsius Scales

3. Metric Measures Relating to Weight

4. Military Time

5. Calculating Completion Times

II. Unit 3: Methods of Administration and Calculation

A. Ch. 10. Understanding and Interpreting Medication Orders

1. Verbal Orders

2. Transcription of Medication Orders

3. Writing a Medication Order

4. Components of a Medication Order

5. Interpreting a Medication Order

B. Ch. 12. Reading Medication Labels

1. Reading Medication Labels

2. The Medication Name and Tall Man Lettering

C. Ch. 13. Dosage Calculation Using the Ratio and Proportion Method

1. Use of Ratio and Proportion in Dosage Calculation

D. Ch. 14. Dosage Calculation Using the Formula Method

1. Formula for Calculating Dosages

2. Using the Formula Method

3. PRACTICE PROBLEMS

4. CHAPTER REVIEW

5. ANSWERS

E. Ch. 15. Dosage Calculation Using the Dimensional Analysis Method

1. Understanding the Basics of Dimensional Analysis

2. PRACTICE PROBLEMS

3. Dosage Calculation Using Dimensional Analysis

4. PRACTICE PROBLEMS

5. CHAPTER REVIEW

III. Unit 5: Intravenous, Heparin, and Critical Care Calculations and Pediatric and Adult Calculations Based on Weight

A. Ch. 24. Pediatric and Adult Dosage Calculations Based on Weight

1. Older Adults (Geriatrics)

2. Pediatric Medication Dosages

3. Principles Relating to Basic Calculations

4. Calculation of Dosages Based on Body Weight

5. Converting Pounds to Kilograms

6. Converting Kilograms to Pounds

7. Converting Grams to Kilograms

8. Single-Dose Medications

9. Single-Dose Range Medications

10. Calculating Daily Doses

11. Adult Dosages Based on Body Weight

12. Calculating Dosages Using Body Surface Area
13. Use of a Nomogram to Determine BSA
14. Calculating BSA Using a Formula
15. Dosage Calculations Based on BSA
16. IV Therapy and Children
17. Calculating IV Medications Using a Volume Control Set
18. Calculation of Daily Fluid Maintenance
19. Pediatric Oral and Parenteral Medications
20. NGN Case Study

[TITLE IX STATEMENT](#)

[ADA STATEMENT](#)