

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

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 required 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 (ISBN-13: 978-0-8036-4077-1)
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 (ISBN 9780323896793)
Mulholland	<u>The Nurse, The Math, The Meds: Drug Calculations using Dimensional Analysis</u> , 3 rd Ed., Mosby (ISBN 9780323406475)
Ackley & Ladwig	<u>Nursing Diagnosis Handbook</u> , 11 th Ed., Mosby (ISBN 9780323322249)
American Psychological Association	<u>Publication Manual of the American Psychological Association</u> 6 th Ed. (ISBN #9781433805615)
<i>These two books are available for free on Stat!Ref via the Library website</i>	
Van Leeuwen, Poelhusis-Leth & Bladh	<u>Davis's Comprehensive Handbook of Lab. & Diagnostic Tests w/Nursing Implications</u> , 6 th Ed., F.A. Davis (ISBN: 9780803644052)
Deglin & Vallerand	<u>Davis's Drug Guide for Nurses w/CD ROM</u> , 15 th Ed., F.A. Davis (ISBN: 9780803657052)

RECOMMENDED/OPTIONAL BOOKS:

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 (ISBN 9780803638488)
Nugent & Vitale	<u>Test Success: Test- Taking Techniques for Beginning Nursing Students</u> , 7 th Ed., F.A. Davis (ISBN 9780803644182)
Dunham	<u>How to Survive & Even Love Nursing School</u> , 2008, 3 rd Ed. F.A. Davis (ISBN 9780803618299)

CHRONOLOGY OF STUDY

Week I (8/28/2017)

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, 6 (pp. 108-109), 8 (pp. 147-148), 9 (pp. 168-169 Erikson & 196-200 Middle Adulthood), 10, 11, 23, 42

Mulholland: Chapter 1 (including completing math self-assessment)

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 (EBP)
 - 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 (9/4/2017) (9/4/2017 College Closed Labor Day)

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

Readings:

Halter: Chapters 8, 9, 10, 23, 30
Wilkinson & Treas: Chapters 12 (pp. 250-252), 15, 24, 25, 30
Mulholland: Chapter 2

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 (9/11/2017)

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

Readings:

Wilkinson & Treas: Chapters 20, 32, 36 (up to p. 957), 37

Mulholland: Chapter 3

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