

## NUR 101 - CHRONOLOGY OF STUDY – FALL 2026 - 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); 6 (Development: Adulthood); 7 (Experiencing Health & Illness); 19 (Promoting asepsis, Health Promotion, Preventing infection).

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 & 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**

**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 (Cultural Diverse Care); 20 (Safety); 21 (Hygiene); 26 (Sensory Perception).

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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: 17 (Vital Signs); 28 (Activity & Exercise) 32 (Oxygenation); 33 (Circulation & Perfusion) **For additional Chapter Resources go online to: [www.DavisAdvantage.com](http://www.DavisAdvantage.com)**

Mulholland: Chapter 3 (Metric Units & Conversions).

***\*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.***

#### **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

## REQUIRED BOOKS/RESOURCES

| Nursing Skill Kit (Bag) (This is purchased in Nursing 101, then used for all upper level nursing courses)   |               |
|---|---------------|
|   | ISBN          |
| *Sherpath access and Foundations of Psychiatric mental health Nursing 10 <sup>th</sup> edition Halter, Varcarolis, Shoemaker & Carson (Elsevier) E text   | 978032389679  |
| Optional binder ready printed version of Foundations of Psychiatric mental health Nursing 10 <sup>th</sup> edition Halter. Varcarolis, Shoemaker & Carson (Elsevier)  | 9780443127236 |
| *Nursing Diagnosis Handbook – Ackley 13 <sup>th</sup> edition (Elsevier)  | 9780323879880 |
| *The Nurse, The Math, The Meds: Drug Calculations using Dimensional Analysis, 5 <sup>th</sup> edition (Elsevier)  | 9780323479509 |
| *El Sevier bundled book package price (print only)  | 9780323942973 |
| *Vallerand-Davis Drug Guide 18 <sup>th</sup> edition (Davis)  | 9781719640053 |
| *VanLeeuwen Manual & Lab Diagnostic 11 <sup>th</sup> edition (Davis)  | 9781719650304 |
| *Treas: Davis Advantage for Basic Nursing 4th edition (Davis)<br><b>The text must be purchased along with Davis Advantage.</b><br>A promotional code is available when purchasing the text from F.A. Davis. Please see purchase options at: <a href="https://www.fadavis.com/product/nursing-basic-nursing-concepts-skills-reasoning-treas-3">https://www.fadavis.com/product/nursing-basic-nursing-concepts-skills-reasoning-treas-3</a><br><b>You are strongly advised to use the Davis Advantage resources to help you prepare for lecture, lab, clinical and tests!</b> |               |
| FA Davis Bundle Package Title *SUNY Orange/ADN/Nursing 1  | 9781719696531 |
| APA Manual (7 <sup>th</sup> edition)  | 9781433832161 |
| Kaplan Nursing resources (electronic access) purchased online via the bookstore   |               |

**These two books are available for free on Stat!Ref via the Library website**

Go to Stat!Ref at: <http://libguides.sunyorange.edu/c.php?g=680620>

Van Leeuwen,  
Poelhuis-Leth & Bladh

Davis's Comprehensive Handbook of Lab & Diagnostic,  
Tests w/Nursing Implications, 11<sup>th</sup> Ed., F.A. Davis

Deglin & Vallerand

Davis's Drug Guide for Nurses, 18<sup>th</sup> Ed., F.A. Davis

### **RECOMMENDED/OPTIONAL BOOKS:**

DavisEdge RN Fundamentals

Optional digital resource for test review questions based on Fundamentals textbook

P. McHugh Schuster  
Nugent & Vitale  
Nursing Students,

Concept Mapping, 5<sup>th</sup> Ed., F.A. Davis  
Test Success: Test- Taking Techniques for Beginning

8<sup>th</sup> Ed., F.A. Davis

Dunham  
Ed.

How to Survive & Even Love Nursing School, 2008, 3<sup>rd</sup>

F.A. Davis

Please see the [Bookstore website](#) for information on purchasing textbooks and instructional materials.