

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: NSG 106

Credits: 2

Course Title: Competencies for Nursing Practice

Course Description: Focuses on the application of concepts through clinical skill development. Emphasizes the use of clinical judgment in skill acquisition. Includes principles of safety, evidence-based practice, informatics and math computational skills. Prepares students to demonstrate competency in specific skills and drug dosage calculation including the integration of skills in the care of clients in simulated settings. Provides supervised learning experiences in college nursing laboratories, clinical/community settings, and/or simulated environments. Lecture 0-1 hour. Laboratory 3-6 hours. Total 4-6 hours per week.

General Course Purpose: The purpose of this course is to teach novice students the basic nursing skills needed to care for clients in the clinical setting.

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 client self-determination in the implementation of clinical skills in the lab setting.
- Report patient safety issues and risks related to skill completion in a laboratory setting.
- Demonstrate clinical judgment in the performance of nursing skills.
- Demonstrate professionalism and professional behaviors.
- Compute drug dosage calculations with 90% accuracy.
- Perform required skills safely and accurately.
- Identify the principles of safe medication administration.
- Identify the safety practices necessary for medication preparation and administration.

Major Topics to be Included

Concepts and Exemplars	Pharmacology
Safety ● Fall precautions ● Restraints	
Infection ● Hand hygiene ● Personal protective equipment ● Sterile gloving and sterile fields	
Mobility ● Proper body mechanics ● Patient transfers ● Patient positioning ● Use of assistive mobility devices ● Range of motion	
Functional ability ● Hygiene Care	
Tissue Integrity ● Wound Care ● Removal of sutures and staples ● Heat and cold application	
Elimination ● Insertion and maintenance of urinary catheter ○ Anatomical alterations that impact catheter insertion such as genital mutilation ● Bladder irrigation ● Bedpan, urinal, and commode ● Intake and output ● Specimen collection ● Enemas ● Rectal tubes ● Colostomy appliances	

Gas Exchange ● Cough and deep breathing ● Incentive spirometry ● Oxygen delivery equipment ● Artificial airways ● Suctioning: oral ● Specimen collection	
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Nutrition ● Feeding clients ● Aspiration precautions ● Nasogastric (NG) insertion and care, irrigation, and suction ● PEG tube care ● Enteral feedings via NG or PEG ● Blood glucose monitoring	
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<i>Pharmacological Principles</i> ● Medication administration ● Drug Dosage Calculations: conversions, oral and parenteral dosage calculations ● Conversions ● Medication orders and abbreviations ● Solid and liquid dose calculations ● Syringe measurements ● Reconstitution ● Safe dose range: (across the lifespan) ● Injectable medication calculations ● Insulin calculations ● Heparin subcutaneous calculations ● Military time ● Weight based oral and injectable calculations ● Administration of oral, topical, and parenteral medications (Subcutaneous, intramuscular, intradermal) ● Needle safety	
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Date Created/Updated: April 10, 2025