

Lassen Community College Course Outline

NURS 4 Nursing Lab I

2 Units

I. Catalog Description

This course facilitates student learning of first-semester basic nursing concepts and skills, beginning medication practices, and physical assessment through individualized, peer-, group-, and computer-mediated instruction. The course incorporates cognitive, technical, interpersonal, and ethical/legal skills into safe and effective person-centered care. Skills performed in the nursing laboratory on campus facilitate the transfer of knowledge from the classroom to the clinical setting. The State of California requires that this course maintain an instructor-to-student ratio of 1/10. This is a web-enhanced course; computer and internet access are required. Students must complete all course hours and assignments as required. Students must receive 75% on their final as well as in the course to remain in the nursing program. NURS 4 is offered as a concurrent course with NURS 1, NURS 2, and NURS 3 during the first semester of the program. A course grade of D or below will result in failure in all concurrent courses. Students must be accepted into the Lassen Community College Registered Nursing Program.

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.

Prerequisites:

Prerequisite(s): Microbiology with all Lab (BIOL 20), Human Anatomy with a Lab (BIOL 21), Human Physiology with a Lab (BIOL 22), College Composition (ENGL 1), Elementary Statistics (MATH 40), all completed with a grade of C or better.

Corequisite(s): Pharmacology (NURS 1), Medical Surgical I (NURS 2) Clinical Practice I (NURS 3)

Transfer Status: CSU

102 Hours of Laboratory: 102 Total Student Learning Hours

Scheduled: Fall

II. Coding Information

Repeatability: Non-repeatable

Grading Option: Graded

Credit Type: Degree Applicable/Credit

TOP Code: 1230.10

III. Course Objectives

Course Student Learning Outcomes

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

1. Apply fundamental, evidence-based nursing care to simulated patients in the skills lab setting.
2. Prioritize patient needs using a variety of skills in a simulated clinical setting.
3. Perform competently selected techniques and procedures safely and accurately with supervision.
4. Demonstrate knowledge and administer medications safely in a simulated environment using the 7 rights and 3 checks of medication administration.

A. Course Objectives

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

1. Demonstrate competency in selected nursing skills and interventions utilizing principles of safety.
2. Identify appropriate resources in planning care that is evidence based, culturally appropriate, and patient centered.
3. Differentiate normal and abnormal assessment findings in a comprehensive physical assessment.

IV. Course Content

A. Outline of Topics

1. Asepsis and Infection
 - a. Hand Hygiene
 - b. Personal Protective Equipment
 - c. Sterile Field
2. Vital Signs
 - a. Body Temperature
 - b. Assessing Pulses
 - c. Assessing Respirations
 - d. Assessing Blood Pressure
3. Health Assessment
 - a. Health History
 - b. Physical Assessment
4. Geriatric Interview
 - a. Health History
 - b. Medication Reconciliation
 - c. Activity of Daily Living Assistance
 - d. Personal Hygiene
5. Safety
 - a. Situational Assessment
 - b. Fall Prevention
 - c. Restraints
6. Hygiene
 - a. Bathing
 - b. Oral Care
 - c. Nail Care
 - d. Bed Making
7. Activity
 - a. Turning a patient

- b. Transferring a patient
 - c. Range of Motion
 - d. Exercises
 - e. Ambulation with assistive devices
 - f. Sling and elastic bandage application
8. Nutrition
- a. Assist patient with eating
 - b. Documenting intake
9. Oxygenation
- a. Using a pulse oximeter
 - b. Incentive spirometer
10. Medications
- a. Administering oral medication
 - b. Preparing and administering injections
 - c. Applying transdermal patch
 - d. Administering ophthalmic and otic medication
11. Perioperative Nursing
- a. Deep breathing exercise
 - b. Perioperative care
 - c. Antithrombotic devices
12. Skin Integrity and Wound Care
- a. Preventing pressure injury
 - b. Wound care
 - c. Caring for a surgical drain
 - d. Warm and cold therapy
 - e. Sitz bath
13. Comfort and Pain Management
- a. Promoting patient comfort
14. Urinary Elimination
- a. Assisting with bed pan
 - b. Assisting with urinal
 - c. Assisting with bedside commode
 - d. Emptying a foley catheter
 - e. Assessing bladder volume
 - f. Documenting urine output
15. Bowel Elimination
- a. Changing briefs
 - b. Emptying and changing an ostomy appliance
 - c. Documenting stool output
16. Laboratory Specimen Collection
- a. Obtaining a nasal swab
 - b. Obtaining a nasopharyngeal swab
 - c. Collecting sputum specimen
 - d. Collecting a urine specimen clean catch
 - e. Obtaining urine specimen from indwelling catheter
 - f. Collecting a stool specimen
 - g. Testing stool for occult blood
 - h. Capillary glucose testing

17. Cardiovascular Care
 - a. Performing cardiopulmonary resuscitation
 - b. Performing emergency automated external defibrillation
 - c. Obtaining an electrocardiogram
 - d. Applying a cardiac monitor
18. Fluid, Electrolyte, and Acid-Base Balance
 - a. Monitoring an intravenous site and infusion
 - b. Changing a peripheral access site dressing
 - c. Hypotonic, Isotonic, Hypertonic Solutions

B. Link to Nursing Practice

1. Management of Care
 - a. Concepts covered in general, covered in NURS 5
2. Safety and Infection Control
 - a. Assess client for allergies and intervene as needed
 - b. Assess client care environment Promote staff safety
 - c. Protect client from injury
 - d. Properly identify client when providing care
 - e. Verify appropriateness and accuracy of a treatment order
 - f. Participate in emergency planning and response
 - g. Use ergonomic principles when providing care
 - h. Follow procedures for handling biohazardous and hazardous materials
 - i. Educate client on safety issues
 - j. Acknowledge and document practice errors and near misses Report, intervene, and/or escalate unsafe practice of health care personnel (e.g., substance abuse, improper care, staffing practices)
 - k. Facilitate appropriate and safe use of equipment
 - l. Follow security plan and procedures (e.g., newborn security, violence, controlled access)
 - m. Apply principles of infection prevention (e.g., hand hygiene, aseptic technique, isolation, sterile technique, universal/standard enhanced barrier precautions)
 - n. Educate client and staff regarding infection prevention measures
 - o. Follow requirements when using restraints
3. Health Promotion and Maintenance
 - a. Concepts covered in general, covered in NURS 6.
4. Psychosocial Integrity
 - a. Concepts covered in general, covered in NURS 9 and NURS 13.
5. Basic Care and Comfort
 - a. Assist client to compensate for a physical or sensory impairment (e.g., assistive devices, positioning)
 - b. Assess and manage client with an alteration in bowel and bladder elimination
 - c. Perform irrigations (e.g., of bladder, ear, eye)
 - d. Perform skin assessment and implement measures to maintain skin integrity
 - e. Apply, maintain, or remove orthopedic devices
 - f. Implement measures to promote circulation (e.g., active or passive range of motion, positioning and mobilization)

- g. Assess client for pain and intervene as appropriate
 - h. Recognize complementary therapies and identify potential benefits and contraindications (e.g., aromatherapy, acupressure, supplements)
 - i. Provide non-pharmacological comfort measures
 - j. Evaluate the client's nutritional status and intervene as needed Provide client nutrition through tube feedings
 - k. Evaluate client intake and output and intervene as needed
 - l. Assess client performance of activities of daily living and assist when needed
 - m. Perform post-mortem care
 - n. Assess client sleep/rest pattern and intervene as needed
6. Pharmacological and Parenteral Therapies
- a. Perform calculations needed for medication administration
 - b. Evaluate client response to medication
 - c. Educate client about medications
 - d. Review pertinent data prior to medication administration (e.g., contraindications, lab results, allergies, potential interactions)
 - e. Prepare and administer medications using rights of
 - f. Participate in medication reconciliation process medication administration
 - g. Dispose of medications safely
 - h. Handle and maintain medication in a safe and controlled environment
 - i. Evaluate appropriateness and accuracy of medication order for client
7. Reduction of Risk Potential
- a. Assess and respond to changes and trends in client vital signs
 - b. Perform testing within scope of practice (e.g., electrocardiogram, glucose monitoring)
 - c. Monitor the results of diagnostic testing and intervene as needed
 - d. Obtain specimens other than blood for diagnostic testing
 - e. Apply and/or maintain devices used to promote venous return (e.g., anti-embolic stockings, sequential compression devices)
8. Physiological Adaptation
- a. Concepts covered in general, covered in NURS 9 and NURS 13.

V. Assignments

- . **Appropriate Readings**
 - Instructor Handouts
 - Journal Articles
- A. Writing Assignments**
 - Handwritten Drug Cards
 - Written Lab Reflections
- B. Expected Outside Assignments**
 - vSim – Virtual Simulations

Specific Assignments that Demonstrate Critical Thinking

- vSim – Virtual Simulations

- Documentation
- Handwritten drug cards

VI. Methods of Evaluation

- Participation
- Skills checkoff
- Simulation
- vSim – Virtual Simulations
- Documentation
- Skills Final
- Computerized Final

VII. Methods of Delivery

Check those delivery methods for which this course has been separately approved by the Curriculum/Academic Standards Committee.

X	Traditional Classroom Delivery		Correspondence Delivery
	Hybrid Delivery		Online Delivery

Traditional Classroom Delivery

Lecture, discussion, audio/visual aids, demonstration, group exercises, guest speakers, lab, individualized programs and other as needed.

VIII. Representative Texts and Supplies

Required Texts

Craig, G. P. (2020). *Clinical calculations made easy* (7th ed.). Wolters Kluwer. ISBN: 9781975103736

Fischbach, F. T., Fischbach, M. A., & Stout, K. (2021). *Fischbach's A manual of laboratory and diagnostic tests* (11th ed.). Philadelphia, PA: Lippincott Williams & Wilkins. ISBN: 978-1975173425

Karch, A. M. (2020). *Focus on nursing pharmacology* (8th ed.). Wolters Kluwer. ISBN: 978-1-9751-0096-4

- CoursePoint access required

Hinkle, J. L., Cheever, K. H., & Overbaugh, K. J. (2022). *Brunner & Suddarth's textbook of medical-surgical nursing* (15th ed.). Wolters Kluwer. ISBN: 978-1-9751-6103-3

- CoursePoint access required

Lynn, P. (2019). *Taylor's clinical nursing skills: A nursing process approach* (5th ed.). Wolters Kluwer. ISBN: 9781496384881

- CoursePoint access required

Vallerand, A.H., & Sanoski, C.A. (2023). *Davis's drug guide for nurses* (18th ed.). F.A. Davis. ISBN: 978-1719646406

Required Uniform & Supplies Included in Lab Fee in RN (Fee collected in RN 3)

1. Lassen Community College Nursing Uniforms
2. Nursing Kit
 - i. Nursing Pocket Pack
 - ii. Medical Scissors
 - iii. Pen Light
 - iv. Stethoscope
3. Liability Insurance

Required Uniform & Supplies NOT Included in Lab Fee

1. Non-slip cleanable nursing shoes (White)
2. Analog watch with second hand (no digital)
3. 2-inch binder with 24 dividers

IX. Discipline/s Assignment

Nursing

X. Course Status

Current Status: Active

Original Approval Date: 10/04/2022

Course Originator:

Board Approval Date: 11/08/2022

Chancellor's Office Approval Date: 12/07/2022

Revised By: Heidi Gray, Christi Myers, Celeste Wisner

Curriculum/Academic Standards Committee Revision Date: 10/3/2023