

MISSION TRAILS REGIONAL OCCUPATIONAL PROGRAM

COURSE TITLE: VOCATIONAL NURSING

CBEDS TITLE: NURSING SERVICES

CBEDS NO: 4280

<u>JOB TITLE</u>	<u>O*NET Code</u>
Nurse, Licensed Practical	29-2061.00

Course Description:

This competency-based course prepares students in the skills needed to pass the NCLEX-PN (National Council Licensing Examination - Practical Nursing).

Modules are as follows:

1. Fundamentals of Nursing: Classroom instruction about the care of patients with simple health problems, a summary of nursing history, skills related to activity and movement, initiating nursing care, vital signs, medical terminology, ethics and legalities related to the nursing profession

Classroom instruction, skills lab, and clinical experience in the acute/long-term care facility; safety, documentation, asepsis, anatomy and physiology overview, pre and post-op care, fluids and electrolytes, communications, the grieving process, and nursing theory
2. Pharmacology: Medications, their source and uses, calculation of dosage and safe administration of prescribed medications, classifications of drugs according to body systems
3. Medical-Surgical Nursing: Endocrine System Nursing care and pre/post-operative care for patients with diseases of the thyroid, diseases of the adrenal glands, diabetes mellitus, and complications associated with these conditions

- | | | |
|-----|--|--|
| 4. | Medical-Surgical Nursing:
Nutrition | Basic principles of nutrition as it relates to health and disease, assessment of the nutritional status of the hospitalized patient, and therapeutic interventions |
| 5. | Medical-Surgical Nursing:
Gastrointestinal System | Signs, symptoms, and treatment for common conditions of the esophagus, stomach, intestine and associated organs (liver, gallbladder and pancreas) |
| 6. | Medical-Surgical Nursing:
Neurosensory System | Basic neuro anatomy and physiology, intervention/management of common neurological diseases and disorders of hospitalized patients |
| 7. | Medical-Surgical Nursing:
Integumentary System | Care of patients with problems of the skin, including dermatological conditions, infections, ulcerations, tumors, dermatological and plastic reconstructive surgery |
| 8. | Medical-Surgical Nursing:
Cardiovascular | Basic cardiovascular anatomy and physiology; assessment, intervention and evaluation of cardiovascular diseases and disorders |
| 9. | Medical-Surgical Nursing:
Musculoskeletal | Basic musculoskeletal anatomy and physiology, care of patients with musculoskeletal problems from trauma and inflammatory diseases; pre and post-op care of patients with surgical interventions |
| 10. | Medical-Surgical Nursing:
Genitourinary | Basic renal system anatomy and physiology; diagnostics, treatments, and nursing care of patients with urinary and renal diseases/ disorders |
| 11. | Medical-Surgical Nursing:
Respiratory | Basic respiratory anatomy and physiology; assessment of respiratory function; care of patients with respiratory diseases/disorders |
| 12. | Mental Health Nursing | Legal and ethical issues, mental health concepts, communication and interpersonal skills, major mental disorders, addressing the psychosocial issues of the physically ill patient |

- | | |
|------------------------------|---|
| 13. Maternal - Child Nursing | Male and female anatomy and physiology and developmental changes; stages of pregnancy and delivery complications of pregnancy; newborn care (both normal and those with disorders); contraception and sexually transmitted diseases |
| 14. Pediatric Nursing | Growth and development history and theory; life span development (newborn, infant, toddler, preschool child, school-age child, adolescent; nursing care of the hospitalized child, for both chronically and terminally ill children; health problems throughout life span |
| 15. Geriatric Nursing | The aging process; psychosocial changes and needs of the elderly; nursing care of the elderly hospitalized patient; promotion of healthy elders |
| 16. Leadership | Communication; legal-ethical issues in the workplace; preparation for licensure; career opportunities; professional nursing organizations; team leading and supervision |

Integrated throughout the course are career preparation standards, which include communication, interpersonal skills, problem solving, safety, technology, and other employment skills.

Students complete 576 hours in classroom instruction and 954 hours in a clinical setting.

VOCATIONAL NURSING COURSE OUTLINE

Upon successful completion of this course, students will be able to demonstrate the following skills necessary for a Vocational Nurse.

<u>Hours</u>
<u>Classroom</u> <u>Lab/Clinical</u>

Additional hours for Career Preparation Standards are integrated into instruction in content area standards.

- | | Integrated |
|---|------------|
| I. CAREER PREPARATION STANDARDS | |
| A. Understand how personal skill development--including positive attitude, honesty, self-confidence, work ethic, time management, and other positive traits--affects employability. | |
| 1. Define professional responsibilities. | |
| 2. Identify ethical/legal roles and responsibilities, including confidentiality, non-disclosure, and consent. | |
| 3. Define professional role of the Vocational Nurse. | |
| 4. Prioritize tasks and meet deadlines. | |
| 5. Explain the need for all health care workers to understand and adhere to federal HIPAA regulations. | |
| 6. Understand the role of the Joint Commission and explain tracer methodology. | |
| B. Understand principles of effective interpersonal skills, including group dynamics, conflict resolution, and negotiation. | |
| 1. Identify personal responsibilities for the job of Vocational Nurse. | |
| 2. Identify sociocultural factors that influence health care delivery. | |
| 3. Participate in interactions with vocational nursing staff and other departments and staff. | |
| 4. Participate in interaction with patients and families. | |
| 5. Review death and dying concepts. | |
| 6. Demonstrate importance of team work. | |
| 7. Understand laws forbidding sexual harassment and discrimination in the workplace. | |
| C. Understand the importance of good basic skills, critical thinking, and problem-solving skills in the workplace. | |
| 1. Recognize the importance of good reading, writing, and math skills in the health care professions, and implement a plan for self-improvement as needed. | |

Hours

2. Apply estimation, measurement, and calculation skills on the job, including metrics.
 3. Read, write, give and follow directions.
 4. Spell and pronounce medical terms.
 5. Interpret labels, patient health information (PHI), and other documents.
 6. Apply critical thinking and problem-solving skills on the job.
 7. Use appropriate reference materials to locate information.
 8. Recognize problem situations and outline problem-solving steps needed for troubleshooting.
- D. Understand principles of effective communication.
1. Communicate effectively orally and in writing.
 2. Effectively communicate with staff and patient.
 3. Demonstrate knowledge of charting procedures.
 4. Identify non-verbal communication techniques.
 5. List observation techniques.
 6. Handle patient inquiries and objections.
 7. Understand principles of behavioral management, especially reinforcement.
 8. Use effective telephone skills.
 9. Understand that cell phones should not be used for personal calls during working hours.
 10. Communicate within the unit.
 11. Understand procedures for interdepartmental communication.
- E. Understand occupational safety issues, including ergonomics, body mechanics, infection control, and the avoidance of physical hazards.
1. Define and use standard precautions.
 2. Identify JCAHO safety standards.
 3. Define medical asepsis.
 4. Function within the isolation unit.
 5. Maintain hospital safety standards.
 6. Demonstrate moving patients.
 7. Demonstrate lifting patients.
 8. Demonstrate transporting the patient with an I.V. and other invasive lines.
 9. Demonstrate patient comfort and support devices.
 10. Observe electrical safety standards.
 11. Identify hazards of, and reporting procedures for, needle sticks and exposure to bodily fluids.
 12. Identify hazardous material common to the work environment.
 13. Describe procedure for obtaining tests for a patient in isolation.
 14. Describe procedure for obtaining tests for a patient in radiation therapy.

- F. Understand career paths and strategies for obtaining employment.
 - 1. Identify career paths within the health care industry and the role of the Vocational Nurse.
 - 2. Fill out application forms completely and correctly.
 - 3. Prepare a resume.
 - 4. Apply effective job search skills, including locating employment information.
 - 5. Identify effective interviewing techniques.
 - 6. Participate in a mock interview.
- G. Understand and adapt to changing technology.
 - 1. Understand the importance of lifelong learning in adapting to changing technology.
 - 2. Correctly use and care for all supplies and equipment.
 - 3. Understand the importance of computers in patient care and record keeping.
 - 4. Demonstrate basic computer knowledge, function, and skills as required by individual facilities.
 - 5. Use pagers, fax, and other communication technology.

II. FUNDAMENTALS OF NURSING

139

130

A. Academic Success Strategies

- 1. Demonstrate an understanding of the importance of academics in vocational education.
- 2. Identify personal learning style.
- 3. Demonstrate the importance of study skill development.
- 4. Develop a weekly study schedule and evaluate the outcome.
- 5. Evaluate own current note-taking method.
- 6. Demonstrate four note-taking methods.
- 7. Demonstrate understanding of memory.
- 8. Identify anxiety-relieving strategies.
- 9. Discuss strategies for conquering different types of questions.
- 10. Demonstrate the use of available resources.
- 11. Demonstrate the ability to prepare a written assignment according to guidelines.
- 12. Discuss the necessity for long term recall of learned knowledge.

B. Nursing History

- 1. Understand the historical significance of nursing as a profession.
- 2. Discuss nurses' professional rights.

Hours
Classroom Lab/Clinical

- 3. Describe the health team concept and its function.
- 4. Understand the health care delivery system.

5. Demonstrate understanding of current trends influencing nursing practice.
- C. Law and Ethics
1. Demonstrate understanding of legal terms and problems that might occur in patient-nurse relationship.
 2. Understand legal protection system and controls for the LVN.
 3. Demonstrate understanding of the importance of ethics in the role of a nurse.
 4. Demonstrate understanding of LVN accountability and responsibility for nursing interventions.
- D. Communications
1. Identify the components of the communication process.
 2. Identify the three types of communication.
 3. Understand the importance of good communication skills.
 4. Discuss the four categories of requests patients make to nurses.
 5. State effective ways of asking questions.
 6. Understand communication terminology.
 7. Understand purpose of patient records.
 8. Understand basic guidelines for charting.
 9. Understand and define key terms.
- E. Nursing Process
1. Demonstrate knowledge of the five phases of the nursing process.
 2. Demonstrate understanding of the steps used to develop a nursing diagnosis.
- F. Cultural Aspect of Nursing
1. Describe ways in which culture influences an individual.
 2. Discuss how cultural variables influence health behavior.
 3. Explain how ethnocentrism can cause cultural conflicts in the nurse/patient relationship.
 4. Describe appropriate nursing interventions to develop positive communication in the nurse-patient relationship.
- G. Vital Signs
1. Demonstrate proper procedure for assessing temperature, pulse, respiration, blood pressure, and pain.
 2. State normal limits of each vital sign.
 3. Identify different devices used in measuring body temperature.
 4. Understand procedure for taking and recording body temperature.

<u>Hours</u>
<u>Classroom</u> <u>Lab/Clinical</u>

5. Describe the character of the pulse.
6. Understand factors affecting respirations.
7. Understand factors affecting blood pressure.
8. Identify equipment used in measuring blood pressure.

9. Demonstrate proper procedure for measuring height and weight.
- H. Medical Asepsis/Infection Control
1. Identify the elements of an infection and method of transmission of pathogens.
 2. Understand terminology related to medical asepsis.
 3. Understand the importance of prevention of infection.
 4. Understand the importance of proper hand washing technique.
 5. Demonstrate appropriate procedure for hand washing.
 6. Understand category-specific isolation practices.
 7. Describe proper isolation technique.
- I. Body Mechanics
1. Demonstrate knowledge of good body alignment, balance, and movement.
 2. Demonstrate body movements of flexion, extension, hyperextension, abduction, and adduction.
 3. Identify each bed position, its general uses, and precautions.
 4. Recognize importance of maintaining patient mobility.
 5. Explain need for ROM and understand how to exercise joints.
 6. Explain appropriate technique for turning, moving, lifting, and carrying patient.
- J. Patient Environment & Hygiene
1. Identify environmental factors related to patient comfort.
 2. Identify various methods of bathing.
 3. Identify measures used to provide personal hygiene.
 4. Demonstrate knowledge of bedmaking skills.
 5. Understand basic documentation necessary related to patient hygiene.
 6. Identify devices used in connection with patient elimination.
 7. Identify normal characteristics of urine.
 8. Identify normal characteristics of stool.
 9. Identify normal properties of stool.
 10. Identify various types of enemas and purpose.
- K. Nutrition
1. Explain the food pyramid and the Recommended Dietary Allowances (RDA) in the normal diet.
 2. List the six classes of essential nutrients.
 3. List the functions and food sources of protein, CHO and fats, vitamins, and minerals.

	<u>Hours</u>
	<u>Classroom</u> <u>Lab/Clinical</u>

4. Discuss the nurse's role in diet therapy.
 5. Identify standard hospital diets.
- L. Patient Safety and Facility Safety
1. Summarize safety precautions that can be implemented to reduce falls.

2. List four reasons for applying restraints.
 3. Apply restraints appropriately in compliance with legal constraints.
 4. List steps to be followed in the event of a fire.
 5. List steps to be followed in the event CPR is needed.
 6. Describe special safety precautions necessary when oxygen is being used.
 7. Discuss the role of the nurse in disaster planning.
 8. Fill out an incident report.
- M. Documentation
1. Define terms relating to the nursing process.
 2. List the five steps of the nursing process in the order they are carried out.
 3. Describe each of the five steps of the nursing process and give examples that illustrate each step.
 4. Define terms relating to keeping records.
 5. Discuss five purposes of patient records.
 6. Utilize different types of charting.
 7. Chart according to recommended practices for making entries on patient records.
 8. Explain reasons for approved abbreviations.
 9. List advantages of using military time.
- N. Asepsis
1. Define R/T asepsis.
 2. List conditions needed for growth of microorganisms.
 3. List natural body defenses and how these are weakened.
 4. Discuss the infection process.
 5. Differentiate between medical and surgical asepsis.
 6. Discuss the differences between disinfection and sterilization.
 7. Demonstrate medical and surgical aseptic techniques.
 8. State why infectious diseases are still spread.
 9. Explain how particular isolations aid in infection control.
 10. Demonstrate how to don and discard appropriate apparel for specific isolations, and demonstrate removal of specimen from an isolation room.
11. Incorporate other infection control practices into clinical practice.
- O. Anatomy and Physiology
1. Define anatomy.
 2. Define physiology.
 3. Describe organization of the body from cells to the whole organism.
 4. List ten body systems and give general

	<u>Hours</u>
	<u>Classroom</u> <u>Lab/Clinical</u>

- functions of each.
5. Define metabolism.
 6. Differentiate between intracellular and extracellular fluids.
 7. Identify the main directional terms for the body.
 8. Describe the basic structure of an atom, and recognize symbols of common chemical elements.
 9. Define acid, base, salt, buffer.
 10. List three types of mixtures of solutions.
 11. Explain how numbers on the pH scale indicate acid or base.
 12. Label a diagram of a cell.
 13. Give the function of DNA.
 14. List four methods by which substances leave and enter the cell.
 15. Define cancer.
 16. List six causes of cancer.
 17. Name four groups of tissue and give location of each.
 18. Define endocrine gland and give an example.
 19. Name four types of membranes, giving location and function of each.
 20. Explain difference between malignant and benign tumors.
- P. Nutrition and Diet Therapy
1. Define nutrition.
 2. Document intake and output (I & O) on a medical record.
 3. Identify specific foods allowed or restricted on therapeutic diets.
- Q. Communication
1. Define communication.
 2. List six methods of non-verbal communication.
 3. Describe techniques used to communicate with special needs patients.
 4. Give an oral report on a simulated patient.
- R. Fluid Balance and Common Imbalances
1. List primary functions of body water.
 2. Identify the common ways body fluids are delivered to and from intracellular compartments.
 3. Identify functions of primary organs and their relationship for maintaining homeostasis.
 4. Understand the buffer systems of the body.
 5. Identify common conditions of acid-base imbalances.
 6. Understand the basic principles of electrolytes in the body.
 7. Identify common fluid imbalances and their effect on homeostasis.
 8. Discuss measures to correct and maintain fluid balance.

<u>Hours</u>	
<u>Classroom</u>	<u>Lab/Clinical</u>

- S. Pre-and Post-Operative Care
1. Discuss types of surgery and prioritize them according to their urgency.
 2. List surgical risk factors and their implications to the post-op patient.
 3. State important items to include in pre-op client education.
 4. Describe immediate pre-operative preparation of the patient.
 5. State major post-op complications and prevention/intervention, including pain assessment/management.
 6. Explain how the body reacts to injury and how healing occurs, including pain as an indicator.
 7. Identify patients "at risk" for pressure sores.
 8. Demonstrate dressing changes.
 9. Demonstrate suture and staple removal.
 10. Demonstrate application of a roller bandage.
 11. List common purposes for hot and cold applications.
- T. Grieving Processes
1. Characterize the stages of dying, as described by Elizabeth Kubler-Ross.
 2. List common fears of dying individuals.
 3. Discuss ways to address spiritual needs.
 4. Identify unique physical needs of the dying patient.
 5. Describe nursing responsibilities after the death of a patient.

IV. PHARMACOLOGY

60

Integrated

1. Explain what is meant by drug standards.
2. Identify drug laws passed in this country and their individual purpose.
3. Define the schedules for controlled substances.
4. State several responsibilities in dispensing medications.

Hours
Classroom Lab/Clinical

5. Identify the nurse's role in medical error reporting and adverse drug reaction reporting.
6. Differentiate between classification of drugs and identifying names.
7. Understand terminology in drug actions.
8. Identify two sources of drug information.
9. Prepare drug cards.
10. Identify sources of drugs.
11. Explain how drugs are processed in the body.
12. List variables in drug processing.
13. Define terminology related to unexpected drug responses.

14. Differentiate among various drug forms.
15. Identify various supplies used in preparation of medications.
16. Compare and contrast the three systems of measurements.
17. Identify methods used for calculation of dosage and solve dosage problems.
18. Explain five rights of medication administration, and demonstrate medical administration adhering to the five rights.
19. Describe advantages and disadvantages of routes for drug administration.
20. Demonstrate appropriate technique for administering drugs.
21. Identify routes by which poison may be taken into body.
22. Identify clinical procedures for the patient who has been poisoned.
23. State the indications, major side-effects and nursing responsibilities for drugs used for each body system.
24. Present one drug from any category, and discuss the indications, routes, major side-effects and nursing responsibilities.

MEDICAL SURGICAL NURSING

236

573

V. INTEGUMENTARY SYSTEM

A. Anatomy and Physiology

1. Describe the general structure of skin.
2. List the skin appendages and composition of each.
3. List and define the functions of the skin.
4. Discuss the psychological implications of patients with dermatological problems.
5. Name and define terms associated with the integumentary system.

B. Assessment and Medications

1. Describe the techniques used in assessing the condition of skin.

C. Skin disorders, Infections, Surgery

1. Define pruritus, and identify general nursing measures.
2. List common secretory disorders and treatment.
3. Discuss common infections and infestations of the skin, and list usual management procedures.
4. Using nursing process, discuss the management of skin infestations.

Hours
Classroom Lab/Clinical

5. Discuss systemic diseases with particular dermatologic manifestations.
 6. Differentiate between benign and malignant tumors of the skin.
 7. Identify basic carcinomas of the integumentary system.
 8. Discuss conditions treated by plastic surgery.
 9. Differentiate between types of grafts.
 10. Name various types of skin grafts and differentiate each.
 11. Give examples of cosmetic surgery.
- D. Burns
1. Identify the four major goals in burn treatment.
 2. List critical care measures for the immediate care of burns.
 3. Identify the four classifications of burns.
 4. Assess the extent of surface area burned.
 5. Discuss the physiologic changes after a burn injury.

VI. GENITOURINARY SYSTEM

- A. Anatomy and Physiology
1. Discuss the gross structure and anatomical position of the kidneys.
 2. Identify structures and functions of ureters, bladder and urethra.
 3. Discuss and list the various functions in urine formation.
- B. Assessment, Catheters, Infection
1. Discuss the process of micturition and explain how it is controlled.
 2. Identify the various diagnostic studies of the G.U. system.
 3. List and apply the basic nursing responsibilities associated with each.

<u>Hours</u>	
<u>Classroom</u>	<u>Lab/Clinical</u>

4. List the basic nursing parameters of physical assessment.
 5. Recognize common signs and symptoms of impaired renal function.
 6. Discuss nursing care associated with each problem.
 7. Discuss nursing implications and symptoms of the patient with urinary calculi, and identify methods of preventing their formation.
 8. Identify the nursing responsibilities following various surgeries of the genitourinary tract.
 9. Identify the different types of urinary tract infections.
 10. Identify the signs and symptoms of fluid and electrolyte imbalances as R/T renal diseases.
- C. Renal and Urinary Disorders, Surgery

1. Differentiate between acute and chronic renal failure.
2. Participate in the assessment and nursing care of the patient with renal insufficiency.
3. Explain the purpose of dialysis and differentiate between peritoneal and hemodialysis.
4. Explain nursing care related to various dressings, drains and tubes following surgery of the G.U. system.
5. Discuss the medical, surgical, and nursing management of the patient with conditions of the prostate gland.
6. Demonstrate proper technique when carrying out various urological nursing procedures.
7. Identify the major groups of diuretics used to promote urinary excretion.
8. Discuss the signs and prevention of side-effects in diuretic therapy.
9. Understand the relationship between nutrition and kidney function.

VII. GASTROINTESTINAL SYSTEM

A. Anatomy and Physiology

1. Explain the primary functions of the digestive system.
2. Discuss the component parts of the digestive system and its accessory organs.
3. Chart the course of food through the gastrointestinal system, naming all the anatomical structures.
4. Discuss the basic anatomy of the mouth, pharynx, esophagus, stomach, small intestine and large intestine.
5. Discuss the digestive process throughout the alimentary canal.

<u>Hours</u>	
<u>Classroom</u>	<u>Lab/Clinical</u>

6. List the important steps in the process of digestion in each segment.
7. Explain the basic concepts pertinent to absorption of material from the gastrointestinal tract.
8. Define metabolism.
9. List the caloric values in food and recognize their use in diet planning.
10. Describe the importance of CHO (carbohydrates), fat, protein, minerals and vitamins in the diet.

B. Assessment

1. Define the general characteristics of pain for specific areas of abdominal discomfort.
2. Obtain base information from patient care plan.
3. Obtain reliable data base information for nurse care plan.
4. List patient preparations for common diagnostic examinations and after care for each.
5. Discuss the common types of gastrointestinal

- intubation and the usual indications for each.
6. Carry out satisfactory procedure for insertion of nasogastric tubes.
 7. State the purpose of nasogastric suctioning.
 8. Using nursing process, discuss the management of gastro-and nasogastric tubes.
- C. Upper Gastrointestinal System
1. Provide care for patients with conditions of the mouth that may interfere with ingestion.
 2. Discuss the basic signs and symptoms.
 3. List common management.
 4. Implement appropriate nursing actions for each.
 5. Describe common disorders of the salivary glands and usual management.
 6. List the nursing implications for patients undergoing intermaxillary fixation.
 7. Discuss the most common cancers of the upper G.I. tract and list important nursing concerns for each.
 8. List the basic needs necessary to implement nursing care to patients with cancer of the mouth.
 9. List the nursing responsibilities of patients undergoing radical neck surgery.
 10. Carry out appropriate nursing actions under direction.
 11. List common disorders of the esophagus.
 12. Describe special nursing responsibilities pertinent to each.
 13. Define hiatus hernia, and identify common treatment and nursing responsibilities.
14. Discuss cancer of the esophagus, and identify complete nursing responsibilities.
15. Using nursing process, discuss management of eating disorders.
16. Describe probable causes of each eating disorder listed.
17. Determine the major nursing goal in eating disorders.
- D. Gastric and Duodenal Disorders
1. Define gastritis, and list the common forms of management and nursing responsibilities.
 2. Define peptic ulcer.
 3. Discuss the basic pathophysiology of the disease.
 4. List medication therapy for the patient with peptic ulcers.
 5. List common symptoms.
 6. Complete basic assessment, and recognize "high risk" patients.
 7. List the primary nursing responsibilities.
 8. Recognize the most common complications of

	<u>Hours</u>
	<u>Classroom</u> <u>Lab/Clinical</u>

- peptic ulcer.
- 9. List signs and symptoms of G.I. bleeding.
- 10. Define duodenal ulcer, and discuss usual assessment and nursing care.
- 11. List the important pre-intra and post-op nursing responsibilities for care of patients undergoing surgical treatment for ulcers.
- 12. Define the terms relating to different G.I. procedures.
- 13. Define stress ulcer, and describe its etiology.
- 14. Discuss general consideration of gastric cancer.
- 15. Identify and carry out nursing interventions for patients undergoing gastric surgery.

E. Intestinal Disorders

- 1. Define appendicitis, and list clinical signs and care pertinent to pre and post-operative care.
- 2. List common causes and nursing responsibilities of peritonitis.
- 3. Define hernia and list five specific types.
- 4. Discuss common modes of treatment and nursing care.
- 5. Define Crohn's disease, and differentiate between care in Crohn's and ulcerative colitis.
- 6. List nursing care responsibilities, and carry out care pre and post-operatively, meeting specific needs.
- 7. Define diverticulosis (litis).
- 8. Recognize patient care needs, and carry out appropriate nursing plan of care.

Hours
Classroom Lab/Clinical

- 9. Discuss the incidence of cancer of the colon.
- 10. Recognize specific nursing responsibilities for patients with a colostomy.
- 11. Recognize the importance of wound hygiene, and carry out appropriate care to reduce infection and enhance patient comfort.
- 12. List the types of ostomy equipment necessary for caring for colostomy, and perform necessary procedures to ensure good hygiene.
- 13. Assist in education of patients with a stoma so that they may live as normal a life as possible.
- 14. Define intestinal obstruction, and discuss the implications for nursing care.
- 15. List and discuss three additional conditions resulting in obstruction.
- 16. Define and assist in care of patient with anorectal conditions, including scope examinations, hemorrhoids, abscesses, and pilonidal cysts.
- 17. List the important nursing considerations for a patient undergoing rectal surgery, and assist in planning care and carrying out appropriate measures.

18. Carry out procedures necessary to enhance healing and reduce chances of infection.
- F. Disorders: Liver, Gallbladder, Pancreas
1. Discuss the tests used in diagnosis of liver disease and the nursing management of the patient.
 2. Define jaundice (icterus) and discuss both signs and symptoms.
 3. Define types of cirrhosis of the liver and specific nursing assessment and management.
 4. Recognize various complications of cirrhosis.
 5. Define viral hepatitis, and understand its usual transmission.
 6. Assess patients' needs, and carry out nursing responsibilities for patient with hepatitis.
 7. Define cholecystitis, and carry out appropriate assessment and nursing management.
 8. Discuss different pancreatitis and its management.

VIII. MUSCULOSKELETAL SYSTEM

- A. Anatomy, Physiology, Assessment, Diagnostic Tests
1. Identify and label the bones of the human skeleton.
 2. Locate and label muscles assigned in handout.
 3. Name of two divisions of the skeletal system.
 4. Describe function of bony structures.
 5. Distinguish between major types of joints.
 6. State pertinent observations for the orthopedic patient.
 7. Discuss physiological effects of immobility.
 8. Discuss psychological effects of injury, immobilization, pain, and sudden physical inactivity on the orthopedic patient.
 9. Describe purpose, indications and nursing implications of radiographic tests.
- B. Trauma
1. Differentiate between strains and sprains.
 2. Define dislocation and subluxation.
 3. Describe treatment for sprains and dislocations.
 4. Identify various kinds of fractures.
 5. Explain how a bone heals.
 6. Describe Colle's fracture.
 7. State the signs and symptoms of a fracture.
 8. Explain potential complications related to fractures:
 - a. open reductions
 - b. pelvic fractures
 - c. external fixation
 9. State the purposes of casts.
 10. Discuss management of a person in a cast.

<u>Hours</u>	
<u>Classroom</u>	<u>Lab/Clinical</u>

11. Demonstrate CSM checks (circulation, sensation, and movement).
 12. Define terms: windowing, bivalve, compartment syndrome.
 13. State purpose of ace wraps and TED Hose.
 14. Demonstrate spiral and figure-eight wraps.
 15. State the purposes of tractions.
 16. State four basic principles of maintaining effective traction.
 17. State three classifications of traction.
 18. State three complications related to traction.
 19. Demonstrate use of the following, and be able to teach patients:
 - a. non-weight bearing gait
 - b. partial weight bearing gait
 - c. total-weight bearing gait
 - d. ascending and descending stairs
- C. Inflammatory Diseases
1. Explain the difference between rheumatoid, osteo, and juvenile arthritis.
 2. Discuss use of medications and their side-effects.
 3. Describe gouty arthritis.

<u>Hours</u>	
<u>Classroom</u>	<u>Lab/Clinical</u>

4. Explain the use of the following medications:
 - a. colchicine
 - b. probenecid
 - c. allopurinol
 5. Discuss dietary restrictions for patients with gout.
 6. State the signs and symptoms of systemic lupus erthematosus.
 7. Discuss nursing interventions for inflammatory diseases.
- D. Surgery, Tumors, Infection
1. Discuss the pre-operative care for joint replacement surgery.
 2. Demonstrate placement of abductor pillow and turning patient.
 3. State purpose of CPM.
 4. State purpose of TEDs and pneumatic compression stockings and ace wraps.
 5. Discuss use of low-dose heparin.
 6. Discuss use of low-dose saline.
 7. Define the term osteosarcoma.
 8. Discuss nursing care of patients with infections.
 9. Discuss psychosocial factors related to amputations.
 10. Differentiate between three types of amputations.
 11. Discuss disease conditions that result in amputations.

12. Explain the purpose of applying rigid dressing and elastic wraps.
 13. Explain the phenomenon of phantom pain.
- E. Osteo Conditions
1. Discuss nursing care of a patient with a spinal fracture.
 2. Discuss nursing care of patients who have had a laminectomy or spinal fusion.
 3. Discuss pain relief measures for low back pain.
 4. Differentiate between three spinal curve deformities.
 5. State the signs and symptoms of carpal tunnel syndrome.
 6. Discuss treatment for disorders of the hand.
 7. State the etiology, signs and symptoms, and treatment for listed orders of the feet.
 8. Discuss preventive measures for osteoporosis: diet, exercise, and medications.
 9. State the signs, symptoms, and complications of Pagets' disease.
 10. State the nutritional factors necessary for prevention of rickets and osteomalacia.

	<u>Hours</u>
<u>Classroom</u>	<u>Lab/Clinical</u>

IX. CARDIOVASCULAR SYSTEM

- A. Diagnostic Tests and Blood Transfusions
1. Identify commonly used blood tests and procedures.
 2. List normal values of commonly used blood studies.
 3. Identify the various blood components and how each may be used in replacement therapy
 4. Identify the signs and symptoms of reactions to blood transfusions.
- B. Hematologic Diseases and Lymphatic System
1. Describe various types of anemia, including the treatment and nursing management of each type.
 2. Discuss various types of blood dyscrasias and the nursing management of each.
 3. List and discuss drugs affecting the coagulation of the blood.
 4. Discuss the primary functions of the lymphatic system.
 5. Understand the composition and function of the lymph.
 6. Locate the various lymph nodes and major vessels of the lymphatic system.
 7. Discuss the accessory organs of the lymphatic system and how they relate.
 8. Discuss the nursing management of lymphatic

- disorders, such as Hodgkins Disease and Lymphoma.
- C. Anatomy and Physiology of the Blood
1. Discuss the primary functions of the circulatory system.
 2. Understand the composition of whole blood.
 3. List the important components of blood plasma and describe each.
 4. Differentiate between plasma and serum.
 5. List the cell types composing the formed elements and describe their major functions.
 6. Discuss the importance of platelets.
 7. Understand how blood clots.
 8. Characterize the various blood types.
- D. Diagnostic Studies of the Heart
1. List and explain the diagnostic procedures used in assessing cardiac function.
 2. Discuss patient preparation for diagnostic tests related to the CVS.
 3. List the areas covered during assessment of a cardiac patient.

<u>Hours</u>	
<u>Classroom</u>	<u>Lab/Clinical</u>

4. Name and define terms associated with the CVS.
 5. Discuss the role of the autonomic nervous system in the physiology of the CVS.
- E. Anatomy and Physiology of the Heart
1. Describe the basic anatomy of the cardiovascular system.
 2. Discuss the specific properties of the heart musculature.
 3. Describe and identify the four valves of the heart.
 4. Trace the pathway of the heart beat.
- F. Diseases
1. Discuss the common diseases of the heart and nursing care for each.
 2. Identify and discuss the etiology of congestive heart failure.
 3. Identify the normal parts of an EKG complex.
 4. Define common arrhythmias of the heart.
 5. Identify inflammatory diseases of the heart.
 6. Discuss the types and uses of cardiac pacemakers and the nursing management of a patient with a pacemaker.
 7. Define hypertension and discuss the nursing management of hypertensive patients.
 8. Discuss common diseases of the venous system and the nursing management of each.
 9. Discuss surgical interventions to improve cardiac function.
 10. Discuss the assessment and management of a

patient having cardiac surgery, and describe nursing actions during the pre and post-operative periods.

- G. Anatomy and Physiology Peripheral Vascular System
 - 1. Understand and compare the structures and functions of the major types of blood vessels.
 - 2. Identify and describe the location of the major arteries and veins of the pulmonary and systemic circulation.
- H. Drugs and Nutrition of the CVS
 - 1. Discuss the major actions and effects of drugs used to treat CVS disorders.
 - 2. Discuss important nursing assessments with regard to medications.
 - 3. Identify diet therapy for cardiovascular disorders.

Hours
Classroom Lab/Clinical

X. RESPIRATORY SYSTEM

- A. Structure and Function
 - 1. Discuss general considerations and importance of the respiratory system.
 - 2. List the main structures composing the respiratory system and label a diagram.
 - 3. Describe the purpose of the respiratory system.
- B. Physiology
 - 1. Discuss the basic concepts of the physiology of the respiratory system.
 - 2. Explain the difference between external and internal respirations.
 - 3. Discuss the special diagnostic tests used in assessing respiratory function and nursing responsibilities for each.
 - 4. Discuss the mechanisms that regulate respirations.
 - 5. List the ways in which oxygen and carbon dioxide are transported in the blood.
- C. Diseases and Disorders
 - 1. Define common disease of the chest and lower respiratory tract.
 - 2. Describe the three of six types of pneumonia and discuss nursing interventions for each.
 - 3. Describe pleurisy and discuss its usual medical and nursing management.
 - 4. List common symptoms of lung abscess and nursing management.
 - 5. List three ways to assist a patient with retained pulmonary secretions.

6. Discuss the nurses responsibilities in patient education of a client with a lung abscess.
7. Define chronic obstructive pulmonary disease (COPD).
8. Define asthma, chronic bronchitis, emphysema, and bronchiectasis.
9. List common medical management and related nursing responsibilities of COPD.
10. Differentiate between the medical management of emphysema versus asthma.
11. Define pulmonary embolism, recognize usual clinical signs and symptoms, and discuss nursing measures.
12. Discuss the signs and symptoms, treatment, nursing care and patient education of patients with occupational lung disease.

<u>Hours</u>	
<u>Classroom</u>	<u>Lab/Clinical</u>

13. List three medications used in the treatment of tuberculosis.
14. Define chest tumor; and list clinical manifestations, usual management, and nursing considerations.
15. Recognize the nursing responsibilities in management of the patient with chest trauma.
16. Describe care for the patient with aspiration of foreign body into the lung, listing symptoms, usual treatment, and preventive measures.

D. Assessment

1. Explain the care of the patient before and after diagnostic testing.
2. Explain the purpose of five diagnostic tests.

E. Nursing Intervention and Implications

1. Identify nursing interventions relevant to psychosocial concerns of the patient with altered respiratory function.
2. Identify the signs and symptoms that indicate hypoxia.
3. State five nursing diagnoses for the patient with altered respiratory function.
4. Recognize the nursing implications for patients with chest tubes and mechanical systems of chest drainage.
5. Explain six common disorders of the nose.
6. Explain common disorders of the throat, and discuss pathophysiology and management.
7. Discuss common problems of the upper respiratory tract.
8. Identify four strategies for teaching the patient to decrease the risk of infection.

9. Recognize and discuss the nursing management and education of patients with upper respiratory problems.
10. Recognize major symptoms of respiratory disease, and list nursing implications for each.
11. Discuss the most common treatment modalities used in care of patients with different types of respiratory conditions.
12. Discuss pre and post-op care of patients undergoing chest surgery.
13. Recognize the most important nursing considerations in care for a patient after chest surgery.

	<u>Hours</u>	
<u>Classroom</u>	<u>Lab/Clinical</u>	

XI. NEUROLOGY SYSTEM

A. Anatomy and physiology

1. Recognize the importance of the nervous system as it relates to the other systems of the body.
2. Label a diagram of a neuron.
3. List the types of neurons, and describe their individual functions.
4. Label a diagram of the bones of the skull and lobes of the brain.
5. Discuss the structure of fiber coverings.
6. Discuss the anatomy and physiology of the brain and the spinal cord.
7. List the composition of the central nervous system.
8. List the general function and major structural divisions of the brain.
9. Differentiate between the parasympathetic and sympathetic systems in the autonomic nervous system.
10. Describe the transmission of a nerve impulse.
11. List three functions of the spinal cord.
12. Discuss the basic structural and functional aspects of the eye.
13. Define glaucoma and cataracts.
14. Understand general nursing care for a patient with visual problems.
15. Discuss the basic structure and functions of the ear.
16. Discuss Meniere's disease and nursing management.
17. Differentiate the types of hearing loss.
18. Define otitis media and list common treatment.

B. Assessment of Neurologic Function

1. Describe nursing responsibilities with patients undergoing neurological evaluation.
2. List nursing interventions for care of patients receiving neurological testing.

C. Neurological Dysfunction

1. Carry out basic assessment of a patient complaining

- of acute or chronic headache.
- 2. Discuss and perform pre/post-op care for a neurosurgical patient.
- 3. Recognize the signs of increased intracranial pressure, and describe common treatment.
- 4. Describe and carry out nursing care for an unconscious patient.
- 5. Define aphasia and understand appropriate nursing care.
- 6. Define CVA, and use the nursing process to plan care, including motional, rehabilitative, and long/short term care.

	<u>Hours</u>
	<u>Classroom</u> <u>Lab/Clinical</u>

- 7. Define TIA and list common treatment.
- 8. Prepare an oral presentation describing common neuropathies.
- 9. Discuss immediate and rehabilitative measures of a spinal cord injury.
- 10. List nursing considerations for a patient undergoing spinal surgery.
- 11. Describe the etiology of meningitis and its nursing management.

XII. ENDOCRINE SYSTEM

A. Anatomy and Physiology

- 1. Describe the characteristics of an endocrine gland and contrast it to an exocrine gland.
- 2. Classify hormones in three ways.
- 3. Discuss basic hormone action, with special reference to the hormone-receptor complex and the second messenger.
- 4. Describe the sequence of events that occurs as a peptide and steroid hormones interact with a target cell.
- 5. Locate and name the major endocrine glands.
- 6. Identify the hormones of the pituitary gland and their respective target cells.
- 7. List common disorders of the pituitary gland.

B. Diseases/Disorders, Nursing Management

- 1. Describe the important functions of the thyroid gland and identify its hormones.
- 2. Discuss signs and symptoms of common disorders of the thyroid gland.
- 3. Identify tests of thyroid functions and recognize nursing responsibilities toward patients undergoing such tests.
- 4. Discuss the nursing care of the patient with thyroid conditions.
- 5. Identify the parathyroid hormone and its function.
- 6. Recognize signs and symptoms of common

- disorders of the parathyroid.
- 7. Discuss the nursing care of patients with parathyroid conditions.
- 8. Identify the hormones of the adrenal glands and their functions.
- 9. Describe the signs and symptoms of pheochromocytoma and treatment.
- 10. Discuss the signs and symptoms of common disorders of the adrenal glands.
- 11. Recognize the effects of corticosteroid therapy.

	<u>Hours</u>
	<u>Classroom</u> <u>Lab/Clinical</u>

- 12. Identify menopausal symptoms and treatment.
- 13. Discuss treatment associated with cryptorchidism.
- 14. Identify the function of the pineal gland.
- 15. Demonstrate standard precautions.
- 16. Identify the continuum of HIV symptoms, trace the disease process.
- 17. Discuss measures in prevention of the transmission of AIDS.

C. Care of the Patient with Diabetes Mellitus

- 1. List three types of diabetes.
- 2. Discuss the etiology and occurrence of diabetes.
- 3. Describe the common symptoms of each type of diabetes.
- 4. List usual diagnostic tests and nursing responsibilities associated with each.
- 5. Carry out nursing responsibilities associated with each diagnostic test used in assessment of diabetes.
- 6. Recognize needs and provide care related to usual management of the diabetic patient.
- 7. Recognize role of exercise in daily living for diabetic patient.
- 8. Carry out the nursing procedures of injection of insulin and recognize the importance of the following:
 - a. rotation of sites
 - b. care of equipment
 - c. insulin preparations
- 9. Teach patient the technique for self-administration of insulin.
- 10. List common symptoms of hypoglycemic reaction and recognize them in a clinical setting.
- 11. Identify common oral hypoglycemic agents and their action.
- 12. List common complications of diabetes.
- 13. Define diabetic ketoacidosis and coma.
- 14. List the usual treatment of ketoacidosis and coma, and carry out nursing care to support medical management of each.
- 15. List the long-term complications of diabetes and

- describe the usual management of each.
16. Recognize the special nursing needs of the diabetic patient:
 - a. Provide special foot care and educate patient as to importance of such management.
 - b. Recognize and provide the specific nursing care for diabetic patients undergoing surgical procedures.

Hours
Classroom Lab/Clinical

17. List the goals and responsibilities of the nurse in teaching the new diabetic to manage his/her condition.
18. Provide a basic program of education to aid the patient.

XIII. NUTRITION

40

- A. Basic Nutrition, Vitamins, Minerals, Water
 1. Define nutrition.
 2. List basic food groups and the foods contained in each group.
 3. List the recommended daily requirements of each food group.
 4. List the six essential nutrients necessary to sustain life.
 5. Describe the primary difference between vitamins and minerals.
 6. List and explain the five functions of water.
 7. List the daily requirement of each essential nutrient.
 8. Identify the nutrients in food.
 9. List fat soluble vitamins, and state sources, body function, and deficiency symptoms for each.
 10. List water soluble vitamins, and state sources, body function, and deficiency symptoms for each.
 11. State four major minerals, and state sources, physiological functions, and deficiency symptoms for each.
 12. State two trace minerals, and state sources, physiological functions, and deficiency symptoms for each.
 13. Discuss water as an essential nutrient.
- B. Nutrition and Energy
 1. Define terms commonly used in reference to nutrition.
 2. List the nutrients that supply energy.
 3. Describe how the body converts carbohydrates, fats, and protein into energy for cells.
 4. List the energy values of energy-supplying nutrients.
 5. Calculate the energy value of food.
 6. List and explain the three factors influencing energy needs.

7. Discuss the relationship between diet and energy.
8. Explain weight control in terms of daily energy balance.
9. Calculate individual daily energy needs, and plan a menu for one day that includes essential nutrients for allowed calories.

	<u>Hours</u>
<u>Classroom</u>	<u>Lab/Clinical</u>

C. Life Cycle Nutrition, Therapeutic Diets

1. Describe and explain the increased nutrient and energy need during pregnancy and lactation.
2. Explain the relationship between good nutrition and child development from conception through adolescence.
3. Explain the nutritional needs and eating patterns of children from infancy through adolescence.
4. Describe a nutritious and socially acceptable diet for an adolescent.
5. Describe good nutrition during the changes of the forties.
6. Describe the changes in nutritional needs during the later stages of life.
7. Distinguish therapeutic diets and discuss the purpose of four of them.
8. Describe a sodium-restricted diet and list four foods high in sodium.
9. List foods included in post-surgical clear liquid and soft diets.
10. Explain what is meant by a post-surgical diet protocol.
11. Describe three diabetic food exchanges that you would teach a patient.

D. Parenteral Nutrition, Tube Feeding, Drugs

1. Define total parenteral nutrition.
2. State three nursing considerations for patients receiving total parenteral nutrition.
3. Outline the steps in inserting a nasogastric tube/gastric tube.
4. Identify the primary steps of administering a tube feeding.
5. Discuss two potential problems that may occur with a tube feeding and the suggested solution.
6. Define and explain the use of emetics and antiemetics.
7. List two commonly used antiemetics and their side-effects.
8. List two commonly used drugs and their nutrient interaction.
9. Discuss the use of antiflatulants.

XIV. MATERNAL CHILD NURSING

37

112

A. Anatomy and Physiology - Female Reproductive System

1. Identify the various structures of the female reproductive system.
2. Explain the primary function of each structure and how it relates to reproduction.

Hours
Classroom Lab/Clinical

B. Menstruation and Ovulation

1. Identify physiological changes during adolescence, and explain the interrelated processes of menstruation and ovulation.
2. Explain the process of menstruation, ovulation, and fertilization, identifying appropriate hormones and their functions associated with these processes.
3. Identify the phases of the menstrual cycle.
4. Discuss the nursing interventions for the patient undergoing diagnostic studies related to the reproductive system.
5. Discuss nursing care and patient education for the patient with a reproductive disorder.

C. Anatomy & Physiology

1. Identify the internal and external organs of the male reproductive system.
2. Explain the primary function of each structure and how it relates to reproduction.
3. List functions of testosterone.
4. Define the term "male sterility."

D. Conception and Prenatal Period

1. Describe the process of fertilization and implantation.
2. Describe the growth of ovum and development of fetus.
3. Understand the purpose of the amniotic sac and amniotic fluid.
4. List the functions of the placenta.
5. Identify changes in circulation between mother and fetus.
6. Trace the development of fetus from first to tenth lunar month.
7. Trace the blood flow through fetal circulation.

E. Physiological Changes of Pregnancy

1. Identify the physiologic changes of pregnancy.
2. Discuss how the physiologic changes of pregnancy affect all of the body systems.
3. Differentiate the three classifications of signs and symptoms of pregnancy.
4. Explain both the basic physiological and psychological factors affecting attitudes toward love, sex, and intimate relations during pregnancy.
5. Describe five common antepartal tests, the nursing responsibilities and patient teaching involved in each.

6. Identify normal laboratory values of common prenatal tests.

Hours
Classroom Lab/Clinical

7. Explain the cause of common discomforts of pregnancy and suggested ways to alleviate these discomforts.

F. Intrapartum Period

1. Explain the birth process in terms of presentation, position, and station.
2. Explain how each stage of labor may differ between a primipara and a multipara.
3. Define four stages of labor.
4. Explain the effect of uterine contractions on the cervix.
5. Explain the benefits and risks of fetal monitoring (internal vs external).
6. Describe appropriate nursing care of the intrapartum family.
7. Describe, and discuss the importance of, immediate care of the newborn.
8. Define true labor.
9. Understand the purpose of analgesia and anesthesia in labor/delivery.
10. Name the advantages of using regional rather than general anesthesia.

G. Complications During the Intrapartum Period

1. Differentiate between the following labor terms:
 - a. pre-term
 - b. prolonged
2. Differentiate between the following delivery terms:
 - a. pre-term
 - b. post-term
 - c. precipitous
3. Define the term cesarean section and understand the nursing involved.
4. Understand the fetal complications involved in the birthing process.
5. Describe pre-term labor and its treatment.
6. List the main cause of uterine dysfunction.
7. Differentiate between forceps and vacuum delivery.
8. Identify the signs and symptoms of labor emergencies and the appropriate nursing measures for each.

H. Complications of Pregnancy

1. List the main causes of bleeding during pregnancy.
2. Define the kinds of abortion and their management.
3. Describe supportive care for women experiencing bleeding in pregnancy.
4. Describe the symptoms, prevention and treatment of the more common complications.
5. Understand the dangers of pregnancy-induced hypertension to mother and her baby.

6. Discuss Rh & ABO incompatibilities and associated nursing responsibilities.
7. Describe the nursing management of patient with diabetes, heart disease, and infections.
8. Identify two factors that classify a woman as a high-risk pregnancy in each of the following categories:
 - a. general physical, social, and demographic factors
 - b. past pregnancy complications
 - c. current medical-surgical-psychiatric disorders
9. Describe the signs and symptoms of hypertensive states of pregnancy and associated nursing responsibilities.
10. Describe supportive nursing care for women experiencing bleeding in pregnancy.
- I. Postpartum Period
 1. Identify normal physiological changes in the postpartum period.
 2. Describe taking-in, taking-hold, and letting-go behavior in a new mother.
 3. Describe nursing care and patient teaching needed to promote successful infant feeding.
 4. Understand the complications that may occur in the postpartum.
 5. Identify the mother at risk of developing postpartum infection.
 6. Describe community resources available to support families experiencing fetal death or birth defects.
 7. State measures of self-care for the patient.
- J. Normal Newborn
 1. Describe and understand the nursing care of the neonate in the delivery room.
 2. List normal physical characteristics of the full-term newborn.
 3. Identify normal reflexes found in neonate.
 4. Describe and understand care of newborn in nursery.
 5. List the important considerations that determine nursing intervention immediately after delivery and during neonate period.
- K. Disorders of the Newborn
 1. Describe procedures for administering CPR to infants in an emergency.
 2. Describe the physical and developmental traits of the premature infant.
 3. Describe, and have a basic understanding of, the neonatal intensive care unit.

4. Discuss special nursing care and procedures performed in the neonatal ICU.
 - L. Contraception and Sexually Transmitted Diseases
 1. List major methods of contraception and the advantages and disadvantages of each.
 2. List the different types of birth control and their effectiveness.
- XV. PEDIATRICS - The Child Grows 19 124
- A. The Child and The Family
 1. Recognize at least four historical developments that have affected the care of children.
 2. Identify factors that influence growth and development.
 3. Explain the primary purpose of the family in society.
 4. Name and discuss the two traditional and three non-traditional family structures.
 5. Describe how parents influence the psychological and emotional health of a child.
 - B. The Child and the Nurse
 1. Explain why the nurse who cares for children must understand growth and development.
 2. Explain the family caregivers' role in preparing the child for hospitalization.
 3. State why treatments are performed in a treatment room rather than in the child's room.
 4. Recognize safety measures applicable to children.
 5. Contrast the differences in technique for administering medications between the 9 month and the 18 year old.
 6. Using the West nomogram, calculate the BSA of a child when given height and weight.
 7. Calculate the appropriate dosage for a child if the usual adult dose is given.
 8. List four categories of cultural attitudes that influence planning of care for the child.
 9. Describe therapeutic use of play.
 10. Describe methods of teaching that can be used to prepare the child for surgery.
 11. Discuss fears that children may have about surgery and how the nurse can help relieve them.
 12. Identify physical characteristics that may indicate pain.
 13. Identify and explain the unique characteristics of community-based nursing.
 14. Discuss how child advocacy helps children in community-based health care.

Hours
Classroom Lab/Clinical

15. Identify community settings where children

- are cared for.
- C. The Child in Crisis
1. Discuss different behaviors that may offer the nurse a clue that there may be a problem of addiction in the child's family.
 2. Identify behavioral signs that may indicate physical abuse, physical neglect, sexual abuse, and emotional abuse.
 3. Describe ways that the nurse can help family caregivers of an abused child have more realistic expectations for the child.
 4. Define and explain Munchausen syndrome by proxy.
 5. Discuss ways that family caregiver can plan after school care for latchkey children.
 6. Describe the effects of homelessness on the health care of children.
- D. Child in Crisis - Chronic and Terminal Illness
1. Identify conditions that cause chronic illness.
 2. Discuss concerns that are common to many families of a child with chronic illness.
 3. Develop an understanding of positive and negative responses that well siblings may manifest in response to an ill sibling.
 4. Discuss general guidelines for preparing the family for home care of the child.
 5. Describe the role of anticipatory grief in the grieving process.
 6. Discuss reasons why nurses may have difficulty working effectively with a dying child.
 7. Describe a child's understanding of death at each developmental age.
 8. Identify settings for caring for the dying child and the advantages and disadvantages of each.
- E. Developmental Theories
1. Explain normal physical development.
 2. List and discuss the six stages of psycho-sexual development according to Sigmund Freud.
 3. Describe Erikson's theory of psycho-social development.
 4. Identify and describe the four stages of Piaget's theory of cognitive development.
 5. Name one contribution from each of the following researchers: Arnold Gesell, Carl Jung, Bowlby, Bettelheim, Maslow, Kohlberg.
- F. Newborn Growth and Development
1. State the average weight and length of a newborn.

	<u>Hours</u>
<u>Classroom</u>	<u>Lab/Clinical</u>

2. Recognize the growth and development skills of the newborn.
 3. Describe six normal neonate reflexes.
 4. Identify the nutritional needs of the newborn.
- G. Infant Growth and Development
1. State the ages that the fontanelles normally close.
 2. Discuss infant acquisition of normal developmental milestones.
 3. State the age that the infant becomes aware of him or herself as an individual.
 4. State one useful purpose of games such as "peek-a-boo."
 5. Name the age that fear of strangers usually appears.
 6. Discuss the usual progression of the infant diet.
 7. State at which age immunizations usually begin and the schedule for the immunization program.
 8. Discuss healthy child rearing patterns for the infant's first year.
 9. Discuss parental behaviors that affect psychosocial development of the infant.
 10. Discuss infant safety practices the nurse can teach family caregivers.
- H. Toddler Growth and Development
1. Describe the toddler in the transitional period from infancy into early childhood.
 2. Describe physical growth that occurs during toddlerhood.
 3. Discuss reasons why eating problems frequently appear during this time period.
 4. Discuss why accident prevention is a primary concern when caring for a toddler.
 5. Describe the elements in timing of the beginning of toilet training.
 6. State when complete bowel and bladder control might be achieved.
 7. State at which age a child should be taught tooth brushing, and explain why this is the appropriate age.
 8. Discuss temper tantrums during the toddler age, including causes and suggestions for handling.
 9. Discuss the type of play common in toddlers and toys appropriate for this age group.
- I. Pre-School Growth and Development
1. Describe the growth rate of the preschool child.
 2. Discuss preschool nutritional needs, including daily minimum, appetite variations, and suggested snacks, as well as the effects of TV commercials and other influences.
 3. Outline gross and fine motor development of a preschooler.

Hours
Classroom Lab/Clinical

4. State recommended health maintenance schedule for this age.
 5. Describe health teaching measures for the preschooler concerning prevention of infection.
 6. Discuss social characteristics of the preschooler, and state the ages at which these might occur.
 7. Describe the characteristic language skills in the 3, 4, or 5 year old.
 8. Describe the characteristics of dreams, nightmares, and imaginary playmates.
 9. List six types of play in which preschoolers engage and discuss each.
 10. State the role of discipline for the preschooler, as well as the caregiver's behavior and its effect on the child and on the caregiver.
- J. Adolescent Growth and Development
1. Identify the different rate of physical development between boys and girls in the adolescent stage.
 2. Name the nutrients that are commonly deficient in the diets of adolescents.
 3. Discuss the recommended guidelines for routine health care for the adolescent.
 4. Describe the psycho-social development of the pre-adolescent.
 5. Discuss the developmental characteristics that may contribute to an adolescent's substance abuse.
 6. Discuss the need to conform to peers.
- K. School Age Growth and Development
1. Describe the dramatic changes that occur in the 6-10 year old group.
 2. Discuss the growth patterns of school age girls and boys.
 3. List three factors that contribute to obesity in school age children.
 4. Describe the state of health of the average school age child.
 5. Describe the psycho-social characteristics of the 6- to 7- year old.
 6. Discuss the importance of groups or gangs in the 7- to 8- year old.
- L. Newborn Nursing Care
1. Discuss the causes, treatment, prevention, and infant care for erythroblastosis fetalis.

Hours
Classroom Lab/Clinical

2. Differentiate between cleft lip and cleft palate, including treatment and parental teaching and support.
3. Differentiate between the three types of tracheoesophageal atresia - fistula.
4. Discuss treatment and extent of disability associated with neural tube defects.

5. Discuss surgical treatment for hydrocephalus.
 6. Discuss the five common types of congenital heart defects; distinguish between cyanotic and non-cyanotic defects.
 7. Discuss etiology, treatment and prognosis of the two most common congenital skeletal defects.
 8. Discuss postoperative treatment for GU tract defects.
 9. Describe the effects of pre or post-natal infections in newborn.
 10. Describe dietary treatment for PKU.
- M. Infant Nursing Care
1. List two reasons an infant's illness may be difficult to diagnose.
 2. Discuss the pre and post-op treatment of pyloric stenosis and intussusception.
 3. Explain the serious effects of diarrhea on an infant.
 4. Discuss the diagnosis and treatment of sickle cell trait and anemia.
 5. Discuss parent education for prevention of otitis media.
 6. Describe respiratory illnesses that frequently effect infants and their causative agents.
 7. Describe the effects SIDS has on the infant's family.
 8. Discuss the etiology of UTI in infants.
 9. List four complications of *H. Influenzae* meningitis.
 10. Describe nursing care for infants with skin and mucous membrane conditions.
- N. Toddler Nursing Care
1. List three eye disorders found in the toddler age group.
 2. Describe the symptoms of croup and state the conditions that cause them.
 3. Discuss emergency procedures and treatment for severe respiratory disorders.
 4. Identify the basic defect in cystic fibrosis.
 5. Describe the pulmonary and dietary treatment of cystic fibrosis.
 6. Describe diagnosis, treatment, and prognosis of lead poisoning.
7. Discuss the incidence of burns in small children.
 8. Describe the emergency treatment for minor, moderate, and severe burns.
 9. Explain why hypovolemic shock occurs in the 48 hours after a burn.
 10. Describe the treatment of a child who has swallowed a foreign object.
- O. Nursing Care Preschool

Hours
Classroom Lab/Clinical

1. Differentiate between the child who is deaf and one who is hard of hearing.
 2. Differentiate between rubella and rubeola; length of illness, signs and symptoms, and complications.
 3. Discuss physical characteristics of Reyes' syndrome and its suspected causes.
 4. Discuss the causes of cerebral palsy - prenatal, perinatal, and postnatal.
 5. List the causes of mental retardation.
 6. Name the most common complications of a tonsillectomy and list the signs to observe.
 7. Discuss common blood disorder symptoms, treatment, and prognosis.
 8. Describe acute glomerulonephritis and name its cause.
- P. School Age Nursing Care
1. Discuss characteristics that may be seen in a child with ADHD.
 2. Differentiate symptoms of appendicitis in younger and in older children.
 3. Discuss a teaching plan for an eight year old with IDDM.
 4. Describe scoliosis and identify methods of correction.
 5. Identify the most common form of muscular dystrophy.
 6. Discuss the drug of choice in the treatment of JRA and state its primary purpose.
 7. Describe the treatment for pediculosis.
- Q. Adolescent Nursing Care
1. Discuss the goal of the health care professionals who work with obese adolescents.
 2. Describe infectious mononucleosis.
 3. Identify the group of children at high risk for tuberculosis.
 4. Name the current most common STDs in the United States and two drugs to treat it.
 5. Discuss alcohol abuse and its impact on adolescents.
 6. Discuss factors that may contribute to an adolescent committing suicide, including those factors that are normal developmental crises of adolescence.
 7. List in order the causes of death in 10-19 year olds.

<u>Hours</u>
<u>Classroom</u> <u>Lab/Clinical</u>

XVI. MENTAL HEALTH NURSING

20

- A. History/Legal and Ethical Issues
1. Outline the historical progress of mental health care.
 2. Recognize current issues in the ethical and legal aspects of mental health nursing.
 3. Define terms related to commitment and psychiatric hold.
 4. Specify the standards for psychiatric and mental health nursing established by ANA.
- B. Mental Health Concepts

1. Define key terms.
 2. Describe the mental health continuum.
 3. Define characteristics of people who are mentally healthy and those who are mentally ill.
 4. Describe the parts of the personality according to Freud.
 5. Discuss Erikson's stages of psycho-social development.
 6. List the psycho-social changes at the different stages.
 7. Apply the theory of Maslow's hierarchy of human needs to life span development and the hospitalized patient.
- C. Communication and Interpersonal Skills
1. Recognize basic components of the communication process.
 2. Select three helpful phrases for good communication.
 3. Recognize three phrases that might close off effective communication.
 4. Recognize barriers to communication.
 5. Identify key elements that constitute therapeutic communication.
- D. Mental Health Assessment
1. Recognize major components of the mental status exam.
 2. Indicate the major components of the psycho-social assessment.
 3. Specify the four major components of the nursing process used as a standard in psychiatric nursing.
 4. Recognize major psycho-social diagnoses.
- E. Major Mental Disorders
1. Recognize causes and precipitating events associated with anxiety.
 2. Specify the physiological responses to anxiety.
 3. Suggest nursing interventions that may be effective with an anxious patient.
 4. Specify disorders associated with depression.

	<u>Hours</u>
<u>Classroom</u>	<u>Lab/Clinical</u>

5. Indicate which nursing interventions are commonly used with patients with depression.
6. Select correct definition of bipolar affective illness.
7. Recognize nursing diagnosis related to affective illness.
8. Correctly define psychosis.
9. Recognize three signs and symptoms of psychosis.
10. Select three factors important to consider when making a nursing assessment of a psychotic patient.
11. Recognize nursing interventions that can be used for a patient who is psychotic.

12. Differentiate between delirium and dementia.
 13. Indicate the characteristics of a confused patient.
 14. Select nursing interventions that are helpful for confused patients.
 15. Choose the best way to manage a violent patient.
 16. Recognize the early warning signs of escalating patients.
 17. Recognize the procedure for safely restraining and managing aggressive patients.
 18. Describe the health belief model of noncompliance.
 19. Specify risk factors for noncompliance.
 20. Recognize the best tools nurses can use in dealing with non-compliant patients.
 21. Recognize risk factors for departure from hospital that are against medical advise (AMA).
 22. Recognize the defining characteristics of a competent patient.
 23. Recognize developmental patterns that may predispose the use of manipulation as a need-gratification mechanism in adulthood.
 24. Choose the most effective method for intervening with a manipulative patient.
- F. Psychological Response to Physical Illness
1. Differentiate between normal and abnormal psycho-social responses to acute, terminal, and chronic illness.
 2. State three characteristics of near-death experiences.
 3. Name three behaviors seen in patients in the recovery phase of cardiac illness.
 4. State two common family responses to acute illness of a family member.
 5. Suggest nursing actions useful in care of patients being transferred from ICU/CCU to M/S unit.
 6. Explain the concept of loss within the grief reaction.
 7. Identify the needs of the grieving patient and family.

Hours
Classroom Lab/Clinical

8. Describe techniques in assisting the dying patient to say "good-bye."
- G. Use and Administration of Psychotropic Medication
1. Recognize which medications are antipsychotics, antiolytic, antidepressants, and mood stabilizers.
 2. Recognize the signs and symptoms that may be relieved by each category of psychotropic medications.
 3. Specify the potential side effects associated with the use of psychotrophic medications.
- H. Nursing Care of Patient with an Eating Disorder
1. Specify theories of causation for eating disorders.
 2. Recognize signs and symptoms of anorexia nervosa and bulimia nervosa.

3. Specify manifestations of anorexia nervosa and bulimia nervosa.
 4. Indicate nursing diagnosis appropriate for eating disorders.
 5. Recognize which nursing interventions are appropriate when working with a patient who is anorexic or bulimic.
- I. The Addictive Personality
1. Define key terms.
 2. Name three types of addictions.
 3. Explain the concept of intervention as related to alcoholism.
 4. Describe what is meant by enabling behavior.
 5. Indicate which treatments for alcoholism are currently available.
 6. Choose the correct pharmacological agent for use in alcohol withdrawal.
 7. Recognize the signs and symptoms of abuse/ overdose of, and withdrawal from, amphetamines, cocaine, heroine, stimulants, hallucinogens, cannabis, and deliriants.
 8. Describe two disorders associated with alcoholism and two diseases associated with drug addictions.
 9. Discuss why nurses are at an increased risk to develop chemical dependency.
- J. Community Mental Health
1. Identify five mental challenges of the older adult.
 2. Identify some possible reasons for homelessness.
 3. Identify nursing care for people who are homeless.
 4. Differentiate among different kinds of abuse.
 5. Identify characteristics of an abuser.
 6. Identify nursing care to help survivors of abuse.

XVII. GERIATRIC NURSING

- A. Gerontology care
1. Define and explain the aging process.
 2. List common problems of the elderly.
 3. Describe psychosocial changes and needs of the elderly.
 4. Describe the physiological aspects of aging in relation to the body systems.
 5. Describe nursing responsibilities of the hospitalized elderly patient.
 6. Identify the legal/ethical implications of advanced directives and informed consent for the elderly.
 7. Describe alternate living arrangements.
 8. Describe the rehabilitation process of the elderly.
 9. Describe the legal definition of elder abuse and the role of the LVN in reporting it.

<u>Hours</u>	
<u>Classroom</u>	<u>Lab/Clinical</u>
13	144

10. Define the guiding principles of the restraint-free environment and patient safety.
11. Describe differences in drug metabolism for older adults and common drug interactions.
12. Identify the psycho-social characteristics of the well elder.
13. Identify community support services that are available to the older client.

XVIII. LEADERSHIP

12

15

A. Communication

1. Describe various techniques of communication.
2. Discuss interpersonal relationships on the nursing unit.
3. List important information to be given and received in change of shift report.
4. Receive and simulate a taped report.
5. Describe critical aspects of transcribing doctors' orders.
6. Transcribe written physicians' orders.
7. Accurately receive, transcribe, and read back a verbal or telephone order.
8. Explain the process and importance of quality improvement activities.

B. Legal Aspects related to VN

1. List four functions of the Board of Vocational Nurse and Psychiatric Technicians (BVNPT).
2. Describe the composition and role of the BVNPT board.
3. State the qualifications and renewal process for vocational nurse licensure.

Hours

Classroom Lab/Clinical

4. Identify the continuing education requirement for an LVN.
5. Identify sources of continuing education for the practicing LVN.
6. List five reasons for the BVNPT to take disciplinary action.
7. Identify reporting responsibility for children, physically dependent adults, elder abuse, and domestic violence.
8. Identify the nurse's role in medical error reporting and adverse drug reaction reporting.

C. Preparation for Licensure

1. Describe the procedure for licensure application.
2. Identify phases of the NCLEX-PN test plan.
3. Identify strategies for test taking.

D. Career Opportunities

1. List five potential employment settings.
2. Develop a career portfolio that includes the following:
 - a. letter of introduction

- b. resume
- c. job application
- d. work samples
- e. writing samples
- f. community service project
- 3. Discuss career opportunities for the LVN.
- 4. Describe protocols for job interviews.
- 5. Practice interviewing techniques.
- 6. Describe procedures for resigning from a position.
- 7. Demonstrate basic computer literacy.
- E. Professionalism
 - 1. Identify a professional nursing organization.
 - 2. Describe ways to enhance career mobility.
 - 3. Explain the importance of further education.
- F. Team Leading and Supervision
 - 1. Define leadership and leadership styles.
 - 2. Identify qualities of a successful leader.
 - 3. Discuss the reasons for prioritizing staff assignments.
 - 4. Understand the difference between management and supervision.
 - 5. List elements of supervision.
 - 6. Identify priorities in organizing patient care.
 - 7. Define time management.
 - 8. Describe the relationship between the nursing process and the critical thinking process.
 - 9. Identify the elements of critical thinking and problem solving.
- G. Workplace Dynamics
 - 1. Discuss sexual harassment in the workplace.

	<u>Hours</u>	
	<u>Classroom</u>	<u>Lab/Clinical</u>

- 2. Identify appropriate action in cases of sexual harassment.
- 3. Demonstrate conflict management strategies.
- 4. Identify stress-related symptoms and management.
- 5. Discuss types of coping skills and coping techniques.

TOTAL HOURS

576

954