Chesapeake College/MGW Nursing Program
NUR111 Syllabus
Fall 2015

Course Number and Title:  NUR 111 Foundations of Nursing

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Retention and Success Specialist

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Course Description
Roles of the nurse within the healthcare delivery system are introduced with emphasis on the role of
provider of care, manager of care and member of the profession in relation to meeting the basic health
care needs of the individual.  Theoretical knowledge from the humanities, physical, biological and
behavioral sciences and nursing research are incorporated.  Critical thinking is introduced within the
framework of the nursing process.  The nursing process is introduced, exploring the unique physical,
emotional, intellectual, socio-cultural and spiritual dimension of each client system and includes the
interrelated processes of assessment, planning, implementation and evaluation.  Caring, communication,
management skills and professional behaviors required for the practice of nursing in health promotion
and health maintenance are introduced.  This course provides a variety of client care experiences that
support critical thinking, development of basic psychomotor skills and implementation of the nursing
process.  This course runs concurrently with Basic Pharmacology in Nursing.

Course Objectives/Student Learning Outcomes
Upon completion of the course, the student will be able to:
1.  Demonstrate theoretical knowledge from the humanities, physical biological and behavioral
    sciences, nursing theory and nursing research within the nursing process when meeting the basic
    wellness, health promotion/prevention and care needs of the individual.
2.  Explain critical thinking skills when implementing the nursing process when meeting the basic
    wellness, health promotion/prevention and care needs of the individual.
3.  Determine the difference between therapeutic and non-therapeutic communications when
    meeting the basic wellness, health promotion/prevention and care needs of the individual.
4.  Apply principles of caring behaviors, recognizing the unique aspects of each client when meeting
    the basic wellness, health promotion/prevention and care needs of the individual.
5.  Explain one’s own nursing role as a member of the health care team when meeting basic
    wellness, health promotion/prevention, and care needs of the individual.
6.  Demonstrate professional, legal and ethical standards when meeting the basic wellness, health
    promotion/prevention, and care needs of the individual.
Total Credits: 8 credits 6 hrs clinical/week- 2 credits
4.5 hrs theory/week- 4.5 credits
3 hrs Clin.Sim/week- 1.5 credits

Students are expected to do a minimum of two hours of work outside of class for every hour in class. Some assignments may require more time.

Placement: Level I, Fall semester 15 wks.
Prerequisites: BIO 202, 212; ENG 101; MAT Elective (113,115, or 140); PSC 150
Co-requisites: NUR 102
Pre or Co-requisites: PSC 250

Topical Course Outline

Provider of Care

Theoretical Knowledge and Critical Thinking
When meeting the basic health care needs of the individual:
Introduction to nursing practice in a variety of settings
Introduction of critical thinking/problem solving in nursing process
The nursing process as a framework to nursing care
Application of the nursing process using the 5 dimensions of an individual
Introduction to principles of health assessment/physical assessment
Techniques of health assessment
Introduction to human needs across the lifespan
  Age related principles
  Sensory deficits
  Motor deficits
Health Screenings/Health Promotion education throughout the lifespan
Introduction to health promotion, maintenance and restoration
Principles of hygiene and skin care
Wound care and healing
Mobility needs of individuals in a variety of settings
 Principles of body mechanics
Pain assessments and comfort measures
Administration of medications
Complementary and Alternative Medicine
Principles used in Activities of Daily Living
Nutritional needs of an individual in a variety of settings
  Age related principles of feeding
  Therapeutic diets
  Feeding tubes
  Assessment of blood glucose
Introduction of fluid and electrolyte imbalance and acid/base balance
Intravenous therapy care
Physical and biological safety
  Medical and surgical asepsis
Types of Isolation
Infection control
Specimen collection
Principles of Oxygenation
    Oxygen delivery systems
Principles of cardiovascular health
Principles of Bladder/Bowel Elimination
    Urinary and fecal incontinence
    Urinary retention
    Catheterization and irrigation systems
    Specimen collection
    Enema administration
    Care of a colostomy
Principles of sleep/rest
Human sexuality and the needs of an individual
Adaptation to Stress

Communication
    Introduction to therapeutic communication techniques
    Interviewing an individual
    Formats for nursing documentation
    Client teaching/learning concepts
    Group Process

Caring
    Introduction to caring principles and behaviors
    Cultural diversity in caring
    Quality of life
    Components of caring in a variety of settings
    Setting limits

Manager of Care
Management
    Introduction of the role of the nurse
    Identification of health team members
    Introduction to management principles
    Introduction to health care delivery systems
    Introduction to delivery of nursing care

Member within the Discipline of Nursing
Professional Behaviors
    Introduction to the legal and ethical principles of nursing
        Nurse practice act
        Standards of care
        Client bill of Rights
        ANA Code of Ethics
Malpractice History of nursing Confidentiality

Professional behaviors
- Accountability of actions and appearance
- Self-directed learning
- Recognize own limitations
- Scope of student nurse practice
- Life-long learning

Course Outline

Unit One: Orientation, Introduction to Nursing, Critical Thinking, Approach to Nursing Skills

Unit Two: The Nursing Process, Application of the Nursing Process to the 5 Dimensions of Man, Vital Signs and BP

Unit Three: Professional Nursing: Ethics and Legality

Unit Four: Health Promotion and Screenings, Therapeutic Communication, Group Process, Client Teaching, Caring

Unit Five: Hygiene, ADL, Pain

Unit Six: Mobility, Physical and Biological Safety, Infection/Isolation

Unit Seven: Skin Integrity, Wound Healing, Specimen Collection

Unit Eight: Nutrition, Hydration Principles, Feeding Across the Life Span

Unit Nine: Oxygenation: Respiratory Function

Unit Ten: Oxygenation: Cardiac Function and Tissue Perfusion

Unit Eleven: Elimination of Bowel/Bladder

Unit Twelve: Medication Administration

Unit Thirteen: Stress and Adaptation, Human Sexuality, Sleep

Method of Instruction
Discussion, lecture, question and answer, quizzes, critical thinking exercises, small group work, required textbook readings, required and optional books, on-line activities, periodicals, CDs, audiovisuals, computer research, guest speakers, clinical simulations, debriefing, pre and post conferences, Nursing Central, clinical experiences, student presentations and videotaping.
Required Textbooks

- Nursing Central Site License

Method of Evaluation:
Quizzes, exams, final exam, class activities, class assignments, clinical evaluation tool, nursing care plans, projects, student self-evaluation, clinical simulation activities and clinical assignments. **All assignments must be completed to pass to course.**

1. Grade Calculation (Point System) The combined point value of all components is 1000 points, thus the student can earn a maximum of 1000 points. All components are course requirements and must be completed in order to pass the course. Students that do not submit components on time will not have grades posted until component is submitted.

   a. The components for NURS 111 and their point distribution are as follows:
      
      | Component                                    | Points |
      |----------------------------------------------|--------|
      | Unit exams                                   | 530    |
      | Final exam                                   | 300    |
      | Clinical Simulation Points                   | 20     |
      | Class points                                 | 20     |
      | Kaplan Exams                                 | 100    |
      | Projects                                     | 30     |
      | Medication Administration Math Exam          | PASS with 100% (3 attempts) |
      | Total                                        | 1000   |

   b. NUR 111 has five unit exams. Each exam has been weighted according to the number of theory hours it encompasses. The point value for each exam is as follows:

      | Exam 1 (Units 1 & 2) 13.5 hrs. | 130 points |
      | Exam 2 (Units 3, 4, & 5) 12.5 hrs. | 125 points |
      | Exam 3 (Units 6 & 7) 8 hrs. | 75 points |
      | Exam 4 (Units 8 & 9) 8 hrs. | 75 points |
      | Exam 5 (Units 10, 11, & 12) 12.5 hrs. | 125 points |

   c. Multiple choice and alternative type questions are included on the exams. The exams will encompass required activities, i.e. Textbook readings, Simulation activities, and Classroom activities. Questions are written at the application and analysis level. A scantron sheet with your recorded final answers will be used for grading. Therefore, no answers written on the paper copy of the exam will be accepted.

d. One theory hour is allotted for each unit exam. Two theory hours are allotted for the final exam. All nursing students’ must complete unit/final exams within those specified time frames. Special exam accommodations will be provided for those with an accommodation
plan in place through the Chesapeake College Coordinator for Students with Disabilities.

Nursing Exam Protocol
See Student Nursing Handbook

e. Grades for the next exam will be posted no later than the next class day. After exam return, all exams and answer sheets will be collected. Copying of exam questions is not permitted and all electronic devices must be put away and turned off. Class time will not be used for individual exam review. The faculty member responsible for the content of the exam will be available in the classroom for up to 15 minutes after group exam return for any individual that would like to ask questions outside of the group setting. If students would like to review their exam one-on-one then individual exam review will be available by making an appointment with Dr. Westerfield by the Friday after exam return. Any student having a question related to their grade must meet with the course coordinator within one week of exam review.

Students achieving below 75% on any unit exam will be required to create a plan for enhanced learning. Students achieving 75%-80% are highly encouraged to complete an enhanced learning plan. Students will be required to meet with The Retention and Success Specialist, Dr. Westerfield in addition to creating a plan for enhanced learning that will include self-reflection along with at least two other activities that will be determined by Dr. Westerfield. The subsequent exam grade will not be posted if the student does not create the plan by the assigned time and comply with the plan in its entirety.

f. Refer to the Nursing student handbook for the policy on make-up exams

g. Final Exam

The final exam includes Unit Thirteen and a comprehensive evaluation of all course content.

a. Multiple-choice and alternative type questions are used.

b. The final exam has a value of 300 points

2. Clinical Simulation

a. To pass clinical simulation, a satisfactory completion of all assigned learning activities is required. Attendance is mandatory.

b. The grade is based on the student's simulation participation, satisfactory completion of assigned learning activities, and demonstration of proficiency in assigned competencies.

c. Students will be responsible for videoing, through Learning Space, the assigned competencies during the open lab times by the assigned due date. The video may be recorded as many times as necessary to ensure the proficiency of the assigned competency. Students will select one peer reviewer to provide written feedback prior to the final submission of the video. The student should pick a different peer reviewer for each competency submission. In addition to the written feedback from the peer reviewer, a written self-evaluation should also be submitted via Canvas. On the competency due date, the Simulation Lab instructor and the student will review the video together during the student’s scheduled lab time.

c. Unsatisfactory proficiency in a competency will prevent the student from performing that
competency in the clinical area, which will result in an unsatisfactory grade on the clinical evaluation tool until satisfactory proficiency is demonstrated.

d. Identified competencies must be completed with satisfactory proficiency by specified dates to pass the simulation component of the course.

e. Points will be earned through simulation participation, participation in virtual discussions, and through demonstration of critical thinking and competency during midterm/final group simulations. The student may earn a maximum of 20 points in this category.

3. Physical Assessment Project
   a. The course project consists of:
      1. Demonstration of a complete physical assessment during a clinical simulation. (30 points)
      2. Handouts with guidelines will be uploaded to Canvas.
      3. 75% of the total points of each assignment are required to pass the assignment.

4. Class Points/Activities
   a. Points are based on the student's class participation, quizzes and/or the completion of class activities assigned by the instructor. The student may earn a total of (20) class points during the semester. Students may earn four (4) class points during the first lecture day and then two (2) class point for every subsequent lecture day that does not have an exam. The student’s class participation and completion of assigned learning activities is expected behavior. (See nursing student handbook for guidelines.)

   b. Students are expected to visit Canvas daily for postings related to the course.

5. Kaplan Exams
   a. Students are required to complete two (2) Kaplan Integrated Testing Exams for this course. Each exam is worth a maximum of 50 points. Points are earned based on the percentile ranking. For example, a percentile ranking of 60-69 = course grade of 85% = 42.5 points. Students will complete the Kaplan exams on iPad devices.

   Grading for Kaplan Integrated Testing/Exams

<table>
<thead>
<tr>
<th>Percentile Ranking</th>
<th>Course Grade Percentages</th>
<th>Course Point (50 Points per Exam)</th>
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<tbody>
<tr>
<td>90-99\textsuperscript{th}</td>
<td>100%</td>
<td>50 Points</td>
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<tr>
<td>80-89</td>
<td>93</td>
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<td>70-79</td>
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<td>20-29</td>
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<td>10-19</td>
<td>45</td>
<td>22.5</td>
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<td>Below 10</td>
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<td>15</td>
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6. Clinical
   a. Evaluation of clinical:
      Satisfactory (S) – clinical behaviors are meeting clinical objectives
      Needs Improvement (NI) – clinical behavior that needs to be improved
      Unsatisfactory (U) – unfavorable clinical behaviors, not meeting clinical objectives, showing no/little improvement in meeting clinical objectives or any unsafe behavior (see nursing student handbook).

      Unsatisfactory in one or more objectives at rotational or midterm evaluation will result in placement of the student on clinical probation and require a meeting with the course coordinator. Each situation will be evaluated on an individual basis to determine if the student has met the clinical criteria.

   b. To pass clinical:
      1. All clinical objectives must be met consistently and satisfactorily to pass the course.
      2. Two written nursing care plans must be accepted as satisfactory (one while in long term care and one while in acute care).
      3. One written nurse - patient interaction (Nurse –Patient Interaction Form) must be completed and accepted as satisfactory.
      4. Complete all weekly clinical activities and related documentation which includes the clinical tool.

   c. Policy in Clinical Areas
      1. Clinical experiences are planned throughout the course for the application of theory. These experiences will be in a variety of settings. General clinical days and hours have been designated on the class schedule. The description of the specific activities, times, and objectives will be provided by your instructor.
      3. Attendance Policy- See Nursing student handbook.
      4. Student are not to administer medications in the clinical setting during this course.

   d. Preparation for Clinical
      Complete assigned readings related to clinical activities. Preparation includes understanding of concepts and nursing interventions associated with clinical experience assignment. Be prepared to verbalize a plan of action using the nursing process each clinical day. Two complete written care plans on identified clients by the end of the course are required (one while in long term care and one while in acute care). Nursing care plans, using the nursing process, should include assessment of client in the five dimensions, prioritized nursing diagnoses (at least 3) with appropriate expected outcomes, nursing interventions, and an evaluation of expected outcomes and each nursing intervention. If a student is not adequately prepared, she/he may be asked to leave the clinical site. This will be considered an unsatisfactory clinical day. The instructor will inform the student of activities necessary to be completed prior to the next clinical day. All required written activities are due with the submission of your weekly clinical tool for that week.

   e. Written assignments
      Two complete, satisfactory, written nursing care plans, on identified clients, are required by
the end of the course (one while in long term care and one while in acute care). Nursing care plans should demonstrate use of the nursing process, in the correct format, including the assessment of the client in the five dimensions, prioritized nursing diagnoses (at least 3) with appropriate expected outcome (1); nursing interventions with rationales (5) and an evaluation of expect outcomes and each nursing intervention (5). Nursing diagnoses should be actual, risk for, wellness, and/or collaborative problems and encompass all dimensions of the client. Diagnostic exams and labs should be included in assessments and nursing interventions. Discussion about a nursing care plan may occur with the instructor on the clinical unit, but no “just look at my NCP for review” will occur.

f. **Clinical Evaluation Tool**
The purpose of the clinical evaluation tool is to develop self-awareness of the roles of provider of care, manager of care and member of the profession using student’s self-evaluation and instructor’s evaluation to document demonstration of consistency in meeting clinical objectives. Students are expected to document an example, for each clinical objective, of the student’s clinical action that demonstrates meeting each clinical objective. All written clinical assignments, including your weekly clinical evaluation tool, must be submitted to your clinical instructor by **0900 each Friday for day clinical groups and 1800 each Friday for evening clinical groups.** Your clinical instructor will return the corrected materials via Canvas by Wednesday at 1800. Students are expected to respond to comments and questions written by the instructor. Corrected written assignments are to be printed out, signed by the student and put in the clinical folder. Clinical folders are to be handed in each week to your clinical instructor at the beginning of pre-conference. Instructors will sign them and review the student’s comments and plan for development. (See Nursing Student Handbook)

g. **Medication Administration (Math) Competency Exam**
Calculations of medication dosages are an important fundamental part of nursing. Math is incorporated in N102 and N111. It is the student’s responsibility to keep current with math skills. If a student is having difficulty many resources are available including tutoring services through the nursing program and at the learning resource center. A Medication Administration (Math) Competency exam is given in November. The student must PASS with 100% to pass the course. Three attempts will be allowed. Failure to pass the Medication Administration Competency Exam on or before the third attempt results in failure of the course. The Medication Administration Competency Exam will be comprised of (24) dosage calculations using (12) categories. The Dosage categories will include: **Metric Conversion, Metric/Household/Apothecary Conversion, Calculation - # tablets/mL, Maximum Safe Dosage Based on Weight, IV Drug Based on Weight, Solutions, Setting IV Pump, Gtt/Min IV Gravity, IV Solution per mL, IV Solution mL/hr (drug dosage/hr or min), Volume of drug dosage per hr/min, Drug Label.**

**Attendance:** See Nursing Student Handbook.

**Grading Scale:**
A = 920-1000 points  
B = 830-919 points  
C = 750-829 points
D = 670-749 points
F = below 670 points

Requirements for Successful Completion of the Course:
The student must have achieved a minimum of 750 points or 2.0 "C" from exams, projects, class, clinical simulation points, and final exam. A “Satisfactory” in clinical simulation (demonstration of proficiency in assigned competencies); a “Satisfactory” in Clinical (Consistency and satisfactory in all clinical objectives), and a 100 % on the Medication Administration (math) Competency Exam.

Academic Instruction Emergency Management Plan
In the event that Chesapeake College needs to close for an extended period of time due to a flu pandemic, severe weather event, or other emergency situation, consideration will be given to the timing and duration of the closure as follows:
1. Closure during the semester for up to one week – there will be an opportunity to make up work missed without significant alteration to the semester calendar.
2. Closure extending beyond one week (or in situations where classes are cancelled on the same days/evenings over multiple weeks) – the College may extend the length of the semester. Depending on the timing of the closure, scheduled breaks, end of semester dates, and/or the processing of final grades might be impacted.

Students can acquire information about closures on the College website or by calling 410-822-5400 or 410-228-4360. Chesapeake College courses held at off campus sites will follow the protocol of the host facility.

Communication with Faculty
Faculty is readily available to respond to questions/issues/concerns Monday through Friday during business hours (9 am to 5 pm). When contacted after 5 pm Monday through Thursday, students may expect a response within 24 hours. When contacted after 5 pm on Friday, students may reasonably expect a response before the close of the next business day.

Students enrolled in NUR 111, Foundations of Nursing, have acknowledged by signature that he/she has received a copy of the current Nursing Student Handbook and has reviewed and understands each of the department policies and procedures outlined within the document. Each student enrolled in NUR 111, Foundations of Nursing, will comply and adhere to all department policies and procedures as written in the Handbook.