

PNUR 151: NURSING ARTS 1 - (180 hours)

COURSE DESCRIPTION

This practical course emphasizes the development of basic nursing skills that support health promotion. The student will learn and practice nursing assessment skills, and nursing interventions aimed at the promotion of independence, activity, comfort and basic personal care. Classroom and laboratory experiences will help students integrate theory from other courses to provide organized, safe and caring nursing interventions.

LEARNING OUTCOME

Upon completion of the course, the learner will be able to:

1. Use the nursing process in supporting and assisting clients
2. Use effective interpersonal communication skills at a beginning level when interacting with clients, the healthcare team, peers and instructors
3. Holistically assess clients at a beginning level
4. Apply principles of asepsis and body mechanics in varied contexts to provide safe, organized personal care
5. Safely and competently perform nursing skills
6. Function as a beginning self-reflective, responsible and accountable practitioner
7. Safely and competently supervise and/or administer medications to clients
8. Function in a calm and professional manner in anxiety-related or stressful situations

CONTENT

Organization and Nursing Process

- ⇒ Discuss and demonstrate organization skills as part of caring and safety
- ⇒ Discuss the nursing process as a supportive approach to assisting a client
- ⇒ Practice clear, appropriate documentation at each step of the nursing process

Interpersonal Communication and Nurse-Client Relationship

The basic premise of the nurse-client relationship is that it is therapeutic and based on the needs of the client.

- ⇒ Practice interpersonal communication skills by obtaining permission, explaining care being provided and maintaining social conversation

Assessment of Adults

- ⇒ Practice the conversion of volume, mass and linear measurement from the imperial system to the metric system

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- ⇒ Convert temperature from Fahrenheit to Centigrade readings
- ⇒ Recognize time according to a twenty-four hour system
- ⇒ Discuss the underlying theory related to TPR and B/P
- ⇒ Understand the importance of knowing normal status for a particular client
- ⇒ Gather accurate data as requested by other health care professionals including temperature, pulse, respiration, blood pressure, height and weight
- ⇒ Apply skills learned in metric conversion
- ⇒ Report and record these findings accurately

Medical Asepsis

- ⇒ understanding the meaning of medical asepsis and its practice
- ⇒ exploring the meaning of cleanliness from personal experience
- ⇒ practicing essential steps in handwashing as part of caring and safety
- ⇒ understanding and practicing universal precautions as a critical element in client care

Principles of Safety, Asepsis and Body Mechanics Related to Personal Care

- ⇒ Understand and apply the principles and practices of body mechanics
- ⇒ Explore own body movements and assess personal risk factors for injury
- ⇒ Apply principles of body mechanics when making an unoccupied and occupied bed
- ⇒ Apply principles of safety and body mechanics when transferring clients, lifting clients, moving or positioning clients
- ⇒ Apply principles of safety and client comfort when assisting with showers, bathing, grooming, toileting, and care of the hair, teeth, and nails
- ⇒ Explore ethical and personal issues such as privacy, respect, mutuality and promotion of independence
- ⇒ Use a caring, organized, safe approach
- ⇒ Understand and apply theory and skills when utilizing a mechanical tub
- ⇒ Practice methods of providing oral hygiene, dental and denture care
- ⇒ Adapt personal care skills to different situations
- ⇒ Use self-evaluation and reflection to assess and improve performance

Perform Nursing Skills

- ⇒ Explore issues of autonomy, self-esteem, powerlessness and control and how they relate to mobility
- ⇒ Explore interventions that support individuals who are elderly and/or have diverse abilities
- ⇒ Practice cane walking, use of a walker/wheelchair
- ⇒ Observe and handle prostheses such as leg braces, limbs, glasses, hearing aides
- ⇒ Understand the importance of skin care, foot care and the prevention of skin breakdown
- ⇒ Examine approaches and aides that improve circulation, decrease pressure and provide safety and comfort for the client
- ⇒ Discuss the needs of clients who require assistance with elimination

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- ⇒ Practice strategies for facilitating and maintaining elimination using appropriate equipment
- ⇒ Apply the concepts of medical asepsis, time management, organization, autonomy, safety, comfort and privacy when assisting with elimination
- ⇒ Discuss the nutritional needs of elderly clients
- ⇒ Consider factors that affect appetite and nutrition
- ⇒ Understand the importance of safety and comfort at meal times especially for the frail elderly client
- ⇒ Explore and practice strategies for facilitating eating and swallowing with elderly clients
- ⇒ Demonstrate accurate reporting and recording of oral intake

Self-Reflective, Responsible and Accountable Practice

- ⇒ Become familiar with the setting, be punctual and prepared
- ⇒ Explore own learning needs
- ⇒ Demonstrate accurate reporting, recording and problem-solving
- ⇒ Understand own legal and ethical responsibilities
- ⇒ Explore ways to evaluate own practice
- ⇒ Practice useful self-reflection and evaluation
- ⇒ Identify areas of strength and areas that need further practice or refinement

Medication Administration

An understanding of basic Pharmacology when assisting and/or administering medication to clients in all settings requires the student to have background knowledge provided in Healing I and supervised practice in the laboratory setting.

Maintain a calm and Professional Manner

- ⇒ Demonstrate a calm and relaxed demeanour when being observed in the laboratory or clinical situation. As students are learning new skills, they need to be open to being observed and evaluated by their instructors as they practice in the lab and in a more formal way during the case study evaluation
- ⇒ The ability to perform competently while under the pressure of being observed is fundamental to the successful completion of Nursing Arts 1

OVERVIEW: EVALUATION STRATEGIES

Evaluation Criteria	Grade Value	Completion Date
1. Exam #1 Exam #2	40% 50%	Class 14 Class 28
2. Case Study	C/NC	Classes 30, 31 & 32
3. Self-Reflection	10%	Classes 30, 31 & 32

1. Exam #1 and 2

Each exam will take approximately 1.5 hours to write. Exam #1 will cover content from Classes 1 – 13. Exam #2 will cover content from Classes 14 – 27. They will include all learning from the Term I course and the questions will be in a variety of formats including: multiple choice, fill in the blank, matching, true/false and short answer.

2. Case Study Evaluations

There will be four or five teacher-written Case Studies from which you will randomly choose one to perform. A mock/practice case study will be handed out to the students one class in advance of the evaluations so students have time to prepare. The case studies will contain at least four concepts that you have learned in Nursing Arts I. You will have 15 minutes to read, collect supplies, set up and prepare for your case study before starting. You will have a maximum of 45 minutes to complete your case study. You will receive written and verbal feedback from your instructor.

Criteria will include:

- a) Safety
 - consider environment, client, personal and equipment
- b) Technical Skills
 - holistic approach to performing skills
- c) Organization
 - time management and priorities
 - preparation and implementation
 - goal setting
- d) Assessment
 - holistic approach - 6 dimension of health
- e) Interpersonal Skills (verbal and non-verbal)
 - client

3. Self-Reflection

You will provide reflective comments on your instructor's evaluation of you. This will be done immediately following your evaluation.

COURSE OUTLINE

CLASS	DAY	OUTLINE
Class 1	Tuesday	Introduction to Nursing Arts, Evaluation Portfolio Introduction to Lab, Scavenger Hunt
Class 2	Friday	Creating a Safe Learning Environment Self-Direction and Organization
Class 3	Friday	WHMIS
Class 4	Monday	Asepsis and Handwashing
Class 5	Friday	Metric Measurement Self-Directed Activities
Class 6	Friday	Bedmaking – Lab Practice
Class 7	Monday	Body Mechanics Community Visit
Class 8	Friday	Community Visit Sharing Body Mechanics & Practice in Time Management, Asepsis & Bedmaking
Class 9	Friday	Standard Precautions & Lab Practice
Class 10	Monday	Nursing Process
Class 11	Friday	Adult Personal Care Theory
Class 12	Friday	Assisting with Personal Care of an Adult – Practice
Class 13	Monday	Assessment of Adults (B.P., T.P.R., Ht. and Wt.)
Class 14	Friday	Exam #1
Class 15	Friday	Vital Signs & Assessment Review
Class 16	Monday	Assisting with Eating

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CLASS	DAY	OUTLINE
Class 17	Friday	Assessment - Infants and Children
Class 18	Friday	Personal Care Skills - Infants and Children – Lab Practice
Class 19	Monday	Blood-Pressure Clinic
Class 20	Monday	Assisting Clients with Elimination
Class 21	Friday	Supportive Interventions to meet the needs of Physically and/or Mentally Challenged Persons – Mobility
Class 22	Friday	Lab Practice – Mobility
Class 23	Monday	Medication Administration – Subcutaneous Injections Theory
Class 24	Friday	Medication Administration – All Routes & SC Practice
Class 25	Friday	Medication Administration – Lab Practice
Class 26	Monday	Reporting & Documenting
Class 27	Thursday	Nurse-Client Relationships #1 & Open Lab Practice
Class 28	Friday	Exam #2 Nurse-Client Relationships #2
Class 29	Monday	Nurse-Client Relationships #3
Class 30	Thursday	Final Evaluation - Case Studies (AM & PM)
Class 31	Monday	Final Evaluation - Case Studies (PM)
Class 32	Thursday	Final Evaluation - Case Studies – Re-do's (PM)
Class 33	Friday	Preparation for Practicum Experience