

# **NURSING 101: FOUNDATIONS OF NURSING**

## **UNIT I: INTRODUCTION TO NURSING**

### **UNIT OBJECTIVES**

#### **AT THE COMPLETION OF THE UNIT, THE STUDENT:**

1. Discusses definitions of nursing and major nursing concepts.
2. Describes the roles and functions of the nurse.
3. Recognizes legal aspects of Standard of Care and the Nurse Practice Act.
4. Discusses legal liability in nursing and the student nurses' accountability.
5. Describes methods of providing a safe environment for patients.
6. Demonstrates proper hand-washing technique.
7. Discusses fall prevention strategies.
8. Describes how skin breakdown is observed and prevented.
9. Demonstrates lifting, moving and transporting techniques correctly.
10. Demonstrates skills necessary for giving personal care to patients in a healthcare facility.
11. Identifies situations that must be reported to the nursing instructor/floor nurse as soon as possible.
12. Explains the physiology for the normal regulation of temperature, pulse, respirations and blood pressure, and internal and external factors influencing a person's vital signs.
13. Discusses the significance and interrelationship of the vital signs.
14. Employs evidence-based practice / best practice standards of nursing care, including accountability, related to physical assessment and vital signs.
15. Demonstrates accurate measurement of vital signs.

CONTENT	HOURS	TEACHING METHOD	RELATED LEARNING EXPERIENCE OR SUPPORTING ACTIVITY	EVALUATION METHOD
Unit I: Introduction to Nursing  A. Perceptions of Nursing 1. Definitions of Nursing 2. Major Nursing Concepts 3. Roles and Functions of the Nurse  B. Legal Aspects of Nursing 1. Legal Concepts/Terminology 2. Nurse Practice Act 3. Licensure 4. Standards of Care 5. Legal Responsibilities of the Student Nurse  C. Safety 1. Overview a. Joint Commission 2021 National Patient Safety Goals b. Patient Safety Goals c. Beebe Values	8 T  7 C	Lecture  Power Point In-class Discussion  Handouts Demonstration Videos  Lab Demonstration Return Demonstration “Show me the skill” (Socratic Questioning) Kahoot Tree of Impact	Class Preparation – questions based on ATI Videos and Modules   Unit I Vocabulary Words Abbreviations   2021 National Patient Safety Goals CDC PPE & Isolation Videos Beebe Values CDC Donning & Doffing PPE	

CONTENT	HOURS	TEACHING METHOD	RELATED LEARNING EXPERIENCE OR SUPPORTING ACTIVITY	EVALUATION METHOD
<p>2. Handwashing</p> <p>3. Feeding</p> <p>4. Pain Assessment</p> <p>5. Recording and Reporting</p>			<p>ATI Videos: Transmission-based precautions “Infection control: Gloves”</p> <p>CDC: When and how to wash your hands Hand Hygiene Practices for the Prevention of Infection -Glo Germ ATI Video: Handwashing Beebe Policy: Handwashing Article on Handwashing Songs ATI Skills Checklists – Hand Hygiene</p> <p>Basic Skills Videos: Feeding, oral care, denture care, dangling, ambulation with gait belt, transfers</p> <p>Scheduled and independent lab practice times</p>	
<p>6. Restraints</p> <p>D. Safe Use of Equipment</p> <p>1. Hospital Beds</p> <p>2. Wheelchairs</p> <p>E. Patient Privacy</p>			<p>Video: Hillrom.com – Centrella Bed</p>	

CONTENT	HOURS	TEACHING METHOD	RELATED LEARNING EXPERIENCE OR SUPPORTING ACTIVITY	EVALUATION METHOD
<p>G. Patient Positioning</p> <p>H. Personal Hygiene</p> <ol style="list-style-type: none"> <li>1. Types of Care</li> <li>2. Bathing</li> <li>3. Mouth and Denture Care</li> </ol>			<p>Pressure injury prevention- tips for prone positioning handout</p> <p>Video: The Complete Bed Bath  Video: Mouth Care for the Patient with Teeth  Video: Mouth Care for the Patient with Dentures  Skills Checklists</p>	
<p>I. Bedmaking</p> <ol style="list-style-type: none"> <li>1. Unoccupied Bed</li> <li>2. Occupied Bed</li> </ol> <p>J. Perineal/Catheter Care</p> <p>K. Measuring Urine from Urinary Catheter</p> <ol style="list-style-type: none"> <li>1. Measuring Urine or Feces for an Ambulatory Patient</li> <li>2. Bedpan</li> </ol> <p>L. Pressure Ulcer Prevention</p> <p>M. Fall Prevention</p>			<p>Video: Making the Occupied Bed</p> <p>ATI Videos &amp; Skills Checklists: Perineal/Catheter Care, emptying a Urinary Drainage Bag, Bedbath, making an occupied bed  Video: Purewick placement and removal  Beebe Policy: Urinary catheters</p> <p>Beebe Policy: Pressure Injury Prevention and Treatment Plan</p> <p>Beebe Policy: Fall Prevention and Management</p>	



CONTENT	HOURS	TEACHING METHOD	RELATED LEARNING EXPERIENCE OR SUPPORTING ACTIVITY	EVALUATION METHOD
<ul style="list-style-type: none"> <li>5. Blood Pressure               <ul style="list-style-type: none"> <li>a. Definition                   <ul style="list-style-type: none"> <li>1. Systolic</li> <li>2. Diastolic</li> </ul> </li> <li>b. Factors Affecting Blood Pressure</li> <li>c. Equipment                   <ul style="list-style-type: none"> <li>1. Stethoscope</li> <li>2. Sphygmomanometer                       <ul style="list-style-type: none"> <li>a. Digital Manometer</li> <li>b. Aneroid Manometer</li> </ul> </li> <li>3. Cuff Size</li> </ul> </li> <li>d. Measuring Blood Pressure</li> <li>e. Abnormal Blood Pressure Findings                   <ul style="list-style-type: none"> <li>1. Hypertension</li> <li>2. Hypotension</li> <li>3. Orthostatic Hypotension</li> </ul> </li> <li>f. Common Errors in Assessing Blood Pressure</li> </ul> </li> </ul>				<p style="text-align: center;">Unit Exam Competency Testing</p>