

**Palomar College**  
**Course Outline of Record for Degree Credit Course**

X Transfer course    X A.A. degree applicable course (check all that apply)

**Course Number and Title:** NURS 117, Nursing I

**Unit Value:** 9 units

**Minimum Number of Semester Hours:** 304

**Basic Skills Requirements:** Appropriate language and computational skills

**Entrance Requirements**

**Prerequisite:** Admission to the Associate Degree Nursing Program

**Corequisite:** NURS 103, Nursing Foundations I

**Recommended Preparation:** None

**Scope of Course:** The nursing process and components of critical thinking are introduced in this course. Focus is placed on the care of stable clients with expected or predictable outcomes. Provides a basic foundation for nursing practice with a focus on assessment (utilizing functional health patterns), nursing skills, and therapeutic communication. Emphasis is placed on the role of the nurse as a provider of care and member of a discipline.

**Specific Course Objectives:** The successful student will be able to:

1. Compare and contrast basic nursing care for clients with dysfunctions in Nutrition/Metabolic, Elimination, Cognitive/Perceptive, and Activity/Exercise health patterns.
2. Apply theoretical concepts in the care of stable clients with expected or predictable outcomes.
3. Utilize basic foundations of critical thinking as an integral component in group activities and in the clinical setting.
4. Perform nursing skills related to the theoretical content.
5. Demonstrate math/medication competency.

**Content in Terms of Specific Body of Knowledge:**

1. Nutrition/Metabolic
  - a. Basic nutrition and diets
  - b. Basic Fluids and Electrolytes
  - c. Stable metabolic dysfunctions (i.e. Diabetes Mellitus)

2. Elimination
  - a. Genitourinary dysfunctions (i.e. incontinence)
  - b. Gastrointestinal dysfunctions (i.e. constipation and diarrhea)
3. Cognitive/Perception
  - a. Chronic pain
  - b. Stable visual and hearing dysfunctions
  - c. Chronic, stable neurological dysfunctions (such as Multiple Sclerosis, seizures, Amyotrophic Lateral Sclerosis, and Parkinson's)
4. Activity/Exercise
  - a. Normal activity and exercise
  - b. Normal skin care and prevention
  - c. Chronic, stable cardiac dysfunctions (Congestive Heart failure and Hypertension)
  - d. Chronic, stable respiratory dysfunctions (ineffective airway clearance and ineffective breathing patterns, like Chronic obstructive pulmonary disease)
  - e. Chronic, stable orthopedics dysfunctions (stable hip fractures, arthritis, and short term rehabilitation)
5. Medication Competency

**Required Reading:**

- American Diabetes Exchange List for Meal Plan. 1995 Edition. (pamphlet)
- Cox, Helen C., et al. Clinical Application of Nursing Diagnosis. 3rd Edition. Philadelphia: F. A. Davis, 1997.
- Deglin, Judith H. and April H. Vallerand. Davis' Drug Guide for Nurses. 6th Edition. Philadelphia: F. A. Davis, 1999.
- Gordon, Marjorie. Manual of Nursing Diagnosis. 8th Edition. St. Louis: Mosby, 1997-1998
- Kee, Joyce L. Laboratory and Diagnostic Tests with Nursing Implications. 5th Edition. Los Altos: Appleton and Lange, 1998.
- Krames Communications. Back Tips for Health Care Providers. 1996. (pamphlet)
- Krames Communications. Lifting and Moving Patients. 1989. (pamphlet)
- Lewis, Sharon M., Idolia C. Collier, and Margaret M. Heitkemper. Medical Surgical Nursing: Assessment and Management of Clinical Problems. 5th Edition. St. Louis: Mosby, 1999.
- Lilley, Linda and Robert S. Aucker. Pharmacology and the Nursing Process. 2nd Edition. St. Louis: Mosby, 1998.
- Pickar, Gloria D. Dosage Calculations. 6th Edition. Albany: International Thompson Publishing, 1999.
- Potter, Patricia A. and Anne Griffin Perry. Fundamentals of Nursing. 4th Edition. St. Louis: Mosby, 1997.
- Ochs, GERALYN. Study Guide to Accompany Potter and Perry, Fundamentals of Nursing. 4th Edition. St. Louis: Mosby, 1997.

**Suggested Reading:**

- Metheny, Norma. Fluid and Electrolyte Balance: Nursing Considerations. 3rd Edition. Philadelphia: Lippincott, 1996.
- Weldy, Norma. Body Fluids and Electrolytes: A Programmed Presentation. 7th Edition. St. Louis: Mosby, 1996.
- Fluids & Electrolytes Made Incredibly Easy. Pennsylvania: Spring House, 1997

Silverman, Jay, Elaine Hughes, and Diana Wienbroer. Rules of Thumb: A Guide for Writers. 4th Edition. New York: McGraw-Hill, 1999.  
Any current edition of a Medical/Nursing Dictionary

**Required Writing:**

1. Weekly client assessments documented on a standard four-page form.
2. A three to five page patient care plan is required during the clinical rotation. The writing assignment is completed on a form specifically designed for the task. The rationale for the interventions and the problems are written in paragraph form.
3. Written evaluations of clinical experiences and reports from the community settings. Approximate length is one to three pages.
4. One page written patient-teaching plan.

**Outside Assignments:**

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

1. Outside assignments include required readings from course textbooks, writing assignments, library supplemental readings, videos, and computer programs in the LRC.
2. Practice nursing skills in the campus lab.

**Instructional Methodology:**

Check all that apply:

- lecture  
 laboratory  
 lecture-laboratory combination  
 directed study

This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes  No

If yes, check all that apply. (See guidelines for preparation for definitions.)

- telecourse  
 mediated instruction  
 computer assisted instruction

**Grading Policy and Standards** (include methods of determining whether the stated objectives have been met by students):

57% course grade = Unit Exams  
29% course grade = Final Exam  
7% course grade = Written/Group Work  
7% course grade = Client Care Plan

A separate exam on math/medication competency will be given. The score from the math/medication exam will not be included in the total points for the class. A score of at least 90% must be received in order to pass N117.

The student will be required to perform randomly selected campus lab skills with 100% accuracy. The student has a maximum of three opportunities to pass each skill test. The student must pass the campus lab skills tests or a substandard grade for the course will be assigned.

**Is course repeatable for reason(s) other than deficient grade?**

       Yes      X   No    Number of times course may be taken for credit      1  

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

**Contact Person:** Kathleen Clyne, RN, MS, Chairperson, Associate Professor ex. 2587

SIGNATURES ON FILE
--------------------