

NURN 153

Fundamentals of Nursing

6 Credits (4 hours lecture, 2 credits lab/clinical)

Community College of Baltimore County
Common Course Outline

Description

NURN 153 – Fundamentals of Nursing Concepts: is a course in which students are introduced to the role of the nurse generalist by exploring beginning cognitive, technical, and interpersonal skills necessary for practice. Emphasis is placed on foundational concepts for nursing practice. Learning experiences provide opportunities to develop the competencies necessary to meet nursing needs of adult clients. Students are taught to make clinical judgments using the nursing process in the delivery of safe, effective nursing care. Supervised simulations, labs, and clinical experiences are designed to develop clinical reasoning skills and provide hands-on experience in the care of adult clients.

Pre-requisites: Admission to the nursing program

Co-requisites: NURN 155 or equivalent

Overall Course Objectives

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

1. examine historical and contemporary factors influencing the development of nursing;
2. use effective communication techniques and caring behaviors with clients and families to improve health outcomes;
3. explain how clinical judgment and the nursing process contribute to the delivery of safe, evidence-based, patient-centered nursing care;
4. practice the principles of safety required to prevent injury and/or illness to achieve optimal outcomes;
5. use technology and information management systems in the provision of safe, quality client care;
6. demonstrate proper techniques for basic nursing skills required for client care;
7. explain health and wellness interventions that assist clients to achieve optimal functioning;
8. explain the nursing care for clients experiencing problems with mobility, infection, elimination, tissue integrity, nutrition, and sensory perception;
9. provide for the basic comfort, sleep, and safety needs of adult clients;
10. explain physiologic and psychosocial aspects of aging and related nursing implications;
11. identify stress, coping, grief, and loss behaviors exhibited by adult clients and related nursing care;
12. practice the principles of adult teaching and learning to provide patient-centered care;
13. contrast the nursing implications for clients from different cultural backgrounds; and
14. identify pharmacological principles of medication administration.

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

Major Topics

- I. CCBC Nursing concept-based curriculum
- II. Professional practice concepts
 - a. Professionalism
 - i. Nursing history
 - ii. Nursing theory
 - b. Caring Interventions
 - i. Caring
 - ii. Psychomotor skills
 - c. Communication
 - i. Therapeutic and non-therapeutic communication
 - ii. Documentation
 - iii. Shift and bedside reporting
 - iv. Situation-Background-Assessment-Recommendations (SBAR)
 - v. Incident reports
- III. Health care system concepts
 - a. Safety
 - i. National Patient Safety Goals
 - ii. Environmental safety
 - iii. Equipment safety
 - iv. Dosage and medication administration
 - v. Fall prevention
 - vi. Restraints and security devices
 - b. Evidence-based practice
 - i. Nursing research
 - ii. Evidence-based care
 - iii. Research utilization process
 - iv. Quality assurance and quality improvement
 - v. Best practices
 - c. Patient-centered care
 - i. Self determination
 - ii. Principles of patient-centered care
 - d. Technology and informatics
 - i. Information management
 - ii. Legal and ethical aspects of patient information
- IV. Health and wellness concepts
 - a. Comfort
 - i. Hygiene
 - ii. Acute and chronic pain
 - b. Culture
 - i. Cultural competence
 - ii. Diversity, Equity, and Inclusion (DEI)
 - iii. Spirituality
 - c. Elimination
 - i. Urinary incontinence and retention
 - ii. Fecal incontinence
 - iii. Diarrhea, constipation, and fecal impaction
 - d. Human development

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- i. Aging
 - e. Mobility
 - i. Immobility
 - ii. Osteoporosis
 - iii. Osteoarthritis
 - iv. Fractures
 - v. Body mechanics
 - vi. Hip and knee joint replacement
 - f. Nutrition
 - i. Hospital diets
 - ii. Dysphagia
 - iii. Malnutrition
 - iv. Obesity
 - v. Oral, enteral, and parenteral nutrition
 - g. Sleep
 - i. Dyssomnias
 - ii. Parasomnias
 - iii. Sleep hygiene
 - h. Teaching and learning
 - i. Discharge teaching
 - ii. Pedagogy (andragogy)
 - iii. Domains of learning
 - iv. Teaching/learning assessment
 - i. Tissue integrity
 - i. Pressure injuries
 - ii. Cellulitis
 - iii. Wound healing
 - iv. Wound dressings
- V. Illness and injury concepts
 - a. Clinical judgment
 - i. Critical thinking and clinical decision making
 - ii. Nursing process and the Clinical Judgment Measurement Model
 - iii. Failure to rescue
 - iv. Rapid response teams
 - v. Pharmacology
 - b. Grief and loss
 - i. Grief and loss in the aging population
 - ii. Situational loss
 - c. Infection
 - i. Standard and transmission-based precautions
 - ii. Hospital acquired infections
 - iii. Antibiotic resistant infections
 - iv. Urinary tract infections (UTI)
 - d. Sensory perception
 - i. Sensory deprivation
 - ii. Sensory overload
 - iii. Sensory deficits
 - e. Stress and coping

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- i. Coping strategies
- ii. General adaptation syndrome theory

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- four theory examinations
- three quizzes
- dosage testing
- two writing assignments, such as a nursing process assignment
- one evidence-based research project
- one proctored standardized test
- two skills tests

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to APA style.

Other Course Information

The following are required for satisfactory completion of this course:

- attendance at all assigned clinical/laboratory experiences
- completion of all assignments
- satisfactory performance in the clinical experience
- satisfactory performance on all nursing skills tests
- an exam average of 75.00% or higher
- an overall grade of C (75.00%) or higher

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