

**COURSE SYLLABUS**

**VNSG 1400.501 (4:3:3)**

**NURSING IN HEALTH AND ILLNESS I**

**Vocational Nursing Program**

**Health Occupations Department**

**Technical Education Division**

**Plainview Campus**

**South Plains College**

**Fall 2019**

Plainview

## COURSE SYLLABUS

**COURSE TITLE:** VNSG 1400.501 NURSING IN HEALTH AND ILLNESS I

**INSTRUCTORS:** Suzanne Griffin, AAS, ADN, RN

**OFFICE LOCATION &**

**PHONE / E-MAIL:** PC 104 F / 806-296-9611 EXT. 4405 / [sgriffin@southplainscollege.edu](mailto:sgriffin@southplainscollege.edu)

**OFFICE HOURS:**

M	1:00 PM – 4:00 PM
T	8:00 AM – 9:00 AM and 1:00 PM - 4:00 PM
W	8:00 AM – 9:00 AM
TR & F	By Appointment

### ***SOUTH PLAINS COLLEGE IMPROVES EACH STUDENT'S LIFE***

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#### **COURSE DESCRIPTION:**

This course is an introduction to the general principles of growth and development, primary health care needs of the patient across the lifespan, and therapeutic nursing interventions.

#### **STUDENT LEARNING OUTCOMES:**

The student will describe and discuss the uniqueness of the geriatric patient related to physical, mental, and emotional changes associated with the aging process; describe the psychosocial, growth and development, and physiological needs of patients across the lifespan; Identify primary health care needs of the client; and identify the basic interventions to support the patient and family during life stages including death and dying.

#### **COURSE COMPETENCIES (Learning Outcomes):**

The student must complete this course with a 77% or above based on the following objectives:

1. Demonstrate a basic understanding of the physiological mechanisms that alter the function of individual body organs in the aging adult.
2. Recognize the integrated whole being and how a change in one organ system affects other body systems.
3. Identify implications for nursing interventions to assist the older adult to adapt to the problems associated with functional decline.

4. Identify means by which the nurse can assist the aging adult and his family in health/wellness promotion and maintenance.
5. Describe the components of a systematic assessment of the geriatric client, both in terms of wellness and functional disability.
6. Recognize the role of rehabilitation in restoring the infirmed geriatric client to as full and independent a life as possible.
7. Demonstrate modified nursing approaches to assist to meet the physiological and psychological needs of the older adult.
8. Identify community resources available to assist the older adult in maintaining independence to buffer effects of restrictions imposed by aging.
9. Identify lab tests and normal values for each system and integrate into geriatric plan of care.
10. Demonstrate an understanding of pharmacology in caring for the geriatric client using the nursing process approach.
11. Be familiar with basic terminology in classification of medications, both by action and by body system.
12. Identify the essential nutrients and their functions.
13. Identify the components of the MyPlate Model and Recommended Daily Allowances.
14. Identify the ways in which the consumer benefits from regulations governing the food industry.
15. Discuss ways in which the nurse can contribute to nutritional wellness as a preventive against disease.
16. Discuss nursing responsibilities and interventions integral in nutrition.
17. Prepare a therapeutic diet plan using principles of good basic nutrition and assessment of the dietary needs: prepare therapeutic diet teaching plans and implement them in simulated clinical situations.
18. Apply principles of nutrition essentials to food selection and preparation.
19. State the origin and definition of pharmacology.
20. Distinguish differences in definitions, names, standards and information sources in pharmacology.
21. Explain nursing assessments necessary to evaluate potential problems associated with the absorption of medications.
22. Discuss nursing interventions that can enhance drug absorption.
23. Differentiate between selective and general types of drugs.
24. Discuss the effects of drug actions across the life span with focus on geriatrics.
25. Differentiate among cognitive, affective and psychomotor learning domains with the emphasis on patient education and health promotion.
26. Define and demonstrate competency of the basic six rights of drug administration and knowledge of equipment and basic administration procedure techniques.
27. Demonstrate a workable knowledge of conversion tables and calculation of dosages.
28. Describe safe practices for care and storage of medications.
29. Demonstrate knowledge of standard abbreviations used in medication therapy.
30. Demonstrate appropriate documentation of a drug order and medication administration.

**ACADEMIC INTEGRITY:**

Refer to the SPC catalog and the VNP Student Handbook.

**SCANS AND FOUNDATION SKILLS:**

C – 1, 2, 3, 4, 5, 6, 7, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19

F – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17

**VERIFICATION OF WORKPLACE COMPETENCIES:**

NCLEX – PN Licensure Examination eligibility following successful completion of the one-year vocational nursing program.

**TEXTBOOKS:**

Dahlkemper, T. (2016). Anderson's Caring for Older Adults Holistically, 6th ed. Philadelphia: FA Davis.

Williams, Linda S., MSN, RN and Hopper, Paula D., MSN, RN (2019). Understanding Medical Surgical Nursing, 6<sup>th</sup> Ed. Philadelphia, PA. FA Davis  
Study Guide to accompany text

Curren, Anna M., RN, MA and Witt, Margaret, BSN, RN, MPT, DPT (2015). Math for Meds, 11<sup>th</sup> Ed. Stamford, CT. Delmar Cengage Learning

Burton, Marti A., R.N., B.S., Smith, David W., M.S.N., R.N., and Ludwig, Linda J. May, R.N., B.S., MEd (2019). Fundamentals of Nursing Care – Concepts, Connections, and Skills, 3<sup>rd</sup> Ed. F. A. Davis Company, Philadelphia

Watkins, C. (2018). Pharmacology Clear & Simple, 3<sup>rd</sup> Ed. F. A. Davis Company, Philadelphia

Leek, Valerie (2018). Pharm Phlash! Pharmacology Flash Cards, 3<sup>rd</sup> Ed., F. A. Davis Company, Philadelphia

Vallerand, A. H. and Sanoski, C. A., (2019). Davis's Drug Guide for Nurses, 16<sup>th</sup> Ed., F. A. Davis Company, Philadelphia

Occasionally, the student will be required to utilize outside references.

ATI Support Materials: Pharmacology Made Easy 3.0, and Skill Modules: Medication

Administration # 1, Medication Administration # 2, & Medication Administration # 3; and

Nutrition For Nursing Review Module, 6.0 Ed., Assessment Technologies Institute, Leawood, KS.

**ATTENDANCE POLICY:**

Refer to the SPC catalog and the Plainview VNP Student Handbook. This course is a 4 semester hour course with 8 hours allowable absence. Three tardies count as one hour absence.

## COURSE REQUIREMENTS:

1. Completion of assigned reading.
2. Participation in class discussion.
3. Following provided rubrics for all assignments.
4. Completion of all assignments, quizzes, and exams administered. Seek instructor guidance and follow student handbook when absences occur.
5. Completion of scheduled ATI assessments assigned.
6. Completion of drug summaries and diagnosis summaries as assigned.
7. Completion of ATI support materials as assigned.
8. Utilization of assigned class time and VNP PM Lab Hours for medication administration skill practice.
9. Written assignments must be submitted following the "General Rubric for Formal Assignments" (See below)

### General Rubric for Formal Assignments

Please use these SPC Handbook / APA format guidelines given to you.

1. Use 1" margins on paper throughout.
2. All papers are to have a "Running head" with title of paper (30 character max). This will continue through entire paper on the top, left hand of page. This video may be beneficial:  
<https://www.youtube.com/watch?v=Krwf3TDD1vU>
3. Last name and page number are to be flush in right top corner. With students that share a last name with other classmates, it is acceptable to use first initial and last name with page number. This will continue through entire paper.
4. Type is in 12 point font and Times New Roman, entire typed paper is to be double spaced.
5. All formal papers are to be typed, and at least 6 pages (including cover and reference; There should be a minimum of 4 pages of paragraphed or otherwise displayed content as assigned). Be sure to not leave out important content, but also do not be too wordy or repetitive with content in paper.
6. Create title page with centered in page- information in order as follows: Title of paper, Course/Class, Instructors name and credentials, Student name, Program/ College, and Date assignment due.
7. Abstract follows title page. This is a summary of the whole paper in a single paragraph. A paragraph is 3-5 full sentences or a word count between 150-250 words. \*\*It is usually easier to write after the final draft is completed so information is not missed in summary.
8. There needs to be an introduction and conclusion (introduction is different than abstract). Use heading titles for each part of the body of your paper except introduction.
9. Cite your sources in the body of the paper (also known as in-text citations). This type of citation is found in parenthesis within the length of the paper often crediting information to source by listed author(s) and year.
10. Your references must be on a combined reference page in alphabetized order. References and alternate sources for information should be within the past 5 years from current date.

11. You may use credible internet resources to assist with your paper and APA format. Some computer programs may have APA built in. Just make sure that paper is in specified format of APA requirements listed here. All outside internet resources need to be instructor approved, please follow posted office hours for appointments.
12. Spell out all numbers, don't use contractions or abbreviations/acronyms.

Websites with credibility to assist you with your APA/ Formal Assignment Guidelines are:

<https://owl.english.purdue.edu/owl/resource/560/01/>  
<http://www.citefast.com/>

#### GRADING:

Content Exams / ATI Assessments /	
Abbreviations & Equivalents and Dosage Calculations Competencies /	
Final Exam .....	60%
Drug Summaries /	
Diagnosis Summaries /	
Nutrition Content Review Activities .....	30%
Class Participation / Quizzes .....	10%

Grading Scale: A .....	93 – 100
B .....	84 – 92
C .....	77* – 83
D .....	70 – 76
F .....	69 or below

\* 77% is passing for all nursing courses

## SCHEDULE OF CLASSES:

### WEEK 1

8-26-19                      Orientation to Course

8-29-19                      Curren/Witt:  
Chapter 4 Metric/International (SI) System  
Chapter 5 Unit, Percentage, Milliequivalent, Ratio, & Household  
Measure

Burton/Ludwig:  
Electronic Study Guide Abbreviation Tables  
Handout Activity # 1 (Due date TBA)

Dahlkemper:  
Chapter 1 Holistic Caring  
Chapter 2 The Aging Experience

ATI-PME 3.0: Introduction to Pharmacology –

*\*Categories of Drugs, Drug Category Information, Special Drug Considerations, Patient Instruction*

*\*Drug Categories*

*\*Generic vs Trade or Brand Name*

ATI: Nutrition For Nursing Review Module – Assignments TBA throughout semester.

Begin Unit I Principles of Nutrition: Chapter 3 Nutrition Assessment/Data Collection

## WEEK 2

9-5-19

Handout Activity # 2 (Due date TBA)  
Physician Order Transcriptions  
*Diagnosis Summary # 1*  
*Drug Summary # 1*  
*Nutrition Content Review Activity # 1*

### Watkins:

Chapter 1 (page 10) The Roles of the LPN, LVN, & MA in the Administration of Medications

Chapter 3 (page 36) Table 3.2 Abbreviations for Drug Administration

Chapter 5 (page 74) Table 5.1 Abbreviations Related to Medication Administration

Appendix A Drug Classifications (Begin to learn – flash cards are helpful – this information will be studied and reviewed throughout the year) ☺

### Dahlkemper:

Chapter 3 Supporting Life Transitions & Spirituality in the Elderly

Chapter 4 The Use of the Nursing Process & Nursing Diagnosis in the Care of Older Adults

### ATI-PME 3.0: Introduction to Pharmacology-

*\*Prescription vs Non-prescription*

*\*Pharmaceutics*

*\*Pharmacokinetics*

*\*Pharmacodynamics*

## WEEK 3

9-12-19

Physician Order Transcriptions continued

### Dahlkemper:

Chapter 5 Legal, Ethical, & Financial Considerations Regarding Older Adults

### ATI-PME 3.0: Introduction to Pharmacology-

*\*Expected Pharmacological Action & Therapeutic Use*

*\*Side Effects & Adverse Reactions*



#### WEEK 4

9-19-19

Handout Activity # 3 (Due date TBA)  
*Diagnosis Summary # 2*  
*Drug Summary # 2*  
*Nutrition Content Review Activity # 2*

Dahlkemper:

Chapter 6 Promoting Wellness  
Chapter 7 Safety

ATI-PME 3.0: Introduction to Pharmacology-  
*\*Tolerance, Cumulative Effect, & Toxicity*

ATI Nutrition Review Module:  
Chapter 4 Guidelines for Healthy Eating

#### WEEK 5

9-26-19

Review of Handout Activity Questions and Math for Meds Chapter Concerns  
ATI Skills Module Medication Administration # 1

Dahlkemper:

Chapter 8 Nutrition for Older Adults  
Chapter 9 Culturally Specific Care

ATI-PME 3.0: Introduction to Pharmacology  
*\*Precautions & Contraindications*

ATI Nutrition Review Module:  
Chapter 7 Nutrition Across the Lifespan (Adulthood and Older Adulthood)

## WEEK 6

10-4-18

### **Abbreviations & Equivalents Competency**

COMPETENCY OF 93% OR ABOVE MUST BE ACHIEVED ON **ABBREVIATIONS & EQUIVALENTS** AND **DOSAGE CALCULATIONS COMPETENCY** ADMINISTERED LATER IN THE SEMESTER. YOUR INITIAL SCORE WILL BE THE SCORE RECORDED. YOU WILL HAVE THREE OPPORTUNITIES TO ACHIEVE THIS LEVEL OF COMPETENCY BY FRIDAY, DECEMBER 6, 2019. IF 93% OR ABOVE IS NOT ACHIEVED (FIRST AND SECOND ATTEMPTS), ARRANGEMENTS MUST BE MADE WITH MRS. GRIFFIN FOR RETAKES. THE RETAKES MAY NOT BE COMPLETED DURING CLASS TIME. SHOULD AFTER THE THIRD ATTEMPT COMPETENCY IS NOT MET, THE OBJECTIVES FOR THIS COURSE WILL NOT BE MET AND A FAILING GRADE WILL BE ISSUED.

*Diagnosis Summary # 3*

*Drug Summary # 3*

*Nutrition Content Review Activity # 3*

Dahlkemper:

Chapter 10 Activity, Rest, & Sleep as Criteria for Health

Chapter 11 End-of-Life Issues in Older Adults

ATI-PME 3.0: Introduction to Pharmacology-

*\*Drug/Drug and Drug/Food Interactions*

ATI Nutrition Review Module:

Chapter 6 Cultural, Ethnic, and Religious Influences

## WEEK 7

10-11-18

Curren/Witt:

Chapter 6 Oral Medication Labels and Dosage Calculation

ATI Tutorial: Dosage Calculation 2.0 – Ratio and Proportion

ATI Skills Modules: Medication Administration # 2 AND

Medication Administration # 3

Dahlkemper:

Review Q & A (Chapters 1-11)

ATI-PME 3.0: Introduction to Pharmacology –

*\*Drug Therapy Across the Lifespan*

ATI Nutrition Review Module:

Chapter 1 (Carbohydrates)

## WEEK 8

10-17-19

### EXAM 1

AM\* (Curren/Witt: Chapters 4, 5, & 6; ATI support materials)

PM\* (Dahlkemper: Chapters 1 - 11)

(ATI Nutrition Review Module: Chapters 3, 4, 6, & 7)

*Diagnosis Summary # 4*

*Drug Summary # 4*

*Nutrition Content Review Activity # 4*

## WEEK 9

10-21-19

Curren/Witt:

Chapter 7 Safe Medication Administration

Chapter 8 Hypodermic Syringe Measurement

10-22-19

Dahlkemper:

Chapter 12 Environments of Care

ATI-PME 3.0: Introduction to Pharmacology-

*\*Patient Instructions*

ATI Nutrition Review Module:

Chapter 1 (Proteins)

## WEEK 10

10-28-19

*Diagnosis Summary # 5*

*Drug Summary # 5*

*Nutrition Content Review Activity # 5*

Curren/Witt:

Chapter 9 Parenteral Medication Labels & Dosage Calculation

Chapter 10 Reconstitution of Powdered Drugs

Chapter 11 Measuring Insulin Dosages

10-29-19

Dahlkemper:

Chapter 14 Infection

Chapter 15 Common Medical Diagnoses

ATI-PME 3.0: Introduction to Pharmacology-

*\*Summary and Drills*

ATI Nutrition Review Module:

Chapter 1 (Lipids)

## WEEK 11

11-4-19

Curren/ Witt:

Chapter 14 Formula Method

Chapter 15 Adult & Pediatric Dosages Based on Body Weight

Chapter 16 Adult & Pediatric Dosages Based on Body Surface Area

Summary Self-Tests and ATI Support Materials Review & Completion

11-5-19

### **Exam 2**

**(ATI Pharmacology Made Easy)**

Dahlkemper:

Chapter 16 Physiological Assessment

Chapter 17 Common Clinical Problems: Physiological

ATI-PME 3.0: Introduction to Pharmacology-

*\*Drills*

ATI Nutrition Review Module:

Chapter 1 (Vitamins)

## WEEK 12

11-11-19

Curren/Witt:

Chapter 22 Pediatric Oral & Parenteral Medications

Video Presentation: Pediatric Medication Administration-Principles & Calculations

Summary Self-Tests and ATI Support Materials Review & Completion

11-12-19

Dehlkemper:

Chapter 17 conclusion

ATI-PME 3.0: Introduction to Pharmacology-

*\*Drills*

ATI Nutrition Review Module:

Chapter 1 (Minerals and Electrolytes)

### WEEK 13

- 11-18-19 Curren/Witt and ATI:  
Continue Review of Medication Administration with lab practice
- 11-19-19 **EXAM 3**  
(Dehlkemper: Chapters 12 -17)  
(ATI Nutrition Review Module: Chapter 1)
- ATI-PME 3.0: Introduction to Pharmacology-  
*\*Drills*
- ATI Nutrition Review Module:  
Chapter 1 (Water)

### WEEK 14

- 11-25-19 **Dosage Calculations Competency**
- 11-26-19 Dehlkemper:  
Chapter 18 Psychological Assessment  
Chapter 19 Common Clinical Problems: Psychological
- ATI-PME 3.0: Introduction to Pharmacology-  
*\*Drills*

### WEEK 15

- 12-2-19 Skill Performance Lab Prep: PO, SC, IM Administration  
Final Exam Study Guide
- 12-3-19 Dahlkemper:  
Chapter 20 Rehabilitation and Restorative Care  
Chapter 21 Pharmacology and Its Significance for Older Adults  
Chapter 22 Lab Values and Older Adults
- ATI-PME 3.0: Introduction to Pharmacology-  
*\*Review Content, Summary, and Drills*

### WEEK 16

- 12-9-19 **Final Exam**

## **COURSE OUTLINE:**

### **Caring for Older Adults Holistically**

#### **Unit I Foundations of Care for the Older Adult**

- I. Holistic Caring
- II. The Aging Experience
- III. Supporting Life Transitions and Spirituality in the Elderly
- IV. The Use of the Nursing Process and Nursing Diagnosis in the Care of Older Adults
- V. Legal, Ethical, and Financial Considerations Regarding Older Adults
- VI. Promoting Wellness
- VII. Safety
- VIII. Nutrition for Older Adults
- IX. Culturally Specific Care
- X. Activity, Rest and Sleep as a Criteria for Health
- XI. End of Life Issues in Older Adults
- XII. Environments of Care
- XIII. Management and Leadership Role of the Licensed Practical/Vocational Nurse

#### **Unit II Clinical Practice**

- XIV. Infection
- XV. Common Medical Diagnoses
- XVI. Physiological Assessment
- XVII. Common Clinical Problems: Physiological
- XVIII. Psychological Assessment
- XIX. Common Clinical Problems: Psychological
- XX. Rehabilitation and Restorative Care
- XXI. Pharmacology and Its Significance for Older Adults
- XXII. Laboratory Values and Older Adults

### **ATI Support Materials for Essentials of Medication Administration**

Pharmacology Made Easy 3.0  
Nutrition For Nursing Review Module 6.0

## **Math for Meds**

- Section 2      Introduction to Drug Measures
- I.      Metric/International (SI) System
  - II.     Unit, Percentage, Milliequivalent, Ratio, and Household Measures
- Section 3      Reading Medication Labels and Syringe Calibrations
- I.      Oral Medication Labels and Dosage Calculation
  - II.     Safe Medication Administration
  - III.    Hypodermic Syringe Measurement
  - IV.    Parenteral Medication Labels and Dosage Calculation
  - V.     Reconstitution of Powdered Drugs
  - VI.    Measuring Insulin Dosages
- Section 4      Dosage Calculations
- I.      Ratio and Proportion
  - II.     Dimensional Analysis / Units Conversion
  - III.    Formula Method
- Section 5      Dosage Calculation from Body Weight and Body Surface Area
- I.      Adult and Pediatric Dosages Based on Body Weight
  - II.     Adult and Pediatric Dosages Based on Body Surface Area
- Section 7      Pediatric Medication Calculations
- I.      Pediatric Oral and Parenteral Medications

### **ATI Skills Modules**

#### **Medication Administration # 1**

The purpose/goal of this module is to provide comprehensive information about safety, care, and patient teaching during medication administration.

#### **Medication Administration # 2**

The purpose/goal of this module is to provide comprehensive information about administering oral, ophthalmic, otic, nasal, vaginal, and rectal medications. This module also includes administering medications through a nasogastric tube.

#### **Medication Administration # 3**

The purpose/goal of the module is to provide comprehensive information about the safe and accurate administration of injections.