SYLLABUS

I. TITLE OF COURSE: Fundamentals of Nursing
   Code & Number: NURS 1121
   Credits: 3 credits

II. DESCRIPTION

   Discussion of the nursing process as a tool for the care of adults, using the functional health patterns. Integration of the basic principles and concepts of growth and development; biophysiological aspects of the human in their immediate environment. Concurrent with NURS 1120, 1122 & 1130.

III. Specific and Terminal Objectives

1. Value the nursing process as an instrument in the humanistic care of the adult
   1.1 Define the nursing process and its components
   1.2 Consider the functional health patterns as a theoretical framework for nursing assessment
   1.3 Integrate concepts of growth and development to assess health problems in the adult
   1.4 Develop effective communication skills assessing functional health patterns in the adult
   1.5 Use critical thinking skills in organizing and analyzing data
   1.6 Identify health problems using critical thinking skills
   1.7 Identify adequate intervention strategies in planning humanistic care

2. Describe biophysiological aspects of the human in their immediate environment
   2.1 Identify anatomical concepts of the human body
   2.2 Define concepts related to human biology
   2.3 Mention levels of organization: cellular, tissues, organs, human body systems
   2.4 Identify body planes and cavities
   2.5 Mention basic anatomy and body systems functions

3.0 Consider nursing interventions in common dysfunctions of the functional health patterns: Health Perception-health management; Nutritional-metabolic; Sleep-rest; Elimination; Activity-exercise; Cognitive-perceptual.
IV. CONTENT

A. Unit I Introduction to the Nursing Process

The nursing process and its phases are defined. The health pattern model is introduced as the instrument to organize data. Concepts of growth and development, critical thinking skills, communication and legal aspects in the care of the client are integrated.

1. Definition of the Nursing Process
2. Phases of the Nursing Process
   a. Assessment
      1) Introduction to the functional health patterns
      2) Communication process
         a) Interview
         b) Documentation of interview
         c) Different formats
      3) Confidentiality
      4) Assessment of objective data
   b. Nursing Diagnosis
      1) Classification of diagnosis
      2) Types of diagnosis
      3) Critical thinking skills
      4) Analysis & synthesis
      5) Diagnostic formulation
   c. Expected results
      1) Selection of expected results
         a) Nursing Outcomes Classification (NOC)
         b) Objectives
   d. Planning
      1) Selection of nursing interventions
         a) Nursing Intervention Classification (NIC)
         b) Nursing activities
   e. Intervention
      1) Intervention skills
   f. Evaluation
      1) Documentation
      2) Re-assessment
      3) Attainment of expected results
B. Unit II Growth & Development of the Adult

Anatomic and biophysiological concepts and principles of the human being are described. Microbiological and bio-chemical concepts and principles of body functioning are identified.

1. Principle concepts & theories
2. Factors that influence growth & development
3. Tasks of growth & development
4. Physical, psychosocial, cognitive & moral changes
5. Promotion of health & wellbeing
6. Problems of growth & development
7. Biophysiological aspects
   a. Definition of Concepts
      1) Biology
      2) Life
      3) Anatomy
      4) Physiology
   b. Body planes & cavities
      1) Body planes
      2) Directional terms
      3) Body cavities
   c. Levels of organization
      1) Cellular
         a) Structure & function
         b) Cellular transport
         c) Cellular environment
         d) Cellular division
            (1) Mitosis
            (2) Meiosis
      2) Tissue
         a) Types & function
      3) Organs
         a) Types & function
      4) Body systems
         a) Structure & function

C. Unit III Nursing Interventions & the Functional Health Patterns for the Adult

Selections of intervention activities for dysfunctional health patterns are introduced. The nursing process is considered to evaluate physiological functional health pattern.

1. Pattern: Perception-health management
   a. Health beliefs & practices
      a) Cultural brokerage (7330)
      b) Health screening (6520)
      c) Health system guidance (7400)
2. Pattern: Nutritional-metabolic  
   a. Nutritional management (1100)  
      1) Nutritional requirements  
      2) Nutritional plan  
   b. Care of the skin  
      1) Tissue integrity: skin & mucous membranes (1101)  
      2) Skin care: topical treatment (3584)  

3. Pattern: Sleep-rest  
   a. Sleep Enhancement (1850)  
      1) Physiology of sleep  
      2) Sleep cycles  

4. Pattern: Elimination  
   a. Systems of elimination  
      1) Intestinal elimination (0501)  
      2) Urinary elimination (0590)  

5. Pattern: Activity-exercise  
   a. Exercise promotion (0200)  
      1) Strength training (0201)  
   b. Environmental management: safety (6486)  
      1) Fall prevention (6490)  
   c. Respiratory monitoring (3350)  
      1) Oxygenation  

6. Pattern: Cognitive-perceptual  
   a. Pain management (1400)  
      1) Comfort  

Teaching Strategies  
- Discussion  
- Conferences  
- Audiovisual resources  
- Selected readings  
- Assignments  

Evaluation Strategies  
- Partial exams – 50%  
- Quizzes – 20%  
- Final exam – 25%  
- Assistances -5%
IX References

Text book/s


References:


Internet Directions

| Nursing Diagnosis                          | http://www.nanda.org                              |
|                                          | http://www.nursingworld.org/ojin/tpc7/tpc7_1.htm |
| Nursing Outcome Classification (NOC)     | http://www.nursing.uiowa.edu/noc                  |
| Nursing Intervention Classification (NIC)| http://www.nursing.uiowa.edu/nic                   |

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