**CHRONOLOGY OF STUDY**

**Week I** (1/16/2017)

**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, 6 (pp. 108-109), 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**  (1/23/2017)

**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** (1/30/2017)

**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