SYLLABUS

I. TITLE OF COURSE: Practice of Fundamentals of Nursing
Code & Number: NURS 1122
Credits: Two (2)

II. DESCRIPTION

Application of the nursing process in the care of adults with common dysfunctions of the functional health patterns which support physical functioning. Initiation of the development of clinical skills, to develop areas of competence as a provider of care. Clinical laboratory with selected experiences, in structured environments. Requisite: A total of 90 hours of clinical laboratory. Concurrent with NURS 1120 & NURS 1121.

III. Terminal and Specific Objectives

The student will be able to:

1. Develop clinical skills for practice, as a provider of care, in areas of competence.
   1.1 Perform clinical skills which support physical functioning of the adult, based on updated scientific knowledge, when offering humanistic nursing care.
   1.2 Perform proper and safe nursing interventions with adult clients with common dysfunctions.

2. Apply the nursing process in the care of adults with common dysfunctions of the functional health patterns.
   2.1 Exercise the role of provider of care within an ethical-moral and legal context, and standards of nursing practice, respecting human dignity and cultural diversity.
   2.2 Assume responsibility for continued personal learning and growth and development to enhance the practice of nursing.
   2.3 Use effective communication and interview principles in the nurse-client relationship when offering nursing care.
   2.4 Apply the process of diagnostic and therapeutic reasoning when giving nursing care to client.

IV. Content

Unit I: Clinical skills in selected nursing interventions according to the functional health pattern
A. Scientific principles and development of skills in the functional health patterns

1. Health perception- health management pattern
   a. Prevention of microorganism transfer
      1) Common pathogenic microorganisms
      2) Chain of infection
      3) Risk factors in the infection process
      4) Infection process
      5) Nosocomial infections
      6) Natural body defenses
   b. Infection control
      1) Aseptic practices
         (a) Hand washing
         (b) Use of mask, gowns, and gloves
         (c) Isolation techniques
   c. Managing the environment
      1) Physical security
         (a) Fall prevention
         (b) Protocols for physical restraints
         (c) Means and methods of protection
      2) Hygiene
      3) Arrangement of the unit

2. Activity-exercise health pattern
   a. Body mechanics
   b. Alignment and mobility
   c. Muscular-skeletal assessment
   d. Change of position, transference, and ambulation
   e. Cardio-respiratory care
      1) Pulse
      2) Respiration
      3) Blood pressure (BP)

3. Nutritional-metabolic health pattern
   a. Nutritional history
   b. Weight and height
   c. Thermoregulation
   d. Integumentary system
      1) Maintenance of skin and mucous membranes integrity
      2) Pressure ulcers

4. Elimination health pattern
   a. Intake and Output (I&O)
   b. Evaluation of bowel pattern
5. Sleep-rest health pattern  
a. Sleep history  
b. Resting environment  

6. Cognitive-perceptual health pattern  
a. Pain assessment  
b. Relaxation techniques  
c. Comfort  

Unit II: Application of the nursing process in offering care to adults.  

A. Nursing Process  

1. Diagnostic Reasoning  
a. Assessment  
   (1) Communication  
   (2) Interviews  
   (3) Health history  
   Assessment Instrument  
b. Nursing Diagnosis  
   NANDA Diagnosis  

2. Therapeutic reasoning  
a. Expected Results  
   (1) Outcomes (NOC)  
   (2) Indicators  
b. Planning  
   (1) Setting priorities  
   (2) Nursing interventions (NIC)  
   (3) Nursing activities  
   (4) Scientific rational  
   (5) Standardized care plans  
c. Implementation  
   (1) Performing nursing interventions  
   (2) Recording of nursing activities performed and clients response  
d. Evaluation  
   (1) Measure outcome attainment  
   (2) Documentation of outcome attainment  

V. Activities  
A. Group discussion  
B. Audiovisual resources  
C. Assigned readings  
D. Clinical practice
E. Demonstration and return demonstration  
F. Role play  
G. Study guides  
H. Peer learning  

VI. Evaluation strategies  
A. Quizzes…………………………………………………..…25%
B. Practical exams……………………………………………..25%
C. Application of the Nursing Process ……………………..10%
E. Clinical performance………………………………………..40%

VII. Educational Resources  

A. Text books  


B. Other References  

Books  


Electronic reference

Center for Disease Control. *Infection Control Guidelines.*
http://www.cdc.gov/ncidod/dhqp/guidelines.html

http://www.health.gov/dietaryguidelines/

http://www.minurses.org/prac/snl/sn1resource.shtml

The Joint Commission
http://www.jointcommission.org/

The Joint Commission
http://www.jointcommission.org/PatientSafety/NationalPatientSafetyGoals/

The Joint Commission. *FAQ’s for the Joint Commission’s 2007 National patient safety goals.* (Updated 1/07).

http://www.med.umich.edu/nursing/snl/learnmod.pdf

U.S. Department of Health and Human Resources. *Healthy People 2010.*
http://www.healthypeople.gov/

http://www.cdc.gov/

**Videos**

*V-0671 Body Mechanics.*
*V-0672 Range of Motion Exercise.*
*V-0929 Basic Clinical Skills: Bed Bath.*
*V-0937, V-0987 Nursing Assistant Techniques: Elimination Specimen Collection Urinary Care.*
*V-0927 Basic Clinical Skills: Blood Pressure.*
*V-0928 Basic Clinical Skills: Temperature, Pulse and Respiration.*
*V-0978 Nursing Assistant Techniques: Oral Care.*
*V-0979 Nursing Assistant Techniques: Lifting & Moving Techniques.*
*V-0980 Nursing Assistant Techniques: Measuring Weight.*
*V-0981 Nursing Assistant Techniques: Transfer Techniques.*
*V-0984 Nursing Assistant Techniques in Personal Care.*
*V-0985 Nursing Assistant Techniques in Bathing.*
*V-0986 Nursing Assistant Techniques in Bed Making.*
*V-2211 Applying Restraints.*
*V-2223 Asepsis/Protection: Using Protective Precautions.*
*V-2331 Patient Assessment: Measurements.*
*V-2298 Focus Charting.*
*V-3028 Focus Charting: For Every One.*
*V-3088 Freedom, Reduce Use Physical Restraints.*
*V-3123 Charting Medical Records: Do's and Don'ts to Avoid Liability.*
*V-3124 Controlling Pain: Reporting Symptoms Pain.*

Revised by C. Andino, A. Cividanes, A. Piazza & E. Rodriguez, June 2007