

**NUR 113**  
**FAMILY HEALTH CONCEPTS**

**COURSE DESCRIPTION:**

**Prerequisites:** NUR 111, NUR 112, NUR 114, NUR 212, BIO 169, BIO 271, PSY 150, PSY 241

**Corequisites:** NUR 211, ENG 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 oxygenation, sexuality, reproduction, grief/loss, mood/affect, behaviors, development, family, health-wellness-illness, communication, caring interventions, managing care, safety, and advocacy. Upon completion, students should be able to provide safe nursing care incorporating the concepts identified in the course. Course Hours Per Week: Class: 3. Lab: 0. Clinical: 6. Semester Hours Credit: 5. Placement in the curriculum: Third Semester.

**LEARNING OUTCOMES:**

Upon completion of this course, the student will:

- A. Practice professional nursing behaviors incorporating personal responsibility and accountability for continued competence, specifically:
  - 1. Demonstrate the role of the ADN student in the ethical, legal, and regulatory frameworks of nursing and standards of professional nursing practice, examining common ethical/legal dilemmas that impact nursing care.
  - 2. Report nursing care errors or omissions to instructor/care nurse promptly, assessing the situation for risk potential.
  - 3. Assure that assigned care and documentation are completed, recognizing and reporting significant data and changes in the client health status to the instructor and health care team immediately.

4. Practice within the policies/procedures and standards of care of the clinical agency, utilizing evidence-based standards of care in performing nursing measures.
  5. Advocate for client-centered care, respecting individual client's rights.
  6. Identify actual or potential breeches of client confidentiality.
  7. Practice within the parameters of individual knowledge and experience.
  8. Compare and contrast the functions and purpose of various professional nursing organizations.
  9. Serve as a positive role model within the role of the ADN student.
  10. Recognize the impact of economic, political, social, and demographic forces on the delivery of inpatient care.
  11. Identify resources for participation in lifelong learning.
  12. Propose ways of improving own nursing practice, utilizing evidence-based information and resources.
  13. Maintain appropriate professional boundaries in the nurse-client relationship.
- B. Communicate professionally and effectively with individuals, significant support person(s), and members of the interdisciplinary healthcare team, specifically:
1. Utilize age appropriate verbal and non-verbal communication which conveys a caring attitude toward the client, significant support person(s), staff and colleagues.
  2. Communicate relevant, accurate, and complete information in a concise and clear manner to client, significant support person(s) (as appropriate), co-assigned RN, instructor, and nursing team members.
  3. Report and document assessments, interventions, and progress toward client outcomes.
  4. Protect confidential information.
  5. Identify breeches and report or act to correct.
  6. Utilize information technology to support and communicate the planning and provision of care.
  7. Utilize appropriate channels of communication with the nursing team to achieve positive client outcomes.
- C. Integrate knowledge of the holistic needs of the individual to provide an individual centered assessment.
1. Assess the interaction patterns of individual client.
  2. Assess the impact of developmental, emotional, cultural, religious, and spiritual influences on the client's health status.
  3. Assess the client's health status by completing a health history and performing a physical, psycho-social, and functional assessment.
  4. Assess client for learning strengths, capabilities, barriers, and educational needs.
  5. Assess the client's response to actual or potential health problems.
  6. Assess the client's response to interventions.
  7. Assess the client's ability to access available community resources.
  8. Assess the hospital environment for factors that may impact the client's health status.
  9. Assess the strengths, resources, and needs of clients within the context of their community.

- D. Make clinical judgments and management decisions using the nursing process, evidence based findings, and informatics to ensure quality patient care, specifically:
1. Make clinical judgments in implementing a plan of care for two clients ensuring accurate and safe care.
  2. Evaluate and utilize data from a complete holistic assessment of clients in the plan of care.
  3. Evaluate client care for two clients by utilizing identified outcomes.
  4. Revise and update nursing plan of care and priorities as appropriate.
  5. Utilize evidence-based standards in performing nursing measures.
- E. Implement safe, caring interventions for individuals and significant support person(s), in diverse settings using evidence-based practice, specifically:
1. Protect and promote the client's dignity.
  2. Identify and honor the emotional, cultural, religious, and spiritual influences on the client's health.
  3. Demonstrate caring behavior towards the client, significant support person(s), and peers.
  4. Provide accurate and safe nursing care to two clients in diverse settings.
  5. Implement and prescribed care regimen within the legal ethical, and regulatory framework of nursing practice.
  6. Provide a safe physical and psycho-social environment for two clients.
  7. Perform nursing skills competently.
  8. Assist the clients and significant support person(s) with intervention, treatment modalities, and self-care.
  9. Assist the client to achieve optimum comfort and functioning.
  10. Prepare the client and significant support person(s) for intervention, treatment modalities, and self-care.
  11. Support the client when making healthcare and end of life decisions.
  12. Adapt care in consideration of the client's culture, and/or habits.
- F. Develop a teaching plan for individuals, and/or the nursing team, incorporating teaching and learning principles, specifically:
1. Develop an individualized teaching plan for a client and significant support person(s) based on assessed client needs.
  2. Provide the client and significant support person(s) with the information to make choices regarding health care.
  3. Implement teaching plan for clients and their significant support person(s).
  4. Evaluate the effectiveness of the teaching plan for the client and significant support person(s).
  5. Revise teaching plan as needed.
  6. Identify necessary teaching and supervision of other personnel when identified aspects of care are delegated.

- G. Collaborate with the interdisciplinary health care team to advocate for positive individual and organizational outcomes, specifically:
1. Collaborate with the client and significant support person(s) to establish realistic and measurable client-centered outcomes.
  2. Work cooperatively with others to achieve client outcomes.
  3. Collaborate with the client, significant support person(s), and members of the health care team in evaluating the client's response to treatments and client outcome criteria.
  4. Interact with others to solve problems to achieve client goals and outcomes.
  5. Collaborate with the health care team for the purpose of achieving positive client outcomes.
- H. Manage health care for individuals using cost effective nursing strategies, quality improvement processes, and current technologies, specifically:
1. Establish priorities when caring for two clients.
  2. Organize care to meet priority needs of two clients.
  3. Demonstrate appropriate communication with health care settings to facilitate continuity of care.
  4. Identify aspects of care that may be delegated to other care givers.
  5. Identify necessary teaching and supervision of other personnel when aspects of care are delegated.
  6. Identify ways of meeting needs of clients with decreasing hospital stays.
  7. Identify the pros and cons of utilizing a variety of current health care technologies.
  8. Identify an area of patient care that should be considered for a quality improvement assessment.

## **CONTENT AND CONCEPTS**

### **I. Concepts related to Nursing**

- A. Communication
- B. Caring interventions
- C. Managing care

### **II. Concepts related to the Individual**

- A. Oxygenation
- B. Sexuality
- C. Reproduction
- D. Grief/loss
- E. Mood/affect
- F. Behaviors
- G. Development
- H. Family
- I. Health-wellness-illness
- J. Cellular regulation

### **III. Concepts related to Healthcare**

- A. Safety
- B. Advocacy

### **Methods of Instruction and Learning Activities**

Teaching methods may include, but not be limited to:

Audiovisuals	Computer-assisted instruction
Lecture, discussion, demonstration	Selected patient care assignments
Group work, Case studies, role-playing	Clinical worksheets and nursing care plans
Group Presentation	Problem-based learning scenarios

### **REQUIRED TEXTBOOKS:**

Hockenberry, Marilyn and David Wilson. *Wong's Essentials of Pediatric Nursing 8<sup>th</sup> Edition*. St Louis: Mosby, Inc. 2009. Print

Lowdermilk, Deitra L., Shannon Perry, and Kitty Cashion. *Maternity Nursing 8<sup>th</sup> Edition*. Mariland heights, MO: Mosby, Inc. 2010. Print.

### **RECOMMENDED TEXTBOOKS:**

DeSevo, Margot. *Maternal and Newborn Success, A course Review Applying Critical Thinking to Test Taking*. Philadelphia: F.A. Davis Company. 2009. Print

### **STATEMENT FOR STUDENTS WITH DISABILITIES:**

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 919-536-7207, ext. 1413 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1209.

**NUR 113**  
**OUTLINE OF INSTRUCTION**

**Module 1 - Reproduction**

- A. The antepartum client
  - 1) Normal antepartum care
  - 2) High-risk antepartum care
  - 3) Prenatal substance exposure
  - 4) The client with third trimester bleeding
  - 5) The client with preterm labor
  - 6) Diabetes in pregnancy
  
- B. The intrapartum client
  - 1) Normal labor and delivery
  - 2) Labor and delivery Complications and variations
  
- C. The newborn
  - 1) The normal newborn
  - 2) The high risk/premature newborn
  - 3) Sudden infant death syndrome
  
- D. The postpartum client
  - 1) Normal postpartum care
  - 2) Postpartum complications
  - 3) The client with postpartum depression