

Montgomery County Community College
 NUR 114
 Concepts of Nursing I: Promoting Wellness in the Individual and Community
 6-3-9

COURSE DESCRIPTION:

Building upon the content from Introduction to Concepts of Nursing, this course fosters a deeper understanding and integration of the concepts of nursing in promoting wellness in the individual and communities. The student identifies the wellness needs of the individual and community using clinical reasoning and judgement with the integration of the nursing process. Emphasis is placed on developing nursing skills necessary for building the foundation for professional nursing practice in varied health care settings. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

REQUISITES:

Previous Course Requirements

- NUR 108 Introduction to Concepts of Nursing with a minimum grade of “C” within 1 year
- BIO 131 Human Anatomy and Physiology I with a minimum grade of "C" within 5 years
- BIO 140 Microbiology and Immunology with a minimum grade of “C” within 5 years
- MAT 106 Math Applications with a minimum grade of “C” within 5 years
- PSY101 Introduction to Psychology with a minimum grade of “C”

Concurrent Course Requirements

- BIO 132 Human Anatomy and Physiology II
- ENG 101 English Composition 1
- PSY 206 Human Development: A Life Span Approach
- Clinical requirements complete, and current as per Program guidelines

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

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
1. Apply the concepts of nursing in promoting wellness in diverse individuals and communities	Assigned readings Audio-Visual Resources Active learning assignments Case studies Clinical experiences/assignments Lecture/Discussion Reflective journal Simulation experience	Clinical evaluation tool Discussion Evaluation of active learning assignments Evaluation of reflective journal Exam questions Simulation evaluation
2. Apply clinical reasoning	Assigned readings	Clinical evaluation tool

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
and judgement to integrate the nursing process in meeting the wellness needs of diverse individuals and communities	Active learning assignments Case studies Clinical experiences/assignments Lecture/Discussion Reflective journal Simulation experience	Discussion Evaluation of active Learning assignments Evaluation of reflective journal Exam questions Simulation evaluation
3. Apply current standards of practice in providing holistic, quality care within the legal-ethical framework of professional nursing practice	Assigned readings Active learning assignments Case studies Clinical experiences/assignments Lecture/Discussion Research assignment Simulation experience	Evaluation of active learning assignments Clinical evaluation tool Discussion Exam questions Research assignment grading rubric Simulation evaluation
4. Perform nursing skills safely and consistently, with guidance and supervision, to ensure quality client care	Audio-Visual Material Clinical experiences/assignments Laboratory/skills practice Lecture/Discussion Simulation experience	Clinical evaluation tool Exam questions Skills testing Simulation Evaluation
5. Communicate with respect and shared decision-making within nursing and interdisciplinary teams to provide quality client care	Clinical experiences/assignments Simulation/Interprofessional education (IPE) experience	Clinical evaluation tool Discussion Exam questions Simulation evaluation
6. Incorporate informational technology to communicate, manage knowledge, mitigate error and support decision-making	Clinical experiences/assignments Lecture/Discussion Simulation/IPE experience	Clinical evaluation tool Discussion Simulation evaluation
7. Distinguish caring and non-caring behaviors in self and others	Clinical experiences/assignments/ Reflective journal	Clinical evaluation tool Discussion Evaluation of reflective journal
8. Recognize activities that foster personal and professional growth	Audio-Visual resources Clinical experiences/assignments	Clinical evaluation tool Discussion Teaching/Learning paper

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
	Simulation experience Teaching/Learning Observation Reflective journal	rubric Evaluation of reflective journal

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

- I. QSEN Competencies (threaded through the course)
 - a. Client centered care
 - b. Teamwork and collaboration
 - c. Evidence based practice
 - d. Quality improvement
 - e. Safety
 - f. Informatics
- II. Clinical judgement and decision-making
 - a. Nursing process and plan of care
 - b. Organizing and prioritizing care
- III. Delegation Communication and Legal Issues
 - a. Documentation and reporting
 - b. Risk management
- IV. Health and Wellness
 - a. Health Promotion in the adult
 - c. Development of the older adult
 - d. Social Determinants of Health
 - e. Physical Fitness
 - f. Obesity
 - g. Oral health
- V. Cultural Diversity
 - a. Vulnerable populations in the adult
- VI. Cellular regulation
 - a. Screenings related to cancer (integrated)
 - b. Care of the adult with anemia
- VII. Perfusion
 - a. Nursing Process in promoting perfusion in the adult
 - b. Prevention and identification of HTN
- VIII. Addiction
 - a. Nicotine use
- IX. Oxygenation
 - a. Nursing Process in promoting oxygenation in the adult

- b. Care of the adult with hypoxia
- X. Thermoregulation
 - a. Nursing Process in promoting thermoregulation in the adult
 - b. Care of the adult with altered thermoregulation
- XI. Infection
 - a. Nursing Process in promoting asepsis in the adult
 - b. Care of the adult with infection
 - c. Care of the adult with influenza
- XII. Mobility
 - a. Nursing Process in promoting mobility in the adult
 - b. Care of the adult with osteoarthritis and osteoporosis
- XIII. Tissue Integrity
 - a. Nursing Process in promoting skin and tissue integrity
 - b. Care of the adult with pressure injuries
- XIV. Accountability with medication administration
 - a. Principles of Pharmacology
 - b. Nursing Process with Medication Administration
 - c. Introduction to Drug Classifications
- XV. Self concept
- XVI. Managed care
- XVII. Caring
- XVII. Sensory
 - a. Nursing Process in promoting sensory function in the adult
 - b. Care of the adult with impaired vision, hearing and sensation
- XVIII. Cognition
 - a. Nursing process in promoting cognition in the adult
 - b. Care of the adult with Alzheimer's and delirium
- XIX. Comfort
 - a. Nursing process in promoting hygiene and comfort
 - b. Care of the adult with acute and chronic pain
 - c. Nursing Process in promoting rest and sleep
 - d. Care of the adult with alterations in sleep-rest patterns
- XX. Digestion
 - a. Care of the adult with altered nutritional needs
- XXI. Elimination
 - a. Nursing Process in promoting healthy elimination in the adult
 - b. Care of the adult with alterations in healthy elimination
 - i. Bladder and bowel incontinence
 - ii. Bladder retention
 - iii. Constipation and impaction
- XXII. Fluid and Electrolytes
 - a. Nursing process in promoting fluid and electrolyte balance in the adult
 - b. Care of the adult with fluid and electrolyte imbalances
 - i. Fluid overload and deficit
 - ii. Imbalance of Sodium, Potassium, Calcium, Magnesium

- XXIII. Coping and Stress
 - a. Assessment of depression and anxiety in the adult
 - b. Care of the adult with adaptation to aging and loss
- XXIV. Comfort
 - a. End of life care
- XXV. Grieving
 - a. Nursing Process in helping the adult with the grieving process
 - b. Advanced directives and ethics
- XXVI. Nursing skills and simulation are threaded throughout the course.

***Concept definitions are referenced from Arnoldussen, B., Callahan, B., Daley, L., Hand, M., Phillips, P., and Rodehorst, K. Eds. (2019). *Nursing: A Concept-based Approach to Learning*. (3rd ed). New York: Pearson Education, Inc.

REQUIRED TEXTBOOK AND MATERIALS:

Hinkle, J, Cheever, K, & Overbaugh, K (2022). *Brunner and Suddarth’s textbook of medical-surgical nursing*. (15th ed.). Philadelphia, PA: Wolters Kluwer

Taylor, C., Lynn, P. & Bartlett, J. L. (2019). *Fundamentals of Nursing: The art and science of person-centered nursing care*. (9th ed.). Philadelphia, PA: Wolters Kluwer.

Lippincott Course Point +: The.point.lww.com/coursepointplus

ATI: <https://atitesting.com>

Other learning materials may be required and made available directly to the student and/or via the College’s Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: Denise Davidson Date: 4/2021

VPAA/Provost or designee Compliance Verification: Date: 4/2021
 Gloria Oikelome, Ed.D.

Revised by: Denise Davidson Date: 10/26/2021

VPAA/Provost or designee Compliance Verification: Date: 10/27/2021
 Gloria Oikelome, Ed.D.

Revised by: Denise Davidson Date: 4/20/2022

VPAA or designee Compliance Verification: Date: 4/26/2022



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.