

# Capital Area School of Practical Nursing

## Nursing I

### Course Syllabus

#### Course Information:

Time: 8:15 – 11:40 a.m. & 12:30 – 4 p.m.

Theory Contact Hours: 203

#### Instructor Information:

Karen Durr RN BSN

Office: 217-585-1215 ext. 207

Email: sdurr@caspn.edu

Kim Patterson RN BSN

Office: 217-585-1215 ext. 210

Email: kpatterson@caspn.edu

#### Classroom Performance and Student Expectations:

All policies are to be followed as outlined in the CASPN student handbook.

#### Methods of Evaluation:

Assignments, tests, and point distribution per individual faculty will be distributed with each course calendar.

#### Textbook:

Assessment Technologies Institute. *Nutrition for Nursing*. 6<sup>th</sup> ed., Assessment Technologies Institute, 2016.

Assessment Technologies Institute. *PN Pharmacology for Nursing*. 7<sup>th</sup> ed., Assessment Technologies Institute, 2017.

Cooper, Kim, and Kelly Gosnell. *Adult Health Nursing*. 7<sup>th</sup> ed., Elsevier, 2015.

#### Course Description:

This course focuses on the care of adult patients with common medical/surgical health alterations as well as health promotion and illness/injury prevention. The student builds upon nursing concepts needed to deliver safe, individualized care of patients with alterations in selected body systems (care of the surgical patient; gastrointestinal and accessory organs; cardiovascular; respiratory; urinary; endocrine; integumentary; oncology). Utilizing the nursing process, the student will explore the pathophysiology, pharmacology and nutritional needs of diverse patients. Skills lab allow students the opportunity to apply course concepts in caring for patients with selected medical/surgical conditions.

#### Course Objectives:

1. Describe the steps of a focused health assessment on adult patients and identify deviations from normal.
2. Describe the role of the nurse as a member of the health care team and advocate while providing patient-centered care for adult patients.
3. Apply knowledge of pharmacology, pathophysiology, and nutrition, as well as evidence based practice, to the care of adult patients with common medical/surgical health alterations.
4. Describe how verbal and nonverbal communication promotes therapeutic relationships with adult patients and their families, as well as professional relationships with members of the health care team.
5. Define technologies and evidence-based literature that support clinical decision making and impact patient care.
6. Discuss health education needs of adult patients and their families, as well as strategies used to reinforce education.
7. Describe organizational, time management, and priority-setting skills used when providing care to adult patients.
8. Identify patient-care needs related to safety and the delivery of quality care.
9. Describe ethical and legal standards as well as professional accountability in the delivery of care to adult patients and their families.

#### Content Units:

Fluid and Electrolyte Imbalances

#### Unit Objectives:

1. Identify signs and symptoms of client fluid and/or electrolyte imbalances.
2. Discuss interventions to restore client fluid and/or electrolyte balance.
3. Monitor client response to interventions to correct fluid and/or electrolyte imbalance.

Content Topics:

- a. Laboratory Values (BUN, cholesterol (total), glucose, hematocrit, hemoglobin, glycosylated hemoglobin (HgbA1C), platelets, potassium, sodium, WBC, creatinine, PT, PTT & APTT, INR)
- b. Compare client laboratory values to normal laboratory values
- c. Perform blood glucose monitoring
- d. Collect specimen for diagnostic testing (e.g., blood, urine, stool, or sputum)
- e. Reinforce client teaching on purposes of laboratory tests
- f. Monitor diagnostic or laboratory test results
- g. Notify primary health care provider about client laboratory test results

Content Units:

ABGs and Acid-Base Balance

Unit Objectives:

1. Recognize alterations in the laboratory values of arterial pH, CO<sub>2</sub>, HCO<sub>3</sub>, and O<sub>2</sub> indicative of respiratory and metabolic acidosis or alkalosis.
2. Differentiate between the clinical manifestations of respiratory and metabolic acidosis or alkalosis.
3. Apply knowledge of pathophysiology when planning care for patients with respiratory or metabolic acidosis or alkalosis.
4. Identify priority actions for patients with respiratory and metabolic acidosis or alkalosis.
5. Recognize the indications for administration of potassium supplements, Kayexalate, and sodium bicarbonate.

Content Units:

Alteration in Oxygenation

Unit Objectives:

1. Recognize components of a focused assessment that should be included when collecting data on adults who have an alteration in oxygenation.
2. Apply knowledge of anatomy, physiology, pathophysiology, nutrition, and developmental variations when helping to plan care for adults who have an alteration in oxygenation.
3. Recognize alterations in collected data (including focused assessment and laboratory values) related to alterations in oxygenation.
4. Identify priority actions for adults who have an alteration in oxygenation.
5. Apply knowledge of the actions, potential side effects, and nursing implications when administering medications to adults who have an alteration in oxygenation.
6. Describe the role of the nurse in identifying safety needs, providing quality care, and health care education to adults who have an alteration in oxygenation.

Content Topics:

- a. Pathophysiology/ Obstructive disorders (emphysema and chronic bronchitis, COPD)
- b. Pathophysiology/ Trauma related disorders (pneumothorax, hemothorax)
- c. Pathophysiology/ Abnormal cell proliferation disorders (laryngeal cancer, lung cancer)
- d. Pharmacology/ Glucocorticoids (oral and inhaled)
- e. Pharmacology/ Methylxanthines
- f. Pharmacology/ Mast cell stabilizers
- g. Pharmacology/ Anticholinergics (inhaled)
- h. Pharmacology/ Leukotriene modifiers
- i. Pharmacology/ Beta 2-adrenergic agonists
- j. Nutrition/ Diet for patients with nutritional deficit (high calorie, high protein diet with limitation of empty liquids)
- k. Nutrition/ Diets for patients with dyspnea (soft diet, small frequent meals)
- l. Nutrition/ Nutritional supplements (high calorie, low carbohydrate)

Content Units:

Alterations in Cardiac Output and Tissue Perfusion

Unit Objectives:

1. Recognize components of a focused assessment that should be included when collecting data on adults who have an alteration in cardiac output and tissue perfusion.
2. Apply knowledge of anatomy, physiology, pathophysiology, nutrition, and developmental variations when helping to plan care for adults who have an alteration in cardiac output and tissue perfusion.

3. Recognize alterations in collected data (including focused assessment and laboratory values) related to alterations in cardiac output and tissue perfusion.
4. Identify priority actions for adults who have an alteration in cardiac output and tissue perfusion.
5. Apply knowledge of the actions, potential side effects, and nursing implications when administering medications to adults who have an alteration in cardiac output and tissue perfusion.
6. Describe the role of the nurse in identifying safety needs, providing quality care, and health care education to adults who have an alteration in cardiac output and tissue perfusion.

Content Topics:

- a. Pathophysiology/ Ischemic disorders (angina, myocardial infarction)
- b. Pathophysiology/ Decreased cardiac output disorders (congestive heart failure, pulmonary edema, valvular disorders)
- c. Pathophysiology/ Electrical conduction disorders (arrhythmias, electronic pacing, cardioversion)
- d. Pathophysiology/ Peripheral vascular disorders (peripheral vascular disease, peripheral arterial disease)
- e. Pathophysiology/ Decreased arterial pressure disorders (postural hypotension, hypovolemic shock, septic shock)
- f. Pharmacology/ Organic nitrates
- g. Pharmacology/ Cardiac Glycosidesg. Pathophysiology/ Decreased arterial pressure disorders (postural hypotension, hypovolemic shock, septic shock)
- h. Pharmacology/ Beta and alpha adrenergic blockers
- i. Pharmacology/ Centrally acting alpha agents
- j. Pharmacology/ Centrally acting alpha agents
- k. Pharmacology/ Atropine
- l. Pharmacology/ Antilipemics
- m. Pharmacology/ Antiplatelets
- n. Pharmacology/ Anticoagulants
- o. Pharmacology/ Low-dose aspirin
- p. Pharmacology/ Thrombolytics
- q. Pharmacology/ Renin-angiotension-aldosterone system (RAAS) drugs
- r. Nutrition/ Dietary Approaches to Stop Hypertension (DASH) diet
- s. Nutrition/ Therapeutic Lifestyle Changes (TLC) diet

Content Units:

Alterations in Regulation and Metabolism

Unit Objectives:

1. Recognize components of a focused assessment that should be included when collecting data on adults who have an alteration in regulation and metabolism.
2. Apply knowledge of anatomy, physiology, pathophysiology, nutrition, and developmental variations when helping to plan care for adults who have an alteration in regulation and metabolism.
3. Recognize alterations in collected data (including focused assessment and laboratory values) related to alterations in regulation and metabolism.
4. Identify priority actions for adults who have an alteration in regulation and metabolism.
5. Apply knowledge of the actions, potential side effects, and nursing implications when administering medications to adults who have an alteration in regulation and metabolism.
6. Describe the role of the nurse in providing quality care to adults who have an alteration in regulation and metabolism.

Content Topics:

- a. Pathophysiology/ Endocrine/exocrine disorders (SIADH, diabetes insipidus, thyroid and parathyroid disorders)
- b. Pathophysiology/ Adrenal disorders (Addison's disease, Cushing's disease)
- c. Pathophysiology/ Pancreatic disorders (Diabetes Type 1/2)
- d. Pharmacology/ Thyroid hormones
- e. Pharmacology/ Thyrotropin-releasing hormone
- f. Pharmacology/ Thyroid hormone synthesis inhibitor
- g. Pharmacology/ Radioactive and nonradioactive iodine
- h. Pharmacology/ Antidiuretic hormone preparation
- i. Pharmacology/ Glucocorticoid and mineralcorticoid hormones
- j. Pharmacology/ Insulins
- k. Pharmacology/ Oral hypoglycemics
- l. Nutrition/ Addison's diet (high caloric, high sodium, low potassium diet, small)

- m. Nutrition/ Consistent carb diet

### Content Units:

#### Alterations in Excretion

##### Unit Objectives:

1. Recognize components of a focused assessment that should be included when collecting data on adults who have an alteration in excretion.
2. Apply knowledge of anatomy, physiology, pathophysiology, nutrition, and developmental variations when helping to plan care for adults who have alteration in excretion.
3. Identify priority actions for adults who have an alteration in excretion.
4. Apply knowledge of the actions, potential side effects, and nursing implications when administering medications to adults who have an alteration in excretion.
5. Recognize alterations in laboratory values related to alterations in excretion.
6. Discuss the correct use and functioning of therapeutic devices that support excretion.
7. Describe the role of the nurse in providing quality care to adults who have an alteration in excretion.
8. Identify health care education and safety needs for adults who have an alteration in excretion.

##### Content Topics:

- a. Pathophysiology/ Infectious and inflammatory disorders (pyelonephritis, glomerulonephritis, acute and chronic renal failure)
- b. Pathophysiology/ Renal calculi (kidney stones, urolithiasis)
- c. Pathophysiology/ Abnormal cell proliferation (kidney cancer, bladder cancer)
- d. Pharmacology/ Antibiotics (sulfonamides, trimethoprim)
- e. Pharmacology/ Erythropoetic growth factors
- f. Nutrition/ Low sodium, low potassium, low protein diet
- g. Nutrition/ Low purine diet

### Content Units:

#### Alterations in Ingestion, Digestion, Absorption, and Elimination

##### Unit Objectives:

1. Recognize components of a focused assessment that should be included when collecting data on adults who have an alteration in ingestion, digestion, absorption, and elimination.
2. Apply knowledge of anatomy, physiology, pathophysiology, nutrition, and developmental variations when helping to plan care for adults who have an alteration in ingestion, digestion, absorption, and elimination.
3. Recognize alterations in collected data (including focused assessment and laboratory values) related to alterations in ingestion, digestion, absorption, and elimination.
4. Identify priority actions for adults who have an alteration in ingestion, digestion, absorption, and elimination.
5. Apply knowledge of the actions, potential side effects, and nursing implications when administering medications to adults who have an alteration in ingestion, digestion, absorption, and elimination.
6. Describe the role of the nurse in providing quality care to adults who have an alteration in ingestion, digestion, absorption, and elimination.

##### Content Topics:

- a. Pathophysiology/ Infectious and Inflammatory disorders (esophagitis, gastroesophageal reflux disease, gastroenteritis, peptic ulcer disease, Crohn's disease, ulcerative colitis, pancreatitis, cholecystitis, hepatitis, cirrhosis, appendicitis)
- b. Pathophysiology/ Structural disorders (diverticulosis, intestinal obstructions, hemorrhoids)
- c. Pathophysiology/ Abnormal cell proliferation disorders (esophageal cancer, colorectal cancer, liver cancer)
- d. Pharmacology/ Antacids
- e. Pharmacology/ H<sub>2</sub> receptor antagonists
- f. Pharmacology/ Proton pump inhibitors
- g. Pharmacology/ Prostaglandin analogs
- h. Pharmacology/ Mucosal barrier fortifiers
- i. Pharmacology/ Sucralfate
- j. Pharmacology/ IBS specific drugs
- k. Pharmacology/ Antispasmodics
- l. Pharmacology/ Antidiarrheals
- m. Pharmacology/ Prokinetic agents (Metoclopramide ie. Reglan)
- n. Pharmacology/ Serotonin antagonists

- o. Pharmacology/ Hepatitis A, Hepatitis B Vaccinations
- p. Nutrition/ Dietary measures to decrease esophageal reflux
- q. Nutrition/ Low fiber, low lactose, high protein, high calorie diet
- r. Nutrition/ Limited fat, high protein, high carbohydrate diet
- s. Nutrition/ High carbohydrate and calories, moderate fat and protein diet

Content Units:

Alterations in Integument

Unit Objectives:

1. Recognize components of a focused assessment that should be included when collecting data on adults who have an alteration in integument.
2. Apply knowledge of anatomy, physiology, pathophysiology, nutrition, and developmental variations when helping to plan care for adults who have an alteration in integument.
3. Recognize alterations in collected data (including focused assessment and laboratory values) related to alterations in integument.
4. Identify priority actions for adults who have an alteration in integument.
5. Apply knowledge of the actions, potential side effects, and nursing implications when administering medications to adults who have an alteration in integument.
6. Describe the role of the nurse in identifying safety needs, providing quality care, and health care education to adults who have an alteration in integument.

Content Topics:

- a. Pathophysiology/ Trauma related disorders (burns)
- b. Pathophysiology/ Abnormal cell proliferation disorders (basal and squamous cell cancer, melanoma)
- c. Pathophysiology/ infectious disorders (herpes zoster, herpes simplex, acne)
- d. Pathophysiology/ (eczema, psoriasis)
- e. Pharmacology/ Topical antibacterial
- f. Pharmacology/ Topical corticosteroids
- g. Pharmacology/ Antiviral agents
- h. Pharmacology/ Anti-acne agents
- i. Nutrition/ High calorie, high protein diet
- j. Nutrition/ Enteral nutrition
- k. Nutrition/ Nutritional supplements

Content Units:

Pre/Post-operative Care

Unit Objectives:

1. Differentiate between the various phases of the surgical experience (pre, peri, and postoperative) and Identify the role of the nurse in each of these phases.
2. List the responsibilities of the nurse when caring for a patient in the immediate pre- and postoperative period.
3. Differentiate between general and regional anesthesia and conscious sedation.
4. Describe the impact drugs used during a surgical procedure can have on drugs given in the immediate postoperative period.
5. Compare and contrast medications commonly given for postoperative pain, nausea, and vomiting.
6. Discuss the legal and ethical issues related to ensuring informed consent.
7. Discuss potential post surgical and immobility complications and the nurses' role in preventing them (thromboemboli, pneumonia, atelectasis, wound infection, wound dehiscence and evisceration).
8. Intervene to provide a safe environment for the surgical patient.

Content Topics:

- a. Opioid agonists
- b. Agonists-antagonists opioids
- c. Opioid antagonists
- d. Antiemetic
- e. Anticoagulant
- f. Anticholinergics
- g. NSAIDS

Content Units:

Oncology

Unit Objectives:

1. Differentiate between the characteristics of normal cells and cancer cells.
2. Discuss cancer cells' ability to proliferate and metastasize to surrounding tissue and distant sites.
3. Compare and contrast various grading and staging systems.
4. Review the basic principles of chemotherapy, immunotherapy, hormonal, and radiation therapy.
5. Explore the nursing challenges when assisting patients and their families as they deal with end of life issues.
6. Review genetic and environmental factors that increase an individual's risk for cancer.
7. Describe primary and secondary cancer prevention activities that can aid patients in the prevention and early detection of cancer.
8. Compare and Contrast medications commonly given for postoperative nausea and vomiting.

Content Topics:

- a. Serotonin antagonists
- b. Dopamine antagonists
- c. Colony-stimulating factors
- d. Antiemetics

Content Units:

Nursing Care

Unit Objectives:

1. Review principles related to the selected skills.
2. Practice patient care skills using proper techniques while ensuring patient safety.

Content Topics:

- a. Theory/Lab/ Oxygenation and airway (oxygen therapy, oxygen delivery systems, tracheostomy suctioning and care, spirometry, ventilator monitoring, chest tube monitoring and documentation).
- b. Theory/Lab/ Medication Administration (all routes)
- c. Theory/Lab/ Tracheostomy care and suctioning
- d. Theory/Lab/ Nasogastric tube insertion and management and tube feeding
- e. Theory/Lab/ Injections
- f. Medication skills lab/ oral, ophthalmic, otic, nasal, rectal, topical, inhaled and vaginal medications
- g. Medication skills lab/ proper medication preparation using six rights
- h. Medication skills lab/ basic drug calculation
- i. Medication skills lab/ medication administration charting
- j. Theory/Lab/ drug calculation (intermediate/advanced)

**NOTE**

This syllabus is not a contract between the instructor and student enrolled. Content is subject to change. Students will be given notice of changes made in content, policies, or grading as they may occur.