

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: NSG 100

Credits: 4

Course Title: Introduction to Nursing Concepts

Course Description:

Introduces concepts of nursing practice and conceptual learning. Focuses on basic nursing concepts with an emphasis on safe nursing practice and the development of the nursing process. Provides supervised learning experiences in college nursing laboratories, clinical/community settings, and/or simulated environments. Prerequisites: BIO 141 or BIO 231 or NAS 161; ENG 111, PSY 230, SDV 100, CPR – American Heart Association Basic Life Support for Health Care Providers, acceptance to the Nursing AAS program, and evidence of completion of Nursing AAS program required documents. Co-requisites: BIO 142 or BIO 232 or NAS 162; NSG 106, NSG 130, and NSG 200. Lecture 3 hours. Laboratory 3 hours. Total 6 hours per week.

General Course Purpose:

The purpose of this course is to introduce the novice student to the basic concepts of nursing practice and conceptual learning.

Course Prerequisites and Co-requisites:

Prerequisites: BIO 141 or BIO 231 or NAS 161; ENG 111, PSY 230, SDV 100, CPR – American Heart Association Basic Life Support for Health Care Providers, acceptance to the Nursing AAS program, and evidence of completion of Nursing AAS program required documents

Co-requisites: BIO 142 or BIO 232 or NAS 162; NSG 106, NSG 130, and NSG 200

Course Objectives:

Upon completing the course, the student at a novice level will be able to

1. Demonstrate the use of therapeutic communication, caring behaviors and patient self-determination in the provision of basic nursing care.
2. Use the nursing process to meet the basic needs of patients related to infection, mobility, functional ability, tissue integrity, gas exchange, nutrition and principles of pharmacology.
3. Report patient safety issues and risks.
4. Provide safe basic nursing care with guidance using the core concepts identified.
5. Summarize the components of clinical reasoning, evidence-based practice and the nursing process.
6. Demonstrate professionalism and professional behaviors.
7. Identify quality improvement and informatics principles used in patient care.
8. Compare and contrast the roles of the health care team.

Major Topics to Be Included:

1. **Safety Concept:**

Overview of safety science
Safety assessment

Exemplars: medication errors, falls, and poor interprofessional communication

2. **Clinical Judgment:**

- Steps of the nursing process
- Steps in making clinical judgments
- Exemplars: care plans, concept maps

3. **Infection Concepts:**

- Principles of infection
- Chain of infection
- Hospital associated infections
- Client risk factors for infection
- Infection control policies
- Interprofessional roles
- Exemplars: Methicillin Resistant Antibiotic infections (MRSA), Clostridium Difficile (C.diff), urinary tract infection

4. **Mobility Concept:**

Principles of mobility

- Developmental considerations in mobility
- Principles of body mechanics
- Assessment and nursing interventions for clients with mobility problems
- Priority setting for clients with mobility problems
- Interprofessional roles
- Exemplars: chronic low back pain, immobile client on bedrest

5. **Functional Ability Concept:**

- Definitions of functional ability and activity of ADLs (activities of daily living) and IADLs (instrumental activities of daily living)
- Assessment of functional ability
- Risks for loss of functional ability
- Role of nursing in the preservation and restoration of ADLs (activities of daily living)
- Exemplars: blindness, confusion

6. **Tissue Integrity Concept:**

- Principles of tissue integrity
- Risk factors for impaired skin integrity
- Prevention strategies
- Application of the nursing process in the care of the client with altered tissue integrity
- Exemplars: pressure ulcers, surgical wounds, cellulitis (pediatric)

7. **Gas Exchange Concept:**

- Principles of gas exchange
- Risk factors for altered gas exchange
- Prevention strategies
- Application of the nursing process in the care of the client with alterations in gas exchange
- Exemplars: post-surgical atelectasis, viral/bacterial bronchitis

8. Elimination Concept:

- Principles of elimination
- Risk factors for impaired elimination
- Prevention strategies
- Application of the nursing process in the care of the client with altered elimination
- Pharmacological interventions: laxatives and anti-diarrheals
- Exemplars: incontinence: bladder and bowel, benign prostatic hypertrophy, urinary retention, constipation/diarrhea

9. Nutrition Concept:

- Principles of nutrition
- Risk factors for alterations in nutrition
- Prevention strategies
- Application of the nursing process in the care of the client with alterations in nutrition
- Nutrition and diet therapy
- Pharmacological interventions: supplements
- Exemplars: obesity: children and adults, malnutrition (older adult)

10. Comfort\Rest Concept:

- Principles of comfort and rest
- Assessment and management of pain
- Sleep and rest
- Pharmacological interventions: analgesics, opioids and non-opioids, paralytics/anesthetics
- Exemplars: osteoarthritic pain (chronic pain), postsurgical pain (acute pain), insomnia, sleep apnea

11. Pharmacology Principles:

- General principles
- Legal, ethical and safety concerns with medication administration
- Factors that impact drug therapy
- Exemplars: pharmacotherapeutics, pharmacodynamics

Effective Date of Course Content Summary: Fall 2017