



COURSE OUTLINE : NS 210
D Credit – Degree Applicable
COURSE ID 004309
Cyclical Review: July 2020

COURSE DISCIPLINE : NS
COURSE NUMBER : 210
COURSE TITLE (FULL) : Fundamentals of Nursing
COURSE TITLE (SHORT) : Fund of Nursing

CATALOG DESCRIPTION

NS 210 introduces the core concepts, principles, and clinical skills common to all areas and levels of nursing practice. It presents the delivery of nursing care based on a Hierarchy of Human Needs (a unifying theme for conceptual framework in the Nursing Program) which impact health, quality of life, and achievement of potential. The entry-level student is introduced to the components and use of the nursing process in promoting patient-centered care. This course provides the basic platform of nursing knowledge, skills, and caring attitudes upon which subsequent nursing courses build. Clinical experiences in the ambulatory, acute and/or long-term health care settings, as well as simulated experiences in the Nursing Resource Laboratory are included.

Total Lecture Units: 1.50

Total Laboratory Units: 2.00

Total Course Units: 3.50

Total Lecture Hours: 27.00

Total Laboratory Hours: 108.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 135.00

Total Out-of-Class Hours: 54.00

Prerequisite: NS 200 and NS 205, or previous completion of equivalent coursework. Corequisite: Enrollment in NS 201 and NS 208, or previous completion of equivalent coursework.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	NS	200	Nursing Perspectlves	discuss the various levels of nursing practice and educational pathways for each;	Yes
2	NS	200	Nursing Perspectlves	describe current nursing roles and how these differ in various practice settings;	Yes
3	NS	200	Nursing Perspectlves	discuss major historical influences in the development of nursing and how they have shaped current practice;	Yes
4	NS	200	Nursing Perspectlves	discuss the evolving interdisciplinary healthcare team and the role of nursing within it;	Yes
5	NS	200	Nursing Perspectlves	describe the means by which the government and law regulate nursing practice;	Yes
6	NS	200	Nursing Perspectlves	identify prominent healthcare commissions and agencies which impact nursing and its practice;	Yes
7	NS	200	Nursing Perspectlves	define and discuss the core competencies of contemporary nursing;	Yes
8	NS	200	Nursing Perspectlves	define concepts of health and illness and common cultural variables that influence their meaning to the patient/client and family;	Yes
9	NS	200	Nursing Perspectlves	describe health practices common to the sociocultural influences present in our community;	Yes
10	NS	200	Nursing Perspectlves	discuss the knowledge, skills, and attitudes the nurse needs to develop to provide culturally competent and patient-centered care;	Yes
11	NS	200	Nursing Perspectlves	compare and contrast the role of the nurse in illness as opposed to health promotion;	Yes
12	NS	200	Nursing Perspectlves	identify ethical dimensions involved in the everyday practice of nursing;	Yes
13	NS	200	Nursing Perspectlves	distinguish between ethical situations and ethical problems;	Yes
14	NS	200	Nursing Perspectlves	discuss the current trends in settings for U.S. health care delivery;	Yes
15	NS	200	Nursing Perspectlves	discuss basic factors which influence access to health care and change in the health care setting;	Yes
16	NS	200	Nursing Perspectlves	formulate written assignments relating to current health care issues;	Yes
17	NS	200	Nursing Perspectlves	use varied and appropriate search strategies and databases to obtain assignment information;	Yes



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18	NS	200	Nursing Perspectives	scrutinize and verify sources and information chosen to complete assignments for validity; and	Yes
19	NS	200	Nursing Perspectives	describe important legal considerations which impact nursing practice.	Yes
20	NS	205	Essentials Of Medication Administration	Calculate drug dosages accurately;	Yes
21	NS	205	Essentials Of Medication Administration	describe the role of the nurse in the safe administration of medication;	Yes
22	NS	205	Essentials Of Medication Administration	define specified terminology and recognize common medical abbreviations;	Yes
23	NS	205	Essentials Of Medication Administration	list reliable print and electronic resources for eliciting information on both prescription and nonprescription medications;	Yes
24	NS	205	Essentials Of Medication Administration	identify patient/client and environmental variables which may impact therapeutic use of medications.	Yes
25	NS	201	Nursing Seminar I	examine simulated patient situations that include unmet basic physiological needs resulting from health problems such as postoperative pain, gastrointestinal disorders, and common cardiovascular disorders:	Yes
26	NS	201	Nursing Seminar I	analyze presenting patient medical situation/scenario from a nursing perspective;	Yes
27	NS	201	Nursing Seminar I	identify applicable theoretical content from nursing perspectives, pharmacology, fundamentals, and/or medical-surgical coursework.;	Yes
28	NS	201	Nursing Seminar I	formulate an appropriate course of action for the nurse based on theoretical content;	Yes
29	NS	201	Nursing Seminar I	discuss proposed courses of action within an assigned workgroup	Yes
30	NS	201	Nursing Seminar I	participate in a group decision and selection of the most appropriate course of action;	Yes
31	NS	201	Nursing Seminar I	assist with group presentation to the class regarding the scenario and nursing decisions;	Yes
32	NS	201	Nursing Seminar I	utilize selected software in application of new knowledge and prescribing/providing nursing care;	Yes



33	NS	201	Nursing Seminar I	demonstrate supervised electronic retrieval of health care and nursing information on an assigned clinical topic.	Yes
34	NS	208	Pharmacology For Nursing	describe the role of the nurse in the safe administration of medication, including specific areas of patient/client assessment for selected classifications of medications;	Yes
35	NS	208	Pharmacology For Nursing	identify nursing implications established by standards of care when drug administration is part of the patient/client's therapy;	Yes
36	NS	208	Pharmacology For Nursing	list and access resources available, both written and electronic, for eliciting reliable information on both prescription and nonprescription medications;	Yes
37	NS	208	Pharmacology For Nursing	explain the effects of medication on human needs, considering factors such as age, gender, ethnicity, metabolism, and health problems;	Yes
38	NS	208	Pharmacology For Nursing	discuss the impact of social, cultural, lifespan, ethnic, and economic factors on medication administration and patient/client compliance to drug therapy;	Yes
39	NS	208	Pharmacology For Nursing	describe effective approaches to patient teaching to improve safety and efficacy of pharmacologic therapy;	Yes
40	NS	208	Pharmacology For Nursing	identify and discuss normal routes, side effects, contraindications, untoward reactions, therapeutic outcomes and rationale for the administration of drugs selected as representative agents of a classification;	Yes
41	NS	208	Pharmacology For Nursing	describe pharmaco-therapeutics of selected drugs used to treat a variety of health problems and conditions;	Yes
42	NS	208	Pharmacology For Nursing	apply knowledge of pharmacology into co-requisite and subsequent clinical courses and settings;	Yes
43	NS	208	Pharmacology For Nursing	discuss ethical situations which are frequently encountered in medication administration, including those which are commonly linked to patient/client age, developmental stage, and/or prognosis.	Yes
44				use anatomical terminology correctly;	Yes
45				apply knowledge of basic human anatomy and physiology at the cellular, tissue, organ, and system level for all major human body systems to nursing knowledge and skills;	Yes



46				construct sentences and paragraphs using correct structure, spelling, and grammar for purposes of safe nursing documentation;	Yes
47				read, discuss, and apply content from intermediate college level texts with a specialized vocabulary;	Yes
48				access electronic resources for classroom and clinical assignments;	Yes
49				communicate in a manner that demonstrates proficiency in oral English skills to promote patient safety.	Yes

EXIT STANDARDS

- 1 Discuss the Philosophy and Unifying Theme of the Glendale Community College Department of Nursing;
- 2 explain the Hierarchy of Human Needs and its application to the nursing process;
- 3 identify and discuss the steps of the nursing process and how they relate to each other;
- 4 discuss how the nursing process connects the scientific method with provision of patient-centered care;
- 5 explain how assessment of unmet human needs promotes skill in prioritizing nursing care, decision-making, and use of the nursing process;
- 6 discuss the components of, and nursing concerns inherent in, each of the basic human needs;
- 7 identify normal aging processes and their impact on basic human needs;
- 8 identify the role and responsibilities of the nurse in caring for the patient/client with unmet basic physiologic needs;
- 9 demonstrate basic nursing skills correctly and verbalize their indications, use, critical elements, and documentation;
- 10 retrieve and use reliable healthcare information from electronic sources;
- 11 identify common risk factors and unmet basic human needs inherent to the hospitalized older adult;
- 12 create and maintain a sensitive climate of dignity and privacy when caring for older adults;
- 13 utilize newly acquired skills and knowledge in providing safe nursing care;
- 14 compare and contrast the use of standard precautions, medical asepsis, and surgical asepsis;
- 15 manage the safe and effective nursing care of at least one patient in the clinical setting;
- 16 document and communicate nursing care activities as part of the patient care team;
- 17 document and communicate patient/client responses to the plan of care utilizing correct terminology, spelling, sentence structure, and grammar;
- 18 demonstrate a satisfactory level of growth and proficiency in clinical competencies and on the clinical evaluation tool.

STUDENT LEARNING OUTCOMES



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- 1 perform return demonstration of basic nursing skills at a satisfactory level as defined in our first level evaluation tool.
- 2 provide hands on demonstration of safe patient care at a satisfactory level as defined in our first level evaluation tool.
- 3 recognize fundamental nursing knowledge for basic patient care

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Foundations of Nursing Practice <ul style="list-style-type: none"> • Introduction to nursing and nursing roles • The Hierarchy of Human Needs • The nursing process and patient-centered care • Writing a nursing care plan using the nursing process • Documentation 	3.5	0	3.5
2	Developmental, Sociocultural and Family Influences on Health and Human Needs of the: <ul style="list-style-type: none"> • Family • Infant and young child • School-age child • Adolescent • Adult • Aging adult 	2.5	0	2.5
3	Nursing Management of Safety and Hygiene <ul style="list-style-type: none"> • Providing physical and biologic safety • Helping the patient dress • Assessing and bathing the skin • Promoting hygiene of the mouth, eyes, hair, nails 	1	0	1
4	Basic Techniques Used in Assessment of Human Needs <ul style="list-style-type: none"> • Communication of caring attitudes • Assessing vital signs • Measuring weight and height • Collecting specimens and point-of-care testing • Assisting with examinations, procedures • Admission, transfer, discharge 	3	0	3
5	Nursing Management of Activity and Exercise Needs <ul style="list-style-type: none"> • Assessing musculoskeletal function • Positioning, moving, and transferring the patient • Bedmaking • Exercising and ambulating the patient • Protecting the immobile patient • Maintaining and managing therapeutic immobility 	1	0	1



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6	<p>Promotion of Rest and Comfort (Pain Avoidance) Needs</p> <ul style="list-style-type: none"> • Assessment of comfort levels • Physiology and functions of sleep • Factors affecting sleep • Assessing acute and chronic pain • Cultural component of pain management • Physiology of pain • Nursing management of pain 	2	0	2
7	<p>Nursing Management of Nutrition and Hydration Needs</p> <ul style="list-style-type: none"> • Assessment of fluid/electrolyte balance and nutrition • Assisting the patient with eating • Nursing management of enteral tubes • Nursing management of parenteral fluids 	3	0	3
8	<p>Nursing Management of Elimination Needs</p> <ul style="list-style-type: none"> • Assessing genitourinary function • Toileting • Nursing implications in the use of urinary catheters • Assessing and managing bowel elimination function 	2	0	2
9	<p>Nursing Management of Oxygenation/Perfusion Needs</p> <ul style="list-style-type: none"> • Assessing respiratory function • Pulmonary physiotherapy • Maintaining an airway • Assessing cardiovascular function 	2	0	2
10	<p>Nursing Assessment and Management of Cognitive/Perceptual Needs</p> <ul style="list-style-type: none"> • Sensory alterations • Confusion and dementia • Fostering the perception of care and trust 	1	0	1
11	<p>Nursing Skills Pertaining to Medication Administration</p> <ul style="list-style-type: none"> • Preparing for medication administration • Administering oral, topical, instilled and parenteral medications 	2	0	2
12	<p>Nursing Skills Pertaining to Wound Management</p> <ul style="list-style-type: none"> • Dressing application • Wound irrigation • Suture/staple removal • Bandage/binder application • Heat/cold compress application • Pressure ulcer management 	2	0	2
13	<p>Nursing Skills Pertaining to the Surgical Patient</p> <ul style="list-style-type: none"> • Preparation of the patient for surgery • Postoperative care 	1	0	1
14	<p>Management of the Needs of the Dying Person</p> <ul style="list-style-type: none"> • Cultural aspects of death and dying • Supporting the dying • Supporting the bereaved • Providing post-mortem care 	1	0	1



15	Clinical Laboratory • Safety measures while providing basic patient care (e.g. hygiene care) • Body mechanics while performing patient care (e.g. transferring patient) • Obtaining vital signs • Maintaining and promoting patient mobility (e.g. ambulation) • Patient comfort measures (e.g. pain assessment and appropriate intervention) • Types and use of parenteral and drainage tubes • Wound care (e.g. cleaning and dressing) • Surgical patient preparation and post-operative care • Care of a dying patient	0	108	108
				135

OUT OF CLASS ASSIGNMENTS

- 1 computer lab software;
- 2 group projects (e.g. poster preparation on a selected topic);
- 3 community service learning (e.g. participating in a vaccination clinic);
- 4 written assignment (e.g. written paper on the service learning experience).

METHODS OF EVALUATION

- 1 quizzes;
- 2 critiquing of written paper(s);
- 3 critiquing of group assignments;
- 4 skills competency practicum (demonstration of skills in simulation laboratory);
- 5 mid-term examination;
- 6 clinical competencies (e.g. dosage calculation);
- 7 final examination.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study



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- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Nursing Diagnosis Handbook: An Evidenced-Based Guide to Planning Care	Required	St. Louis: Elsevier	12	Print	Ackley, Betty	9780323551120	2020
Nursing Student Handbook. Current ed	Required	Glendale: GCC Department of Nursing		Web	Department of Nursing	None	2020
Lewis' Medical Surgical Nursing	Required	St. Louis: Elsevier	11	Print	Harding, Mariann M. et al.	978-0323551496	2020
Mosby's Manual of Diagnostic and Laboratory Tests	Required	St. Louis: Elsevier	6	Print.	Pagana, Kathleen	9780323446631	2018
Fundamentals of Nursing	Required	St. Louis: Elsevier	10	Print	Potter, Patricia	9780323677721	2020
Taber's Cyclopedic Medical Dictionary.	Required	Philadelphia: F.A. Davis	23	Print	Venes, Donald	0803659059	2017