**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.

Wilkinson & Treas Fundamentals of Nursing, 3rd Ed. Volume 1 (textbook), F.A. Davis

(ISBN-13: 978-0-8036-4077-1)

Wilkinson & Treas Fundamentals of Nursing, 3rd Ed. Volume 2 (skill book), F.A. Davis

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

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

Carson Saunders (ISBN 9781455753581)

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

Ackley & Ladwig Nursing Diagnosis Handbook, 11th Ed., Mosby

                                                            (ISBN 9780323322249)

**These two books are available for free on Stat!Ref via the Library website**

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

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

2. Deglin & Vallerand Davis’s Drug Guide for Nurses w/CD ROM, 15th Ed., F.A. Davis (ISBN: 9780803639768)

**RECOMMENDED/OPTIONAL BOOKS:**

DavisEdge RN Fundamentals Optional digital resource for test review questions based on Fundamentals textbook

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 Fall 2016

**CHRONOLOGY OF STUDY**

**Week I** (8/29/2016)

**NURSING AND HEALTH; ORIENTATION TO THE PROFESSION OF NURSING; HEALTH CARE DELIVERY; EVIDENCE-BASED PRACTICE; HEALTH & ILLNESS INFECTION PREVENTION AND CONTROL**

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

Wilkinson & Treas: Chapters 1, 8 (pp. 147-148), 9 (pp. 168-169 Erikson & 196-200 Middle Adulthood), 10, 11, 23, 42

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

E. Educational preparation

II. Professional Nursing

A. Professional nursing practice

1. Standards of practice

2. Nurse practice acts

3. Nursing organizations

B. Professional values in Nursing

III. Health Care Delivery

1. Settings
2. Levels of care
3. Health care team
4. Financing of health care
5. Regulation

IV. Theoretical Framework

1. Theory

1. Maslow

2. Erikson

1. Research (EBP)
2. Nursing Process (what is ADPIE?)

V. Lifespan development

A. Middle adult

B. Older adult

VI. Health and Illness Continuum

A. Experiencing health and illness

B. Health disruptions

C. Experiencing illness

D. Promoting health

VII. Infection Control

A. Asepsis and infection control

B. The body’s defense against infection

**WEEK 2**  (9/5/2016)

**THERAPEUTIC COMMUNICATION; STRESS & ADAPTATION; COGNITIVE AND SENSORY ALTERATIONS; CULTURE&ETHNICITY; PROMOTING SAFETY; FACILITATING HYGIENE**

Readings:

Halter: Chapters 8, 9, 10, 23, 30

Wilkinson & Treas: Chapters 12 (pp. 250-252), 15, 24, 25

Mulholland: Chapter 2

**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. Stress and adaptation

IV. Cognitive & Sensory Alterations

V. Psychosocial needs of the older adult

VI. 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

VII. Promoting 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

VIII. Facilitating Hygiene

IX. Dimensional analysis

**WEEK 3** (9/12/2016)

**THE NEED FOR OXYGEN: TEMPERATURE, PULSE, RESPIRATION & BLOOD PRESSURE (TPR &BP); ACTIVITY AND EXERCISE**

Readings:

Wilkinson & Treas: Chapters 20, 32, 36 (up to p. 957), 37

Mulholland: Chapter 3

**OUTLINE**

I. Oxygenation and Circulation

A. Overview of structure and function of the systems associated with regulation of temperature, pulse, respiration and blood pressure

B. Terminology associated with regulation of temperature, pulse, respiration and blood pressure and pain assessment.

II. Assessing temperature, pulse and respiration

A. Temperature

B. Pulse

C. Respiration

D. Blood Pressure

E. Alterations in TPR & BP throughout the lifespan

III. Mobility and body mechanics

A. Normal mobility and exercise

B. Factors affecting mobility

C. Nursing management of clients with altered mobility

D. Guidelines for moving and positioning clients safely