N222: Fundamentals of Nursing  
Credits: 3; lecture 2, college lab 1  
Semesters offered: F, S

Course Description: The focus of this course will be on the concepts and skills related to mobility, comfort and hygiene, vital signs, drug administration and teaching/learning principles. Concepts of safety and medical asepsis will be intertwined throughout. In a simulated laboratory setting, students will practice and attain beginning proficiency in selected related skills.

Course objectives: The student will:

1. Utilize principles of body mechanics and of proper alignment in all aspects of care giving.
2. Demonstrate principles of safety and comfort in performing skills and in maintaining a safe environment.
3. Utilize principles of medical asepsis in performing skills.
4. Demonstrate an understanding of physiological principles when measuring and recording vital signs.
5. Illustrate teaching/learning principles involved in providing health care.
6. Apply basic mathematical principles on calculating correct drug doses.
7. Demonstrate accuracy in the preparation and administration of oral and selected parenteral medications in simulated settings.

Approved by Faculty: 11/4/89; 4/3/98 VKoehler
Approved by UAAC: 4/3/98 VKoehler
Recommended Content and Concepts:

A. MEDICAL SURGICAL ASEPSIS
   Introduce chain of infection, nosocomial infections and principles of medical asepsis
   Skills: handwashing

B. SAFETY
   Thread throughout all skills

C. MOBILITY/IMMOBILITY
   Body mechanics and overview of consequences of immobility, pressure sores
   Skills: Lifting/moving weak patients, transfer from bed to chair, ambulate, Range of Joint
           Motion (ROJM), positioning

D. HYGIENE/COMFORT
   Principles of bath, physical and psychosocial aspects
   Skills: Bedmaking, bed pans, mouth care of conscious patient, denture care, bed bath,
           perineal care

E. VITAL SIGNS
   Factors affecting TPR, BP, principles of assessing TPR, BP
   Skills: TPR, BP

F. DRUG ADMINISTRATION
   Principles of safety, nurse's role, dosage calculations, metric vs apothecary systems,
   abbreviations, oral and parenteral meds, IV drop rate
   Skills: Giving oral, subq, and IM, demonstrate reconstituting a powder, tubex syringes, and
           mixing meds in a syringe

G. TEACHING/LEARNING
   Assessing learning needs, principles of learning, planning teaching, learning objective, teaching
   strategies, implementing the plan
   Skills: Student presentations to a small group

Examples of Learning Activities:

Lecture and discussion
Assigned readings
Viewing audiovisuals
Laboratory practice of skills, independent practice of skills
Performance testing of skills
Demonstration/return demonstration of skills
Written self tests
Written teaching plan and oral presentation of teaching project
Dosage calculation exam
Written tests