

# Lassen Community College Course Outline

## VN 51 Nursing Fundamentals

4.0 Units

### I. Catalog Description

Introduction to nursing fundamentals and the healthcare profession. Topics will include history of nursing, nursing concepts, legal and ethical issues, nursing process, basic patient needs and the nursing care required for alterations in basic needs. Access to a computer with internet access is required. Students must complete all course hours and must achieve a 75% on their final class grade and must achieve a final exam grade of 75% or better to be eligible to remain in the nursing program. Uniform and lab fee of \$500 will be collected at registration. This course has been approved for hybrid delivery and online delivery for emergency use only. If course is provided hybrid or online, per the board of nursing students must be displayed on camera throughout entire course.

#### **Diversity Statement:**

*Our commitment to diversity requires that we strive to eliminate barriers to equity and that we act deliberately to create a safe and inclusive environment where individual and group differences are valued and leveraged for the growth and understanding as an educational community.*

#### **Prerequisite(s):**

BIOL 25 Human Anatomy and Physiology I (Recommended in-person lab)  
BIOL 26 Human Anatomy and Physiology II (Recommended in-person lab)  
ENGL 1 College Composition  
HLTH 25 Understanding Nutrition  
HO 3 Medical Terminology  
HO 120 Cardiopulmonary Resuscitation (CPR) or AHA CPR  
Certification for Healthcare Professionals  
MATH 60 Intermediate Algebra  
PSY 1 Introduction to Psychology  
PSY 18 Life Span Development

After registering for the Licensed Vocational Nursing Program the student will:

1. Verify possession of a valid BLS CPR card from ASHI or AHA.
2. Verify that he or she doesn't have a criminal record and can work in a health care setting.
3. Provide documentation of recent two step tuberculosis testing or equivalent.
4. Provide records of vaccinations or titers required for entry in to clinical environments.
5. Comply with testing required for clinical site rotations such as Covid-19 testing.
6. Complete a 10 panel drug screening.
7. Complete a physical exam.
8. Create an account in My Clinical Exchange and complete all competencies.
9. Verify proof of a high school diploma or GED

**Co-requisite(s):** VN 50, VN 52

Does not transfer to UC/CSU

68 Hours Lecture, 136 Expected Outside Class Hours, 204 Total Student Learning Hours.

## **II. Coding Information**

Repeatability: Not Repeatable, Take 1 Time

Grading Option: Graded

Credit Type: Credit - Degree Applicable

TOP Code: 123020

## **III. Course Objectives**

### **A. Course Student Learning Outcomes**

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

1. Verbalize understanding of fundamental principles of nursing care and how they apply to the care of the patient. (Analytic skills)
2. Identify signs of wellness or illness on the health continuum, and describe the fundamental care appropriate at the various stages.

### **B. Course Objectives**

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

1. Describe Vocational Nursing
  - a. Discuss the history of nursing
  - b. Describe options for entering nursing
  - c. Describe career advancement options
  - d. Discuss the concept of lifelong learning
  - e. Describe the characteristics of nurses
  - f. Identify professionalism in nursing
  - g. Describe nursing theories and theorists
  - h. Discuss trends in nursing practice
  - i. Describe the impact of nursing on society
2. Identify health care delivery and economic considerations in nursing
  - a. Discuss the health care team and health care delivery
  - b. Describe patient protection and the affordable care act of 2010
  - c. Determine delivery of effective care
  - d. Describe delivery of nursing care
  - e. Describe health care economics
3. Identify nursing ethics and laws
  - a. Define ethics
  - b. Define law
  - c. Describe professional accountability
  - d. Describe legal documentation
4. Identify the nursing process and decision making
  - a. Describe decision making in nursing
  - b. Define the nursing process
  - c. Describe nursing care plans
  - d. Describe concept mapping
5. Identify appropriate documentation
  - a. Describe the purpose of documentation
  - b. Discuss confidentiality of documentation

- c. Describe forms of documentation
  - d. Describe guidelines for documentation
  - e. Discuss documentation systems
  - f. Describe data to document
  - g. Identify methods of charting
  - h. Discuss computerized charting
  - i. Describe long-term care and home health care documentation
  - j. Identify risks in documentation errors
6. Discuss communication and relationships
    - a. Identify the communication process
    - b. Identify types of communication, verbal, non-verbal and written
    - c. Identify factors that affect communication
    - d. Demonstrate active listening
    - e. Describe styles of communication
    - f. Describe communications with patients who have psychological disorders
    - g. Discuss communication during crisis
    - h. Discuss appropriate humor in communication
    - i. Describe communication with the health care team
    - j. Identify appropriate nurse patient relationships
    - k. Identify special communication needs
  7. Identify theories in the promotion of wellness and reduction of illness
    - a. Describe promotion of wellness
    - b. Discuss reduction of illness
    - c. Discuss stress and adaptation
  8. Identify ethical, cultural, and spiritual aspects of care
    - a. Define ethnicity and culture
    - b. Describe transcultural nursing and cultural competency
    - c. Describe cultural effects on health
    - d. Discuss death and dying
    - e. Define culturally sensitive care
    - f. Identify barriers of healthcare
    - g. Discuss religion, spirituality and creativity
  9. Describe concepts of growth and development throughout the life span
    - a. Discuss stages of child development
    - b. Describe health concerns for infants, children and adolescents
    - c. Identify stages of adult development
  10. Discuss loss, grief and dying
    - a. Discuss caring for the terminal patient
    - b. Define loss
    - c. Describe the dying process
    - d. Identify the nurses role in end of life care
    - e. Discuss observation and provisions of comfort
    - f. Describe postmortem care
  11. Identify complementary and alternative medicine
    - a. Describe alternative therapy versus complementary therapy
    - b. Define western medicine
    - c. Discuss eastern and alternative health care
    - d. Define types of complementary and alternative medicine
    - e. Discuss nursing care of a patient utilizing complementary and alternative medicine
  12. Discuss patient education

- a. Define learning styles and factors affecting learning
- b. Discuss teaching about health and illness
- c. Describe appropriate documentation of teaching
- d. Discuss appropriate patient teaching resources

#### **IV. Course Content**

1. Introduction to Vocational Nursing
2. Health care delivery and economic considerations in nursing
3. Nursing ethics and laws
4. Nursing process and decision making
5. Documentation
6. Communication and relationships
7. Promotion of wellness and reduction of illness
8. Ethical, cultural, and spiritual aspects of care
9. Concepts of growth and development throughout the life span
10. Loss, grief and dying
11. Complementary and alternative medicine
12. Patient education

#### **V. Assignments**

##### **A. Appropriate Readings**

##### **B. Representative texts as assigned by instructor.**

##### **C. Writing Assignments**

1. Nurses in history
2. Affordable care
3. Nurse Trial review
4. Concept mapping
5. Documentation
6. Shift report, oral assignment
7. Ethics
8. Developmental screening
9. Self-reflection
10. Complementary and alternative medicine
11. Patient teaching plan

##### **D. Expected Outside Assignments**

Weekly reading assignments in the texts and journals.

Health promotion group project

NCLEX Review questions

##### **E. Special Assignments that Demonstrate Critical Thinking**

In class - communications with psychological disorders

In class - care plan for a geriatric patient and specific needs utilizing the nursing process to identify appropriate goals, interventions, rationales and outcome.

#### **VI. Methods of Evaluation**

The student must maintain a 75% in the class and must pass any midterm or final exams with a 75% or better to continue on in the nursing Program.

##### **Traditional Classroom Instruction**

Term paper (topic choice, thesis statement, outline, bibliography, rough draft, final draft),

homework, classroom discussion, essay, journals, lab demonstrations and activities, multiple choice



**IX. Discipline/s Assignment**

Licensed Vocational Nursing, Nursing

**X. Course Status**

Current Status: Active

Original Approval Date: 5/26/2005

Revised By: Christi Myers

Curriculum/Academic Standards Committee Revision Date: 11/29/2022