

INSTRUCTIONAL MATERIALS

BOOKS AND EQUIPMENT USED IN NURSING I (NUR 101) REQUIRED:

Equipment	All nursing students are required to purchase a stethoscope and a penlight. A portable manual blood pressure cuff (sphygmomanometer) is recommended but not required. In addition, a kit containing equipment for skills practice is <u>required</u> and will be available in the bookstore.
Kaplan Nursing	<u>Kaplan Access Card</u> . Available only in the college bookstore, Card along with paid receipt <u>must be shown to instructor on first day of classes.</u> This will allow for online secure access to Kaplan homepage which provides study skills workshops, practice tests, secured tests, test results, remediation resources and NCLEX-RN® prep materials.
Wilkinson & Treas	<u>Fundamentals of Nursing</u> , 3 rd Ed. Volume 1 (textbook), F.A. Davis
Wilkinson & Treas	<u>Fundamentals of Nursing</u> , 3 rd Ed. Volume 2 (skill book), F.A. Davis
Halter, Varcarolis, Shoemaker & Carson	<u>Foundations of Psychiatric Mental Health Nursing</u> , 8 th Ed. Saunders
Mulholland	<u>The Nurse, The Math, The Meds: Drug Calculations using Dimensional Analysis</u> , 3 rd Ed., Mosby
Ackley & Ladwig	<u>Nursing Diagnosis Handbook</u> , 11 th Ed., Mosby
American Psychological Association	<u>Publication Manual of the American Psychological Association</u> 6 th Ed.
<i>These two books are available for free on Stat!Ref via the Library website (The VanLeeuwen text is currently available for free in the 6th edition only!)</i>	
Van Leeuwen, Poelhusis-Leth & Bladh	<u>Davis's Comprehensive Handbook of Lab & Diagnostic Tests w/Nursing Implications</u> , 7 th Ed., F.A. Davis
Deglin & Vallerand	<u>Davis's Drug Guide for Nurses w/CD ROM</u> , 15 th Ed., F.A. Davis
<u>RECOMMENDED/OPTIONAL BOOKS:</u>	
DavisEdge RN Fundamentals	Optional digital resource for test review questions based on Fundamentals textbook
P. McHugh Schuster	<u>Concept Mapping</u> , 4 th Ed., F.A. Davis
Nugent & Vitale	<u>Test Success: Test- Taking Techniques for Beginning Nursing Students</u> , 8 th Ed., F.A. Davis
Dunham	<u>How to Survive & Even Love Nursing School</u> , 2008, 3 rd Ed. F.A. Davis

CHRONOLOGY OF STUDY: FIRST THREE WEEKS

Week I (8/27/2018)

NURSING AND HEALTH; ORIENTATION TO THE PROFESSION OF NURSING; HEALTH CARE DELIVERY; EVIDENCE-BASED PRACTICE; HEALTH & ILLNESS; INFECTION PREVENTION AND CONTROL

Readings: Books listed by author (See book list for titles):

Wilkinson & Treas: Chapters 1 (Evolution of Nursing Thought & Action), 6 (pp. 108-109), 8 pp (147-148), 9 (pp 168–169 Erikson & 196-200 Middle Adulthood), 10 (Lifespan of Older Adulthood), 11 (Experiencing Health & Illness), 23 (Promoting Asepsis & Preventing Infection), 42 (Promoting Health pp.1095-1113) for additional Specific Chapter Resources go to **DavisPl.us/Wilkinson3**

Mulholland: Complete Math Self-Assessment pp 2-4 (to assist in identifying areas where review may be needed), Chapter 1 (Math Review)

Halter, Varcarolis: Chapter 2 (pages 30 & 31: Erikson's 8 Stages of Development & pages 26-28: Maslow's Hierarchy of Needs).

OUTLINE

- I. Nursing and Health
 - A. The Profession of Nursing
 - B. Evolution of Professional Nursing
 - C. The contemporary image of professional nursing
 - D. Nursing licensure and certification
 - E. Educational preparation
- II. Professional Nursing
 - A. Professional nursing practice
 - 1. Standards of practice
 - 2. Nurse practice acts
 - 3. Nursing organizations
 - B. Professional values in Nursing
- III. Health Care Delivery
 - A. Settings
 - B. Levels of care
 - C. Health care team
 - D. Financing of health care
 - E. Regulation
- IV. Theoretical Framework
 - A. Theory
 - 1. Maslow
 - 2. Erikson
 - B. Research (Evidence Based Practice)
 - C. Nursing Process (what is "ADPIE"?)
- V. Lifespan development
 - A. Middle adult
 - B. Older adult
- VI. Health and Illness Continuum
 - A. Experiencing health and illness

- B. Health disruptions
- C. Experiencing illness
- D. Promoting health

VII. Infection Control

- A. Asepsis and infection control
- B. The body's defense against infection

WEEK 2 (9/04/2018)

THERAPEUTIC COMMUNICATION; STRESS & ADAPTATION; COGNITIVE AND SENSORY ALTERATIONS; CULTUREÐNICITY; PROMOTING SAFETY; FACILITATING HYGIENE

Readings:

Halter: Chapters 8 (Therapeutic Relationships), 9 (Therapeutic Communication) 10 (Stress Response & Stress Management), 23 (Neurocognitive Disorders), 31 (Older Adults).

Wilkinson & Treas: Chapters 12 (Psychological Defense Mechanisms pp. 250-252), 15 (Culture & Ethnicity), 24 (Promoting Safety), 25 (Facilitating Hygiene), 30 (Sensation, Perception & Cognition).

for additional Chapter Resources go online to: DavisPl.us/Wilkinson3

Mulholland: Chapter 2 (Dimensional Analysis Method).

OUTLINE

I. Therapeutic relationships

- A. Social vs. therapeutic communications
- B. Self-awareness/Self concept
- C. Nurse-client relationship

II. The communication process: the nurse-client relationship

- A. Factors that affect communication
- B. Verbal and non-verbal communication
- C. Therapeutic communication techniques
- D. Non-therapeutic communication techniques
- E. Effective communication and conflict resolution

III. Stress and adaptation

IV. Cognitive & Sensory Alterations

V. Psychosocial needs of the older adult

VI. Culture and Ethnicity

- A. What culture is – the characteristics of culture
- B. Culture and nursing care
- C. Cultural competency and social issues in nursing and health care

VII. Promoting Safety

- A. Characteristics of safety over the lifespan
- B. Self-care and hygiene – alterations in the levels of self-care
- C. QSEN – quality and safety education for nurses

VIII. Facilitating Hygiene

IX. Dimensional analysis

WEEK 3 (9/10/2018)

THE NEED FOR OXYGEN: TEMPERATURE, PULSE, RESPIRATION & BLOOD PRESSURE (TPR & BP); ACTIVITY AND EXERCISE

Readings:

Wilkinson & Treas: Chapters 20 (Measuring Vital Signs), 32 (Physical Activity & Mobility), 36 (Oxygenation up to p. 957), 37 (Circulation) **for additional Chapter Resources go online to: [DavisPl.us/Wilkinson3](https://www.davispl.us/Wilkinson3)**

Mulholland: Chapter 3 (Metric Units & Conversions).

OUTLINE

I. Oxygenation and Circulation

- A. Overview of structure and function of the systems associated with regulation of temperature, pulse, respiration and blood pressure
- B. Terminology associated with regulation of temperature, pulse, respiration and blood pressure and pain assessment.

II. Assessing temperature, pulse and respiration

- A. Temperature
- B. Pulse
- C. Respiration
- D. Blood Pressure
- E. Alterations in TPR & BP throughout the lifespan

III. Mobility and body mechanics

- A. Normal mobility and exercise
- B. Factors affecting mobility
- C. Nursing management of clients with altered mobility
- D. Guidelines for moving and positioning clients safely
- E. Nursing Safety for Lifting & Moving Clients