School of Nursing

PRACTICAL NURSE PROGRAM

COURSE OUTLINE

Course Title: Nursing Care of Adult Clients II

Catalog Number: PNU 133

Credits: 8 (level II)  Lecture, Lab, and Clinical
I. COURSE NUMBER AND TITLE

PNU 133 Adult Health II
Credits: 8 (Level II)
Lecture, Lab, and Clinical
Level II

II. CATALOG DESCRIPTION

This course studies the adult client whose response to stressors has resulted in physical illness. Adaptation and stress management is promoted for adults who manifest their response to stress by developing acute and chronic illnesses. Clients who have developed multiple and complex health problems are explored. The integration of nursing theory and skills is accomplished through the utilization of the college laboratory and clinical experiences in health care settings.

III. LEARNING OUTCOMES

PROFESSIONAL BEHAVIORS

1. Understand legal aspects involved in the care of individuals
2. Practice within the framework of the New York State Practice Act.

COMMUNICATION

3. Communicate effectively with nursing personnel and other health team members.

DATA COLLECTION


CLINICAL DECISION MAKING (with the RN)

Along with the RN:

5. Apply foundational knowledge from social, biological sciences and humanities to nursing care of adults from various religious and sociocultural backgrounds, with acute or chronic health problems.
6. Utilize the nursing process and critical thinking to prioritize planning and provision of nursing care for clients with selected stressors.
7. Implement interventions to assist the client toward positive outcomes
8. Modify client care as indicated by evaluation of outcomes.
CARING INTERVENTIONS

9. Demonstrate empathy and caring with clients and significant others through effective use of therapeutic communication.

TEACHING AND LEARNING

10. Identify client’s learning needs
11. Identify client’s understanding
12. Apply teaching and learning concepts to assist individual adult clients in maintaining wellness and/or self-care management of illness
13. Evaluate the progress of the individual in achievement of identified learning outcomes.
13. Assist client to identify community resources.

COLLABORATION

14. Identify collaborative services within the agency that facilitates plan of care
15. Work cooperatively with others to achieve client outcomes. Function as a client advocate.

IV. PROGRAMS THAT REQUIRE THIS COURSE

Practical Nurse Certificate

V. MAJOR TOPICS REQUIRED

Adult health nursing: role of the medical-surgical nurse
Nursing management of clients with perioperative stressors
Nursing management of clients with stressors that affect respiratory function
Nursing management of clients with stressors that affect immune function
Nursing management of clients with stressors that affect cardiac and peripheral function
Nursing management of clients with stressors that affect endocrine function
Nursing management of client with stressors that affect sensory function
Nursing management of client with stressors that affect hematological function
Nursing management of client with stressors that affect musculoskeletal function
Nursing management of client with stressors that affect gastrointestinal/hepatobiliary Function
Nursing management of clients with stressors that affect male and female organ reproductive function
Nursing management of clients with oncological stressors
Nursing management of clients with stressors that affect urinary and renal function
Nursing management of clients with stressors that affect neurological function
Nursing management of clients with stressors resulting from burns and shock states
VI. PREREQUISITES/COREQUISITES

A. PREREQUISITES: PNU 116; PNU 119; PNU 120; PNU 135;
B. COREQUISITES: ENG101; PSY101; BIO105

VII. SUPPORTING INFORMATION

ATI Content Mastery Series- Medical Surgical review, Overland Park, KS. ATI

VIII. OPTIONAL TOPICS

None

IX. EVALUATION OF STUDENT’S PERFORMANCE

1. 3 MULTIPLE CHOICE EXAMS 95%
2. ASSESSMENT TECHNOLOGY INSTITUTE 5%
3. 4 LAB PERFORMANCE EVALUATIONS PASS/FAIL
4. CLINICAL PERFORMANCE PASS/FAIL
5. CLINICAL ASSIGNMENTS PASS/FAIL
   1. Nursing Care Plan 75%
   2. Teaching Project 25%

X. REQUIRED TEXTBOOK:


Video/DVD:
Taylor’s Video Guide to Clinical Nursing Skills; Lippincott

Internet resources:
http://evolve.elsevier.com: Free supplement to required textbooks
COURSE DESCRIPTION:
This course studies the adult client whose response to stressors has resulted in physical illness. Adaptation and stress management is promoted for adults who manifest their response to stress by developing acute and chronic illnesses. Clients who have developed multiple and complex health problems are explored. The integration of nursing theory and skills is accomplished through the utilization of the college laboratory and clinical experiences in health care settings.

COURSE OBJECTIVES:
Upon completion of this course, the student will be able to:
1. Describe the legal aspects involved in the administration of nursing care.
2. Exhibit accountability for own ethical behavior.
3. Explain responsibility for self-improvement through a commitment to lifelong learning.
4. Utilize information technologies that impact on the delivery of health care.
5. Demonstrate advocating for a client’s rights in a defined health care setting.
6. Demonstrate effective communication techniques with clients and members of the interdisciplinary health team.
7. Apply foundational knowledge to the nursing care of adults with acute or chronic health problems.
8. Identify and demonstrate the role of the Practical Nurse as assisting the Registered Nurse in planning and evaluating nursing care.
9. Demonstrate safety for self and client during the performance of nursing skills.
10. Administer medications in a safe manner.
11. Demonstrate proper infection control principles.
12. Demonstrate caring behavior with clients and significant others through the effective use of therapeutic communication skills.
13. Identify client’s learning needs.
14. List collaborative services within an agency that facilitates the client’s plan of care.
15. Assist client to identify community services and resources available to them.
16. Describe the social responsibilities of meeting the needs of acute and chronically ill clients with multiple health problems.
17. Identify and demonstrate management skills under the direction of the Registered Nurse.

CLINICAL OBJECTIVES:
1. Apply the nursing process to assess, plan, implement and evaluate client care.
2. Correlate theoretical knowledge to clinical application in client care.
3. Perform client-care nursing skills safely and efficiently.
4. Exhibit therapeutic communication skills with client, family and healthcare team.
5. Maintain legal and ethical standards of nursing practice.
6. Demonstrate personal integrity, responsibility and accountability.
7. Collaborate effectively with interdisciplinary healthcare team members.

PROCEDURES FOR ACCOMPLISHING THESE OBJECTIVES:
Assigned Textbook Readings
Lecture & Discussion
Analysis of Selected Case Studies
Class Participation
College Lab Experiences
Clinical Experiences
Audiovisual Resources
Internet and Library Searches
STUDENT REQUIREMENTS FOR COMPLETION OF THE COURSE:
Complete all assigned textbook readings
Actively participate in all classroom discussions
Demonstrate proficiency in (4) lab performance evaluations
Successfully complete a Dosage Calculation Exam
Achieve clinical performance objectives in (2) written evaluations
Successfully complete (3) written clinical reports
Develop and demonstrate a client teaching plan
Successfully complete (1) peri-operative worksheet
Utilize audiovisual resources to enhance lecture and reading assignments
Conduct internet and library searches for completion of clinical assignments/assignments per instructor
Successfully complete (3) multiple-choice unit examinations

GRADING PRACTICES:
3 Multiple Choice Unit Examinations 100%
Dosage Calculation Examination Pass/Fail
Clinical Performance Pass/Fail
Clinical Assignments Pass/Fail

RULES CONCERNING STUDENT ABSENCE AND LATENESS:
Students are expected to attend every class session and are responsible for all that transpires in class. Excessive absence or lateness may lead to failure in the course or removal from the class roster. Excessiveness is defined by the college as more than the equivalent of one week of class meetings during the semester. In addition to the college policy regarding attendance in class, the School of Nursing maintains that classroom and clinical attendance is an integral part of the learning experience. The material covered in each class is related to your actual practice as a health care professional. Your regular class/clinical attendance demonstrates your commitment to learning this material, your ability to set priorities and to organize your time and responsibilities. In the event that a student will be late or absent from clinical, they must notify the clinical instructor and agency at least (1) hour prior to the beginning of the clinical experience.
Lecture 1
Lecture Topics:
Adult Health Nursing: Role of the Medical-Surgical Nurse:
- Discuss the core components for Practical Nurses in the context of caring for the adult in the acute care facility, the community and in the home setting
- Identify the components of data collection
- Identify and reports deviations from the norm and reports and records these findings
- Implement established plans of care
- Discuss the components of a teaching plan
- Assist the Registered Nurse in planning and evaluating care

Assignments:
- Read in textbook: Linton review chapters1,2,3,5,7,8
- Read: Chapter 4

Lab Topics:
Lab Orientation:
- Describe general overview of topics
- Discuss attendance and lateness policies
- Describe the lab makeup policy
- LAB1-Review of medication administration- Injections, PO, GT

Clinical Experience:
Clinical application of learned theory and skills

Lecture 2
Lecture Topics:
Nursing Management of Clients with Perioperative Stressors:
- Define the perioperative period
- Describe surgical procedures according to intent, purpose and degree of urgency
- Discuss physiologic disruptions which occur as a result of surgery
- Identify actual and potential stressors for clients and their families
- List and describe the clinical manifestations of perioperative complications
- Identify nursing interventions to maintain the safety and physiological well-being of the client
- Discuss various pain relief modalities
- Assist in developing goals and outcomes

Assignments:
- Read in textbook: Linton Chapters 17,

Lab:
Peri-op skills

Clinical Experience:
Clinical application of learned theory and skills
Lecture 3 & 4

Lecture Topics:
Nursing Management of Clients with Stressors that Affect Respiratory Function:
- Compare and contrast respiratory acidosis and respiratory alkalosis
- Discuss etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for clients with the following disorders:
  - Adult Respiratory Distress Syndrome
  - Asthma
  - Bronchitis
  - Emphysema
  - Hemothorax/pneumothorax
  - Pneumonia
  - Pulmonary Embolism
  - Respiratory Failure
  - Tuberculosis
- Explain the care of a client with a chest tube drainage system
- Describe the care of a client receiving mechanical ventilation

Assignments:
- Read in textbook: Linton Chapters 30,31
- **DRUG CALCULATION TEST**

Lab: Lab Topics:
Advanced Respiratory Care:
- Explain types and purpose of tracheotomy tubes
- List the complications of tracheotomy tubes
- Discuss nursing care of tracheotomy tubes
- Demonstrate tracheotomy care and suctioning

Assignments:
- Practice in lab: tracheotomy care and suctioning

Clinical Experience:
Clinical application of learned theory and skills

Lecture 5

Lecture Topics:
Nursing Management of Clients with Stressors that Affect Immune Function:
- Compare and contrast anaphylaxis and allergic reactions
- Discuss etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for a client with HIV/AIDS

Nursing Management of Clients with Stressors that Affect Hematological Function:
- Discuss etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for clients with Polycythemia Vera and Acute/Chronic Leukemias.

Assignments:
- Read in textbook: Linton Chapters 32,33,34

Clinical Experience:
Clinical application of learned theory and skills
Lecture 6
Lecture Topics:
Nursing Management of Clients with Stressors that Affect Cardiac and Peripheral Function:
- Define Dysrhythmia and discuss its treatment and nursing interventions
- Describe Metabolic Syndrome and discuss its treatment and nursing interventions
Assignments:
- Read in textbook: Linton Chapter 35,36,37
- **EXAM #1**
  The exam will include 50 multiple choice questions on the topics, readings and assignments from lectures 1-4

Lab Topics:
Continuous intravenous infusions:
- Explain purpose of electronic infusion devices
- Demonstrate use of electronic infusion devices
- Calculate continuous intravenous medications: potassium; heparin
Assignments:
- Practice in Lab: calculating flow rates for potassium and heparin infusions
  use of electronic infusion devices

Clinical Experience:
Clinical application of learned theory and skills

Lecture 6 continued
Lecture Topics:
Nursing Management of Clients with Stressors that Affect Cardiac and Peripheral Function:
- Discuss etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for clients with the following disorders:
  - Coronary Artery Disease
  - Abdominal & Thoracic Aneurysms
  - Angina
  - Congestive Heart Failure
  - Cardiomyopathy
  - Hypertension
  - Myocardial Infarction
  - Venous Thrombosis
  - Peripheral Arterial Occlusive Disease
Assignments:
- Read in textbook: Linton Chapters 35,36,37

Lab Topics:
LAB PERFORMANCE EVALUATION #2 – TRACHEOTOMY CARE AND SUCTIONING
Clinical Experience:
Clinical application of learned theory and skills
Lecture 7
Lecture Topics:
Nursing Management of Clients with Stressors that Affect Endocrine Function:
- Discuss etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for a client with Diabetes Mellitus
- Describe hyperfunction and hypofunction of the following endocrine glands:
  - Adrenal
  - Parathyroid
  - Pituitary
  - Thyroid

Include the etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for these disorders

Assignments:
- Read in textbook: Linton Chapters 44,45,46

Lab Topics:
- Review Insulin and coverage
- Glucometer use

Clinical Experience:
Clinical application of learned theory and skills

Lecture 8
Lecture Topics:
Nursing Management of Clients with Stressors that Affect Urinary and Renal Function:
- Compare and contrast acute and chronic Renal Failure to include hemodialysis, peritoneal dialysis and transplantation
- Discuss etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for clients with the following disorders:
  - Glomerulonephritis
  - Renal Calculi

Assignments:
- Read in textbook: Linton Chapter 40

Lab Topics:
- Foley Insertion
- Urinary Diversion Devices:
  - Discuss various urinary diversion devices
  - Demonstrate sterile bladder irrigation
  - Demonstrate continuous bladder irrigation

Assignments:
- Practice in Lab: setting up equipment for continuous bladder irrigation irrigation of a foley catheter

Clinical Experience:
Clinical application of learned theory and skills

Lecture 9
Lecture Topics:
Nursing Management of Clients with Stressors that Affect Musculoskeletal Function:
  • Discuss etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for clients with the following disorders:
    - Gout
    - Osteoarthritis
    - Osteomyelitis
    - Osteoporosis
    - Rheumatoid Arthritis
    - Systemic Lupus Erythematosus
  • Describe Limb Amputation to include the etiology, nursing interventions and complications
  • Discuss Fractures to include the types, complications, medical/surgical treatments and nursing interventions

Assignments:
  • Read in textbook: Linton textbook Chapters 41,42,43

Lab Topics:
Wound Care:
  • Identify the goals of wound management
  • List the phases of wound healing
  • Describe various types of dressing materials
  • Demonstrate irrigating, packing and dressing of large wounds

Assignments:
  • Practice in lab: irrigation, packing and dressing of large wounds

Clinical Experience:
Clinical application of learned theory and skills

Lecture 10
Lecture Topics:
Nursing Management of Clients with Stressors that Affect Sensory Function:
  • Discuss etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for clients with the following disorders of the eye:
    - Cataracts
    - Detached Retina
    - Glaucoma
    - Macular Degeneration
    - Retinopathy
  • Discuss etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for clients with the following disorders of the ear:
    - Otosclerosis
    - Meniere’s Syndrome
Assignments:
• Read in textbook: Linton Chapters 51, 52, 53
• **EXAM #2**
  The exam will include 50 multiple choice questions on the topics, readings and assignments from weeks 5-9

**Lab Topics:**
Parenteral Nutrition:
• Discuss the purpose and indications of parenteral nutrition
• Explain types of parenteral nutrition
• Identify complications of parenteral nutrition
• Describe nursing care of clients receiving parenteral nutrition

Assignments:
• Practice in lab: administration of parenteral nutrition

**Clinical Experience:**
Clinical application of learned theory and skills

**Lecture 11**
**Lecture Topics:**
Nursing Management of Clients with Stressors that Affect Gastrointestinal/Hepatobiliary Function:
• Discuss etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for clients with the following diseases/disorders:
  - Appendicitis
  - Cholecystitis
  - Inflammatory Bowel Disease
  - Intestinal Obstruction
  - Pancreatitis
  - Peptic Ulcers
  - Peritonitis
• Compare and contrast the different types of Hepatitis to include the etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation
• Define Morbid Obesity and discuss its treatment and nursing interventions
• Compare and contrast the various types of Hernias to include the etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation
• Define the terms Colostomy and Ileostomy and discuss the types and nursing interventions associated with each
• Explain the nursing interventions for the client with an Esophageal Tube, Nasogastric Tube, Intestinal Tube or T-tube.

Assignments:
• Read in textbook: Linton Chapters 38, 39

**Lab Topics:**
Enteral Nutrition:
• Explain the purpose and types of enteral tubes
• Discuss nursing care of enteral tubes
• Identify complications of enteral tubes
• Demonstrate medication administration through an enteral tube
• Demonstrate intermittent and continuous feedings through an enteral tube

Assignments:
• Practice in lab: administering medication through an enteral tube
intermittent and continuous feedings through an enteral tube

Clinical Experience:
Clinical application of learned theory and skills

Lecture 12
Lecture Topics:
Nursing Management of Clients with Stressors that Affect Male and Female Reproductive Organs:
- Discuss etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for a client with Benign Prostatic Hypertrophy

Assignments:
- Read in textbook: Linton Chapter 47,48,49

Lab Topics:

Clinical Experience:

Lecture 13
Lecture Topics:
Nursing Management of Clients with Oncological Stressors:
- Define the terms benign and malignant tumors
- Explain the classification of tumors
- Discuss etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for clients with malignant disorders in the following locations:
  - Breast
  - Cervix
  - Colorectal
  - Endometrium
  - Larynx
  - Ovary
  - Pancreas
  - Prostate
  - Skin
  - Testicle
  - Uterus

Assignments:
- Read in textbook: Linton Chapters 25,26

Lab Topics:
Identify indications and procedures for fecal diversion devices
Assignments:
- Practice in Lab: Changing an ostomy appliance

Clinical Experience:
Clinical application of learned theory and skills
Lecture 14
Lecture Topics:
Nursing Management of Clients with Stressors that Affect Neurological Function
- Define and describe Increased Intracranial Pressure
- Discuss etiology, data collection findings, medical treatment, planning, nursing interventions and methods of evaluation for clients with the following diseases/disorders:
  - Amyotrophic Lateral Sclerosis
  - Cerebrovascular Accidents
  - Guillain Barre Syndrome
  - Head Injuries
  - Huntington’s Disease
  - Myasthenia Gravis
  - Multiple Sclerosis
  - Parkinson’s Disease
  - Ruptured Intervertebral Disc
  - Spinal Cord Injury
  - Tumors

Nursing Management of Clients with Stressors Resulting from Burns and Shock States
- List stressors affecting the recovery of clients experiencing burns and shock states
- State alterations that may occur in vital signs, intake and output, lab values and burn areas
- Discuss nursing interventions to prevent and treat complications: airway maintenance, oxygen administration, pain management, fluid management and wound care
- Describe the surgical interventions of debridement and tissue grafting

Assignments:
- Read in textbook: Linton chapters 19, 27, 28, 29

Clinical Experience:
Clinical application of learned theory and skills

Week 15
Lecture Topics:
EXAM #3
The exam will include 50 multiple choice questions on the topics, readings and assignments from weeks 10-15

Lab:

Clinical Experience:
Clinical application of learned theory and skills