

## INSTRUCTIONAL MATERIALS

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

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| 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. <b>In addition, a kit containing equipment for skills practice is <u>required</u> and will be available in the bookstore.</b>   |
| Kaplan Nursing                                    | <u>Kaplan Access Card</u> . Available only in the college bookstore, Card along with paid receipt <b><u>must be shown to instructor on first day of classes</u></b> . 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. |
| Wilkinson & Treas                                 | <u>Fundamentals of Nursing</u> , 3 <sup>rd</sup> Ed. Volume 1 (textbook), F.A. Davis  |
| Wilkinson & Treas                                 | <u>Fundamentals of Nursing</u> , 3 <sup>rd</sup> Ed. Volume 2 (skill book), F.A. Davis  |
| Halter, Varcarolis, Shoemaker & Carson            | <u>Foundations of Psychiatric Mental Health Nursing</u> , 8 <sup>th</sup> Ed. Saunders  |
| Mulholland  | <u>The Nurse, The Math, The Meds: Drug Calculations using Dimensional Analysis</u> , 4 <sup>th</sup> Ed., Mosby   |
| Ackley & Ladwig                                   | <u>Nursing Diagnosis Handbook</u> , 11 <sup>th</sup> Ed., Mosby   |
| American Psychological Association<br>Association | <u>Publication Manual of the American Psychological Association</u><br>6 <sup>th</sup> Ed.  |
| Van Leeuwen,<br>Poelhusis-Leth & Bladh            | <i>These two books are available for free on Stat!Ref via the Library website</i><br><u>Davis's Comprehensive Handbook of Lab &amp; Diagnostic Tests w/Nursing Implications</u> , 6 <sup>th</sup> Ed., F.A. Davis   |
| Deglin & Vallerand                                | <u>Davis's Drug Guide for Nurses w/CD ROM</u> , 15 <sup>th</sup> 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<br>Nugent & Vitale<br><u>Nursing Students,</u> | <u>Concept Mapping</u> , 4 <sup>th</sup> Ed., F.A. Davis<br><u>Test Success: Test- Taking Techniques for Beginning</u> |
| Dunham<br>Ed.   | 8 <sup>th</sup> Ed., F.A. Davis<br><u>How to Survive &amp; Even Love Nursing School</u> , 2008, 3 <sup>rd</sup>        |
|   | F.A. Davis   |

## CHRONOLOGY OF STUDY

**Week I** (1/22/19)- School Starts 1/23

**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):

Wilkinson & Treas: Chapters 1 (Evolution of Nursing Thought & Action), 6 (pp. 108-109), 8 pp (147-148), 9 (pp 168–169 Erikson & 196-200 Middle Adulthood), 10 (Lifespan of Older Adulthood), 11 (Experiencing Health & Illness), 23 (Promoting Asepsis & Preventing Infection), 42 (Promoting Health pp.1095-1113) for additional Specific Chapter Resources go to **DavisPl.us/Wilkinson3**

Mulholland: Complete Math Self-Assessment pp 2-4 (to assist in identifying areas where review may be needed), Chapter 1 (Math Review)

Halter, Varcarolis: Chapter 2 (pages 30 & 31: Erikson's 8 Stages of Development & pages 26-28: 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 (EBP)
  - 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** (1/28/19)

**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).

Wilkinson & Treas: Chapters 12 (Psychological Defense Mechanisms pp. 250-252), 15 (Culture & Ethnicity), 24 (Promoting Safety), 25 (Facilitating Hygiene), 30 (Sensation, Perception & Cognition).

**for additional Chapter Resources go online to: [DavisPl.us/Wilkinson3](http://DavisPl.us/Wilkinson3)**

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** (2/4/19)

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

Readings:

Wilkinson & Treas: Chapters 20 (Measuring Vital Signs), 32 (Physical Activity & Mobility), 36 (Oxygenation

up to p. 957), 37 (Circulation) **for additional Chapter Resources go online to: [DavisPl.us/Wilkinson3](http://DavisPl.us/Wilkinson3)**

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