



## **SYLLABUS**

### **I. GENERAL INFORMATION**

Course Title:	Practice of Fundamentals of Nursing
Code and Number:	NURS 1112
Credits:	2 credits
Academic Term:	
Professor:	
Office Hours:	
Telephone:	787-250-1912 EXT. 2159
Electronic Mail:	

### **II. DESCRIPTION**

Application of the nursing process in the care of the adult with common dysfunctions in functional health patterns that support physical functioning. Beginning of the development of clinical skills to perform in the areas of competence as care provider. Requires a total of 90 hours in diverse scenarios. Co-requisite NURS 1111.

### **III. OBJETIVES**

1. Develop clinical skills in order to execute areas of competence in the role of provider of care.
2. Apply the nursing process in the care of the adult with common dysfunctions in the functional health patterns.
3. Provides security to the client, while offering nursing care.

### **IV. THEMATIC CONTENT**

#### **A. SCIENTIFIC PRINCIPLES AND SKILLS DEVELOPMENT IN THE FUNCTIONAL HEALTH PATTERNS**

##### **1. SAFETY**

2017 National Patient Safety Goals Metas-Joint Commission on Accreditation of Health Organizations (JCAHO)

[https://www.jointcommission.org/standards\\_information/npsgs.asp](https://www.jointcommission.org/standards_information/npsgs.asp)

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- a. Goal I- Improve the accuracy of patient identification

- b. Goal 2 – Improve staff communication
- c. Goal 7 – Prevent Infection

## **B. PATTERN OF HEALTH PERCEPTION AND HEALTH MANAGEMENT**

### ***Prevention of the transfer of micro-organisms***

- a. Incorporate integrated science thematic concepts into all fundamental of nursing skills
- b. Infection Control:
  - i. Measures of Asepsis
    - Hand Hygiene (CDC)
    - Hand Washing
  - c. Standard / Isolation Precautions
    - Use of protective personal equipment-
    - Caring for a patient under isolation precaution
  - d. Surgical Asepsis
    - Sterile Gloves
    - Surgical Scrub: Preparing for Gowning
    - Preparing a sterile field
    - Applying a sterile Gown and Performing closed Gowning
    - Perform open gloving
  - e. Environment
    - i. Physical Safety
      - Falls Prevention
      - Protocol for physical restraint
      - Applying physical restraints
      - Proper Lifting
    - ii. Personal Hygiene
      - Bathing a Client in bed and shower
      - Performing Mouthcare for an unconscious patient or debilitated
      - Shampooing hair in bed
  - f. Arrangement of Nursing Unit

## **C. ACTIVITY AND EXERCISE PATTERN**

- i. Performing Proper Body Mechanics
- ii. Positioning Client in Bed
- iii. Moving a client up in Bed
- iv. Patient Transfer Techniques – wheelchair, stretcher
- v. Assisting patient with ambulation- with cane, crutch
- vi. Demonstrating Postoperative Exercise - Range of Motion
- vii. Vital Signs
  - a) Assessing Pulse Rates – peripheral pulses
  - b) Assessing Respiratory Rate

- c) Assessing blood pressure by auscultation
- d) Measure Body Temperature
- e) Assessing Oxygen Saturation with Pulse Oximeter

**D. NUTRITION & METABOLIC PATTERN**

- i. Take 24- hour nutritional history
- ii. Measure weight and height
- iii. Maintenance of the integrity of the skin and mucous membranes
- iv. Assess for pressure ulcers

**E. ELIMINATION**

- i. Administering a Cleansing Enema
- ii. Administering a Suppository
- iii. Calculate Intake and output

**F. PATTERN: COGNITIVE - PERCEPTUAL**

- i. Pain Assessment
- ii. Relaxation Techniques
- iii. Making an occupied / unoccupied bed

**Unit II. Application of the nursing process in providing care to the adult.**

**A. Nursing Process**

**1. Diagnostic Reasoning**

- a. Assessment**
  - i. Conducting an Interview with case scenarios
  - ii. Taking a Health History
  - iii. Make a Cultural Assessment
    - a) Josepha Campinha-Bacote Model
  - iv. Communication
    - a) Assessment tool in Functional Patterns of Health
- b. Nursing Diagnosis**
  - i. Apply Nursing Diagnosis according to NANDA to care studies

**2. Therapeutic Reasoning**

- a. Expected Outcomes (NOC)**
  - i. Establish Nursing Expected outcomes according to NOC for case studies
- c. Planning**
  - i. Establishing diagnosis by prioritizing
  - ii. Selection of Nursing Interventions (NIC)
  - iii. Provide Scientific Rationale
- d. Implementation**
  - i. Execution of interventions in accordance with:
    - a) National Patient Safety Goals
    - b) Using therapeutic communication technique- SBAR, Team STEPPS
  - ii. Documentation of Nursing care using Care Plan Template
- e. Evaluation**
  - i. Evaluate the effectiveness of the nursing process on patient outcome
  - ii. Documentation of effectiveness of intervention

## V. ACTIVITIES

- Group Discussions/ Debates
- Audiovisual Resources
- Assigned Readings and case studies
- Clinical Skills Demonstration
- Use of technology
- “Evidence Based Practice” search for procedures
- Internet Tutorials

## VI. EVALUATION

CRITERIA	PUNCTUATION	% FINAL GRADE
Clinical Professional Performance	100	30%
Nursing Process	100	20%
Laboratory Practice Skills	100	35%
Attendance/ Punctuality	100	10%
ATI	100	5%
TOTAL	600	100%

## VII. SPECIAL NOTES

### A. Supporting Services or Special Needs

All students who require ancillary services or special assistance must request them at the beginning of the course or as soon as they acquire knowledge that they need them, through the corresponding registration in the Office of University Orientation of the Campus. This process must be carried out through the corresponding registration in the office of Professional Counselor José Rodríguez, Coordinator of Services to Students with Disabilities. His office is located in the University Orientation Program on the first floor of the Campus. Your email is: jrodriguez @ metro. You can also call: 787-250-1912, EXT. 2306

### B. Honesty, Fraud and Plagiarism

The lack of honesty, fraud, plagiarism and any other inadequate behavior in relation to academic work constitute major infractions sanctioned by General Student Regulations. Major infractions, according to General Regulation Students, may result in suspension from the University for a definite period of time greater than one year or the permanent expulsion from the University, among others sanctions.

### C. Use of Electronic Devices

Cellular (mobile) telephones, IPODS, and any other electronic device that could interrupt the teaching-learning process or disrupt a milieu favorable for academic excellence will be deactivated. Critical situations will be dealt with in an appropriate manner. The use of electronic devices that permit the accessing, storing or sending of data during tests or examinations is prohibited.

#### **D. Special Requirements of Practice and Internship Centers**

Some academic programs of the University require students to complete a practice or internship in a real work scenario as part of the degree requirements. These external centers may be state and federal agencies, hospitals, and nongovernmental organizations, among others. It is students' responsibility to comply with the external center's requirements in order to complete their practice or internship. Depending on the practice center, these requirements may be doping tests, HIV tests, an immunization certificate against hepatitis, a health certificate, a negative criminal record, or any other requirement that the institution or practice center may stipulate. If students refuse or are not able to meet any of the requirements, they will be unable to complete their practice or internship and, therefore, will not pass the practice or internship course or meet the graduation requirements of their academic program.

#### **E. Clinical practice in diverse scenarios**

This course considers clinical practice in diverse scenarios such communities with special needs, elderly care centers, and health fairs, among others. There is a minimum of four weeks period, at the school laboratory to acquire skills before going to these clinical settings. In the event, of special situations beyond our control the School of Nursing will consider an alternative plan to meet the courses requirements.

#### **F. Compliance with the provisions of Title IX**

If an institution receives federal funding, the law on graduate higher education as amended prohibits discrimination on the basis of sex in any academic activity, education, extracurricular, athletic or any other program or employment sponsored or controlled by an institution of higher education independently of it being celebrated within or out of the territories of the institution, if the institution receives federal funding.

In accordance to the federal regulations, our academic unit has designated a coordinator Title IX auxiliary, which will offer assistance and orientation in regards to any a ledge incident related to discrimination based on sex or gender, sexual harassment or sexual assault. Contact the Auxiliary Coordinator George Rivera, Security Director, at phone number 787-250-1912, extension 2147, or email [grivera@metro.inter.edu](mailto:grivera@metro.inter.edu).

The regulatory document entitled rules and procedures that address alleged violations of the provisions of title IX is the document containing institutional rules to channel any complaint addressing on this type of allegation. This document is available on the gateway of the Interamerican University of Puerto Rico ([www.inter.edu](http://www.inter.edu))

## VIII. RESOURCES

### Textbooks

Craven, R. (2017). *Fundamental of Nursing: Human Health and Function*. 8th ed. Philadelphia: Lippincott.

Butcher, H. K., Bulechek, G. M., Dochterman, J. M. M., & Wagner, C. (2013). *Nursing interventions classification (NIC)*. Elsevier Health Sciences.

Moorhead, S., Johnson, M., Maas, M. L., & Swanson, E. (2018). *Nursing Outcomes Classification (NOC): measurement of health outcomes*. Elsevier Health Sciences.

Herman, T. H., & Kamitsuru, S. (2017). *Nursing diagnoses: definitions and classification: 2018-2020*.

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