

## **NUR 101 - CHRONOLOGY OF STUDY – FALL 2023 - WEEKS 1, 2, 3**

### **Week I**

#### **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):

Treas: Chapters: 1 (Evolution of Nursing); 4 (Theory, Research & Evidence Based Practice) ; 5 (Middle Adulthood: pp. 149-150); 6 (Development: Adulthood); 7 (Experiencing Health & Illness); 20 (Infection Prevention & Control); 14 (Health Promotion).

For additional Specific Chapter Resources go to [www.DavisAdvantage.com](http://www.DavisAdvantage.com) (enter your access code, found on the inside cover of your new text, to join DavisAdvantage)

***\*Please note: Your weekly lab guides will list reading assignments for specific procedures that are included in the assigned chapters. You will be responsible for completion of these weekly reading assignments as well.***

Mulholland: ***Please complete Math Self-Assessment*** (to assist in identifying areas where review may be needed), Chapter 1 (Math Review)

Halter: Chapter 2 (Erikson's 8 Stages of Development: pp.30-31; & Maslow's Hierarchy of Needs: pp. 26-29).

### **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**

### **THERAPEUTIC COMMUNICATION; STRESS & ADAPTATION; COGNITIVE AND SENSORY ALTERATIONS; CULTURE&ETHNICITY; PROMOTING SAFETY; FACILITATING HYGIENE**

#### **Readings:**

- Halter: Chapters: 8 (Therapeutic Relationships); 9 (Therapeutic Communication); 10 (Stress Response & Stress Management); 23 (Neurocognitive Disorders); 31 (Older Adults).
- Treas: Chapters: 8 (Stress and adaptation, Psychological Defense Mechanisms); 11 (Culture & Ethnicity); 21 (Safety); 22 (Hygiene); 27 (Sensory Perception).  
**For additional Chapter Resources go online to:**  
[www.DavisAdvantage.com](http://www.DavisAdvantage.com)
- 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**

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

#### Readings:

Treas: Chapters: 18 (Vital Signs); 29 (Activity & Exercise: pp. 1192-1199); 33 (Oxygenation: pp. 1379-1386); 34 (Circulation & Perfusion: pp, 1459-1465)

**For additional Chapter Resources go online to:  
[www.DavisAdvantage.com](http://www.DavisAdvantage.com)**

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