

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. 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

Course Objectives

Upon successful completion of this course, students will be able to:

- Demonstrate the use of therapeutic communication, caring behaviors and patient self - determination in the provision of basic nursing care.
- Describe the components of the clinical judgment measurement model and the nursing process.
- Apply clinical judgment to meet the basic needs of clients related to course concepts across the lifespan.
- Identify and report patient safety issues and risks.
- Provide safe basic nursing care with guidance using the core concepts identified.
- Demonstrate professionalism and professional behaviors.
- Identify quality improvement and informatics principles used in patient care.
- Compare and contrast the roles of the health care team.
- Identify principles of pharmacology related to the identified concepts.
- Identify the safety practices necessary for medication preparation and administration.

Major Topics to be Included

- **Safety Concept:**
 - Overview of safety science
 - Safety assessment
 - Use approved terminology
 - Exemplars: medication errors, falls, and poor interprofessional communication
- **Clinical Judgment Concept:**
 - Steps of the nursing process
 - Steps in making clinical judgments
 - Assess the need for referral and obtain orders
 - Exemplars: care plans, concept maps
- **Infection Concept**
 - Principles of infection
 - Chain of infection
 - Hospital-associated infections
 - Client risk factors for infection
 - Infection control policies
 - Interprofessional roles
 - Pharmacology: Broad Spectrum, Glycopeptide antibiotics (ex. Vancomycin), Metronidazole, Sulfonamides (ex. Sulfamethoxazole trimethoprim), Ciprofloxacin, Penicillin, Peak and Trough Levels
 - Exemplars: Methicillin Resistant Antibiotic (MRSA infections, Clostridium Difficile (C.diff), urinary tract infection
- **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: Prevention of lower back injuries, immobile client on bed rest.
- **Cognition Concept**
 - Principles of cognition
 - Risk factors related to cognitive alterations
 - Prevention of cognitive alterations
 - Cognitive diagnostic testing

- Clinical judgement related to cognitive alterations
- Exemplars: Delirium and Dementia
- Sensory Concept:
 - Definitions of functional ability and activity of activities of daily living (ADLs) 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)
 - Sensory perception principles
 - Prevention of sensory alterations
 - Sensory diagnostic testing
 - Clinical judgement related to sensory alterations
 - Pharmacology: Prostaglandin analogs (latanoprost), Alpha Adrenergic agonists (apraclonidine), Carbonic anhydrase inhibitors (acetazolamide), Topical anesthetic agents, Cholinergic (pilocarpine), Beta-blockers (timolol maleate)
 - Exemplars: blindness, glaucoma, hearing loss
- Tissue Integrity Concept:
 - Principles of tissue integrity
 - Risk factors for impaired skin integrity
 - Prevention strategies
 - Application of clinical judgment in the care of the client with altered tissue integrity
 - Pharmacology: Topicals: Hibiclens, AG impregnated products, Bacitracin, Mupirocin, Polymyxin B, Neomycin, Gentamicin, Medical Honey
 - Exemplars: Pressure ulcers, surgical wounds, cellulitis (across the lifespan)
- Gas Exchange Concept:
 - Principles of gas exchange
 - Risk factors for altered gas exchange
 - Prevention strategies
 - Application of clinical judgment in the care of the client with alterations in gas exchange
 - Pharmacology: Oxygen
 - Exemplars: post-surgical atelectasis, viral/bacterial bronchitis
- Elimination Concept:
 - Principles of elimination
 - Risk factors for impaired elimination

- Prevention strategies
- Application of clinical judgment in the care of the client with altered elimination
- Pharmacology: Constipation: Laxatives, Bulk forming agents, Stool softeners, Osmotic laxatives; Incontinence: Anticholinergic, Antispasmodic; Diarrhea: Bismuth absorbent, Probiotics, Antimotility, Opioid-like, Antispasmodic; BPH: Alpha-Blocker;
- Exemplars: incontinence: bladder & bowel, benign prostatic hypertrophy: urinary retention, constipation/diarrhea
- Nutrition Concept:
 - Principles of nutrition
 - Risk factors for alterations in nutrition
 - Prevention strategies
 - Application of clinical judgment in the care of the client with alterations in nutrition
 - Nutrition and diet therapy
 - Surgical interventions for obesity
 - Pharmacology: Multivitamin, Collagen, Protein, Fat- and Water-Soluble Vitamins, TPN, PPN
 - Exemplars: obesity across the lifespan, malnutrition across the lifespan
- Comfort/Rest Concept:
 - Principles of comfort and rest
 - Assessment and management of pain
 - Sleep and rest
 - Pharmacology: Sleep: Benzodiazepines and considerations for reversal, sedative/hypnotics (Zolpidem), Melatonin; Pain: Opioid and considerations for reversal, Aspirin, Acetaminophen and reversal agents, Non-Steroidal anti-inflammatory drugs, Cox 2 Inhibitors
 - Exemplars: Chronic pain, Acute pain, insomnia, sleep apnea
- Pharmacology Principles:
 - General principles
 - Legal, ethical and safety concerns with medication administration
 - Factors that impact drug therapy
 - Pharmacology: Lifespan dosage, Drug terminology, Kinetics, Legal/Ethical, Herbal, Teratogenic
 - Exemplars: pharmacotherapeutics, pharmacodynamics

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