

ADN 110 Nursing Practice Concepts 1

Credits: 3 Contact Hours: 5

Pre-Requisites: Formal acceptance into the Associate Degree Nursing Program, NUR 100 (B- or higher), BI 121, EN 101 and PY 201(with a grade of C or higher)

Co-Requisites: ADN 115, BI 122

This course introduces individual, health and illness, and professional nursing and health care concepts. Individual concepts include culture and functional ability. Health and illness concepts include nutrition, elimination, perfusion, gas exchange, infection, pain, stress & coping, and anxiety. Professional nursing and health care concepts include professional identity, clinical judgment, health promotion, communication, collaboration, and safety. Upon completion, students should be able to recognize and safely demonstrate basic nursing care incorporating the concepts identified in this course.

Course Outcomes

1. Management of Care: The nursing student will identify nursing care within a lab setting that enhances care delivery to protect clients and health care personnel. (1.A)
2. Safety and Infection Control: The nursing student will protect clients and health care personnel within a lab setting from health and environ-mental hazards. (1.B)
3. Health Promotion and Maintenance: The nursing student will identify nursing care of the client in a lab that incorporates the knowledge of expected growth and development principles, prevention and/or early detection of health problems, and strategies to achieve optimal health. (2)
4. Psychosocial Integrity: The nursing student will identify nursing care in a lab setting that promotes and supports the emotional, mental and social well-being of the client experiencing stressful events. (3)
5. Basic Care and Comfort: The nursing student will provide comfort and assistance in the performance of activities of daily living to the client within a lab setting. (4.A)
6. Reduction of Risk Potential: The nursing student will reduce the likelihood that clients will develop complications or health problems related to existing conditions, treatments or procedures within a lab setting. (4.C)
(Outcomes 1-7 refer to the 2013 NCLEX-RN® Detailed Test Plan Item Writer/Item Reviewer/Nurse Educator Version. The parentheses refer to the program outcomes/ NCSBN Framework). mri
7. Effectively organize communications, ensuring there is a clear introduction and conclusion, the content is well sequenced, and there are appropriate transitions. (CS2)
8. Give and receive constructive feedback. (PR5)

Outline	Individual Concepts	Exemplars	Competencies*
Introduction of Individual Nursing Concepts A. Definition B. Scope, C. Attributes D. Theoretical Links E. Context to Nursing and Health Care F. Interrelated Concepts G. Exemplars	Functional Ability -		<ul style="list-style-type: none">● Perform comprehensive health assessment (2)● Perform skin assessment and implement measures to prevent skin breakdown in plan of care (4. A)● Assess and intervene in client performance of activities of daily living (4. A)● Assess client need for sleep/ rest and intervene as needed (4. A.)
	Culture		<ul style="list-style-type: none">● Identify techniques for assessing client's cultural practices and beliefs (3)

Outline	Health and Illness Concepts	Exemplars	Competencies*
Introduction of Health and Illness Concepts A. Definition B. Scope, C. Individual Risk Factors and Populations at Risk D. Physiologic Process and Consequences E. Assessment •History •Examination •Diagnostic Studies F. Clinical Management •Primary Prevention •Secondary Prevention •Collaborative Interventions G. Interrelated Concepts H. Exemplars	Nutrition		
	Elimination		<ul style="list-style-type: none"> Assess client for alteration in elimination (4. A)
	Perfusion		Knowledge of Concept (2)
	Gas Exchange		Knowledge of Concept (2)
	Infection	<ul style="list-style-type: none"> SCDs UTI „ Pyelonephritis Cystitis 	<ul style="list-style-type: none"> Apply basic principles of infection control (universal/ standard precautions (1. B) Identify ways to maintain optimal client temperature (4. C)
	Pain		<ul style="list-style-type: none"> Assess client need for pain management (4. A)
	Stress & Coping	<ul style="list-style-type: none"> Levels of Anxiety 	<ul style="list-style-type: none"> Identify basic coping mechanisms (3) Assess psychosocial, spiritual and occupational factors affecting care (3) Identify non-verbal cues to physical and/or psychological stressors (3)
	Anxiety		Knowledge of Concept (2)
	Addiction		Knowledge of Concept (2)
	Interpersonal Violence		<ul style="list-style-type: none"> Identify s/s of abuse or neglect (3)
Outline	Professional Nursing Concepts	Exemplars	Competencies*
Introduction of Professional Nursing Concepts A. Definition B. Scope C. Attributes D. Theoretical Links E. Context to Nursing and Health Care F. Interrelated Concepts G. Exemplars	Professional Identity	<ul style="list-style-type: none"> Standards Main principles 	<ul style="list-style-type: none"> Identify the Nursing Code of Ethics in relation to the student and caregiver role (1. A) Identify the legal scope of practice for the registered nurse (1.A) Identify self-learning needs (1.A) Give and receive constructive feedback. (GRCC ILO: PR5)
	Clinical Judgment	<ul style="list-style-type: none"> nursing process, prioritization, time management 	<ul style="list-style-type: none"> Identify strategies to manage time effectively (1. A) Identify cost containment measures (1. A) Identify the use of a nursing diagnosis in the development of a plan of care (1. A) Consider simple information resources that can impact the delivery of care (1. A) Assess client vital signs and identify interventions to respond to changes (4. C)
	Health Promotion	<ul style="list-style-type: none"> physical fitness screenings Self-Awareness Self-Assessment 	Knowledge of Concept (2)
	Communication	<ul style="list-style-type: none"> Interviewing Therapeutic SBAR 	<ul style="list-style-type: none"> Identify approved abbreviations and standard terminology for documenting care(1.A) Identify basic techniques in therapeutic communication (3)

			<ul style="list-style-type: none"> Effectively organize communications, ensuring there is a clear introduction and conclusion, the content is well sequenced, and there are appropriate transitions. (GRCC ILO: CS2)
	Collaboration	<ul style="list-style-type: none"> Nurse-Patient relationship skills Teamwork Team members 	Knowledge of Concept (1.A)
	Safety	<ul style="list-style-type: none"> Assessment Stand-Precautions Environment National Pt Safety Goals 	<ul style="list-style-type: none"> Assess Client for Allergies in process of taking health history (1.B) Identify factors that put client at risk for injury (1. B) Identify measures to determine proper identification of client (1. B) Identify potential errors in practice and methods for documenting (1. B)
	Health Care Policy		<ul style="list-style-type: none"> Identify measures that maintain client privacy (1. A)

* NCSBN: The following competencies are Related Activity Statements in the 2011 RN Analysis of Newly Licensed Registered Nurses in the U.S. and Member Board Jurisdictions