

PN 118 Health Illness Concepts for the Practical Nurse

Credits: 6 Contact Hours: 10

Pre-Requisites: PN 110 (B- or higher), NUR 115 (B- or higher)

Co-Requisites: None

This course introduces individual, health and illness, and professional nursing and health care concepts. Individual concepts include functional ability and culture. Health and illness concepts include glucose regulation, nutrition, elimination, perfusion, gas exchange, immunity, inflammation, infection, pain, stress and coping, and interpersonal violence. Professional nursing and health care concepts include professional identity, clinical judgment, health promotion, communication, collaboration, safety and health care policy. Upon completion, students should be able to provide safe nursing care incorporating the concepts identified in this course.

Course Outcomes

1. Coordinated Care: The practical/vocational nursing student collaborates with health care team members to facilitate effective care for the geriatric client. (1.A)
2. Safety and Infection Control: The practical/vocational nursing student contributes to the protection of geriatric clients and health care personnel from health and environmental hazards. (1.B)
3. Health Promotion and Maintenance: The practical/vocational nursing student *identifies* nursing care for geriatric clients that incorporate the knowledge of expected stages of growth and development, and prevention and/or early detection of health problems. (2)
4. Psychosocial Integrity: The practical/vocational nursing student *identifies* care that assists with promotion and support of the emotional, mental and social well-being of the geriatric client. (3)
5. Basic Care and Comfort: The practical/vocational nursing student *identifies* comfort measures for the geriatric client and ways to assist in the performance of activities of daily living. (4.A)
6. Pharmacological Therapies: The practical/vocational nursing student *identifies* care related to the administration of medications and monitors geriatric clients who are receiving parenteral therapies. (4.B)
7. Reduction of Risk Potential: The practical/vocational nursing student reduces the potential for geriatric clients to develop complications or health problems related to treatments, procedures or existing conditions. (4.C)
8. Physiological Adaptation: The practical/vocational nursing student participates in *identifying* care for geriatric clients with acute, chronic or life-threatening physical health conditions. (4.D)
(Outcomes 1-8 refer to the 2013 NCLEX-PN® Detailed Test Plan Item Writer/Item Reviewer/Nurse Educator Version. Parentheses refer to program outcomes/NCSBN Framework).
9. Use well-designed search strategies to gather data and information. (CT10)
10. Develop specific goals and plans to prioritize, organize, and accomplish work. (PR4)

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">• Mobility (physical)• Arthritis• Fractures• Peripheral Neuropathy• Fibromyalgia• Visual disorders• Macular degeneration• Cataracts• Glaucoma• Hearing disorders• Cognitive• Sleep/Rest	<ul style="list-style-type: none">• Assist in the care and comfort for a client with a visual and/or hearing impairment (4. A)• Assist with activities of daily living (4. A)• Identify and provide measures to promote sleep/rest (4. A)

	Culture	<ul style="list-style-type: none"> Emphasis with communication and individual life experiences 	Knowledge of Exemplars (3)
Outline	Health & 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	Glucose regulation	<ul style="list-style-type: none"> Metabolic Syndrome Diabetes 	<ul style="list-style-type: none"> Identify/Intervene to control signs of hypo or hyperglycemia (4. D)
	Nutrition	<ul style="list-style-type: none"> GERD Gall bladder PUD Obesity Gastric Bypass Dehydration Hyper/Hypo Na & K 	<ul style="list-style-type: none"> Monitor and provide for the nutritional needs of the geriatric client (4. A) Monitor intake and output of the geriatric client (4. A)
	Elimination	<ul style="list-style-type: none"> Incontinence Basic skills r/t GI/GU Ostomies Gastroenteritis IBD 	<ul style="list-style-type: none"> Institute bowel or bladder management (4. A) Insert, maintain, and remove urinary catheter (4. C) Provide care for a client with an ostomy (4. D)
	Perfusion	<ul style="list-style-type: none"> Wounds Pressure ulcers – Staging of pressure injury HTN DVT 	
	Gas Exchange	<ul style="list-style-type: none"> Pneumonia Sleep apnea (obesity) Bronchitis 	<ul style="list-style-type: none"> Determine /interventions to improve respiratory status of geriatric client (4. D)
	Inflammation	<ul style="list-style-type: none"> Allergies Appendicitis Cellulitis Dermatitis 	Knowledge of Exemplars (4-all)
	Infection	<ul style="list-style-type: none"> Nosocomial Influenza MRSA UTI Nephritis/Nephrosis Appendicitis 	<ul style="list-style-type: none"> Perform an irrigation of urinary catheter, bladder, wound, ear, nose or eye (4. A) Integrate cooling/warming measures to restore normal temperature in the geriatric client (4. D)
	Pain		Application of Concept (4.A)
	Stress & Coping	<ul style="list-style-type: none"> Anxiety Suicide Stress coping Depression 	<ul style="list-style-type: none"> Participate in reminiscence therapy, validation therapy, or reality orientation (3) Identify data from assigned geriatric client that depicts client's psychosocial functioning (3) Identify effective and ineffective coping mechanisms (3) Identify stressors that may affect the recovery/ health maintenance of the geriatric client (3) Assist the geriatric client to cope/adapt to stressful events and changes in health status (3) Identify client risk factors, and signs and symptoms for potential for violence to self and others (3) Make adjustment to care with consideration of the spiritual or cultural beliefs of the geriatric client (3) Explore why client is refusing or not following treatment plan (3) Assist in the care of the client experiencing sensory/perceptual alterations (3) Assist in the care of the cognitively impaired

			client (3) <ul style="list-style-type: none"> Identify ways to promote positive self-esteem and provide emotional support to the geriatric client and family (3)
	Interpersonal Violence	<ul style="list-style-type: none"> Elder abuse 	Knowledge of Concept and Exemplar (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"> Apply the nursing Code of Ethics in caring for the geriatric client and identify specific issues that are required to be reported by law (I. A) Provide care to the geriatric client within the legal scope of practice (I. A) Develop specific goals and plans to prioritize, organize, and accomplish work. (GRCC ILO: PR4)
	Clinical Judgment		<ul style="list-style-type: none"> Navigate EHR (chart) to identify relevant client data (I. A) Integrate organizational strategies and principles of prioritization into the delivery of care for the geriatric client (I. A) Identify evidence-based practice/ interventions that are relevant to assigned client's plan of care (I. A) Determine appropriate data to collect from assigned client to contribute to plan of care (I. A) Identify expected/ adverse client response to medication and monitor client for such (4. B) Identify appropriate data to collect prior to medication administration in the clinical setting (4. B) Identify basic prep/care and client education for client preparing to undergo a surgical procedure (4. C) Implement measures to prevent complication of condition or procedure in the geriatric client (4. C) Identify signs and symptoms related to the geriatric client's acute or chronic illness (4. D) Recognize and report change in geriatric client condition Use well-designed search strategies to gather data and information. (GRCC ILO: CT10)
	Health Promotion		<ul style="list-style-type: none"> Provide care that meets the needs of the adult client ages 18-64 years (2) Provide care that meets the needs of the adult client ages 65-85 years and over (2) Assist the geriatric client with expected life transitions (2) Provide care that meets the needs of the adult client ages 18-64 years Provide care that meets the needs of the adult client ages 65-85 years and over Identify appropriate education to client regarding medications (4. B) Reinforce education to the geriatric client regarding care and condition (4. D)

	Communication	<ul style="list-style-type: none"> • Documentation • Actual SBAR • Pt. Education • Pt Advocate • Pt. Centered Care (QSEN) 	<ul style="list-style-type: none"> • Determine the existence of Advanced Directives for assigned client (I. A) • Advocate for the rights and needs for the geriatric client while encouraging client self-advocacy (I. A) • Involve client in care decision making (I. A) • Identify aspects of client condition in SBAR format to include in report/ hand-off (I. A) • Use information technology in client (I. A) • Identify and implement therapeutic communication techniques that are appropriate for the geriatric client (3)
	Collaboration	<ul style="list-style-type: none"> • Hand off report • Team 	<ul style="list-style-type: none"> • Contribute to the development of the client plan of care (I. A) • Identify the role of other health care providers in providing care to the geriatric client in a residential setting (I. A)
	Safety	<ul style="list-style-type: none"> • Medications 	<ul style="list-style-type: none"> • Recognize task/assignment you are not prepared to perform and see appropriate assistance (I. A) • Identify client allergies prior to providing care (1. B) • Identify safety precautions that apply to geriatric client and assist in educating client about these (1. B) • Acknowledge and document practice error (1. B) • Follow protocol for timed client monitoring (1. B) • Identify least restrictive restraints or seclusion (1. B) • Monitor diagnostic or laboratory test results in the geriatric client (4. C) • Perform neurological checks (4. C)
	Health Care Policy	<ul style="list-style-type: none"> • QSEN 	Knowledge of Exemplar (1. B)

* NCSBN: The following competencies are Related Activity Statements in the 2012 LPN/VN Practice Analysis linking the 2014 NCLEX-PN Examination to Practice