

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
Unit 1: Introduction to Nursing Theory Hours- 8.5 Clinical Hours- 9.0			
I. Perceptions of Nursing A. Major Nursing Concepts B. Roles and Functions of the Nurse C. Definitions of Nursing D. Professionalism in Nursing	Interactive Lecture Interactive Learning: In-Class Discussion of Nursing Concepts	SLP: Unit 1 Vocabulary List & Medical Abbreviations 24-hour Clock	Class Preparation
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	Visual-Based Learning: TED Talk – A Tribute to Nurses	Class Prep: Worksheet questions based on Engage Fundamentals ATI Videos and Modules Visual-Based Learning: ATI Engage Fundamentals – Professional Nursing, “Professionalism & Leadership”	
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	Visual-Based Learning: Healthcare Workers Hand Hygiene Experiential Learning: Practical Application of Donning & Doffing Gloves, Hand Hygiene, & Cavi-Wipes Use	Beebe Healthcare Policies: Hand Hygiene CDC Handwashing Guidelines LA Times Handwashing Article CDC Demonstration of	

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i. Privacy 1. Health Insurance Portability & Privacy Act (HIPPA) ii. Client Identifiers E. Feeding i. Diet Modifications ii. Diet Consistency iii. Liquid Consistency iv. Aspiration Precautions v. Dysphagia F. Oral Care i. Unconscious & Conscious Client G. Denture Care H. Safe Body Mechanics i. Beebe Healthcare Policy ii. Safe Transfers 1. Bed to Stretcher 2. Bed to Chair 3. Dangling 4. Ambulation a. Gait Belt 5. Bed to Wheelchair a. Wheelchair Operation I. Fall Prevention i. Morse Fall Risk Assessment ii. Identifying Fall Risk Factors iii. Beebe Policy iv. Prevention Measures 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 1. Safety Tracking Tool (STT) 2. Debriefing Session	Game-Based Learning: Hand Hygiene/Gloves Kahoot Experiential Learning: Meal Tray, Feeding, & Aspiration Precaution Simulation Experiential Learning: Oral Care & Denture Care Demo Experiential Learning: Gait Belt, Cane, Walker, & Wheelchair Use Simulation Visual-Based Learning: ATI Engage Fundamentals Video, “Identifying Fall Risk Factors” Experiential Learning: Fall Prevention Simulation	Donning/Doffing PPE Visual-Based Learning: ATI Engage Fundamentals – “Infection Control, Isolation, Hygiene, Nutrition, & Mobility” Visual Based Active Learning: Faculty Demonstrated Skill Videos on Feeding the Dependent Patient, Oral & Denture Care, Ambulation with Gait Belt, & Safe Transfers Beebe Healthcare Policies: Fall Prevention & Management	

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IV.	J. Restraints K. Culture of Safety L. Student Nurse Role in Client Care Introduction to Joint Commission/QSEN	Experiential Learning: Soft Restraint Use		
	A. Overview i. AIDET ii. Joint Commission 2022 National Patient Safety Goals iii. QSEN Competencies	Visual-Based Active Learning: QSEN Competencies Video, The Josie King Story, & The Joint Commission Compliance Video	2022 National Patient Safety Goals AIDET Guidelines & Key Words	
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	Cooperative-Based Learning: Wound Care Rounds Experiential Learning: Basic Care Escape Room 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	Class Prep: Worksheet questions based on Engage Fundamentals ATI Videos and Modules Visual-Based Learning: ATI Engage Fundamentals – “Elimination, Hygiene, & Tissue Integrity” 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 Visual-Based Active Learning-Product Videos on Purwick Placement	

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vi. Common Errors in Assessing Blood Pressure B. Pulse i. Definition 1. Apical Pulse 2. Peripheral Pulse ii. Grading Pulses iii. Alteration in Pulses 1. Tachycardia 2. Bradycardia iv. Factors Affecting Pulse v. Nursing Interventions vi. Checking Pulses 1. Symmetry 2. Equipment a. Doppler vii. Pulse Sites C. Body Temperature i. Definition 1. Core Temperature 2. Surface Temperature ii. Alterations in Temperature 1. Hyperthermia 2. Hypothermia iii. Factors Affecting Temperature 1. Body Temperature Regulation a. Heat Production b. Heat Loss iv. Nursing Interventions v. Measuring Temperature 1. Scale a. Celsius b. Fahrenheit 2. Equipment a. Types of Thermometers 3. Temperature Routes	- Experiential Learning: Measuring Pulses Demo & Simulation - Visual-Based Learning: Radial & Apical Pulse - Visual-Based Learning: Doppler Use - Experiential Learning: Thermometer Demo & Simulation - Experiential Learning: Respirations Demo & Simulation	Pulse Sites Handout	

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D. Respiratory Rate i. Definition 1. Inspiration 2. Expiration ii. Assessing Respirations 1. Depth 2. Rhythm 3. Quality iii. Alterations in Respirations 1. Tachypnea 2. Bradypnea iv. Factors Affecting Respirations v. Nursing Interventions E. Oxygen Saturation i. Definition ii. Alteration in Oxygenation iii. Measuring Oxygen Saturation 1. Pulse Oximeter F. Recording and Reporting i. EHR Documentation ii. Reassessment	Visual-Based Learning: Respirations Experiential Learning: Oxygen Saturation Demo & Simulation Game-Based Learning: Vital Signs Kahoot Case Study Analysis: Vital Signs		Unit 1 Quiz Unit 1 Exam Basic Care Skills Evaluation Vital Signs Evaluation