

## Welcome to Unit 1 – Introduction to Nursing!

Welcome to the Margaret H. Rollins School of Nursing! During the first week of class, you will learn foundational nursing concepts and basic skills so that you can provide safe care to your patients as a student nurse. We ask that you complete the ATI lessons, review the videos and supplemental readings, and finish the assignments before coming to class each day. Independent study and “class prep” assignments will allow you to engage in more meaningful learning during class. Our goal is to spend less time lecturing and more time on discussions, questions, demonstrations, group work, and activities that reinforce learning!

The basic care skills you will learn this week are important as you begin your in-hospital clinical experiences. Please print the ATI Skills Checklists that are assigned each day and bring them to class. We will review the skills together, and then you will need to practice in the simulation laboratory to become competent. We suggest that you take these opportunities to get to know your new classmates and work together in groups to practice and develop your skills.

Below is a list of ATI lessons, articles, videos, and other materials to review before your first day of class! You also have your first “class prep” assignment due at 0830 on Monday – please print the worksheet and bring it to class. We hope that you come to class prepared, excited, and ready to learn!

Please reach out to Mrs. Griffin or Mrs. Yuriscic via Edvance360 with any questions. We are looking forward to getting to know you and guiding you through the first week of nursing school!

## DAY 1: CLASS PREPARATION

### ATI LESSONS

- **Engage Fundamentals: Professional Nursing**
  - **Professionalism and Leadership**
    1. Lesson: Professionalism
      - Professional Behaviors through Decision Making Process
      - Unprofessional Behaviors (**SKIP** Novice to Expert section)
      - Professional Commitment & Identity (**SKIP** Codes of Conduct section)
      - Advocacy (**SKIP** Model of Professionalism in Nursing section)
    2. Accountability and Responsibility
    3. Nurse’s Role Within an Organization (first section)
- **Engage Fundamentals: Foundational Concepts of Nursing Practice**
  - **Infection Control/Isolation**
    1. Lesson: Principles of Medical and Surgical Asepsis
    2. Lesson: Types of Precautions
    3. Lesson: Nursing Interventions to Protect Against Infections
  - **Mobility**
    1. Lesson: Proper Body Mechanics
    2. Lesson: Mobility Support
- **Engage Fundamentals: Physiological Concepts for Nursing Practice**
  - **Hygiene**
    1. Lesson: Procedures for Providing Hygiene-Related Care – Oral Hygiene only

- **Nutrition**
  1. Lesson: Diets and Supplements
  2. Lesson: Nursing Interventions - Preventing Aspiration & Assisting with Eating and Feeding only

## **ADDITIONAL READINGS**

- Beebe Healthcare Policy – Hand Hygiene
- Beebe Healthcare Policy – Fall Prevention and Management
- CDC Guidelines – When and How to Wash your Hands  
<https://www.cdc.gov/handwashing/when-how-handwashing.html>
- CDC Policy – Using Personal Protective Equipment  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>
  - Watch: **2 Videos- Demonstration of Donning & Doffing PPE**
- LA Times article  
<https://www.latimes.com/entertainment-arts/music/story/2020-03-03/coronavirus-hand-washing-20-seconds-happy-birthday-10-songs>

## **SKILLS VIDEOS**

- Feeding
- Oral Care
- Denture Care
- Dangling, Ambulation with Gait Belt, Transfers

## **INDEPENDENT REVIEW**

- Unit 1 Vocabulary List
- Medical Abbreviation List
- 24-hour Clock

## **CLASS PREP ASSIGNMENT**

- Worksheet – BASIC CARE WEEK (DAY 1) – Due 8/23 @ 0830 (print & bring to class)

## **BRING TO CLASS**

- Outline: Intro to Professional Nursing Outline
- Outline: Intro to Nursing: Basic Care Part 1
- **PRINT: Hand Hygiene Checklist**