Hazleton Area Career Center

**Practical Nursing Program**

**COURSE TITLE: CARE OF ADULT PATIENT I**

**PLACEMENT: LEVEL I**

**TOTAL HOURS: 30 HOURS**

**Course Description:** This course is an introduction to basic nursing care of adult medical and surgical patients with simple or short term nursing needs

including basic care of the elderly, as well as pain management, introduction to pharmacology, and psychological disorders.

**Methods of Instruction:** To implement the program, the instructor will utilize the following methods of instruction:

1. Lecture and Discussion

2. Visual Aids/PowerPoint Presentations

3. Use of Whiteboard/ Smartboard

4. Assignment of related readings and discussion of readings

5. Student Computer Lab

**Methods of Evaluation:** 1. Class participation

2. Written assignments

3. Examinations - satisfactory achievement on all examinations (83%)

4. Achievement of course objectives

5. Student evaluation of course

6. ATI Assessment Test (Mental Health)

**Texts:**

Anderson; Caring for Older Adults Holistically, F.A. Davis, 6th Edition, 2016

Gulanik; Nursing Care Plans, 9th Edition, Mosby, 2017

Myers; LPN Notes, Clinical Pocket Guide, F.A. Davis, 4th Edition, 2016

Taber; Tabers Cyclopedic Medical Dictionary, F.A. Davis, 22st Edition, 2013

Linton: Introduction to Medical Surgical Nursing,Elsevier, 7th Edition,2020

**Linton: Medical Surgical Nursing,Elsevier,7th Edition 2020 Study Guide**

**References:**

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Williams; Understanding Medical-Surgical Nursing, F.A. Davis, 5th Edition, 2014

Keltner.; Psychiatric Nursing, 7th Edition, Elsevier, 2015

Townsend.; PsychiatricNursing Assessment, F. A. Davis, 9th Edition,2015

Internet Access

**Objectives:**

At the completion of this course, the student practical nurse will:

1. Utilize the nursing process effectively in caring for patients with various disorders.

2. Discuss the physiological and psychological aspects of patient care.

3. List problems resulting from fluid and electrolyte imbalance.

4. Discuss nursing interventions in treating homeostatic imbalance.

5. Describe nursing interventions in caring for pre/post operative patient in the clinical area.

6. Identify pain and pain management.

7. Describe appropriate nursing measures in pain management in the clinical area.

8. Discuss pharmacological drugs used for pain management

9. Discuss the various factors that relate to the aging process.

10. Describe safety measures while caring for the elderly patient.

11. Discuss principles of pharmacology

12. List types of mental disorders and their manifestations.

13. Discuss nursing interventions when caring for patients with mental disorders.

14. Discuss the psychotrophic drugs used for patients with mental disorders

**Units of Instruction:**

Class Hours

Week 1 & 2 **Unit I** - Psychologic Aspects of Patient Care 5

Part I - Personality Structure

Part II - Mental Illness

Part III – Psychopharmacology

Examination (Unit I)

Week 3: **Unit II** - Problems Resulting from Interruption of Homeostasis 4

Part I - Fluid and Electrolyte Imbalance

Part II - Body's Response to Shock

Examination (Unit II)

Week 4: **Unit III** - Patient With Pain 5

Part I - Assessment

Part II - Nursing Intervention in Pain Management and Relief

Examination (Unit III)

Weeks 5 & 6: **Unit IV** - Pre/Post Operative Care 2

Part I - Medical Surgical Asepsis 4

Part II - Surgical Experience

Part III - Anesthesia/Recovery

Part IV - Post Operative Complications

Examination (Unit IV)

Weeks 7 & 8: **Unit V** - The Geriatric Patient 6

Part I - Biopsychosocial and Economic Factors

Part II - Physiology of Aging

Examination (Unit V)

Week 9: **Unit VI** - Introduction to Pharmacology 2

Week 10: Review and Examination (Unit VI) 2

**Total Hours**  **30**

**LEVEL I - 17 Weeks – 515 HOURS**

**THEORY CLINICAL**

**HOURS EXPERIENCE**

Care of Adult Patient I

(including Geriatrics) 30 245

Body Structure & Function 85

Personal Vocational Relationship 25

Community Health 20

Nursing Fundamentals I

(includes Laboratory hours) 110

270 hours 245 hours

Clinical Experience:

Medical-Surgical

Geriatrics

1 week – Rehabilitation

1 week – Respiratory

**Course Outline**

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| **Care of Adult Patient I - 30 Hours** |
| **Unit Objectives Content Teacher Activity Student Activity** |

**Unit I**

1. Discuss Maslow's concept Psychologic Aspects of Patient Assign Chapter 4,(61,62)

of human needs. and 7 Student will:

Lecture and Discussion 1. Discuss normal

2. Discuss personality A. Personality structure and Assign workbook personality develop-

development according to development. Assign process recording ment and its

Havighurst and Erikson. B. Defense Mechanisms Assign Observation importance in

3. Discuss relationship C. Development of Emotional Give exam preventing any

between physical and Problems abnormal personality

psychological illness. 1. Types of Mental Illnesses disorder.

4. List types of psychologic 2. Personality Disorders 2. List the types of

disorders. D. Psychophysiologic Reactions mental illness and

5. Describe psychopharmacology. E. Substance Abuse personality disorders.

F. Therapeutic Nursing Interventions 3. Discuss the

G. Psychopharmacology therapeutic nursing

H. Nursing Process interventions and **drugs**

used to treat patients with psychologic problems

4. Complete a process

recording

5. Complete a section in

workbook

6. Complete an observation of

I individuals in a select location

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| **Care of Adult Patient I - 30 hours** |
| **Unit Objectives Content Teacher Activity Student Activity** |

**Unit II**

1. Identify the problems Problems resulting from Assign Chapter 6 Student will:

associated with fluid and interruption of Homeostasis Lecture and Discussion 1. Discuss the many

electrolyte imbalances. A. Nursing the patient with Assign groups for discussion problems that result

2. Discuss nursing interventions  fluid and electrolyte Assign workbook from an imbalance in

in maintaining homeostasis. imbalances. Assign a patient with a fluid homeostasis.

3. Differentiate between types 1. Nature of body fluid and electrolyte imbalance 2. List therapeutic

of shock. 2. Fluid and electrolyte Give exam measures utilized in

4. Outline the body's response exchange caring for a patient

to shock. 3. Fluid and electrolyte with fluid and electro-

imbalances lyte imbalance.

4. Shock **Assign Ch. 9** 3. Complete section in

a. Types **Lecture and discussion** workbook.

b. Body response to **Assign Workbook** 4. In clinical area,

shock **Assign groups for** safely and effectively

c. Clinical manifestations **discussion** care for a patient with

d. Nursing intervention **Give exam a disturbance in**

**hemostasis**

Student will take

exam and achieve a

passing grade of 83% or above.

Student will:

1.Discuss the many types of

shock signs and symptoms, an

and featues of each type of

shock.

2. Explain first aid emergency

treatment of shock

3. Complete section in work-

book.

4. In clinical area identify

nursing interventions and

develop care plans for patients

in each type of shock

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| **Care of Adult Patient I – 30 hours** |
| **Unit Objectives Content Teacher Activity Student Activity** |

**Unit III**

1. Discuss the nature of pain. The Patient with Pain Assign Chapter 18 Student will:

2. Describe the types of pain A. Nature of Pain Lecture and Discussion 1. Explain the various

assessment B. Types of Pain Assign related readings pain theories

3. Identify the components of C. Assessment of Pain Assign a patient who needs 2. Discuss the procedure(s)

pain assessment D. Nursing Intervention pain management in the in pain management

4. Discuss the measures in pain management and clinical area 3. Complete section in

appropriate for the nurse to relief Assign Workbook workbook

utilize in pain management Give exam 4. Utilize appropriate

and relief measures in pain

management and relief

patient with pain in

the clinical area

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| **Care of Adult Patient I - 30 hours** |
| **Unit Objectives Content Teacher Activity Student Activity** |

**Unit IV.**

1. Pre-operative Pre and Post Operative Care Lecture Chapter 17 and

discussion Student will:

preparation of patient A. Informed Consent Assign related readings 1. Discuss the

2. Discuss intra-operative B. Pre-operative checklist Assign a surgical patient importance of pre and

care C. Pre-operative teaching in the clinical area post operative care in

3. Discuss nursing inter- D. Skin Preparation VCR tapes: order to prevent

ventions in caring for the E. Surgical asepsis/ "Basic Clinical complications

post-op patient (include Sterilization Skills: Pre and Postop 2. Discuss medical

anesthesia, post-op F. Operative Team Care" and surgical asepsis.

discomfort, and/or G. Types of Anesthesia "Post Anesthesia 3. Identify at least five

complications. H. Postanesthesia Care Nursing Guidelines (5) post-operative

4. Explain post-operative (Recovery Room) for Care" discomforts

assessment and I. Post-operative Care Give exam 4. Discuss post-

intervention J. Post-operative operative

5. List post-operative Complications 5. Complete section in

complications K.Nursing Process Lecture Ch. 18 workbook

and discussion 6. Effectively and safely

Assign related care for a surgical

readings patient in the clinical area

Lab skills on care Student will:

of an ostomy 1. Discuss indicatiors, nursing actions and interventions

Give exam to prepare the patinet for

ostomy surgery

2. Discuss content to be

included in teaching

patients to accept a life with an ostomy

3. Develop a nursing careplan

for a patient with a fecal

amd urinary diversion

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| **Care of Adult Patient I - 30 hours** |
| **Obectives Content Teacher Activity Student Activity** |

**Unit V.**

1. Define terms associated Nursing the Geriatric Patient Lecture Chapter 10 and

Discussion Student will:

with the geriatric A. Terminology Old Age Simulation 1. Effectively

patient. B. Bio-psychological Factors VCR tapes: communicate

2. Discuss bio-psycho- C. Physiology of Aging Elderly Series #1 with the elderly

social factors in the D. Nursing the Elderly Understanding physical patient.

aging process and emotional needs 2. Assist and /or

3. Discuss the physiological of Elderly participate in the total

factors that relate to aging Series #2 care of the patient

4. Discuss care of the Managing Health recognizing the

hospitalized elderly Functions physical, psycho-

patient. Series #3 social and economic

Meeting Special changes that accompany

Needs of Elderly aging

Series #4 3. Meet the special

Developing needs of the elderly

Advanced patient.

“Natural Process 4. Discuss their

Of Aging-Medication observation of the Use by the Elderly” elderly patient “Blood Borne Pathogens” (Long Term Care)

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| **Care of Adult Patient I - 30 hours** |
| **Unit Objectives Content Teacher Activity Student Activity** |

**Unit VI.** Handouts

1. Define pharmacology Basic Pharmacology Lecture and Discussion Student will:

2. Describe the purpose of A. Principles of Pharmacology Give Exam 1. Define pharma-

drug legislation B. Definitions cology

3. Identify the forms of C. Drug Names and Standards 2. Discuss the

medication D. Principles of Drug Action importance of drug

4. Describe basic principles and Interaction legislation

involved in drug action 3. Write the exam and

and interaction successfully achieve a

passing grade of 83% or above

**Hazleton Area Career Center**

**Practical Nursing Program**

**Bibliography**

N. Falsafi. **A Randomized Controlled Trial of Mindfulness Versus Yoga: Effects on Depression and/or Anxiety in College Students,***Journal of American Psychiatric Nurses Association,* August 2016.

R. Madathil, N. Heck, D. Schuldberg,**Burnout in Psychiatric Nursing: Examining the Interplay of Autonomy, Leadership Style, and Depressive Symptoms,***Journal of Psychiatric Nursing***,** 07 February 2014.

S.A. Karakas,**The effect of internalized stigma on the self-esteem in patients with schizophrenia**. *Archives of Psychiatric Nursing*,30

November 2016.

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