**BOOKS AND EQUIPMENT USED IN NURSING I (NUR 101)**

**REQUIRED:**

Equipment All nursing students are required to purchase a stethoscope and a penlight. A portable manual blood pressure cuff (sphygmomanometer) is recommended but not required. **In addition, a kit containing equipment for skills practice is required and will be available in the bookstore.**

Kaplan Nursing Kaplan Access Card. Available only in the college bookstore, Card along with paid receipt must be shown to instructor on first day of classes. This will allow for online secure access to Kaplan homepage which provides study skills workshops, practice tests, secured tests, test results, remediation resources and NCLEX-RN® prep materials.

Mulholland The Nurse, The Math, The Meds: Drug Calculations using Dimensional Analysis, 3rd Ed., Mosby (ISBN 9780323406475)

Potter & Perry Fundamentals of Nursing, 8th Ed. Elsevier (ISBN 9780323406482)

Perry, Potter & Ostendorf Clinical Nursing Skills & Techniques, 8th Ed. Elsevier (ISBN 9780323083836)

Halter, Varcarolis, Shoemaker & Psychiatric Mental Health Nursing, 7th Ed., Saunders

Carson (ISBN 9781455753581)

**This is a 2 book collection – (both books: OCCC102\*): These two books are available for free on Stat!Ref.**

**\***1.Van Leeuwen, Davis’s Comprehensive Handbook of Lab. & Diagnostic Tests

Poelhusis-Leth & Bladh w/Nursing Implications, 6thEd., F.A. Davis (ISBN: 9780803644052)

\*2. Deglin & Vallerand Davis’s Drug Guide for Nurses w/CD ROM, 14th Ed., F.A. Davis

(ISBN: 9780803639768)

P. McHugh Schuster Concept Mapping, 4th Ed., F.A. Davis (ISBN 9780803638488)

**OPTIONAL BOOKS:**

Ackley & Ladwig Nursing Diagnosis Handbook, 2014, 10th Ed., Mosby

                                                            (ISBN 9780323085496)

Deglin & Vallerand Med Deck, 14th Ed., F.A. Davis (ISBN 9780803639782)

Nugent & Vitale Test Success: Test- Taking Techniques for Beginning Nursing Students,

7th Ed., F.A. Davis (ISBN 9780803644182)

Dunham How to Survive & Even Love Nursing School¸ 2008, 3rd Ed.

F.A. Davis (ISBN 9780803618299)

American Psychological Publication Manual of the American Psychological Association

Association 6th Ed. (ISBN #9781433805615)

Nursing I Book list Spring 2016

**Week I** (1/19/2016)

**NURSING AND HEALTH; WELLNESS; HEALTH CARE DELIVERY; ORIENTATION TO THE PROFESSION OF NURSING; INFECTION PREVENTION AND CONTROL**

Readings: Books listed by author (See book list for titles):

Potter & Perry: Chapters 1, 2, 4, 6, 28

Mulholland: Chapter 1 (including math self-assessment)

**OUTLINE**

I. Nursing and Health

A. The Profession of Nursing

B. Evolution of Professional Nursing

C. The contemporary image of professional nursing

D. Nursing licensure and certification

II. Health Care Delivery

A. Hospital

B. Community-based nursing care

C. Self-care

III. Professional Nursing

A. Professional nursing practice

1. Standards of practice

2. Nurse practice acts

3. Nursing organizations

B. Educational preparation and career opportunities

C. Nursing theory and conceptual frameworks - Maslow

D. Professional values in Nursing

E. Standards of care

F. Nursing research and evidence-based practice

IV. Conceptual Framework of Nursing at OCCC

A. Lifespan development

B. Nursing throughout the lifespan – Erickson

C. Nursing Process

D. Assessment of basic needs

V. Health and wellness

A. Wellness health care

B. Nursing in wellness

C. Health maintenance

D. Financing of health care

VI. Infection Control

A. Asepsis and infection control

B. The body’s defense against infection

VII. Dimensional Analysis

**WEEK 2**  (1/25/2016)

**THERAPEUTIC COMMUNICATIONS; STRESS&CRISIS; CULTURE&ETHNICITY; THE OLDER ADULT; COGNITIVE AND SENSORY ALTERATIONS; SAFETY& SAFE ENVIRONMENTS; HYGIENE**

Readings:

Potter& Perry Chapters 9, 14, 24, 27, p. 659-660, table 33-1, 39, 49

Mulholland Chapter 2

Halter Chapters 8, 9, 10, 23

OUTLINE

I. Therapeutic relationships

A. Social vs. therapeutic communications

B. Self-awareness/Self concept

C. Nurse-client relationship

II. The communication process: the nurse-client relationship

A. Factors that affect communication

B. Verbal and non-verbal communication

C. Therapeutic communication techniques

D. Non-therapeutic communication techniques

E. Effective communication and conflict resolution

III. Culture and Ethnicity

A. What culture is – the characteristics of culture

B. Culture and nursing care

C. Cultural competency and social issues in nursing and health care

IV. Safety

A. Characteristics of safety over the lifespan

B. Self-care and hygiene – alterations in the levels of self-care

C. QSEN – quality and safety education for nurses

V. Sensory Perception

VI. Cognitive Processes

VII. Stress and adaptation

VIII. The older adult

A. Physical changes

B. Psychosocial needs of the older adult

1. Depression, delirium, and dementia

2. Pain

3. Advanced directives

IX. Dimensional analysis

**WEEK 3** (2/1/2016)

**THE NEED FOR ACTIVITY AND EXERCISE; INTRODUCTION TO THE NURSING PROCESS; CRITICAL THINKING; TPR**

Readings:

Potter& Perry Chapters 15, 16, 17, 18, 19, 20, 29 (pp. 441-458; 466-473; 476-478), 38, 47

Mulholland Chapter 3

**OUTLINE**

I. Mobility and body mechanics

A. Normal mobility

B. Alterations in mobility

C. Nursing management of clients with altered mobility

D. Guidelines for moving clients safely

II. Nursing Process

A. Components of the nursing process

B. Sources of information

C. Nursing Diagnosis Association – NANDA, Nursing Standards of Care, Standards of the American Nurses Association Professional Nursing Practice, Standards for Accreditation of Health-Care Organizations, Health Care Literacy & Client Education Standards, Government Care Standards.

D. Problem solving, decision making, processing information and diagnostic reasoning

E. Nursing assessment – Gathering clinical data: the framework for concept care mapping, grouping clinical data in a meaningful manner, Concept map care planning process

1. identify medical diagnosis and problems related to diagnosis

2. identification of key areas of assessment related to primary medical diagnosis

3. the identification of meaningful associations between concepts on the concept map.

F. Nursing diagnosis

G. Outcome identification and planning, planning realistic and individualized goals, outcomes/goals.

H. Implementation and evaluation, nursing strategies to provide emotional support, adult learning principles when teaching adult clients, selecting appropriate nursing strategies for client care.

I. Nursing Diagnosis categorized by Maslow’s Hierarchy of Needs

J. Erik Erikson – Review of eight stages of human growth and psychosocial development

III. Critical thinking

IV. Assessing temperature, pulse and respiration

A. Temperature

B. Pulse

C. Respiration

D. Pulse oximetry

E. Alterations in TPR throughout the lifespan

V. Metric units and conversions