NURSING 201: NURSING CARE OF SPECIAL POPULATIONS
UNIT I: CLINICAL PREPARATION

UNIT OBJECTIVES
AT THE COMPLETION OF THE CLINICAL UNIT, THE STUDENT:

1.   Analyzes basic fetal heart monitoring patterns.

2.   Discusses obstetrical terminology and documentation principles.

3.   Differentiates the normal and abnormal components of a postpartum assessment.

4.   Identifies the nursing process and care of the postpartum client.

5.   Relates the history of mental health nursing to contemporary nursing practice.

6.   Compare and contrast major therapeutic models that contribute to the understanding of psychiatric patients and their needs.

7.   Identifies nursing considerations when administering psychiatric medications.

8.   Describes the goal of milieu therapy.

9.   Discusses the nursing care of the patient and family needing crisis intervention.

10.   Identifies components of the psychiatric nursing assessment.

11.   Describes factors affecting mental health and mental illness.

12.   Describes ethical and legal issues when providing psychiatric care.

13.   Demonstrates the use of therapeutic techniques that can enhance communication.

14.   Applies knowledge of proper technique for venipuncture and administration of intravenous (IV) push medications.

15.   Describes general principles of growth and development.

16.   Discusses cognitive growth and development according to Jean Piaget.

17.   Discusses psychosocial growth and development according to Eric Erikson.

18.   Discusses social-moral growth and development according to Lawrence Kohlberg.

19.   Identifies developmental milestones of the infant, toddler, preschooler, school-age child, adolescent, and adults.

20. Describes health promotion needs for the infant, toddler, preschooler, school-age child, adolescents, and adults.

21. Explains the physiologic adaptations of the newborn.

22. Discusses immediate and ongoing care of the newborn.

23. Describes the findings of a newborn assessment, including normal variations, abnormal findings, and nursing responsibilities.

24. Compares and contrasts breastfeeding and bottle-feeding practices.

25. Identifies safe sleeping standards and guidelines to teaching clients about safe sleep with newborns.

26. Selects the most appropriate approach in administering medications to children, including the location of intramuscular injections.

27. Identifies appropriate pain assessment and pain management for the neonate, infant, and child.

28. Describes procedures and care specific to the pediatric patient.

29. Discusses the effects of hospitalization on the pediatric patient.

30. Describes the findings of a child assessment, including normal variations, abnormal findings, and nursing responsibilities.

31. Calculates fractional dosages of medications, safe dose ranges, fluid maintenance needs, expected urinary output, estimated weight loss, and nutritional requirements.

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

Unit 1: Clinical Preparation
Clinical Hours - 34.5 Hours
SLP - 2
I.   Maternity Nursing
    A. Fetal Heart Monitoring
       i.   Purposes and Method
       ii. Placenta Pathophysiology
       iii. Basic Patterns
       iv. Variations
           1. Baseline Changes
           2. Periodic Changes
           3. Variability
       v.   Intrauterine Resuscitation
 	
    B. OB Terminology/Documentation
 	
    C. Maternal and Newborn Nursing Process
       i.   Assessment
       ii. Analysis
       iii. Planning
       iv. Nursing Interventions
       v.   Evaluation
 	
    D. Cultural Humility
       i.   Building DEIB
       ii. Improving Maternal Health
 	
II. Mental Health Nursing
    A. Evolution of Mental Health
       i.   The Science of Nursing
       ii. Historical Perspectives
       iii. Deinstitutionalism
	Fetal monitoring equipment in room
	
	Interactive Lectures:
	"Go, Slow, Whoa" game for interpretation; Identification of EFM patterns
	
	Flipped Classroom Activities:
	NGN Style Case Studies – Identifying Risk Factors for Patient Problems
	
	Guest Speaker: Elizabeth Campbell
	
	Visual based active learning:
	YouTube- Walter Freeman: Lobotomy Jails are the new "insane asylums"
		OB/ Peds/ MH Clinical observations
		
		Pre/ Post Conference
		
		Class Prep: Fetal Monitoring Basics
		
		ATI: Video Case Study: "Fundal Assessment"
		ATI: Engage Maternal Newborn and Women's Health Postpartum Period
			Class Preparation
			
			Clinical Evaluations
			
			Growth and Development Reflection
			
			Simulation
			
			ATI Real- Life
			
			Pre/Post Conference
			
			Concept Map

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

B. Mental Health and Mental Illness
  i.   Definitions
  ii. Resilience
  iii. Children and Mental Health
  iv. Trauma Informed Care
  v. Stigma
 	
C. Mental Health Theories
  i.   Psychoanalytic Theory
  ii. Interpersonal Theory
  iii. Behavioral Theories
  iv. Humanistic Theory
  v. Cognitive Theory
 	
D. Mental Health Therapies
  i.   The Recovery Model
  ii. Trauma Informed Care
  iii. Cognitive Behavioral Therapy
  iv. Group Therapy
  v. Setting for Psychiatric Care
  vi. Therapeutic Milieu
  vii. Safety
 	
E. Mental Health Disorders & Pharmacology
  i.   Depression
      1. Overview & Antidepressants
  ii. Bipolar Disorder
      1. Depression & Mania
      2. Mood Stabilizers
  iii. Schizophrenia
      1. Positive vs. Negative Symptoms
      2. Antipsychotics
	Flipped Classroom Activities:
	Prevalence of Mental Health
	
	Adverse Childhood Experiences (ACEs) group discussion
	
	Visual based active learning:
	Youtube- stigma
	
	Visual-based active learning:
	CBT video & activity
	
	Interactive Lectures:
	Group Work – Psychotropic medications
		Defense Mechanisms:
		Crossword Puzzle
		
		ATI: Pharmacology Made Easy	

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

iv. Anxiety
   1. Overview & Anxiolytics
v. Substance Use Disorder
   1. Alcohol Withdrawal
     a. Treatments
     b. CIWA
   2. Opiates
     a. Overdose vs. Withdrawal
     b. Treatment
     c. COWS
 	
F. The Mental Health Nursing Process
  i. Psychiatric Nursing Assessment
    1. Mental Status Examination (MSE)
  ii. Psychiatric Nursing Diagnoses
  iii. Basic Level Interventions
  iv. Screening Tools
 	
G. Therapeutic Communication
  i. Effective techniques
  ii. Non-therapeutic Techniques
  iii. Interactions with Selected Behaviors
  iv. The Clinical Interview
 	
H. Legal and Ethical Considerations
  i. Mental Health Laws
  ii. Admission & Discharge Procedures
  iii. Patient Rights
    a. Restraint and Seclusion
  iv. Documentation
I. Crisis Intervention
  i. Characteristics of a Crisis
	Visual-based active learning
	- Charting a mental status examination
	- Group work
	- Case Study
	
	Group work- Interpersonal communication techniques
	Listening exercise: "a thousand words for one picture"
	Visual-based active learning: Identifying therapeutic vs non-therapeutic techniques
	
	ATI- Nurse's Touch Communicator 2.0 Policy Review
	
	ATI Video Case Study: Patient Rights Interactive Lectures
		Class Preparation: Therapeutic Communication ATI Video Case Study: Therapeutic Communication Interpersonal Communication Techniques Worksheet
		
		ATI Engage Fundamentals- Ethical and Legal Considerations	

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

ii. Phases of a Crisis
   iii. Crisis Interventions
   iv. Types of Crises
   v. Crisis in the Inpatient Unit
 	
III. IV Procedures
   A. Intravenous Therapy
   B. IV Push Medications
	Game-based Learning: Kahoot!
	
	IV demonstration/return demonstration
	Policy Review
	Pharmacy Resources Review
		
		"On The Road to Successful IV Starts" article
		Class Prep: Beebe Policy Review
		ATI Skills Module: Intravenous Access
		IV Learning Lab
			Quiz
			
			Unit 1 Exam 1 (#1)

IV. Growth and Development
   A. General Principles
     i. Growth
     ii. Development
 	
   B. Cognitive Development – Jean Piaget
     i. Sensorimotor
     ii. Preoperational
     iii. Concrete Operational
     iv. Formal Operational
 	
   C. Psychosocial Development – Eric Erickson
     i. Trust vs. Mistrust
     ii. Autonomy vs. Shame and Doubt
     iii. Initiative vs. Guilt
     iv. Industry vs. Inferiority
     v. Identity vs. Role Confusion
	Self-Learning Packet (SLP)
	
	Flipped Classroom Activities-
	ATI Active Learning Templates: Growth and Development
		Class Prep: ATI Active Learning Templates: Growth and Development/ATI G&D Custom Assessment
		
		ATI Engage Fundamentals: Human Growth and Development
		EDGT Growth and Development Modules
		
		ATI Engage Pediatrics: Caring for Pediatric Clients Across the Lifespan (infants, toddlers, preschoolers, school-age children, adolescents)	

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

vi. Intimacy vs. Isolation
vii. Generativity vs. Stagnation
viii. Ego Integrity vs. Despair
 	
D. Moral-Social Development – Lawrence Kohlberg
  i. Preconventional
  ii. Conventional
  iii. Postconventional
 	
E. Stages of Growth and Development
  i. The Infant
    1. Developmental Milestones
    2. Health Promotion
      a. Immunizations
      b. Safety and Injury Prevention
      c. Play
  ii. The Toddler
    1. Developmental Milestones
    2. Health Promotion
      a. Safety and Injury Promotion
      b. Play
    3. Age-Specific Concerns
      a. Toilet Teaching
      b. Negativism
      c. Ritualism
      d. Temper Tantrums
  iii. The Preschooler
    1. Developmental Milestones
    2. Health Promotion
      a. Safety and Injury Promotion
      b. Play			

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

3. Age-Specific Concerns
  a. Preparation for School
  b. Fears
iv. The School-age Child
  1. Developmental Milestones
  2. Health Promotion
    a. Safety and Injury Prevention
  3. Age-Specific Concerns
    a. Bullying
    b. Dishonest Behavior
v. The Adolescent
  1. Developmental Milestones
  2. Health Promotion
    a. Safety and Injury Prevention
  3. Age-Specific Concerns
    a. Substance Abuse
    b. Sexuality
    c. Suicide
vi. Adulthood
  1. Young Adulthood
    a. Tasks
  2. Middle Adulthood
    a. Tasks
  3. Late Adulthood
    a. Tasks
		Growth and Development Clinical Reflection Packet	

V. Pediatric Nursing
  A. Immediate Care of the Newborn
    i. Identifying Risk
    ii. APGAR Scoring
    iii. Resuscitation and Stabilization
    iv. Initial Assessment
	ATI: Video Case Study: "APGAR Score"
	Interactive Lectures: BVM hands on
	Flipped Classroom Activities:
	NGN Style Case Study – APGAR
		ATI Skills Modules 3.0:
		APGAR Scoring
		Vital Signs and Measurements	

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS
v. Safety Standards vi. Standards of Care	scoring, newborn immediate care, newborn assessment		

B. Newborn Assessment
    i. Head-to-toe Assessment
   ii. Reflexes
  iii. Gestational Age Assessment
	Visual-Based Learning-
	Identifying Parts of the Newborn Assessment
		ATI Skills Modules 3.0:
		Gestational Age; Reflexes	

C. Newborn Care
    i. Diapering
   ii. Feeding
       1. Lactation
  iii. Bathing
   iv. Safe Sleep
    v. Universal Screening
       1. HMD
       2. Hearing Screen
       3. Congenital Cardiac Screening
       4. Bilirubin
   vi. Circumcision
  vii. Umbilical Cord Care
 viii. Periods of Reactivity
   ix. Discharge Teaching
	Engage
	Interactive Lectures: Safe sleep practices and video
	
	ATI NGN questions for review
		ATI: Video Case Study: "Breast Feeding"
		
		Engage Pediatrics RN: Caring for Pediatric Clients Across the Lifespan: Newborns 2 to 28 days
		
		ATI Skills Modules 3.0: Umbilical Cord Care; Maternal and Newborn Discharge Teaching	

D. Pediatric Medication Administration
    i. Measuring Devices
   ii. Approach to Medication Administration			

E. Newborn and Pediatric Pain Management			
F. Pediatric Procedures			

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

G. Assessment of the child
  i. Communication
  ii. Vital Signs
  iii. Systems Assessment
  iv. Family Structures
  v. Socioeconomic Issues
  vi. Infant and Child CPR
		ATI Engage Pediatrics: Specific Considerations in the Pediatric Population: Pediatric Clients in the Hospital Setting
		ATI Engage Pediatrics: Overview of Pediatric Nursing: Health Assessment of Pediatric Clients
		ATI Skills Module: Physical Assessment of a Child	

H. Newborn and Pediatric Calculations
  i. Expected Weight Loss
  ii. Nutritional Requirements
  iii. Fluid Maintenance Needs
  iv. Expected Urinary Output
  v. Safe-Dose Range
  vi. Medications
	Interactive Lectures –
	Formulas and Calculation problems at front of class
	In-class worksheet
		Class Prep: Equivalents and Formulas
		
		Additional math available on E360
			Quiz
			
			Unit 1 Exam 2 (#2)