

PN 131 Family Health Concepts

Credits: 5 Contact Hours: 8

Pre-Requisites: PN 118 (B- or higher)

Co-Requisites: None

This course is designed to further develop individual, health and illness, and professional nursing and health care concepts. Individual concepts include functional ability and culture. Health and illness concepts include nutrition, perfusion, gas exchange, reproduction, immunity, 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 family, including infants, children and childbearing clients. (1.A)
2. Safety and Infection Control: The practical/vocational nursing student contributes to the protection of the family, including infants, children and childbearing clients, and health care personnel from health and environmental hazards. (1.B)
3. Health Promotion and Maintenance: The practical/vocational nursing student *determines* nursing care for families, including infants, children and childbearing 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 *determines* care that assists with promotion and support of the emotional, mental and social well-being of the family, including infants, children and childbearing clients. (3)
5. Basic Care and Comfort: The practical/vocational nursing student *determines* comfort for the family, including infants, children and childbearing clients, and offers assistance in the performance of activities of daily living. (4.A)
6. Pharmacological Therapies: The practical/vocational nursing student *determines* care related to the administration of medications and monitors the family, including infants, children and childbearing clients who are receiving parenteral therapies. (4.B)
7. Reduction of Risk Potential: The practical/vocational nursing student reduces the potential for families, including infants, children and childbearing 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 *determining* care for families, including infants, children and childbearing 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. When communicating, use language that is appropriate to the audience. (CS10)
10. Discuss how communities, countries, or cultures differ in their values, politics, communication styles, beliefs and practices. (SR5)

Outline	Individual Concepts	Exemplars	Competencies*
Review of Individual Nursing Concepts A. Definition B. Scope, C. Attributes D. Theoretical Links	Functional Ability	<ul style="list-style-type: none">• Genetic deficits (peds)• Congenital/developmental deficits• Autism• ADHD• Cerebral Palsy• Concussion	<ul style="list-style-type: none">• Compare client development to norms (2)

E. Context to Nursing and Health Care F. Interrelated Concepts G. Exemplars		<ul style="list-style-type: none"> Seizure/Epilepsy 	
	Culture	<ul style="list-style-type: none"> Connect to family 	<ul style="list-style-type: none"> Discuss how communities, countries, or cultures differ in their values, politics, communication styles, beliefs and practices. (GRCC ILO: SR5)
Outline	Health & Illness Concepts	Exemplars	Competencies*
Review 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	<ul style="list-style-type: none"> Pregnancy Newborn and children Breastfeeding Malnutrition Failure to thrive 	<ul style="list-style-type: none"> Monitor and provide for the nutritional needs of the infant, child, childbearing client (4. A)
	Perfusion	<ul style="list-style-type: none"> Eclampsia Congenital heart defects 	Knowledge of Exemplars (4-all)
	Gas Exchange	<ul style="list-style-type: none"> RSV SIDS Asthma CF 	<ul style="list-style-type: none"> Implement interventions to improve respiratory status of infant, child, and childbearing client as appropriate (4. D)
	Reproduction	<ul style="list-style-type: none"> Newborn Pregnancy Stages Family planning Menstrual disorders 	<ul style="list-style-type: none"> Assist with fetal heart monitoring for the antepartum client (2) Monitor recovery of stable postpartum client (2)
	Immunity	<ul style="list-style-type: none"> Vaccines 	<ul style="list-style-type: none"> Identify clients in need of immunizations (2)
	Infection	<ul style="list-style-type: none"> Conjunctivitis Mastitis Otitis Media Chicken Pox, Shingles, Measles, Whooping Cough Pharyngitis Strep STIs 	<ul style="list-style-type: none"> Integrate cooling/warming measures to restore normal temperature in the infant, child, and/or childbearing client (4. D)
	Pain		Application of Concept (4.A)
	Stress & Coping	<ul style="list-style-type: none"> Postpartum Depression Childbirth (limited content on complications) 	<ul style="list-style-type: none"> Determine data from child/ childbearing client that depicts their psychosocial functioning and adapt care accordingly (3) Determine effective and ineffective coping mechanisms in the child/ childbearing client (3) Determine stressors that may affect the recovery/ health maintenance of the child/ childbearing client (3) Assist the child/ childbearing client to cope/adapt to stressful events and changes in health status (3) Determine existence of any data in child/family history that relates to potential for violence to self and others (3) Make adjustment to care with consideration of the spiritual or cultural beliefs of the family/ childbearing client (3) Determine strategies for promoting positive self-esteem and providing emotional support to the child, childbearing client and family (3)
	Interpersonal Violence	<ul style="list-style-type: none"> Family/partner 	Knowledge of Exemplar (3)

Outline	PROFESSIONAL NURSING CONCEPTS	Exemplars	Competencies*
Review 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"> Follow regulatory guidelines and apply the Nursing Code of Ethics, including the obligation to report specific issues in relation to the care of children, the childbearing client and families (1. A) Provide care to the child, childbearing client and families, within the legal scope of practice (1. A) Determine appropriate data to collect that will aid in identifying the needs of the family as a client (1. A)
	Clinical Judgment		<ul style="list-style-type: none"> Determine various sources of information that will aid in meeting the care needs of the child, family, and/or childbearing client (1.A) Incorporate evidence-based practice in the care of the child and/or childbearing client (1. A) Monitor child/ childbearing client for expected/ adverse response to medication and report as appropriate (4. B) Collect required data prior to medication administration when demonstrating/caring for the infant, child, childbearing client (4. B) Implement measures to prevent complication of condition or procedure in the child/ childbearing client (4. C) Identify signs and symptoms related to acute or chronic illness in the child/ childbearing client (4. D) Recognize and report change in condition of the child/ childbearing client (4. D)
	Health Promotion	<ul style="list-style-type: none"> Physical fitness Screenings (peds) 	<ul style="list-style-type: none"> Provide care that meets the needs of the newborn less than one month old through 2 years (2) Provide care that meets the needs of the preschool, school age and adolescent client ages 3-17 years (2) Assist the child, childbearing family with expected life transitions (2) Provide care and care resources for beginning of life issues (2) Reinforce education to family/ childbearing client regarding medication use (4. B) Reinforce education to the child/ childbearing client regarding care and condition (4. D)
	Communication	<ul style="list-style-type: none"> Incivility Assertiveness 	<ul style="list-style-type: none"> Advocate for the rights and needs for the minor and/or childbearing client while promoting client self-advocacy (1. A) Involve the family in care decision making (1. A) Identify and implement therapeutic communication techniques that are appropriate for the family, child and childbearing client (3) When communicating, use language that is appropriate to the audience. (GRCC ILO: CS10)
	Collaboration		<ul style="list-style-type: none"> Determine other health care providers that are appropriate to include as part of the interdisciplinary team caring for a family (1. A)

	Safety	<ul style="list-style-type: none"> ● Error reporting ● Poisoning ● Helmet use, seatbelt, sexual behaviors (injury protections) 	<ul style="list-style-type: none"> ● Assess child and/or childbearing client for allergies prior to care and intervene as appropriate (1. B) ● Determine appropriate education regarding safety precautions to provide children/ childbearing clients and reinforce as needed (1. B) ● Monitor diagnostic or laboratory test results in the child/ childbearing client (4. C) ● Identify signs or symptoms of potential prenatal complications (4. C) ● Perform risk monitoring of the infant, child, and childbearing client and implement interventions (4. C)
	Health Care Policy	<ul style="list-style-type: none"> ● Evidence-based practice in healthcare 	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