# 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.

**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.

**Wilkinson & Treas**

*Fundamentals of Nursing, 3rd Ed. Volume 1 (textbook), F.A. Davis*

**Wilkinson & Treas**

*Fundamentals of Nursing, 3rd Ed. Volume 2 (skill book), F.A. Davis*

**Halter, Varcarolis, Shoemaker & Carson**

*Foundations of Psychiatric Mental Health Nursing, 8th Ed. Saunders*

**Mulholland**


**Ackley & Ladwig**

*Nursing Diagnosis Handbook, 11th Ed., Mosby*

**American Psychological Association**


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

**Van Leeuwen, Poelhusis-Leth & Bladh**

*Davis’s Comprehensive Handbook of Lab & Diagnostic Tests w/Nursing Implications, 6th Ed., F.A. Davis*

**Deglin & Vallerand**

*Davis’s Drug Guide for Nurses w/CD ROM, 15th Ed., F.A. Davis*
**RECOMMENDED/OPTIONAL BOOKS:**

<table>
<thead>
<tr>
<th>Book Title</th>
<th>Description</th>
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<tbody>
<tr>
<td>DavisEdge RN Fundamentals</td>
<td>Optional digital resource for test review questions based on Fundamentals textbook</td>
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<tr>
<td>P. McHugh Schuster Concept Mapping, 4th Ed., F.A. Davis</td>
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<tr>
<td>Nugent &amp; Vitale Test Success: Test-Taking Techniques for Beginning Nursing Students, 8th Ed., F.A. Davis</td>
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<tr>
<td>Dunham How to Survive &amp; Even Love Nursing School, 2008, 3rd Ed.</td>
<td>F.A. Davis</td>
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Nursing I Book list Spring 2019
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)


**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

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

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