

Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 101 - Foundations of Nursing

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Welcome to Unit 1

This week you will learn foundational nursing concepts and basic skills so that you can provide quality and safe care to your patients as a student nurse. We ask that you complete the assigned readings, lessons, and assignments before coming to class each day. Independent learning and “class prep” assignments will allow you to engage in more meaningful learning during class because you have already been introduced to the topic. We strive to spend less class time lecturing and more time on discussions, questions, demonstrations, group work, and activities that reinforce learning.

The basic skills you will learn this week are very important as you begin your clinical experiences in patient care. **You need to print out the assigned ATI Skills Checklists and bring them to class throughout the week.** We will review the skills in class, but then you will need to practice independently in the simulation laboratory to become competent. We suggest forming study groups and working together in teams to learn and develop your skills throughout the program.

Below is a list of ATI Lessons to complete, policies/articles to read, videos to watch, and independent review to prepare for your first day of class! Please utilize time over the weekend and come to class ready to learn. You also have your first “class prep” assignment.

Please reach out to Mrs. Wingate with any questions. We are very much looking forward to getting to know you and guiding you through your first week of nursing school! 😊

DAY 1: CLASS PREPARATION

For your day one class prep assignment, review the following resources below to complete the assigned worksheet in Edvance 360 prior to class on **Monday 8/18/25 @ 0830**. Submit to the Dropbox named, “Intro to Nursing Day 1.”

TEXTBOOK READINGS

- Lewis p. 1-4

ATI LESSONS

My ATI → Learn → Engage Fundamentals 2.0

- **Engage Fundamentals: Foundational Concepts of Nursing Practice**
 - o **Infection Control/Isolation**
 1. Lesson: Principles of Medical and Surgical Asepsis
 2. Lesson: Types of Precautions + **Video “Transmission-Based Precautions”**
 3. Lesson: Nursing Interventions to Protect Against Infections + **Video “Infection Control: Gloves”**
 - o **Mobility**
 1. Lesson: Proper Body Mechanics

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2. Lesson: Effects of Decreased Mobility
 3. Lesson: Assessment of Mobility
 4. Lesson: Mobility Support
- **Engage Fundamentals: Physiological Concepts for Nursing Practice**
- o **Hygiene**
 1. Lesson: Procedures for Providing Hygiene-Related Care – **Oral Hygiene** only
 - o **Nutrition**
 1. Lesson: Diets and Supplements
 2. Lesson: Nursing Interventions

SKILLS VIDEOS (Faculty Demonstration)

Watch the following videos prior to class on Monday.

Feeding the Dependent Patient:

<https://youtu.be/p-T5ysOR2L8>

Oral Care:

<https://www.youtube.com/watch?v=3fTV3ZVUL3w>

Denture Care:

<https://www.youtube.com/watch?v=6FQmLNi4H6w&feature=youtu.be>

Dangling, Ambulation with Gait Belt & Transfers:

<https://www.youtube.com/watch?v=ArEpRVzu8jU>

Dynamic Health Videos for Hand Hygiene:

Performing Antiseptic Handwashing:

<https://www.dynahealth.com/nursing-skills/performing-antiseptic-handwashing#>

Performing Alcohol-Based Rub for hand antisepsis:

<https://www.dynahealth.com/nursing-skills/using-an-alcohol-based-rub-for-hand-antisepsis#>

Dynamic Health Videos for Donning and Doffing PPE:

Donning PPE:

<https://www.dynahealth.com/clinical-assistant-skills/putting-on-and-taking-off-personal-protective-equipment-in-ambulatory-care-clinical-assistant/videos#>

Dooffing PPE:

<https://www.dynahealth.com/clinical-assistant-skills/putting-on-and-taking-off-personal-protective-equipment-in-ambulatory-care-clinical-assistant/videos#>

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BEEBE HEALTHCARE POLICIES

Please review and print for clinical notebook prior to class on Monday (links found in Edvance360 – in resources under “Beebe Healthcare Policies 2025”)

- Hand Hygiene
- Fall Prevention and Management
- Skin Care: Prevention and Treatment
- Indwelling Urinary Catheter

INDEPENDENT REVIEW

You will find these documents under, “Start Here” in Edvance 360.

- Medical Abbreviation List
 - o ***You will need to know this information to be successful in this course**
- Military Time / 24-hour Clock

BRING TO CLASS

- o PowerPoint: Intro to Professional Nursing
- o Outline: Intro to Nursing: Basic Care Part 1
- o **PRINT: Hand Hygiene Checklist** (found in Edvance360 in resources under “ATI Skills Checklist 2025”)

SUPPLEMENTAL READINGS

- CDC Guidelines: When and How to Wash your Hands:
https://www.cdc.gov/clean-hands/about/?CDC_AAref_Val=https://www.cdc.gov/handwashing/when-how-handwashing.html
- CDC PPE Sequence for Donning & Doffing: <https://www.youtube.com/watch?v=1xy00pLT9M4>
- LA Times article:
<https://www.latimes.com/entertainment-arts/music/story/2020-03-03/coronavirus-hand-washing-20-seconds-happy-birthday-10-songs>