

GREEN COUNTRY TECHNOLOGY CENTER
Practical Nursing Program
Course Syllabus

COURSE TITLE: *FUNDAMENTALS OF NURSING II*

COURSE LENGTH: 91 HOURS

COURSE DESCRIPTION:

This course assists the student in advancing basic nursing skills developed in Fundamentals of Nursing I. The individual will continue to build critical thinking skills as advanced nursing skills are introduced and mastered. Topics of study will include nursing care of the dying patient, the oncology patient, the pre/post operative patient, and the management of pain.. Advanced nursing skills included in this course allow the student to evaluate outcome measurements, monitor for potential complications, and assist in the revision of the Plan of Care accordingly. Advanced skills include phlebotomy, digestive care skills, urinary care skills, wound care and respiratory management skills.

COURSE OBJECTIVES:

1. Continue to build on previously built nursing skills
2. Use correct aseptic or sterile technique
3. Provide wound care in a variety of patient situations.
4. Provide nursing care for the patient before, during and after a therapeutic procedure and/or surgery.
5. Identify nursing care needed for the dying patient
6. Discuss nursing care of the patient in pain.
7. Demonstrate technique for obtaining specimens needed for diagnostic testing.
8. Provide pre-operative, intraoperative and postoperative care

COURSE TOPICS

Skills for wound care

1. Differentiate between wound classifications.
2. Discuss the process of wound healing.
3. Identify factors that affect wound healing.
4. Discuss complications related to wound healing.
5. Identify treatments for wounds and ulcers.
6. Describe various types of wound care equipment.
7. Implement safety standards related to wound care.
8. Identify factors that may interfere with wound healing.
9. Identify types of wound drainage.
10. Demonstrate the ability to
11. Set up a sterile field
12. Perform a sterile dressing change.
13. Apply a clean dressing.
14. Apply a wet-to-dry dressing

15. Pack a wound.
16. Irrigate a wound.
17. Remove sutures and staples
18. Apply an eye dressing.
19. Apply a transparent dressing.
20. Remove a wound drain

Respiratory care skills

1. Describe nursing interventions that promote lung expansion and respiratory efficiency.
2. Implement safety standards related to respiratory care skills.
3. Identify indications for performing postural drainage percussion or vibration therapy.
4. Discuss basic techniques of chest tube management.
5. Demonstrate the ability to:
6. Utilize a pulse oximeter
7. Collect a throat culture
8. Collect a sputum specimen
9. Assist a patient with deep breathing/coughing exercises
10. Perform postural drainage, percussion, and vibration
11. Perform oronasopharyngeal suctioning
12. Instruct a patient to utilize incentive spirometry.
13. Initiate oxygen therapy via piped-in wall unit
14. Initiate oxygen therapy via cylinder
15. Use an oxygen concentrator
16. Initiate oxygen therapy via oxygen delivery systems:
 - a. Nasal cannula and mask
 - b. Flowby
 - c. Trach collars
 - d. Face shields and oxygen hoods
 - e. Face tent
17. Perform endotracheal suctioning
18. Perform tracheostomy care.
19. Provide care for a patient with a chest tube.

Digestive care skills (upper)

1. Discuss principles of maintaining nutritional status
2. Describe types of therapeutic diets.
3. Demonstrate knowledge related to tube feedings and formulas
4. Implement safety standards related to digestive care skills (Upper)
5. Discuss types of nasogastric/gastric tubes and their purposes.
6. Explain guidelines for caring for a patient with a nasogastric/gastric tube.
7. Discuss the characteristics of vomitus.
8. Identify nursing actions to relieve nausea and vomiting
9. Demonstrate ability to:
 - a. Perform a focused nutritional assessment
 - b. Feed patients with special needs
 - c. Insert a nasogastric tube
 - d. Irrigate a nasogastric tube
 - e. Remove a nasogastric tube
 - f. Feed patient via feeding tube
 - g. Feed patient via gastrostomy tube

- h. Perform a gastric lavage.
- i. Irrigate a gastric tube

Digestive care skills (lower/bowel elimination)

1. Identify normal and abnormal characteristics of feces
2. Identify normal bowel elimination patterns.
3. Explain the causes of and nursing interventions for altered elimination patterns
 - a. Constipation
 - b. Diarrhea
 - c. Bowel incontinence
 - d. Fecal impaction
 - e. Flatulence
4. Identify signs and symptoms of fecal impaction.
5. Implement safety standards related to digestive care skills (lower).
6. Discuss factors that affect bowel elimination. Discuss steps of a bowel retraining program
7. Reinforce methods of preventing constipation and incontinence
8. Differentiate between types and uses of enemas
9. Identify types of ostomy
10. Demonstrate the ability to:
 - a. Collect a stool specimen
 - b. Check stool for occult blood
 - c. Remove fecal impaction
 - d. Administer a cleansing enema
 - e. Administer a retention enema
 - f. Administer a colonic irrigation
 - g. Perform ostomy irrigation

Urinary care skills

1. Discuss the relationship of urination and fluid volume
2. Differentiate between normal and abnormal characteristics of urine.
3. Perform focused assessment on fluid/volume status
4. Distinguish between normal and abnormal voiding patterns
5. Integrate safety standards related to urinary care skills
6. Discuss causes of urinary incontinence.
7. Identify nursing interventions for patients who are experiencing urinary incontinence.
8. Reinforce teaching regarding maintenance of urinary function.
9. Discuss steps of a bladder re-training program
10. Describe the types and care of urinary catheters.
11. Differentiate between the types of urine specimens
12. Demonstrate the ability to:
13. Calculate intake and output
14. Assist with urinary elimination utilizing a bedpan or fracture pan, bedside commode, and urinal
15. Obtain clean catch/midstream urine specimen
16. Set up a sterile field
17. Obtain a sterile urine specimen from Foley catheter.
18. Perform a straight catheterization
 - a. Male
 - b. Female
19. Insert a Foley catheter
 - a. Male

b. Female

20. Discontinue a urinary catheter
21. Change a supra-pubic catheter
22. Collect a 24-hour urine specimen
23. Perform closed intermittent bladder irrigation
24. Manage a continuous bladder irrigation
25. Strain urine for stones
26. Empty a urinary drainage bag
27. Perform a bladder scan
28. Identify types and purposes of bladder irrigation
29. Discuss the purposes and care of urostomies
30. Identify ways to adapt the collection of urine specimens to meet the needs of various age groups

Skills for applying heat and cold

1. Identify indications for heat therapy.
2. Discuss the effects of heat therapy on body tissues.
3. Identify safety factors for consideration when utilizing heat therapy.
4. Identify sources/equipment used to deliver heat therapy.
5. Identify indications for cold therapy
6. Discuss the effects of cold therapy on body tissues.
7. Identify safety factors that should be considered when utilizing cold therapy.
8. Identify sources/equipment used to delivery cold therapy.
9. Identify appropriate temperature ranges for various types of heat and cold therapies.
10. Discuss signs of the effectiveness of heat and cold therapies.
11. Identify therapeutic implications related to use of temperature control blankets.
12. Demonstrate the ability to:
 13. Utilize a temperature control blanket
 14. Use an aquathermia
 15. Assist with a warm
 16. Apply a warm compress (dry and moist
 17. Apply a cold compress (dry and moist)
 18. Apply a chemical warm/cold pack
 19. Give a tepid sponge bath

Therapeutic procedures and surgery

1. Explain routine pre-operative preparation required by patients
2. Assess patient's preparation status for diagnostic test, procedure or surgery
3. Implement safety standards related to wound care
4. Determine patient's response to a procedure or surgery
5. Observe patient before, during and after diagnostic test, procedure and surgery and document accordingly.
6. Explain how the patient's developmental status must be considered when discussing procedures or surgery with patient
7. Review the patient's diagnostic test results
8. Gather data on nutritional status of postoperative patients.
9. Teach post-operative breathing techniques and controlled cough.
10. Contribute to a pre-operative teaching plan for a patient.
11. Identify common concerns of patients undergoing surgical procedures.
12. Discuss nursing responsibilities during the intra-operative period.
13. Perform focused assessment on patient during diagnostic test, procedure or surgery.

14. Reinforce patient teaching to reduce post procedure or surgery risks.
15. Discuss components of a focused post-operative assessment.
16. Identify post-operative complications
17. Support patients who experience post-operative complications
18. Demonstrate ability to:
 - a. Use correct techniques to apply and remove mask, gown, gloves and protective eyewear.
 - b. Prepare a patient for procedure or surgery
 - c. Complete a pre-operative checklist
 - d. Perform a focused post-operative assessment
 - e. Clean and care for a surgical drain
 - f. Remove sutures or staples from a surgical wound
 - g. Apply a stump bandage
 - h. Care for a biliary drainage tube.
 - i. Care for a closed wound drainage system.
 - j. Perform EKG

Skills for the dying patient

1. Discuss the meaning of death for different developmental age groups.
2. Identify end of life needs
3. Compare different cultural responses to death.
4. Collect data on patient's reaction to loss of a child
5. List nursing interventions to assist patient as they process through the grieving process.
6. Assist in resolution of end of life issues
7. Match steps of the grieving process to their appropriate characteristics.
8. List signs and symptoms of impending death.
9. Explain the physical and psychological needs of the dying patient.
10. Implement nursing interventions for dying patients and their families
11. Discuss legal/ethic issues related to death, euthanasia, DNR orders, organ donation, dying person's bill or rights, living will, and durable power of attorney.
12. Provide post-mortem care.

Skills for patients experiencing grief and loss

1. Provide patient with resources to help adjust to grief or loss
2. Collect data on patient's reaction to loss
3. Encourage the patient to reminisce
4. Reinforce teaching on common reactions to grief and loss

Skills for managing pain

1. Differentiate between chronic and acute pain.
2. Discuss physiological and neurological pain mechanisms of pain.
3. List factors that can influence pain response.
4. Discuss the effects of pain.
5. Identify subjective and objective data considered in pain assessment
6. Discuss "pain scales" utilized in pain assessment.
7. Describe non-pharmacological pain management techniques.
8. Identify types of pain medications, their effects and side effects.
9. Assess a patient who is in pain.
10. Select appropriate nursing measures when caring for a patient in pain.
11. Incorporate aspects of complementary and alternative medicine into patient's care according to practice setting guidelines

Phlebotomy skills

1. State the general purposes for phlebotomy.
2. Differentiate between arteries, veins and capillaries.
3. Identify commonly used sites/veins for venipuncture
4. Identify common equipment used when collecting blood.
5. Match types of collection tubes to their use/purposes in specimen collection.
6. Identify steps necessary to prevent hemolysis of blood specimens during venipuncture.
7. Identify safety precautions to take when performing phlebotomy procedures.
8. List precautions required when collecting blood culture specimens.
9. Identify possible complications of phlebotomy procedures and appropriate nursing actions if they occur.
10. Identify other methods to obtain blood specimens.
11. Demonstrate ability to:
 - a. Obtain a venous blood specimen via Vacutainer
 - b. Obtain a venous blood specimen via needle/syringe
 - c. Obtain a blood culture
 - d. Use finger stick method to obtain blood specimen in a microtainer
 - e. Use a capillary tube to obtain a hematocrit specimen

REQUIRED TEXT AND RESOURCES

1. Christensen and Kockrow Adult Health and Nursing Skills
2. Herlihy Anatomy and Physiology for Health Care Workers

GRADING PLAN

1. Exams 100%
Minimal comprehensive grade for course is 80% cumulative score

Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 1: Wound Care

Specific Objectives

1. Differentiate between wound classifications.
2. Discuss the process of wound healing.
3. Identify factors that affect wound healing.
4. Discuss complications related to wound healing.
5. Identify treatments for wounds and ulcers.
6. Describe various types of wound care equipment.
7. Implement safety standards related to wound care.
8. Identify factors that may interfere with wound healing.
9. Identify types of wound drainage.
10. Demonstrate the ability to
11. Set up a sterile field
12. Perform a sterile dressing change.
13. Apply a clean dressing.
14. Apply a wet-to-dry dressing
15. Pack a wound.
16. Irrigate a wound.
17. Remove sutures and staples
18. Apply an eye dressing.
19. Apply a transparent dressing.
20. Remove a wound drain

Prerequisites:

Date Started:

Date Completed:

Curriculum Hours: 12 hours

Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 1: Wound Care

Time: 12 Hours

Learning Activities

1. READ

PN Program Layout

PN Program Glossary

Fundamentals of Nursing II Syllabus

The Human Body in Health and Illness
Chapter 7: Integumentary System

Wound Care Nursing Module

Foundations and Adult Health Nursing
Chapter 7
Chapter 14
Chapter 9 (p. 200-225)
Chapter 41 (p. 1270-1271)

**2. COMPLETE/
TURN IN:**

Define key terms at beginning of chapter in your own words.

Define any unfamiliar terms within the chapter

Wound Care Study Guide

Wound Care Exam

3. REVIEW:

Assigned material daily

Study for test

4. SKILLS CHECK-OFF

Sterile Wet-to-Dry Dressing Change

5. EVALUATION:

Turn in terms and handout

Exam: Wound Care

***Helpful Resources**

Additional resources listed on iCat: <https://icat.okcareertech.org>

-Under the "Room" tab, go to "GCTC: Fundamentals of Nursing II"; then, click on the "Wound Care" section to find resources.

Additional resource from your book: <http://evolve.elsevier.com/Christensen/>

Video Resources

- ❑ 250. VIDM278A-T Wound Care Part 1: Physiology (w/Video) (0.5 hr)
- ❑ 251. VIDM249BS-T Wound Care: Normal and Impaired Healing (w/Video) (0.5 hr)
- ❑ 252. VIDM249C-T Wound Care: Nursing Interventions (w/Video) (0.5 hr)
- ❑ 253. VIDM249A-T Wound Care: Phases of Healing and Types of Wounds (w/Video) (0.5 hr)

Computer Assisted Programs

- ❑ Access your Companion CD-ROM Resources and explore which resources are available to you
- ❑ Access the Evolve web-site at <http://evolve.elsevier.com/Christensen/>

* Please note that there is a CD-ROM included with your textbook. This contains invaluable information and tools to be used throughout the learning experience. There is also an accompanying web site listed which you should access with each unit of instruction. Your instructors can assist you in accessing these sites.

Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 2: *Respiratory Skills*

Specific Objectives

1. Describe nursing interventions that promote lung expansion and respiratory efficiency.
2. Implement safety standards related to respiratory care skills.
3. Identify indications for performing postural drainage percussion or vibration therapy.
4. Discuss basic techniques of chest tube management.
5. Demonstrate the ability to:
6. Utilize a pulse oximeter
7. Collect a throat culture
8. Collect a sputum specimen
9. Assist a patient with deep breathing/coughing exercises
10. Perform postural drainage, percussion, and vibration
11. Perform oronasopharyngeal suctioning
12. Instruct a patient to utilize incentive spirometry.
13. Initiate oxygen therapy via piped-in wall unit
14. Initiate oxygen therapy via cylinder
15. Use an oxygen concentrator
16. Initiate oxygen therapy via oxygen delivery systems:
 - a. Nasal cannula and mask
 - b. Flowby
 - c. Trach collars
 - d. Face shields and oxygen hoods
 - e. Face tent
17. Perform endotracheal suctioning
18. Perform tracheostomy care.
19. Provide care for a patient with a chest tube.

Prerequisites:

Date Started:

Date Completed:

Curriculum Hours: 12 hours

Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 2: *Respiratory Skills*

Time: 12 Hours

Learning Activities

1. READ

PN Program Layout

PN Program Glossary

Fundamentals of Nursing II Syllabus

The Human Body in Health and Illness
Chapter 22: Respiratory System

Respiratory Skills Nursing Module 2

Foundations and Adult Health Nursing
Chapter 15 (p. 390-401)
Chapter 22 (p. 645-658)
Chapter 48 (p. 1609-1617)

**2. COMPLETE/
TURN IN:**

Define key terms at beginning of chapter in your own words.

Define any unfamiliar terms within the chapter

Respiratory Skills Study Guide

Respiratory Skills Exam

3. REVIEW:

Assigned material daily

Study for test

4. SKILLS CHECK-OFF

Perform endotracheal suctioning

Perform tracheostomy care.

5. EVALUATION:

Turn in terms and handout

Exam: Respiratory Skills Exam

***Helpful Resources**

Additional resources listed on iCat: <https://icat.okcareertech.org>

-Under the "Room" tab, go to "GCTC: Fundamentals of Nursing II"; then, click on the "Respiratory Skills" section to find resources.

Additional resource from your book: <http://evolve.elsevier.com/Christensen/>

Video Resources

- ❑ 39. VIDBCSM264B-T Auscultation of Breath Sounds: Abnormal Breath Sounds (Basic Clinical Skills - Not for CE Credit) (w/Video)
- ❑ 40. VIDBCSM264A-T Auscultation of Breath Sounds: Normal Breath Sounds (Basic Clinical Skills - Not for CE Credit) (w/Video)
- ❑ 9. VIDM239R-T Airway Care: Tracheostomy Care, Tube Change, and Artificial Airway Cuff Management (w/Video) (1 hr)
- ❑ 44. VIDM238R-T Basic Oxygen Administration (w/Video)

Computer Assisted Programs

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- ❑ Access the Evolve web-site at <http://evolve.elsevier.com/Christensen/>

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Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 3: Digestive Care Skills (upper)

Specific Objectives

1. Discuss principles of maintaining nutritional status
2. Describe types of therapeutic diets.
3. Demonstrate knowledge related to tube feedings and formulas
4. Implement safety standards related to digestive care skills (Upper)
5. Discuss types of nasogastric/gastric tubes and their purposes.
6. Explain guidelines for caring for a patient with a nasogastric/gastric tube.
7. Discuss the characteristics of vomitus.
8. Identify nursing actions to relieve nausea and vomiting
9. Demonstrate ability to:
 - a. Perform a focused nutritional assessment
 - b. Feed patients with special needs
 - c. Insert a nasogastric tube
 - d. Irrigate a nasogastric tube
 - e. Remove a nasogastric tube
 - f. Feed patient via feeding tube
 - g. Feed patient via gastrostomy tube
 - h. Perform a gastric lavage.
 - i. Irrigate a gastric tube

Prerequisites:

Date Started:

Date Completed:

Curriculum Hours: 6 hours

Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 3: *Digestive Care Skills (upper)*

Time: 6 Hours

Learning Activities

- 1. READ**
 - PN Program Layout
 - PN Program Glossary
 - Fundamentals of Nursing II Syllabus
 - The Human Body in Health and Illness
Chapter 23: Digestive System
 - Digestive Care Skills (upper): Module 3
 - Foundations and Adult Health Nursing
Chapter 22 (p. 676-691)
Chapter 19 (p. 508-526)

- 2. COMPLETE/
TURN IN:**
 - Define key terms at beginning of chapter in your own words.
 - Define any unfamiliar terms within the chapter
 - Digestive Care Skills (upper) Study Guide

- 3. REVIEW:**
 - Digestive Care Skills (upper) Exam
 - Assigned material daily

- 4. SKILLS CHECK-OFF**
 - Study for test
 - Insert a nasogastric tube
 - Remove a nasogastric tube

- 5. EVALUATION:**
 - Turn in terms and handout
 - Digestive Care Skills (upper) Exam

***Helpful Resources**

Additional resources listed on iCat: <https://icat.okcareertech.org>

-Under the “Room” tab, go to “GCTC: Fundamentals of Nursing II”; then, click on the “Digestive Care Skills (upper)” section to find resources.

Additional resource from your book: <http://evolve.elsevier.com/Christensen/>

Video Resources

- ❑ 56. VIDM270A-T Common Feeding Tubes: Nasogastric Intubation (w/Video) (0.5 hr)
- ❑ 57. VIDM270B-T Common Feeding Tubes: Replacement Balloon Gastrostomy Tubes (w/Video) (0.5 hr)
- ❑ 74. VIDM245A-T Enteral Feeding Tubes: A Guide for Nurses, Part 1: Tube Identification (w/Video) (0.5 hr)
- ❑ 75. VIDM245B-T Enteral Feeding Tubes: A Guide for Nurses, Part 2: Administering Formula and Medication (w/Video) (0.5 hr)

Computer Assisted Programs

- ❑ Access your Companion CD-ROM Resources and explore which resources are available to you
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Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 4: *Digestive Care Skills (lower)*

Specific Objectives

1. Identify normal and abnormal characteristics of feces
2. Identify normal bowel elimination patterns.
3. Explain the causes of and nursing interventions for altered elimination patterns
 - a. Constipation
 - b. Diarrhea
 - c. Bowel incontinence
 - d. Fecal impaction
 - e. Flatulence
4. Identify signs and symptoms of fecal impaction.
5. Implement safety standards related to digestive care skills (lower).
6. Discuss factors that affect bowel elimination. Discuss steps of a bowel retraining program
7. Reinforce methods of preventing constipation and incontinence
8. Differentiate between types and uses of enemas
9. Identify types of ostomy
10. Demonstrate the ability to:
 - a. Collect a stool specimen
 - b. Check stool for occult blood
 - c. Remove fecal impaction
 - d. Administer a cleansing enema
 - e. Administer a retention enema
 - f. Administer a colonic irrigation
 - g. Perform ostomy irrigation

Prerequisites:

Date Started:

Date Completed:

Curriculum Hours: 6 hours

Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 4: *Digestive Care Skills (lower)*

Time: 6 Hours

Learning Activities

1. READ

PN Program Layout

PN Program Glossary

Fundamentals of Nursing II Syllabus

The Human Body in Health and Illness
Chapter 23: Digestive System

Digestive Care Skills (lower): Module 4

Foundations and Adult Health Nursing
Chapter 15 (p. 387-390)
Chapter 22 (p. 676-693)
Chapter 44 (p. 1401-1409)

**2. COMPLETE/
TURN IN:**

Define key terms at beginning of chapter in your own words.

Define any unfamiliar terms within the chapter

Digestive Care Skills (lower) Study Guide

Digestive Care Skills (lower) Exam

3. REVIEW:

Assigned material daily

Study for test

4. SKILLS CHECK-OFF

None

5. EVALUATION:

Turn in terms and handout

Digestive Care Skills (lower) Exam

***Helpful Resources**

Additional resources listed on iCat: <https://icat.okcareertech.org>

-Under the "Room" tab, go to "GCTC: Fundamentals of Nursing II"; then, click on the "Digestive Care Skills (lower)" section to find resources.

Additional resource from your book: <http://evolve.elsevier.com/Christensen/>

Video Resources

- 55. VIDM216-T Caring for the Stoma, Caring for the Patient: Enterostomal Therapy Nursing (w/Video) (1 hr)

Computer Assisted Programs

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Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 5: Urinary Care

Specific Objectives

1. Discuss the relationship of urination and fluid volume
2. Differentiate between normal and abnormal characteristics of urine.
3. Perform focused assessment on fluid/volume status
4. Distinguish between normal and abnormal voiding patterns
5. Integrate safety standards related to urinary care skills
6. Discuss causes of urinary incontinence.
7. Identify nursing interventions for patients who are experiencing urinary incontinence.
8. Reinforce teaching regarding maintenance of urinary function.
9. Discuss steps of a bladder re-training program
10. Describe the types and care of urinary catheters.
11. Differentiate between the types of urine specimens
12. Demonstrate the ability to:
13. Calculate intake and output
14. Assist with urinary elimination utilizing a bedpan or fracture pan, bedside commode, and urinal
15. Obtain clean catch/midstream urine specimen
16. Set up a sterile field
17. Obtain a sterile urine specimen from Foley catheter.
18. Perform a straight catheterization
 - a. Male
 - b. Female
19. Insert a Foley catheter
 - a. Male
 - b. Female
20. Discontinue a urinary catheter
21. Change a supra-pubic catheter
22. Collect a 24-hour urine specimen
23. Perform closed intermittent bladder irrigation
24. Manage a continuous bladder irrigation
25. Strain urine for stones
26. Empty a urinary drainage bag
27. Perform a bladder scan
28. Identify types and purposes of bladder irrigation
29. Discuss the purposes and care of urostomies
30. Identify ways to adapt the collection of urine specimens to meet the needs of various age groups

Prerequisites:

Date Started:

Date Completed:

Curriculum Hours: 12 hours

Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 5: Urinary Care

Time: 12 Hours

Learning Activities

1. READ

PN Program Layout

PN Program Glossary

Fundamentals of Nursing II Syllabus

The Human Body in Health and Illness
Chapter 24: Urinary System

Module 6: Skills for Urinary Care

Foundations and Adult Health Nursing
Chapter 15 (p. 383-387)
Chapter 22 (p. 661-676)
Chapter 49 (p. 1674-1721)

**2. COMPLETE/
TURN IN:**

Define key terms at beginning of chapter in your own words.

Define any unfamiliar terms within the chapter

Urinary Care Study Guide

Urinary Care Exam

3. REVIEW:

Assigned material daily

Study for test

4. SKILLS CHECK-OFF

Insertion and removal of a foley catheter on a female patient per sterile technique

5. EVALUATION:

Turn in terms and handout

Urinary Care Exam

***Helpful Resources**

Additional resources listed on iCat: <https://icat.okcareertech.org>

-Under the “Room” tab, go to “GCTC: Fundamentals of Nursing II”; then, click on the “Urinary Care” section to find resources.

Additional resource from your book: <http://evolve.elsevier.com/Christensen/>

Video Resources

- 42. VIDBCSM221T-T Basic Clinical Skills: Urethral Catheterization (w/Video)

Computer Assisted Programs

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Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 6: Heat and Cold

Specific Objectives

1. Identify indications for heat therapy.
2. Discuss the effects of heat therapy on body tissues.
3. Identify safety factors for consideration when utilizing heat therapy.
4. Identify sources/equipment used to deliver heat therapy.
5. Identify indications for cold therapy
6. Discuss the effects of cold therapy on body tissues.
7. Identify safety factors that should be considered when utilizing cold therapy.
8. Identify sources/equipment used to delivery cold therapy.
9. Identify appropriate temperature ranges for various types of heat and cold therapies.
10. Discuss signs of the effectiveness of heat and cold therapies.
11. Identify therapeutic implications related to use of temperature control blankets.
12. Demonstrate the ability to:
13. Utilize a temperature control blanket
14. Use an aquathermia
15. Assist with a warm
16. Apply a warm compress (dry and moist
17. Apply a cold compress (dry and moist)
18. Apply a chemical warm/cold pack
19. Give a tepid sponge bath

Prerequisites:

Date Started:

Date Completed:

Curriculum Hours: 6 hours

Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 6: *Heat and Cold*

Time: 6 Hours

Learning Activities

1. READ

PN Program Layout

PN Program Glossary

Fundamentals of Nursing II Syllabus

Module 7: Skills for the Application of Heat and Cold

Foundations and Adult Health Nursing
Chapter 22 (p. 620-637)

**2. COMPLETE/
TURN IN:**

Define key terms at beginning of chapter in your own words.

Define any unfamiliar terms within the chapter

Heat and Cold Study Guide

Heat and Cold Exam

3. REVIEW:

Assigned material daily

Study for test

4. SKILLS CHECK-OFF

None

5. EVALUATION:

Turn in terms and handout

Heat and Cold Exam

***Helpful Resources**

Additional resources listed on iCat: <https://icat.okcareertech.org>

-Under the “Room” tab, go to “GCTC: Fundamentals of Nursing II”; then, click on the “Urinary Care” section to find resources.

Additional resource from your book: <http://evolve.elsevier.com/Christensen/>

Video Resources

- None

Computer Assisted Programs

- Access your Companion CD-ROM Resources and explore which resources are available to you
- Access the Evolve web-site at <http://evolve.elsevier.com/Christensen/>

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Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 7: Therapeutic Procedures and Surgery

Specific Objectives

1. Explain routine pre-operative preparation required by patients
2. Assess patient's preparation status for diagnostic test, procedure or surgery
3. Implement safety standards related to wound care
4. Determine patient's response to a procedure or surgery
5. Observe patient before, during and after diagnostic test, procedure and surgery and document accordingly.
6. Explain how the patient's developmental status must be considered when discussing procedures or surgery with patient
7. Review the patient's diagnostic test results
8. Gather data on nutritional status of postoperative patients.
9. Teach post-operative breathing techniques and controlled cough.
10. Contribute to a pre-operative teaching plan for a patient.
11. Identify common concerns of patients undergoing surgical procedures.
12. Discuss nursing responsibilities during the intra-operative period.
13. Perform focused assessment on patient during diagnostic test, procedure or surgery.
14. Reinforce patient teaching to reduce post procedure or surgery risks.
15. Discuss components of a focused post-operative assessment.
16. Identify post-operative complications
17. Support patients who experience post-operative complications
18. Demonstrate ability to:
 - a. Use correct techniques to apply and remove mask, gown, gloves and protective eyewear.
 - b. Prepare a patient for procedure or surgery
 - c. Complete a pre-operative checklist
 - d. Perform a focused post-operative assessment
 - e. Clean and care for a surgical drain
 - f. Remove sutures or staples from a surgical wound
 - g. Apply a stump bandage
 - h. Care for a biliary drainage tube.
 - i. Care for a closed wound drainage system.
 - j. Perform EKG

Prerequisites:

Date Started:

Date Completed:

Curriculum Hours: 6 hours

Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 7: *Therapeutic Procedures and Surgery*

Time: 6 Hours

Learning Activities

- 1. READ**

PN Program Layout

PN Program Glossary

Fundamentals of Nursing II Syllabus

Module 13: Skills for Therapeutic Procedures and Surgery

Foundations and Adult Health Nursing
Chapter 41
Chapter 14
- 2. COMPLETE/
TURN IN:**

Define key terms at beginning of chapter in your own words.

Define any unfamiliar terms within the chapter

Therapeutic Procedures and Surgery Guide

Therapeutic Procedures and Surgery Exam
- 3. REVIEW:**

Assigned material daily

Study for test
- 4. SKILLS CHECK-OFF**

Perform and EKG
- 5. EVALUATION:**

Turn in terms and handout

Therapeutic Procedures and Surgery Exam

***Helpful Resources**

Additional resources listed on iCat: <https://icat.okcareertech.org>

-Under the "Room" tab, go to "GCTC: Fundamentals of Nursing II"; then, click on the "Therapeutic Procedures and Surgery" section to find resources.

Additional resource from your book: <http://evolve.elsevier.com/Christensen/>

Video Resources

- 251. VIDM249BS-T Wound Care: Normal and Impaired Healing (w/Video) (0.5 hr)
- 252. VIDM249C-T Wound Care: Nursing Interventions (w/Video) (0.5 hr)

Computer Assisted Programs

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Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 8: Care for the Dying Patient

Specific Objectives

1. Discuss the meaning of death for different developmental age groups.
2. Identify end of life needs
3. Compare different cultural responses to death.
4. Collect data on patient's reaction to loss of a child
5. List nursing interventions to assist patient as they process through the grieving process.
6. Assist in resolution of end of life issues
7. Match steps of the grieving process to their appropriate characteristics.
8. List signs and symptoms of impending death.
9. Explain the physical and psychological needs of the dying patient.
10. Implement nursing interventions for dying patients and their families
11. Discuss legal/ethic issues related to death, euthanasia, DNR orders, organ donation, dying person's bill of rights, living will, and durable power of attorney.
12. Provide post-mortem care.

Prerequisites:

Date Started:

Date Completed:

Curriculum Hours: 6 hours

Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 8: *Care for the Dying Patient*

Time: 6 Hours

Learning Activities

- 1. READ**
 - PN Program Layout
 - PN Program Glossary
 - Fundamentals of Nursing II Syllabus
 - Module 14: Care of a Dying Patient
 - Foundations and Adult Health Nursing
 - Chapter 24

- 2. COMPLETE/
TURN IN:**
 - Define key terms at beginning of chapter in your own words.
 - Define any unfamiliar terms within the chapter
 - Care of a Dying Patient Guide
 - Care of a Dying Patient Exam

- 3. REVIEW:**
 - Assigned material daily
 - Study for test

- 4. SKILLS CHECK-OFF**
 - None

- 5. EVALUATION:**
 - Turn in terms and handout
 - Care of a Dying Patient Exam

***Helpful Resources**

Additional resources listed on iCat: <https://icat.okcareertech.org>

-Under the “Room” tab, go to “GCTC: Fundamentals of Nursing II”; then, click on the “Care of a Dying Patient” section to find resources.

Additional resource from your book: <http://evolve.elsevier.com/Christensen/>

Video Resources

- None

Computer Assisted Programs

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Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 9: *Patients Experiencing Grief & Loss*

Specific Objectives

1. Provide patient with resources to help adjust to grief or loss
2. Collect data on patient's reaction to loss
3. Encourage the patient to reminisce
4. Reinforce teaching on common reactions to grief and loss

Prerequisites:

Date Started:

Date Completed:

Curriculum Hours: 6 hours

***Helpful Resources**

Additional resources listed on iCat: <https://icat.okcareertech.org>

-Under the “Room” tab, go to “GCTC: Fundamentals of Nursing II”; then, click on the “Grief & Loss” section to find resources.

Additional resource from your book: <http://evolve.elsevier.com/Christensen/>

Video Resources

- None

Computer Assisted Programs

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Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 10: *Managing Pain*

Specific Objectives

1. Differentiate between chronic and acute pain.
2. Discuss physiological and neurological pain mechanisms of pain.
3. List factors that can influence pain response.
4. Discuss the effects of pain.
5. Identify subjective and objective data considered in pain assessment
6. Discuss “pain scales” utilized in pain assessment.
7. Describe non-pharmacological pain management techniques.
8. Identify types of pain medications, their effects and side effects.
9. Assess a patient who is in pain.
10. Select appropriate nursing measures when caring for a patient in pain.
11. Incorporate aspects of complementary and alternative medicine into patient's care according to practice setting guidelines

Prerequisites:

Date Started:

Date Completed:

Curriculum Hours: 10 hours

Date Completed:
Curriculum Hours: 10 hours

Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 10: *Managing Pain*

Time: 10 Hours

Learning Activities

- | | |
|----------------------------------|--|
| 1. READ | PN Program Layout

PN Program Glossary

Fundamentals of Nursing II Syllabus

Module 16: Skills for Managing Pain
Foundations and Adult Health Nursing
Chapter 18 |
| 2. COMPLETE/
TURN IN: | Define key terms at beginning of chapter in your own words.

Define any unfamiliar terms within the chapter

Managing Pain Guide

Managing Pain Exam |
| 3. REVIEW: | Assigned material daily

Study for test |
| 4. SKILLS CHECK-OFF | None |
| 5. EVALUATION: | Turn in terms and handout

Managing Pain Exam |

***Helpful Resources**

Additional resources listed on iCat: <https://icat.okcareertech.org>

-Under the “Room” tab, go to “GCTC: Fundamentals of Nursing II”; then, click on the “Managing Pain” section to find resources.

Additional resource from your book: <http://evolve.elsevier.com/Christensen/>

Video Resources

- None

Computer Assisted Programs

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- Access the Evolve web-site at <http://evolve.elsevier.com/Christensen/>

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Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 11: Phlebotomy Skills

Specific Objectives

1. State the general purposes for phlebotomy.
2. Differentiate between arteries, veins and capillaries.
3. Identify commonly used sites/veins for venipuncture
4. Identify common equipment used when collecting blood.
5. Match types of collection tubes to their use/purposes in specimen collection.
6. Identify steps necessary to prevent hemolysis of blood specimens during venipuncture.
7. Identify safety precautions to take when performing phlebotomy procedures.
8. List precautions required when collecting blood culture specimens.
9. Identify possible complications of phlebotomy procedures and appropriate nursing actions if they occur.
10. Identify other methods to obtain blood specimens.
11. Demonstrate ability to:
 - a. Obtain a venous blood specimen via Vacutainer
 - b. Obtain a venous blood specimen via needle/syringe
 - c. Obtain a blood culture
 - d. Use finger stick method to obtain blood specimen in a microtainer
 - e. Use a capillary tube to obtain a hematocrit specimen

Prerequisites:

Date Started:

Date Completed:

Curriculum Hours: 9 hours

Prerequisites:

Date Started:

Date Completed:

Curriculum Hours: 9 hours

Green Country Technology Center-Practical Nursing Program

Fundamentals of Nursing II

Section 11: *Phlebotomy Skills*

Time: 9 Hours

Learning Activities

- | | |
|----------------------------------|--|
| 1. READ | PN Program Layout

PN Program Glossary

Fundamentals of Nursing II Syllabus

Module 18: Phlebotomy Skills
Foundations and Adult Health Nursing
Chapter 15 (p. 397-402) |
| 2. COMPLETE/
TURN IN: | Define key terms at beginning of chapter in your own words.

Define any unfamiliar terms within the chapter

Phlebotomy Skills Study Guide

Phlebotomy Skills Exam |
| 3. REVIEW: | Assigned material daily

Study for test |
| 4. SKILLS CHECK-OFF | Demonstrate ability to obtain a venous blood specimen |
| 5. EVALUATION: | Turn in terms and handout |

***Helpful Resources**

Additional resources listed on iCat: <https://icat.okcareertech.org>

-Under the "Room" tab, go to "GCTC: Fundamentals of Nursing II"; then, click on the "Phlebotomy Skills" section to find resources.

Additional resource from your book: <http://evolve.elsevier.com/Christensen/>

Video Resources

- None

Computer Assisted Programs

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