

**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 required and will be available in the bookstore.**  
**\*Students will also need to purchase a loose-leaf binder.** The binder is to be used to collect the student's weekly clinical assignments.

Kaplan Nursing

Kaplan Access Card. Available only in the college bookstore, Card along with paid receipt **must be shown to instructor on first day of classes.** 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. Must be purchased each semester for all nursing courses.

**I- Human Patients** by Kaplan, must be additionally purchased from the college bookstore. This will allow access to a virtual patient simulator, which is required for clinical coursework. ***This product must be purchased by the end of the first week of classes.***

Treas

Basic Nursing: Thinking, Doing and Caring, 3rd Ed., F.A. Davis

ISBN: 978171964207

***The text must be purchased along with Davis Advantage.***

A promotional code is available when purchasing the text from F.A. Davis. Please see purchase options at:  
<https://www.fadavis.com/product/nursing-basic-nursing-concepts-skills-reasoning-treas-3>

***You are strongly advised to use the Davis Advantage resources to help you prepare for lecture, lab, clinical and tests!***

Halter, Varcarolis, Shoemaker & Carson

Foundations of Psychiatric Mental Health Nursing, 8<sup>th</sup> Ed. Saunders ISBN: 9780323697071

Mulholland

The Nurse, The Math, The Meds: Drug Calculations using Dimensional Analysis, 4th Ed., Mosby  
ISBN:9780323792011

Ackley & Ladwig

Nursing Diagnosis Handbook, 12<sup>th</sup> Ed., Mosby  
ISBN: 9780323551120

American Psychological  
Association  
Association

Publication Manual of the American Psychological  
8<sup>th</sup> Ed.

**\*\*\*\* EHR GO will also be required purchase – more info will follow in August – please plan on a purchase of less than \$75 at the beginning of the semester DO NOT BUY YET!!!!**

*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,  
Poelhusis-Leth & Bladh

Davis's Comprehensive Handbook of Lab & Diagnostic,  
Tests w/Nursing Implications, 9<sup>th</sup> Ed., F.A. Davis  
ISBN: 9781719640589

Deglin & Vallerand

Davis's Drug Guide for Nurses w/CD ROM, 17<sup>th</sup> Ed., F.A.  
Davis  
ISBN: 9781719640053

### **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

Dunham  
Ed.

8<sup>th</sup> Ed., F.A. Davis  
How to Survive & Even Love Nursing School, 2008, 3<sup>rd</sup>  
F.A. Davis

## ***FIRST 3 WEEKS, CHRONOLOGY OF STUDY***

### **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 (Nursing Past & Present); 7 (Standards of Practice: pp.109); 8 (Theory, Research & Evidence Based Practice: pp. 131-133); 9 (Middle Adulthood: pp. 178-180); 10 (Development: Older Adulthood); 11 (Experiencing Health & Illness); 22 (Infection Prevention & Control: pp. 619-647); 27 (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 the 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: 12 (Psychological Defense Mechanisms: pp. 246-247); 15 (Culture & Ethnicity); 23 (Safety); 24 (Hygiene); 31 (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**

### **PHYSICAL ASSESSMENT& DIAGNOSTIC TESTS**

#### **Readings:**

Treas: Chapter 21 (Physical Assessment) **for additional Chapter Resources go online to [www.DavisAdvantage.com](http://www.DavisAdvantage.com)**

### **OUTLINE**

- I. Physical assessment
  - A. General Survey
  - B. How to assess each system
- II. Nursing process
  - A. Assessment: data collection - needs assessment of the client on admission to a health care facility
    - 1. Conducting a health history
    - 2. Skills of physical assessment and a general survey
    - 3. Guidelines for documentation
  - B. Data analysis: common NANDA nursing diagnoses E.g.
    - 1. High risk for injury R/T diminished visual acuity
    - 2. Altered health maintenance R/T lack of knowledge of health practices

C. Expected outcomes – identification of outcomes related to the specific nursing diagnosis chosen that can

be used to monitor progress toward outcome achievement

D. Nursing interventions and rationale focusing on client's health status and learning needs

E. Evaluation – ongoing assessment & evaluation of outcome achievement with modification as needed.

### III. Diagnostics

A. Diagnostic tests

B. Laboratory data