

NURSING 101: FOUNDATIONS OF NURSING

UNIT 1: INTRODUCTION TO NURSING

UNIT OBJECTIVES

AT THE COMPLETION OF THE UNIT, THE STUDENT:

1. Discusses definitions of nursing and major nursing concepts, including roles, functions, and accountability of the nurse and student nurse.
2. Discusses legal liability in nursing, legal aspects of Standard of Care, and the Nurse Practice Act.
3. Employs evidence-based practice and best practice standards of nursing care.
4. Demonstrates appropriate infection prevention methods, including proper handwashing techniques and correct use of PPE and isolation precautions.
5. Describes methods of providing a safe environment for clients.
6. Discusses fall prevention strategies.
7. Demonstrates proper body mechanics when lifting, moving and transporting clients.
8. Demonstrates skills necessary for providing basic care to patients in a healthcare facility.
9. Identifies the significance of maintaining client privacy, dignity, and confidentiality.
10. Describes how skin breakdown is prevented and identifies proper client positioning.
11. Demonstrates appropriate clinical documentation and situations in which the student nurse must report a finding.
12. Explains the physiology for normal regulation of temperature, pulse, respirations, and blood pressure.
13. Explains alterations in normal vital signs, and internal and external factors influencing a client's vital signs.
14. Demonstrates accurate measurement and recording of vital signs.
15. Demonstrates an understanding of medical terminology and abbreviations in the clinical setting.

CONTENT/ HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS
<p>Unit 1: Introduction to Nursing Theory Hours- 8.0 Clinical Hours- 9.0</p> <p>I. Perceptions of Nursing A. Major Nursing Concepts B. Roles and Functions of the Nurse C. Definitions of Nursing D. Professionalism in Nursing</p> <p>II. Legal Aspects of Nursing A. Legal Concepts/Terminology i. Scope of Practice ii. Liability iii. Accountability iv. Negligence/Malpractice v. Legal Responsibilities of the Student Nurse B. Nurse Practice Act C. Nursing Licensure D. Standards of Care E. Nursing Code of Ethics</p> <p>III. Introduction to Basic Nursing Care – Part I A. Beebe Values i. Beebe Mission & Vision B. Handwashing i. Alcohol-Based Gel ii. Soap & Water C. Personal Protective Equipment (PPE) i. Gloves ii. Donning & Doffing iii. Standard Precautions iv. COVID-19 Precautions v. Isolation Precautions D. Client Care Basics</p>	<p>Interactive Lecture</p> <p>Interactive Learning: In-Class Discussion of Nursing Concepts</p> <p>Visual-Based Learning: Healthcare Workers Hand Hygiene</p> <p>Experiential Learning: Practical Application of Donning & Doffing Gloves, Hand Hygiene, & Cavi-Wipes Use</p>	<p>Self-Learning Packet: Unit 1 Vocabulary List, Medical Abbreviations, and 24-hour Clock</p> <p>Class Prep: Worksheet questions based on Engage Fundamentals ATI Videos and Modules</p> <p>Visual-Based Learning: ATI Engage Fundamentals – Professional Nursing, “Professionalism & Leadership”</p> <p>Beebe Healthcare Policies: Hand Hygiene</p> <p>CDC Handwashing Guidelines</p> <p>LA Times Handwashing Article</p>	<p>Class Preparation</p>

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<ul style="list-style-type: none"> i. Privacy <ul style="list-style-type: none"> 1. Health Insurance Portability & Privacy Act (HIPPA) ii. Client Identifiers E. Feeding <ul style="list-style-type: none"> i. Diet Modifications ii. Diet Consistency iii. Liquid Consistency iv. Aspiration Precautions v. Dysphagia F. Oral Care <ul style="list-style-type: none"> i. Unconscious & Conscious Client G. Denture Care H. Safe Body Mechanics <ul style="list-style-type: none"> i. Beebe Healthcare Policy ii. Safe Transfers <ul style="list-style-type: none"> 1. Bed to Stretcher 2. Bed to Chair 3. Dangling 4. Ambulation <ul style="list-style-type: none"> a. Gait Belt 5. Bed to Wheelchair <ul style="list-style-type: none"> a. Wheelchair Operation I. Fall Prevention <ul style="list-style-type: none"> i. Morse Fall Risk Assessment ii. Identifying Fall Risk Factors iii. Beebe Policy iv. Prevention Measures <ul style="list-style-type: none"> 1. Bed/Chair Alarm 2. Non-skid Socks 3. Gait Belt/Assistive Devices 4. Call Bell 5. Telesitter/1:1 sitter v. If a Fall Occurs <ul style="list-style-type: none"> 1. Safety Tracking Tool (STT) 2. Debriefing Session 	<p>Game-Based Learning: Hand Hygiene/Gloves Kahoot</p> <p>Experiential Learning: Meal Tray, Feeding, & Aspiration Precaution Simulation</p> <p>Experiential Learning: Oral Care & Denture Care Demo</p> <p>Experiential Learning: Gait Belt, Cane, Walker, & Wheelchair Use Simulation</p> <p>Visual-Based Learning: ATI Engage Fundamentals Video, “Identifying Fall Risk Factors”</p> <p>Experiential Learning: Fall Prevention Simulation</p>	<p>CDC Demonstration of Donning/Doffing PPE Visual-Based Learning: ATI Engage Fundamentals – “Infection Control, Isolation, Hygiene, Nutrition, & Mobility”</p> <p>Visual Based Active Learning: Faculty Demonstrated Skill Videos on Feeding the Dependent Patient, Oral & Denture Care, Ambulation with Gait Belt, & Safe Transfers</p> <p>Beebe Healthcare Policies: Fall Prevention & Management</p>	

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<p>J. Restraints K. Culture of Safety L. Student Nurse Role in Client Care</p> <p>IV. Introduction to Joint Commission/QSEN A. Overview i. AIDET ii. Joint Commission 2022 National Patient Safety Goals iii. QSEN Competencies</p> <p>V. Introduction to Basic Nursing Care – Part II A. Bedpan i. Elimination – Positioning & Removing Bedpan B. Perineal Care i. Providing Perineal Care to Male & Female Client C. Bathing i. Bathing an Adult Client ii. Bathing Products D. Bed Making i. Changing Occupied & Unoccupied Bed E. Urinary Catheter i. CAUTI Prevention 1. Catheter Care 2. Early Removal 3. Sterility ii. Emptying & Measuring Urine 1. Graduated Cylinder 2. Urinal 3. Female External Catheter 4. Male External Catheter F. Elimination for Ambulatory Clients i. Hat ii. Bedside Commode G. Client Positioning i. Friction & Sheer Prevention</p>	<p>Experiential Learning: Soft Restraint Use</p> <p>Visual-Based Active Learning: QSEN Competencies Video, The Josie King Story, & The Joint Commission Compliance Video</p> <p>Cooperative-Based Learning: Wound Care Rounds</p> <p>Game-Based Learning: Bedpan Game</p> <p>Experiential Learning: Demonstration & Simulation on Bedpan use, Making an Occupied Bed, Bathing an Adult Client, Turning & Repositioning, Urinary Catheter Maintenance & Care, Perineal Care, Emptying Urinary Catheter Bag</p>	<p>2022 National Patient Safety Goals</p> <p>AIDET Guidelines & Key Words</p> <p>Class Prep: Worksheet questions based on Engage Fundamentals ATI Videos and Modules</p> <p>Visual-Based Learning: ATI Engage Fundamentals – “Elimination, Hygiene, & Tissue Integrity”</p> <p>Visual-Based Active Learning: Faculty Demonstrated Skill Videos on Bed Bath with Perineal Care, Assisting Client with Bedpan, Making Occupied Bed, Positioning Patient, Emptying & Measuring Urine, Catheter Care</p> <p>Visual-Based Active Learning-Product Videos</p>	

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<ul style="list-style-type: none"> ii. Positioning Types iii. Pressure Injury <ul style="list-style-type: none"> 1. Causes 2. Prevention <ul style="list-style-type: none"> a. Turning & Repositioning b. Waffle Boots c. Aquacel Foam Dressing 3. Risk-Factors 4. Bony Prominences iv. Hospital Beds <ul style="list-style-type: none"> 1. Types 2. Safe Use 3. Side Rail Alternatives <p>VI. Vital Signs</p> <ul style="list-style-type: none"> A. Blood Pressure <ul style="list-style-type: none"> i. Definition <ul style="list-style-type: none"> 1. Systolic 2. Diastolic ii. Alteration in Blood Pressure <ul style="list-style-type: none"> 1. Hypertension 2. Hypotension 3. Orthostatic Hypotension iii. Factors Affecting Blood Pressure iv. Nursing Interventions v. Measuring Blood Pressure <ul style="list-style-type: none"> 1. Equipment <ul style="list-style-type: none"> a. Stethoscope b. Blood Pressure Cuff <ul style="list-style-type: none"> i. Correct Size c. Sphygmomanometer <ul style="list-style-type: none"> i. Digital Manometer ii. Aneroid Manometer 2. Sites for Assessing Blood Pressure <ul style="list-style-type: none"> a. Brachial Procedure b. Contraindications 3. Korotkoff's Sounds 	<p>Visual-Based Active Learning: Bony Prominence Demonstration</p> <p>Game-Based Learning: Vital Signs Kahoot</p> <p>Case Study Analysis: Vital Signs</p> <p>Experiential Learning: Blood Pressure Cuff Demo & Simulation</p>	<p>on Purwick Placement</p> <p>ATI Skills Checklists: Performing Hand Hygiene, Making an Occupied Bed, Positioning & Removing Bedpan, Bathing an Adult Client, & Providing Male & Female Perineal Care</p> <p>Visual-Based Active Learning-Product Videos on Hillrom Centrella Smart Bed</p> <p>Class Prep: Worksheet questions based on Engage Fundamentals ATI Videos and Modules</p> <p>ATI Skills Checklist: Measuring Radial Pulse, Measuring Respirations, & Measuring Blood Pressure</p> <p>Visual-Based Learning: ATI Engage Fundamentals – “Vital Signs”</p> <p>Visual-Based Learning: Measuring Blood Pressure Video</p>	

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<p>D. Respiratory Rate</p> <ul style="list-style-type: none"> i. Definition <ul style="list-style-type: none"> 1. Inspiration 2. Expiration ii. Assessing Respirations <ul style="list-style-type: none"> 1. Depth 2. Rhythm 3. Quality iii. Alterations in Respirations <ul style="list-style-type: none"> 1. Tachypnea 2. Bradypnea iv. Factors Affecting Respirations v. Nursing Interventions <p>E. Oxygen Saturation</p> <ul style="list-style-type: none"> i. Definition ii. Alteration in Oxygenation iii. Measuring Oxygen Saturation <ul style="list-style-type: none"> 1. Pulse Oximeter <p>F. Recording and Reporting</p> <ul style="list-style-type: none"> i. EHR Documentation ii. Reassessment 	<p>Experiential Learning: Oxygen Saturation Demo & Simulation</p>		<p>Unit 1 Quiz</p> <p>Unit 1 Exam</p> <p>Basic Care Skills Competency</p> <p>Vital Signs Competency</p>