NURSING 311: QUEST TOWARD INDIVIDUAL WELL-BEING

Fall 2005

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Faculty Office Hours as Posted

Class Meets: M-W 12:50-2 PM
Problem Solving Session:
   F 12:50-2 PM
Moravian College
PPHAC 116

Clinical: Tuesday 6:45-3:15
Clinical: sites vary (refer to schedule)

Catalog/Course Description:
A clinical practicum course which applies the concepts of health and well-being for individuals across the life span. Students develop a foundation for holistic nursing practice utilizing physical and psychosocial skills to plan and deliver nursing care.

COURSE CREDITS/UNITS/HOURS:
Course Units: 1
Theory Hours: 3
Clinical Hours: 8

PREREQUISITES: All required sciences, NURS 210.2, NURS 211.2, NURS 212
CO-REQUISITES: NURS 310
COURSE OBJECTIVES:
1. Examine the concept of health throughout the life span.
2. Analyze specific issues related to health maintenance of the individual.
3. Demonstrate proficiency in psychomotor skills related to health maintenance.
4. Examine pharmacologic, nutritional, complimentary therapies and nursing interventions in meeting the needs of the individual.
5. Demonstrate accountability for nursing practice.

Required Text:


Recommended Text:

**Audio-Visual:**


Selected readings as announced on reserve in Reeves Library. Videos and CD-ROMs as announced on reserve in Estes Library.

**Course Requirements:**

1. **Class and Clinical attendance is required.** Students are expected to be prepared for all class/clinical meetings; that means having completed assignments prior to attending class/clinical.

2. **If unable to attend a class,** please contact the course faculty via email or phone. Students are responsible for obtaining any notes, handouts, or other class items from classmates. **If unable to attend clinical,** the student must contact the clinical instructor the morning of the clinical experience. Alternative assignments may be required at the discretion of the course faculty.

College policy will be followed relative to inclement weather. Please check the College web-site or call (610) 625-7995 for any announcements relative to weather and the cancellation of class.
3. Plagiarism is the intentional use of another’s words or ideas as your own. This can range from using another individual’s direct words or changing the words slightly (paraphrasing) without the appropriate citation to purchasing a paper from the Internet or a professional writing service. Evidence of plagiarism or academic dishonesty will be handled according to the college policy on academic honesty; copies which are available in the nursing department.

4. Any student who wishes to disclose a disability and request accommodations under the Americans with Disabilities Act (ADA) for this course first MUST meet with either Mrs. Laurie Roth (610-861-1510) in the Office of Learning Services (for learning disabilities and/or ADD/ADHD) or Dr. Ronald Kline (610-861-1510) in the Counseling Center (for all other disabilities).

Methods of Evaluation:

1. Theoretical Examinations (3) (#1 & 2, 20%, #3 cumulative 25%) 65%
2. HESI Fundamentals Exam 5%
3. Research Project
   - Group Presentation* 5%
   - Critique* 5%
4. Problem Solving Activities 20%
   - Diet Conference (1, 10%)*
   - Medication Calculation Quizzes (2, 5% each)
5. Attendance Attendance is a requirement for classroom and clinical components of the course, therefore faculty members will use their discretion to deduct points from the final course grade for any unexcused absence(s). Five tenths (.5) of a point will be deducted for each unexcused absence.

Lateness Faculty members will use their discretion to deduct points from the final course grade for any lateness. Four incidences of lateness will equate to 1 absence, deductions will be made according to the attendance statement above.

6. Clinical Evaluation*,** P/F

**Includes satisfactory completion of Practicum: Skill Demonstration, required assignments, clinical worksheets and conference participation.

* Portfolio Evidence to support student development based on core components:

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<tr>
<th>Community</th>
<th>Holism</th>
<th>Inquiry</th>
<th>Professionalism</th>
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<tr>
<td>individual</td>
<td>health</td>
<td>critical thinking</td>
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<td>human diversity</td>
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Failure to obtain a *Satisfactory* clinical evaluation will result in a grade of F for the course.

Successful completion of the course requires a B- in the theory and a pass in the clinical components of the course.

Policy:

1. Assignments are expected on or before their due date. Five points per day will be deducted from grade if assignments are handed in late. For nursing majors, a grade of **B- or better** is required in each nursing course. The grading scale is as follows:

   - A   = 93-100
   - A-  = 90-92
   - B+  = 87-89
   - B   = 83-86
   - B-  = 80-82
   - C+  = 77-79
   - C   = 73-76
   - C-  = 70-72
   - D+  = 67-69
   - D   = 60-66
   - D-  = 60-62
   - F   = <60
PLACEMENT OF COURSE: Third Year, Fall Semester

NUMBER & TITLE OF COURSE:

**NURS 311: QUEST TOWARD INDIVIDUAL WELL-BEING**

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2. Analyze specific issues related to health maintenance of the individual.
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7. Examine pharmacologic, nutritional, complimentary therapies and nursing interventions in meeting the needs of the individual.
8. Demonstrate accountability for nursing practice.

CONTENT OUTLINE:
I. Concepts and patterns for health maintenance and nursing applications
   A. Contextual considerations with each concept and pattern.
      1. Inquiry and clinical reasoning
      2. Patient education
      3. Expected outcomes
      4. Research findings
      5. Documentation
   B. Health Perception-Health Management through the lifespan
      1. Concepts of Health
         a. Health as a national goal
      2. Health Perception
         a. Models
      3. Lifestyle Management
      4. Health Maintenance
         a. Homeostasis
         b. Physical/environmental safety
            1. Personal risk factors throughout the lifespan
            2. Environmental risk factors
            3. Lifestyle practices
         c. Biological Safety
1. Infection control
2. Chemical hazards
3. Promotion of safety
d. Medication management

5. Interruptions in Health Perceptions-Health Management
a. Falls
b. Burns
c. Strategies
   (1) Physical
   (2) Psychosocial
   (3) Chemical

C. Activity-Exercise through the lifespan
1. Hygiene
   a. Factors influencing hygienic practices
      (1) Developmental
      (2) Cultural
   b. Environmental hygiene
2. Body system responses to mobility
   a. Musculoskeletal
   b. Cardiovascular
   c. Respiratory
   d. Integumentary
   e. Nutritional
3. Factors affecting mobility
   a. Overall health
   b. Developmental stage
   c. Environment
4. Promoting mobility/exercise
5. Alteration activity exercise
   a. Self care
   b. Knowledge deficit through the lifespan.
   c. Decreased muscle strength and tone
   d. Joint alterations
   d. Strategies
      (1) Individual
      (2) Home
      (3) Community
      (4) Psychosocial
      (5) Pharmacologic
         (a) Anti-inflammatories
         (b) Anticoagulants

D. Sleep Rest through the lifespan
1. Stages of sleep
2. Biological clock
3. Factors affecting rest and sleep
   a. Need
   b. Environmental stimuli
   c. Nutrition and metabolism
   d. Elimination patterns
   e. Exercise and thermoregulation
   f. Vigilance
   g. Lifestyle and habits
4. Lifespan considerations
5. Alteration Sleep Rest
   a. Sleep deprivation
   b. Sleep apnea

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c. Insomnia
d. Narcolepsy
e. Parasomnias

(1) Environmental strategies
   (a) Physical
   (b) Psychosocial

(2) Pharmacologic strategies
   (a) Sedatives
   (b) Hypnotics

E. Nutritional Metabolic through the lifespan
1. Nutrition
   a. Factors affecting nutrition
      (1) Physiological
      (2) Psychological
      (3) Sociological
      (4) Economic
      (5) Developmental
   b. Maintaining proper nutrition
      (1) Proteins, carbohydrates, fats
      (2) Vitamins
      (3) Minerals

2. Fluid and electrolytes
   a. Factors affecting fluid and electrolyte balance
      (1) Age
      (2) Lifestyle
   b. Maintaining fluid balance

3. Skin Integrity and Wound Healing
a. Factors affecting skin integrity and wound healing

4. Body Temperature
a. Factors affecting body temperature

5. Alteration nutrition metabolic
   a. Nutrition less than body requirements
   b. Nutrition greater than body requirements
   c. Strategies
      (1) Physical
         (a) Oral feeding
         (b) Enteral feeding
         (c) Parenteral feeding
      (2) Psychosocial
      (3) Pharmacologic strategies
         (a) Histamine Antagonists
         (b) Antiacids
         (c) Antidiarrheals
         (d) Vitamins
         (e) Antiemetics
      (4) Complimentary
         (a) Folk practices
         (b) Herbal therapy
      (5) Complimentary
      (6) Pharmacologic
         (a) Diuretics
      (7) Complimentary
      (8) Pharmacologic

   d. Fluid volume deficit
   e. Fluid volume excess
   f. Strategies
      (1) Physical
         (a) Venous access devices
         (b) IV therapy
      (2) Pharmacologic
         (a) Diuretics
Volume Expanders

Impaired skin integrity R/T pressure, friction or break
(1) Infectious processes
(2) Pressure ulcer and wounds

Strategies
(1) Physical
(2) Psychosocial
(3) Pharmacologic
  (a) Topical preparations
  (b) Medication dressings

Self-Perception/Self-Concept through the lifespan
1. Components of self-concept
2. Factors affecting self-concept
3. Self-esteem disturbance
4. Body image and identity
   a. Effects of health status
   b. Promotion of positive self-image
5. Body image disturbance
   a. Loss of body part or function
   b. Invasive surgical procedures
   c. Strategies
      (1) Physical
      (2) Psychosocial

Cognitive/perceptual through the lifespan
1. Factors affecting sensation, perception, and cognition
   a. Age
   b. Environment
   c. Stress
   d. Illness
   e. Medications
2. Lifespan considerations
3. Maintaining cognitive/perceptual function
5. Alteration cognitive perception
   a. Sensory perceptual function
      (1) Sensory alteration
      (2) Memory impairment
   b. Comfort/pain
      (1) Factors affecting the pain experience
         (a) Culture
         (b) Religious beliefs
         (c) Environment and support system
         (d) Anxiety and other stressors
         (e) Past experience
      (2) Physiological response to pain
      (3) Behavioral response to pain
      (4) Strategies
         (a) Physical
         (b) Psychosocial
         (c) Pharmacologic
            (1) Analgesics
         (d) Complimentary
            (1) Muscle relaxation
            (2) Therapeutic touch
   c. Impaired communication

Elimination through the lifespan
1. Factors affecting urinary elimination
a. Developmental considerations
b. Food and fluid
c. Lifestyle
d. Psychological variables
e. Activity and muscle tone
f. Medications

2. Healthy urinary elimination patterns

3. Alteration urinary elimination
a. Physical strategies
b. Pharmacological strategies
   (1) Urinary tract anti-infectives
   (2) Anti/Cholinergics
   (3) Urinary analgesics

4. Factors affecting bowel elimination
a. Developmental considerations
b. Daily patterns
c. Food and fluid
d. Activity and muscle tone
e. Lifestyle
f. Psychological variables
g. Pathological conditions
h. Medications
i. Diagnostic tests
j. Surgery and anesthesia

5. Healthy bowel elimination patterns

6. Alteration bowel elimination
a. Physical strategies
b. Pharmacological
   (1) Laxatives
   (2) Stool softeners
   (3) Fiber products

I. Roles Relationship through the lifespan
1. Identification of roles and responsibilities in life
2. Assessment of satisfaction/dissatisfaction with work, family and social relationships
3. Factors affecting role performance
4. Promotion of support systems

J. Value Belief
1. Identification of culture and related beliefs/behaviors
2. Spiritual/religious identification
3. Incorporation of cultural and spiritual values into health care practices
4. Distress of the human spirit
   a. Verbal and behavioral manifestations
   b. Cultural conflicts
   c. Values conflicts
   d. Environmental strategies
   e. Alternative therapies
      (1) Presence
      (2) Healing prayer

K. Sexuality Reproductive through the lifespan
1. Identification of sexual needs/patterns
2. Assessment of satisfaction/dissatisfaction with sexuality issues
3. Factors affecting sexual health/activity
   a. Physiological illness
   b. Psychological changes
L. Coping Stress Tolerance through the lifespan
   1. Identification of stressors: physical and psychosocial
   2. Assessment of life events and stress level (Social Readjustment Rating Scale)
   3. Defense mechanisms
   4. Mild to moderate anxiety
   5. Mood variations during stress
   6. Responses to stress/coping behaviors
      a. Post Traumatic Stress Disorder
   7. Stress management technique
   8. Alteration in Coping Stress Tolerance
      a. Excessive anxiety
      b. Panic
      c. Strategies
         (1) Physical
         (2) Psychosocial
         (3) Pharmacologic
            (a) Anti-anxiety agents
            (b) Mood stabilizers
         (4) Complimentary