

INSTRUCTIONAL MATERIALS

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

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| Equipment | <p>*All nursing students are required to purchase a stethoscope and a penlight.</p> <p>*A portable manual blood pressure cuff (sphygmomanometer) is recommended but not required.</p> <p>*In addition, a kit containing equipment for skills practice is <u>required</u> and will be available in the bookstore.</p> <p>*Students will also need to purchase a loose-leaf binder. The binder is to be used to collect the student's weekly clinical assignments.</p> |
| Kaplan Nursing | <p><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.</p> |
| Treas | <p><u>Basic Nursing: Thinking, Doing and Caring, 2nd Ed., F.A. Davis</u></p> <p><i>The text must be purchased along with DavisAdvantage.</i> 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</p> <p><i>You are strongly advised to use the DavisAdvantage resources to help you prepare for lecture, lab, clinical and tests!</i></p> |
| Halter, Varcarolis, Shoemaker & Carson | <p><u>Foundations of Psychiatric Mental Health Nursing, 8th Ed. Saunders</u></p> |
| Mulholland | <p><u>The Nurse, The Math, The Meds: Drug Calculations using Dimensional Analysis, 4th Ed., Mosby</u></p> |
| Ackley & Ladwig | <p><u>Nursing Diagnosis Handbook, 12th Ed., Mosby</u></p> |
| American Psychological Association | <p><u>Publication Manual of the American Psychological Association</u></p> <p>6th Ed.</p> |

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:

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| DavisEdge RN Fundamentals | Optional digital resource for test review questions based on Fundamentals textbook |
| P. McHugh Schuster Nugent & Vitale <u>Nursing Students,</u> | <u>Concept Mapping, 4th Ed., F.A. Davis</u> <u>Test Success: Test- Taking Techniques for Beginning</u> 8 th Ed., F.A. Davis |
| Dunham Ed. | <u>How to Survive & Even Love Nursing School, 2008, 3rd</u> 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)

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 (9/03/2019)

THERAPEUTIC COMMUNICATION; STRESS & ADAPTATION; COGNITIVE AND SENSORY ALTERATIONS; CULTUREÐNICITY; 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

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 (9/09/2019)

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

Readings:

Treas: Chapters: 19 (Vital Signs: pp. 420-454); 33 (Activity & Exercise: pp.

1180-1213); 37

(Oxygenation: pp. 1361-1385); 38 (Circulation & Perfusion: pp, 1439-

1446)

For additional Chapter Resources go online to:

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