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.

Treas
Basic Nursing: Thinking, Doing and Caring, 2nd Ed., F.A. Davis
The text must be purchased along with DavisAdvantage. 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-2
You are strongly advised to use the DavisAdvantage resources to help you prepare for lecture, lab, clinical and tests!

Halter, Varcarolis, Shoemaker & Carson
Foundations of Psychiatric Mental Health Nursing, 8th Ed. Saunders

Mulholland

Ackley & Ladwig
Nursing Diagnosis Handbook, 12th Ed., Mosby

American Psychological Association

These two books are available for free on Stat!Ref via the Library website
Go to Stat!Ref at:
Van Leeuwen, Poelhusis-Leth & Bladh
Davis’s Comprehensive Handbook of Lab & Diagnostic Tests w/Nursing Implications, 8th Ed., F.A. Davis

Deglin & Vallerand
Davis’s Drug Guide for Nurses w/CD ROM, 16th Ed., F.A. Davis

RECOMMENDED/OPTIONAL BOOKS:
DavisEdge RN Fundamentals
Optional digital resource for test review questions based on Fundamentals textbook

P. McHugh Schuster
Concept Mapping, 4th Ed., F.A. Davis

Nugent & Vitale
Test Success: Test- Taking Techniques for Beginning Nursing Students, 8th Ed., F.A. Davis

Dunham
How to Survive & Even Love Nursing School, 2008, 3rd Ed., F.A. Davis

CHRONOLOGY OF STUDY

Week I (8/26/2019)
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 (enter your access code, found on the inside cover of the text, to join DavisAdvantage)

*Please note: Your weekly lab guides, which will be available in August, 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)
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 (9/03/2019)

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

Readings:

Halter: Chapters: 8 (Therapeutic Relationships); 9 (Therapeutic Communication);
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 (9/09/2019)

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

Readings:
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 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