

**UNIVERSITY OF PUERTO RICO
MAYAGÜEZ CAMPUS
COLLEGE OF ARTS AND SCIENCES
DEPARTMENT OF NURSING**

COURSE SYLLABUS

COURSE TITLE : **INTRODUCTION TO CLINICAL NURSING I**

COURSE NUMBER : ENFE 3021

CREDIT-HOURS : Four credits hours. Two hours of lectures per week. Six hour of clinical laboratory per week.

PRE/CO-REQUISITES : Pre-requisite: **ENFE 3005, CIBI 3002, PSIC 3002**
Co-requisite: **ENFE 3015, BIOL 3715, BIOL 3716**

COURSE DESCRIPTION:

Fundamental concepts, knowledge and skills necessary for the practice of nursing in any clinical area.

COURSE OUTCOMES:

- a. Explains how knowledge and skills from nursing sciences and other disciplines (General System Theory, Nursing Theories, High Level Wellness and others) provide guide to the practice of nursing
- b. Describe nursing as a system interacting with other systems to promote and maintain health, prevent illness, restore high level of wellness or care for the client system at the end of life.
- c. Envelop the importance of professional nursing roles and functions in the practice of nursing
- d. Use skills of inquiry, analysis and research literacy to address individualize care and practice issues
- e. Apply the nursing process to fulfill the basic needs of the client system along the health illness continuum, promoting, and maintaining health, preventing and managing illnesses, promoting rehabilitation and providing end of life care.
- f. Employ interpersonal relationship knowledge and skills in the implementation of the nursing process while providing care to the client system
- g. Integrate values, legal, ethical principles in the ministering of care to the client system

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COURSE OUTLINE AND TIME DISTRIBUTION:

CONTENT	HOURS
<p>COURSE INTRODUCTION</p>	<p>2 hrs.</p>
<p>UNIT I: OVERVIEW: THEORETICAL FOUNDATIONS OF THE PROFESSIONAL NURSING ROLE</p> <ul style="list-style-type: none"> A. Overview of General System Theory, Nursing Theories and High Level of Wellness <ul style="list-style-type: none"> 1. General System Theory <ul style="list-style-type: none"> a. The human being as a client system b. Health care agencies as a system c. The professional nurse system B. Overview of the Theoretical Foundations of Nursing Practice <ul style="list-style-type: none"> 1. Nursing theories, models and nursing practice 2. Overview high level of wellness Dunn's model 3. Overview Maslow's hierarchy of basic needs 	<p>4 hrs.</p>
<p>UNIT II: THE HUMAN AS A CLIENT SYSTEM</p> <ul style="list-style-type: none"> A. Health-Illness Continuum <ul style="list-style-type: none"> 1. Factors influencing individual health perception. 2. The Concept of Homeostasis 3. Stress and Adaptation 4. Health Promotion and Maintenance 5. Prevention of illness 6. Health restoration <ul style="list-style-type: none"> a. Rehabilitation process 7. End of life care <ul style="list-style-type: none"> b. Shrouding 	<p>8 hrs.</p>
<p>UNIT III: PROFESSIONAL NURSE SYSTEM</p> <ul style="list-style-type: none"> A. Professional nursing roles B. Professional judgment <ul style="list-style-type: none"> 1. Values, legal & ethical principles 2. Critical thinking C. Nursing process <ul style="list-style-type: none"> 1. Historical background 2. Assessment <ul style="list-style-type: none"> a. Data gathering <ul style="list-style-type: none"> 1. Health history 2. Assessing health <ul style="list-style-type: none"> a. Vital signs b. Physical assessment <ul style="list-style-type: none"> 1. Inspection 2. Auscultation 3. Palpation 4. Percussion 3. Laboratory and diagnostic tests 4. Review of literature 3. Nursing diagnosis (NANDA) 4. Planning 5. Implementation 6. Evaluation 	<p>34 hrs.</p>

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CONTENT	HOURS
<ul style="list-style-type: none"> 7. Documenting and charting <ul style="list-style-type: none"> a. Purposes of the client record b. Ethical and legal considerations c. Documentation and charting systems <ul style="list-style-type: none"> 1. Traditional 2. Electronic d. Types of documentation <ul style="list-style-type: none"> 1. Admission 2. Transfer 3. Discharge 	
<p>UNIT IV: PROFESSIONAL NURSE, THE CLIENT AND THE SOCIAL SYSTEM</p> <ul style="list-style-type: none"> A. Definition of environment and ecology B. Territoriality C. Safe and therapeutic environments D. National Patient Safety Goals 2016 E. Physical restraints D. Bacteriologic safety <ul style="list-style-type: none"> 1. Hand washing 2. Applying and removing personal protective equipment 3. Isolation practices 4. Sterile techniques 5. Methods of disinfection and sterilization 6. Hygiene <ul style="list-style-type: none"> a. Oral care b. Hair care c. Specialized sense organs: eyes, ears and nose d. Bathing e. Perineal care f. Nail and foot care g. Back massage h. Care of mustache and beard <ul style="list-style-type: none"> 1. Shaving 2. Bed making 	19 hrs.
<p>UNIT V: PROVIDING FOR THE CLIENT SYSTEM'S BASIC NEEDS</p> <ul style="list-style-type: none"> A. Biomechanics <ul style="list-style-type: none"> 1. Applying of biomechanical principles to specific nursing procedures <ul style="list-style-type: none"> a. Helping clients to ambulate b. Using ambulatory assistive devices c. Helping clients falling d. Moving helpless clients in bed e. Transfer of helpless client from bed to stretcher. f. Assisting client to sit on side of bed: To “dangle”. g. Mechanical client lifts. h. Transfer of helpless client from bed to chair or wheelchair 2. Minimizing the hazard of immobility <ul style="list-style-type: none"> a. Response of the body to bed rest and immobility 3. Skin care <ul style="list-style-type: none"> a. Pressure ulcer b. Banding 4. Application of heat and cold 	9 hrs.

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CONTENT	HOURS
UNIT VI: PROMOTING PHYSIOLOGICAL, PSYCHOSOCIAL AND SPIRITUAL HEALTH A. Self-concept and body image B. Components of the sensory experience C. Factors affecting sensory functions D. Nursing the clients with sensory alterations <ol style="list-style-type: none"> 1. Overload 2. Deprivation E. Spiritual nursing care	4 hrs

INSTRUCTIONAL STRATEGIES:

- ✓ Lecture, demonstrations, simulated lab practice, discussion of hypothetical cases, audiovisual aids, CAI, guest speakers, fieldtrips, pre and post conferences, modules, study guides and others.

CAMPUS RESOURCES:

- ✓ General Library
- ✓ Nursing Computer Center
- ✓ Nursing Simulated Lab
- ✓ University Counseling Office
- ✓ University Student Center

GRADING SYSTEM:

Grades will be awarded as follows:

A	Excellent	100% - 90%	4.0 - 3.01
B	Good	89% - 80%	3.0 - 2.01
C	Satisfactory	79% - 70%	2.0 - 1.01
D	Deficient	69% - 60%	1.0 - .99
F	Failure	59% - 0%	< .99
W	Authorized withdrawal		

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- Mosby's dictionary of medicine. Nursing and health professions* (2016).(10th ed.). St. Louis, Missouri: Elsevier/Mosby/Saunders.
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