I. COURSE TITLE: FUNDAMENTALS OF ADULT CARE I
   Number: NURS 1231
   Credits: Six (6)

II. DESCRIPTION:
   Discussion of acute and chronic health dysfunctions

III. SPECIFIC AND TERMINAL OBJECTIVES:
1. Discuss essential concepts for the care of adults
   1.1 Consider basic concepts of Anatomy, Physiology, and Biochemistry in planning nursing care for clients with acute and chronic dysfunctions of the functional health patterns
2. Demonstrate knowledge of interventions which apply to perioperative care
   2.1 Apply the nursing process in the management of perioperative patients, within the family and cultural context.
3. Apply the nursing process in the promotion, maintenance, and restoration of the health, of adults with acute and chronic alterations in the perception-management, nutritional-metabolic, and elimination patterns
   3.1 Analyze the structure and function of the cell and processes which occur within the cell
   3.2 Discuss basic Biophysiological concepts related to the immune system
   3.3 Use the nursing process as a tool to provide care to adults with immune alterations
   3.4 Discuss nursing care of patients with alterations in cellular growth
   3.5 Discuss basic anatomical, biophysiological, and biochemical concepts related to the nutritional-metabolic and intestinal elimination patterns
   3.6 Apply the nursing process in the management of patients with alterations in the nutritional-metabolic and intestinal elimination patterns
   3.7 Discuss basic anatomical, biophysiological, and biochemical concepts related to urinary elimination
   3.8 Apply the nursing process in the management of the patient with alterations in the urinary elimination, acid-base balance, and electrolyte balance
   3.9 Use the nursing process in illness prevention, & health promotion & maintenance of adults with acute and chronic alterations related to:
perception-health management, nutritional-metabolic, and elimination health patterns

3.10 Explain the importance of research findings in planning care for patients with acute and chronic alterations related to: perception-health management, nutritional-metabolic, and elimination health patterns

3.11 Consider cultural diversity in the family context and the technological advances in managing adults with: acute and chronic alterations related to: perception-health management, nutritional-metabolic, and elimination health patterns

3.12 Use appropriate communication techniques in interpersonal relationships, with the multidisciplinary health team, and in the administration of care to adults with: acute and chronic alterations related to: perception-health management, nutritional-metabolic, and elimination health patterns

IV. CONTENT
Perception-Health management Pattern
A. Unit I: Essential concepts in the care of adults
1. Health/illness/wellbeing
   a. Definition
   b. Factors that affect health
   c. Standards for a healthy life
2. Chronicity
   a. Definition
   b. Conduct and social role of illness
   c. Impact of illness and hospitalization on the patient and family

3. Systems of health services
   a. Definition
   b. Types

4. Biophysiological and Anatomical concepts
   a. Definition of concepts
   b. Levels of organization
      1) Atom
      2) Cell
      3) Skin
      4) Organ
      5) System
      6) Organism
   c. Homeostasis and integrated systems
   d. Anatomic terminology
      1) Body planes
         (a) Location of organs
         (b) Cavities
         (c) Lines of reference
   e. Fundamentals of Biochemistry
1) Definitions of concepts
   (a) Atom
   (b) Molecule
   (c) Ion
   (d) Cation
2) Important macromolecules
   (a) Carbohydrates
   (b) Proteins
   (c) Lipids (fat)
   (d) Nucleic acids
3) Cellular transport
   (a) Diffusion
   (b) Osmosis
   f. Liquids/electrolytes
      1) Importance
      2) Function

B. Unit II: Nursing interventions during the perioperative process
1. Pre-operative phase
   a. Types of surgery
   b. Purpose of surgery
   c. Physical, psychological, and social responses of the patient/family before surgery
   d. Assessment
   e. Nursing diagnosis
   f. Planning (NOC)
   g. Intervention (NIC)
      1) Teaching Preoperative (5610)
      2) Surgical preparation (2930)
      3) Patient rights protection (7460)
      4) Preoperative coordination (2880)
      5) Teaching: Individual (5606)
      6) Teaching: Disease process (5602)
      7) Risk Identification (6610)
      8) Research Data Collection (8120)
   h. Evaluation
2. Intra-operative phase
   a. Surgical environment (OR)
   b. Members and functions of the OR team
   c. Types of anesthesia
   d. Nursing diagnosis
   e. Planning (NOC)
   f. Intervention (NIC)
      1) Positioning: intraoperative (0842)
      2) Surgical precautions (2920)
3) Anesthesia administration (2840)
4) Infection Control (6540)
5) Individual teaching (5606)
6) Teaching: Disease process (5602)
7) Risk Identification (6610)
8) Research Data Collection (8120)

g. Evaluation

3. Post operative Phase
   a. Post anesthesia care unit (PACU)
   b. Nursing diagnosis
   c. Planning (NOC)
   d. Intervention (NIC)
      1) Post anesthesia care (2870)
      2) Infection Control (6540)
      3) Individual teaching (5606)
      4) Teaching: Disease process (5602)
      5) Risk Identification (6610)
      6) Research Data Collection (8120)
   e. Care given after admission to PACU
      1) Post-operative complications
   f. Evaluation

C. Unit III: Nursing process in promotion, maintenance, and restoration of health
   1. Immune response
      a. Nonspecific defense
         1) Anatomy of the skin
            (a) Functions
            (b) Appendices
         2) Leukocytosis
         3) Antimicrobial Protein (Interferon)
         4) Inflammation
      b. Specific defenses
         1) Leukocytes (white blood cells)
            (a) B-cell
            (b) T-cell
      c. Humoral immunity
      d. Cell mediated immunity
      e. Types of immunity
      f. Applying the Nursing process with patients with immune alterations
         1) Assessment
            (a) Age variations
         2) Common health problems
            (a) Immunodeficiency
(b) Autoimmune
(c) Gammopathy
(d) Hypersensitivity reactions
(e) Burns

3) Nursing diagnosis

4) Planning (NOC)

5) Intervention (NIC)
   (a) Skin care: topical treatment (3584)
   (b) Skin Surveillance (3590)
   (c) Burn management

6) Nursing process applied to patients with alteration in cellular growth
   1) Definition of concepts
   2) Epidemiology
   3) Benign and malignant neoplasms
   4) Prevention
   5) Assessment of the cancer patient
      (a) Signs/symptoms
      (b) Diagnostic measurements
      (c) Risk factors and carcinogens
      (d) Age variations
      (e) Treatment (radiation, chemotherapy, surgery)

6) Nursing diagnosis

7) Planning (NOC)

8) Intervention (NIC)
   (a) Chemotherapy management (2240)
   (b) Analgesic administration (2210)
   (c) Spiritual support (5420)
   (d) Radiation therapy management (6600)

Nutritional-metabolic pattern

2. Biophysiological, biochemical, and pathophysiological concepts and principles related to the nutritional-metabolic pattern
   a. Endocrine regulation
      1) Location and function of the glands
      2) Hormone composition & transportation
      3) Mechanisms of hormonal regulation
   b. Nursing process applied to alterations
      1) Assessment
      2) Age variations
      3) Common health problems
         (a) Hypo or hyperthyroid
         (b) Hypo or hyperparathyroid
         (c) Hypo or hyperpituitary
         (d) Addison’s disease
(e) Cushing’s syndrome
(f) Diabetes Mellitus
(g) HHNK
(h) Ketoacidosis
(i) Hypoglycemia

4) Nursing diagnosis

5) Planning (NOC)

6) Intervention (NIC)
(a) Nutritional management (1100)
(b) Nutritional monitoring (1160)
(c) Hyperglycemia management (2120)
(d) Hypoglycemia management (2130)
(e) Activity therapy (4310)

3. Biophysiological, and biochemical concepts of the Gastro Intestinal (GI) tract
   a. Metabolism
   b. Aerobic cellular response
   c. Lactose fermentation
   d. Anatomy & physiology of the GI tract
      1) Ingestion
      2) Digestion
      3) Absorption
      4) Elimination
   e. Nursing process applied to patients with GI dysfunctions
      1) Assessment
      2) Age variations
      3) Common health problems
         (a) Oral cancer
         (b) Hiatal hernia
         (c) Esophageal cancer
         (d) Gastritis
         (e) Peptic & duodenal ulcer
         (f) Obesity
         (g) Nausea & vomiting
         (h) Stomach cancer
         (i) Pancreatitis
         (j) Cholecystitis/cholelithiasis
         (k) Hepatitis
         (l) Hepatic Cirrhosis
   4) Nursing diagnosis
   5) Planning (NOC)
   6) Intervention (NIC) Standard care plans
      (a) Eating disorder management (1030)
      (b) Behavior modification (4360)
(c) Weight management (1260)
(d) Weight reduction assistance (1280)
(e) Nutritional monitoring (1160)

f. Nursing process applied to patients with alterations in intestinal elimination
1) Assessment
2) Age variations
3) Common health problems
   (a) Peritonitis
   (b) Ulcerative colitis
   (c) Diverticulitis
   (d) Intestinal obstruction
   (e) Hernias
   (f) Hemorrhoids
   (g) Constipation/Diarrhea

4) Nursing diagnosis
5) Planning (NOC)
6) Intervention (NIC)
   (a) Diarrhea management (460)
   (b) Constipation/impaction management (450)
   (c) Bowel Incontinence Care (410)

4. Biophysiological, and biochemical concepts related to fluid & electrolyte and acid-base balance
   a. Electrolyte balance
   b. Acid-base balance
   c. Normal function of electrolytes

Elimination Pattern
5. Anatomy & Physiology of the Urinary tract
   a. Renal macro & micro structure
   b. Urine formation
   c. Regulation of urinary elimination

6. Nursing process applied to dysfunctions of acid-base & electrolyte balance
   a. Assessment
   b. Age variations
   c. Common health problems
      1) Dehydration/edema
      2) Hyper/hypokalemia
      3) Hyper/hypoatremia
      4) Hyper/hyponatremia
      5) Hyper/hypocalcemia
      6) Alkalosis/acidosis
      7) Shock
   d. Nursing diagnosis
   e. Planning (NOC)
f. Intervention (NIC)
   1) Electrolyte management (2000)
   2) Fluid & electrolyte management (2080)
   3) Acid-base management (1910)
   4) Metabolic acidosis management (1911)
   5) Alkalosis management (1912)
   6) Shock management (4250)
   7) Shock management: volume (4258)
   8) Anaphylaxis management (6412)

7. Nursing process applied to dysfunctions of urinary elimination
   a. Assessment
   b. Age variations
   c. Common health problems
      1) Urinary tract infections
      2) Glomerulonephritis/pyelonephritis
      3) Hydronephrosis
      4) Renal calculus
      5) Benign prostatic hypertrophy
      6) Renal failure
      7) Urinary incontinence/retention
   d. Nursing diagnosis
   e. Planning (NOC)
   f. Intervention (NIC)
      1) Prompted voiding (640)
      2) Urinary bladder training (570)
      3) Urinary incontinence care (610)
      4) Urinary retention care (0620)
      5) Hemodialysis Therapy (2100)

V. ACTIVITIES
   A. Hypothetical situations
   B. Study guides
   C. Group discussion
   D. Questions & answers
   E. Small group discussions
   F. Independent study
   G. Supplemental readings

VI. EVALUATION
   A. Partial exams
   B. Index cards
   C. Short quizzes
   D. Assignments
E. Final exam

VII. TEXT BOOK


VIII. ADDITIONAL REFERENCES


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