



El Camino College
COURSE OUTLINE OF RECORD – Official

Course Acronym:	NURS
Course Number:	220
Descriptive Title:	Nursing Fundamentals
Division:	Health Sciences and Athletics
Department:	Nursing
Course Disciplines:	Nursing
Catalog Description:	This course introduces students to concepts related to the four domains of care which include the patient, professional nursing, health, and illness. The course further examines the nursing process as the foundation of nursing practice and emphasizes the delivery of care based on Maslow's and Kalish's Hierarchy of Human Needs and Watson's Model of Caring. Emphasis will be placed on the concepts of infection, thermoregulation, pain, tissue integrity, gas exchange, perfusion, safety, nutrition, elimination, mobility, sleep, culture, spirituality, caregiving, and the health care system. The student will gain a conceptual understanding of principles and be able to apply them in all areas of nursing practice.
Prerequisite:	Nursing 143 AND Nursing 144 AND Nursing 146 AND Medical Terminology 1 with a minimum grade of C in all prerequisites
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	Students must be admitted into the Nursing Program. and Students must have completed the Readiness Assessment Test - ATI Test of Essential Academic Skills (ATI-TEAS) with the state recommended passing score.
Hours Lecture (per week):	2
Hours Laboratory (per week):	4.5
Outside Study Hours:	4
Total Course Hours:	117
Course Units:	3.5
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	
Transfer UC:	No
Effective Date:	
General Education: ECC	
Term:	
Other:	
CSU GE:	

Term:	
Other:	
IGETC:	
Term:	
Other:	
Student Learning Outcomes:	<p>SLO #1 Nursing Implications</p> <p>At the end of this course, the student will be able to utilize the laboratory and diagnostic text to identify nursing implications and current recommendations and practices.</p> <p>SLO # 2 Oral Meds</p> <p>At the end of this course, the student will be able to apply the nursing process to safely administer oral medications.</p> <p>SLO #3 EHR</p> <p>At the end of this course, the student will apply the principles and legal aspects of Electronic Health Records (EHR) documentation.</p>
Course Objectives:	<ol style="list-style-type: none"> 1. Identify professional nursing roles and legal ethical nursing standards. 2. Demonstrate the principles of medical and surgical asepsis. 3. Explain the steps of the nursing process by relating how it applies to nursing care. 4. Apply the use of the nursing process in formulating nursing care plans with a focus on patient-centered care. 5. Utilize the nursing process to safely demonstrate nursing skills. 6. Compare safety issues related to patient care. 7. Compare Maslow's, Kalish's, and Watson's theoretical principles and how they affect the care of the patient. 8. Interpret evidence-based research and practice in the application of fundamental nursing care. 9. Outline the physiological basis of selected disease processes and how they affect growth and development. 10. Demonstrate effective communication through SBAR and electronic charting with an emphasis on teamwork and collaboration. 11. Illustrate techniques that deal with cultural considerations and barriers. 12. Make use of pharmacology in the safe administration of oral and parenteral medications. 13. Identify issues that relate to both social and community aspects in nursing. 14. Define techniques that deal with management and leadership through delegation.
Major Topics:	<p>I. Infection (3 hours, lecture)</p> <p>A. Medical asepsis</p> <p>B. Surgical asepsis</p> <p>II. Tissue Integrity (3 hours, lecture)</p> <p>A. Physical hygiene</p> <p>III. Thermoregulation, Perfusion, Gas Exchange, Pain (3 hours, lecture)</p> <p>A. Vital Signs</p> <p>IV. Nutrition (3 hours, lecture)</p> <p>A. Normal nutrition</p> <p>B. Alterations to nutrition</p> <p>V. Gas Exchange (3 hours, lecture)</p> <p>A. Oxygenation</p>

VI. Mobility and Sleep (3 hours, lecture)

- A. Mobility
 - 1. Normal mobility
 - 2. Alterations to mobility
- B. Sleep
 - 1. Sleep apnea

VII. Elimination (3 hours, lecture)

- A. Urine elimination
- B. Fecal elimination

VIII. Safety (3 hours, lecture)

- A. Medication administration
- B. Quality and Safety Education for Nurses (QSEN)
- C. National Academy of Medicine

IX. Health Care Quality (4.5 hours, lecture)

- A. Nursing theory and philosophy
 - 1. The nursing process
 - 2. Maslow's Hierarchy of Human Needs
 - 3. Jean Watson's Model of Caring

X. Culture and Spirituality (3 hours, lecture)

- A. Culture
 - 1. Cultural diversity
- B. Spirituality

XI. Health Care Organizations Economics, Policy, Law, and Caregiving (4.5 hours, lecture)

- A. Health Care Delivery System

XII. Medical and Surgical Asepsis (10 hours, lab)

- A. Medical asepsis
 - 1. Hand hygiene
 - 2. Donning and removing personal protective equipment
 - 3. Isolation skills (contact, droplet, airborne)
- B. Surgical asepsis
 - 1. Sterile dressings
 - 2. Wet-to-moist dressing
 - 3. Irrigation of wound
 - 4. Culture of wound

XIII. Physical Hygiene (10 hours, lab)

- A. Oral hygiene including cleans upper and lower dentures
- B. Complete bed bath with back rub
- C. Perineal care for female and male patients
- D. Foot care
- E. Dressing patient with affected arm
- F. Elastic stockings application (knee high and thigh high)
- G. Use of sequential compression device
- H. Bedmaking (unoccupied and occupied)

XIV. Vital Signs (10 hours, lab)

- A. Body temperature
- B. Locate and palpate pulse sites
- C. Respiratory assessment
- D. Blood pressure reading
- E. Pain level assessment

XV. Oxygenation (5 hours, lab)

- A. Oxygen therapy
- B. Pulse oximetry

	<p>XVI. Nutrition (10 hours, lab)</p> <ul style="list-style-type: none"> A. Diets B. Intake and output (measure and record) C. Blood glucose D. Nasogastric tube insertion and feeding E. Feeds patient who cannot feed self F. Weight of ambulatory patient (measure and record) <p>XVII. Body Mechanics Principles (6 hours, lab)</p> <ul style="list-style-type: none"> A. Positioning the patient B. Transfers from bed to chair (wheelchair) using transfer belt C. Transfers from bed chair (wheelchair) using Hoyer lift D. Assists to ambulate using transfer belt E. Performs passive range of motion <p>XVIII. Elimination (10 hours, lab)</p> <ul style="list-style-type: none"> A. Foley catheter insertion and care (female and male) B. Urinary output (measure and record) C. Assist with use of bedpan <p>XIX. Medication Administration (20 hours, lab)</p> <ul style="list-style-type: none"> A. Oral medications B. Parenteral medications C. Nasogastric tube medications
Total Lecture Hours:	36
Total Laboratory Hours:	81
Total Hours:	117
Primary Method of Evaluation:	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	Demonstrate the steps used in performing hand hygiene. Apply and remove isolation gown, face mask, and gloves to reduce the risk of healthcare associated infections.
Critical Thinking Assignment 1:	Utilizing the patient information given in a case study, develop a nursing care plan. Review the patient's assessment data (objective and subjective), determine a nursing diagnosis, develop a nursing care plan for patient by identifying expected outcomes/goals and interventions to meet the patient's needs. Describe the implementation of interventions identified in the plan. Then describe and note how the patient's progress will be evaluated.
Critical Thinking Assignment 2:	Given a providers order of a patient receiving a parenteral medication, write a summary of the medication which includes the drug ordered, indication for patient, classification and action, safe dose, contraindications, adverse reactions and interactions, and nursing considerations. Using the six rights of medication administration, calculate the correct dosage, select the correct syringe, needle and injection site. Give the injection using the proper technique.
Other Evaluation Methods:	Class Performance, Laboratory Reports, Multiple Choice, Objective Exam, Performance Exams, Quizzes, Written Homework
Instructional Methods:	Demonstration, Discussion, Lab, Role play/simulation
If other:	
Work Outside of Class:	Answer questions, Observation of or participation in an activity related to course content (such as theatre event, museum, concert, debate, meeting), Problem solving activity, Required reading, Skill practice, Study, Written work (such as essay/composition/report/analysis/research)

If Other:	Computer assisted programs
Up-To-Date Representative Texts:	<p>Hinkle, J. L., & Cheever, K. H. (2021). <i>Brunner & Suddarth's textbook of medical-surgical nursing</i> (15th ed.). Wolters Kluwer.</p> <p>Lynn, P. (2022). <i>Taylor's clinical nursing skills</i> (6th ed.). Philadelphia, PA: Wolters Kluwer.</p> <p>Taylor, C., Lynn, P., & Bartlett, J. L. (2022). <i>Fundamentals of nursing: The art and science of person-centered care</i> (10th ed.). Wolters Kluwer.</p> <p>Pickar, G. D., & Pickar-Abernethy, A. (2013). <i>Dosage calculations</i> (9th ed.). Delmar Cengage Learning. (Discipline Standard)</p> <p>American Psychological Association (2020). <i>Publication manual of the American Psychological Association</i> (7th ed.). American Psychological Association.</p> <p>Giddens, J. G. (2021). <i>Concepts for nursing practice</i>. (3rd ed.). Elsevier, Inc.</p> <p>LexisNexis. (2024). <i>California Nursing Practice Act</i>. LexisNexis.</p> <p>Castillo, S. L. M. (2022). <i>Strategies, techniques, & approaches to critical thinking: A clinical judgment workbook for nurses</i>. (7th ed.). Elsevier, Inc.</p>
Alternative Texts:	
Required Supplementary Readings:	
Other Required Materials:	<p>Nurse Pack</p> <p>Assessment Technologies Institute (ATI) Testing Package</p> <p>Lippincott's The Point, (2022). <i>Lippincott Advisor for Education</i>. Wolters Kluwer.</p> <p>Stethoscope</p> <p>Sphygmomanometer</p> <p>Dove Hospital Uniform, Name tag</p>
Requisite:	Prerequisite
Category:	sequential
Requisite course(s): List both prerequisites and corequisites in this box.	Nursing-143 AND Nursing-144 AND Nursing-146 AND Medical Terminology-1
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	<p>Gather data for a biophysical health history from an adult client. NURS 146 -Identify common abnormal biophysical findings and evaluate the impact on an adult client.</p> <p>NURS 146 -Compare and contrast normal and common abnormal findings for the biophysical body structures and systems.</p> <p>NURS 146 - Identify the steps in the nursing process and demonstrate how to use it in a client's history and physical.</p> <p>NURS 146 -Document normal and abnormal findings and complete basic history and physical examination of all the body systems using correct terminology.</p> <p>NURS 146 - Analyze and evaluate the findings from health and physical examinations utilizing the nursing process and critical thinking skills.</p>

	<p>NURS 146 - Perform a physical assessment from head to toe utilizing the appropriate equipment and medical terminology. Medical terminology knowledge is important as it applies to patient care in the ability to analyze and identify medical terms to describe diseases, their symptoms as well as diagnostic tests and medical surgical procedures.</p> <p>MEDT 1 - Formulate medical terms by properly arranging prefixes, suffixes, word roots, and combining forms.</p> <p>MEDT 1 -Differentiate between proper and improper spelling and pronunciation of common medical terms used to describe diseases and their symptoms as well as diagnostic, treatment and surgical procedures.</p> <p>MEDT 1 -Choose correct abbreviations for medical terms used to describe diseases and their symptoms as well as diagnostic tests and medical surgical procedures.</p> <p>MEDT 1 -Use a medical dictionary to compare closely related medical terms and choose the appropriate terms for specific applications.</p> <p>MEDT 1 - Differentiate between medical terms that describe various diseases related to each of the nine body systems.</p> <p>MEDT 1 - Arrange medical terms that describe various diagnostic tests and medical surgical procedures. Understand role of a professional nurse as it relates to legal and ethical responsibilities in the care of patients.</p> <p>NURS 143 - Identify the nurse's role and responsibilities in communication with patient's across the lifespan while considering the patient's attributes, culture, family, and personal preferences.</p> <p>NURS 143 - Discuss the impact of leagal and ethical concepts on the care of the hospitalized patient. Understand the importance of safe dosage calculation and the rights of medication administration.</p> <p>NURS 144 - Demonstrate the ability to calculate safe oral and parenteral drug dosages for pediatric patients.</p> <p>NURS 144 - Demonstrate the ability to safely prepare and administer calculated medication dosages in a simulated clinical environment.</p> <p>NURS 144 - Demonstrate the application of mathematical conceps when calculating oral and parenteral drug dosages for adults.</p>
Requisite Skill:	
Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable	
Requisite course:	
Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).	

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Course Created by:	No name was listed.
Date:	05/14/2018
Original Board Approval Date:	07/16/2018
Last Reviewed and/or Revised by:	Robbie Lee
Date:	02/20/2024
Last Board Approval Date:	06/17/2024
Effective Term:	FALL 2025