

NUR 111 Introduction to Health Concepts

COURSE DESCRIPTION:

Prerequisites: Must be enrolled in Associate Degree Nursing Program

Corequisites: ACA 122 (or waiver), ENG 111, PSY 150, BIO 168

This course introduces the concepts within the three domains of the individual, healthcare, and nursing. Emphasis is placed on the concepts within each domain including medication administration, assessment, nutrition, ethics, interdisciplinary teams, informatics, evidence-based practice, individual-centered care, and quality improvement. *Upon completion, students should be able to provide safe nursing care incorporating the concepts identified in this course.*

Course Hours per Week: Class, 4 Lab, 6 Clinical, 6.

Semester Hours Credit, 8.

Placement in the curriculum: First Semester

LEARNING OUTCOMES:

Upon completing requirements for this course, the student will be able to:

1. Relate to the individual as a holistic, complex, multidimensional, unique, and significant person.
2. Apply foundational principles of professional nursing practice to provide safe, culturally competent, therapeutic care for individuals.
3. Apply knowledge of the concepts within the domain of the healthcare system to provide safe, ethical care to the individual.

OUTLINE OF INSTRUCTION:

- I. Concepts Related to the Individual
 - A. Spirituality
 - i. Spiritual Health
 - ii. Spiritual Well-being
 - iii. Religion
 - iv. Higher Consciousness
 - v. Morality
 - vi. Spiritual Distress
 - B. Culture
 - i. Multiculturalism
 - ii. Values and Beliefs
 - iii. Religion
 - C. Diversity
 - i. Vulnerable populations
 - ii. Age
 - iii. Gender
 - iv. Race
 - v. Abilities
 - vi. Individual life experiences

- vii. Sexual orientation
- D. Self
 - i. Self-esteem
 - ii. Identity
 - iii. Self-perception & Body Image
- E. Family
 - i. Family Dynamics
 - ii. Family Structure and roles
 - iii. Divorce
 - iv. Family Response to Health Promotion
 - v. Family Response to Health Alterations
- F. Health, Wellness, Illness
 - i. Consumer Education
 - ii. Physical Fitness
 - iii. Exercise
 - iv. Oral Health
 - v. Nutrition
 - vi. Screening
 - vii. Lifestyle choices
 - viii. Self-management
 - ix. Health beliefs
 - x. Wellness-Illness Continuum
- G. Teaching and Learning
 - i. Teaching Learning Process
 - ii. Motivation
- H. Comfort
 - i. Pain
 - ii. Fatigue
 - iii. Sleep-Rest Disorders
 - iv. Fibromyalgia
- I. Cognition
 - i. Acute Confusion
 - ii. Chronic Confusion
- J. Oxygenation
 - i. Respiratory Assessment and skills
- K. Perfusion
 - i. Circulation Assessment and Skills
- L. Inflammation
 - i. Inflammatory Process
 - ii. Hypersensitivity
 - iii. Systemic Lupus Erythematosus
- M. Tissue Integrity
 - i. Contact Dermatitis
 - ii. Pressure ulcers
 - iii. Wound Healing

- iv. Skin Assessment
- N. Infection
 - i. Hospital-Acquired Infections
 - ii. UTI
 - iii. MRSA
 - iv. Cellulitis
 - v. VRE
- O. Thermoregulation
 - i. Hypothermia
 - ii. Hyperthermia
- P. Fluid and Electrolyte Balance
 - i. Basic Fluid Balance
 - ii. Basic Electrolyte Balance
 - iii. Potassium balance
 - iv. Sodium balance
- Q. Elimination
 - i. Urinary and GI Assessment
 - ii. Bladder: incontinence and retention
 - iii. Bowel: Incontinence, Constipation, Impaction
- R. Sensory Perception
 - i. Sensory Assessment
 - ii. Sensory Impairment
 - iii. Macular Degeneration
 - iv. Cataracts
 - v. Glaucoma
- S. Stress and Coping
 - i. Anxiety Assessment

II. Concepts Related to Nursing

- A. Accountability
 - i. Competence
 - ii. Professional Development
- B. Clinical Decision Making
 - i. Nursing Process
 - ii. Problem-solving
 - iii. Decision making
 - iv. Critical thinking
- C. Ethics
 - i. ANA Code of Ethics
 - ii. Ethical Principles
 - iii. Patient Rights
- D. Legal Issues
 - i. Nursing Practice Act
 - ii. Obligation to Report
 - iii. Advance Directives

- iv. HIPAA
 - E. Professional Behaviors
 - i. Commitment to the Profession
 - ii. Work Ethics
 - F. Communication
 - i. Communication
 - ii. Reporting (SBAR)
 - iii. Documentation
 - G. Collaboration
 - i. Interdisciplinary teams
 - ii. Chain of Command
 - iii. Interdisciplinary Communication
- III. Concepts Related to Health Care
- A. Health Policy
 - i. Regulatory Agencies (OSHA, Licensure, DHHS, DHSR, CMS)
 - ii. Accrediting Bodies (TJC)
 - iii. Professional Organizations
 - B. Health Care systems
 - i. Access to Health Care
 - ii. Diagnostic Related Groupings (DRGs)
 - C. Managing Care
 - i. Cost-effective care
 - ii. Care coordination
 - iii. Delegation
 - D. Quality Improvement
 - i. Sentinel Events
 - ii. Reporting
 - E. Evidence-based Practice
 - i. Introduction to Best Practices
 - ii. Individual Preferences
 - iii. Develop a question
 - A. Safety
 - i. Standard Precautions
 - ii. National Patient Safety Goals
 - iii. "Hand-off" Communication

REQUIRED TEXTBOOK AND MATERIAL:

The textbook and other instructional material will be determined by the instructor.