

## NUR 114 Holistic Health Concepts

### COURSE DESCRIPTION:

Prerequisites: NUR 111, ACA 122 (or waiver), ENG 111, PSY 150, BIO 168, Must be enrolled in Associate Degree Nursing Program

Corequisites: NUR 112

This course is designed to further develop the concepts within the three domains of the individual, healthcare, and nursing. Emphasis is placed on the concepts of cellular regulation, perfusion, inflammation, sensory perception, stress/ coping, cognition, self, violence, health-wellness-illness, professional behaviors, caring interventions, and safety. *Upon completion, students should be able to provide safe nursing care incorporating the concepts identified in this course.*

Course Hours per Week: Class, 3. Clinical, 6.

Semester Hours Credit, 5.

Placement in the curriculum: Second Semester

### LEARNING OUTCOMES:

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

1. Practice professional nursing behaviors incorporating personal responsibility and accountability for continued competence.
2. Communicate professionally and effectively with individuals, significant support person(s) and members of the interdisciplinary healthcare team.
3. Integrate knowledge of the holistic needs of the individual to provide an individual centered assessment.
4. Make clinical judgments and management decisions using the nursing process, evidence-based findings, and informatics to ensure quality patient care.
5. Implement safe caring interventions for individuals and significant support persons in diverse settings using evidence-based practice.
6. Develop a teaching plan for individuals and/or the nursing team, incorporating teaching and learning principles.
7. Collaborate with the interdisciplinary health care team to advocate for positive individual and organizational outcomes.
8. Manage health care for individuals using cost effective nursing strategies, quality improvement processes, and current technologies.

### OUTLINE OF INSTRUCTION:

- I. Concepts Related to the Individual
  - A. Self
    - i. Eating and Feeding Disorders
    - ii. Personality Disorders
  - B. Cellular Regulation
    - i. Prostate Cancer
    - ii. Colorectal Cancer
  - C. Mood /Affect

- i. Bipolar Disorder
  - ii. Depression
  - iii. Situational Depression
- D. Elimination
  - i. BPH
  - ii. Urinary calculi-Kidney stones
- E. Inflammation
  - i. Gallbladder Disease
  - ii. Inflammatory Bowel Disease
  - iii. Nephritis
  - iv. Peptic Ulcer Disease
- F. Violence
  - i. Suicide
- G. Stress & Coping
  - i. Obsessive-Compulsive Disorder
  - ii. Post-Traumatic Stress Disorder
- H. Cognition
  - i. Alzheimer's Disease
  - ii. Dementia
  - iii. Schizophrenia
- I. Perfusion
  - i. Angina
  - ii. DVT-Deep Venous Thrombosis
  - iii. Heart Failure
  - iv. Basic Rhythms
  - v. Hypertension
  - vi. Arteriosclerosis
  - vii. Hyperlipidemia
- A. Safety
  - i. National Patient Safety Goals

**REQUIRED TEXTBOOK AND MATERIAL:**

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