NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY
NUR 111 – FIRST LEVEL NURSING I (8 CR.)

Course Description (from VCCS): NUR 111 – Nursing I (8 CR): Introduces nursing principles including concepts of health and wellness and the nursing process. Develops nursing skills to meet the biopsychosocial needs of individuals across the lifespan. Includes math computational skills, basic computer instruction related to the delivery of nursing care, communication skills, introduction to nursing, health, the health care system, legal aspects of nursing care, diagnostic testing, assessment, teaching and learning, asepsis, body mechanics and safety, personal care, activity/rest, wound care, nutrition, elimination, oxygenation, fluid and electrolytes, pain control, medication administration, aging populations and pre/post operative care. Provides supervised learning experiences in college nursing laboratories and/or cooperating agencies. Lecture 5 hours. Laboratory 9 hours. Total 14 hours per week.

General Course Purpose

This course introduces the student to nursing as a profession and fundamental concepts of nursing care: the nursing process, therapeutic communication skills, safe and effective care, teaching learning principles and strategies, and prioritization using Maslow’s hierarchy of needs.

Course Prerequisites/Corequisites

Pre-requisites: Eng 111, NAS 161, NAS 162, SDV Elective

Co-requisites NUR 150, PSY 201, HLT 141

Course Objectives:

Upon completion of the course the student will be able to:

1. Discuss the scope and standards of nursing practice and the role of the nurse as a professional.

2. Discuss the nursing process, critical thinking strategies and Maslow’s Hierarchy of Needs to provide for the delivery of optimal nursing care.

3. Discuss how to integrate evidence based practice and clinical decision making/critical thinking for delivery of optimal nursing care.

4. Apply effective communication and documentation skills.

5. Discuss the use of information technology to mitigate error, and support decision making in healthcare settings.
6. Demonstrate safe and effective health assessment and physical exam techniques across the life cycle.

7. Provide culturally competent nursing care for the adult/gerontological client and family.

8. Communicate effectively with culturally diverse adult/gerontological clients and families.

9. Discuss how to integrate the teaching/learning process in providing safe and effective nursing care for the adult/gerontological client and family.

10. Utilize quantitative reasoning and accepted standards for safe administration of medications.

11. Discuss safety and infection control risk factors across the lifecycle in the community and health care settings.

12. Demonstrate nursing strategies and interventions that reduce risk and support the revision of safe and effective nursing care.

13. Apply the nursing process, critical thinking strategies and Maslow’s Hierarchy of Needs to provide nursing care that promotes the psychosocial and physiological well-being of clients across the life cycle.

14. Discuss the nursing process, critical thinking strategies and Maslow’s Hierarchy of Needs to provide nursing care for the perioperative client across the life cycle.

15. Provide nursing care for the adult and gerontological client in a manner consistent with accepted legal and ethical principles for registered nurses.

**Major Topics to be included**

- Introduction to nursing as a profession
- Nursing process & critical thinking
- Communication and documentation
- Teaching/ learning concepts
- Nursing health assessment & physical exam
- Medication administration
- Safety & infection control
- Psychosocial integrity: spiritual health, stress and coping
- Physiological integrity: oxygenation, exercise & activity, sleep, pain management, nutrition, bowel and urinary elimination, immobility, sensory alterations and fluid and electrolyte balances
- Perioperative nursing care