

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** NSG 210

**Credits:** 5

**Course Title:** Health Care Concepts I

**Course Description:**

Focuses on care of clients across the lifespan in multiple settings including concepts related to physiological health alterations and reproduction. Emphasizes the nursing process in the development of clinical judgment for clients with multiple needs. Provides supervised learning experiences in college nursing laboratories, clinical/community settings, and/or simulated environments. Part 1 of 2. Prerequisites: BIO 150 or BIO 205, NSG 152, and NSG 170; grades of C or above in Semester 2 courses. Co-requisites: ENG 112 and NSG 211. Lecture 3 hours. Laboratory 6 hours. Total 9 hours per week.

**General Course Purpose:**

The purpose of this course is to introduce competent learner to concepts of nursing practice across the lifespan.

**Course Prerequisites and Co-requisites:**

Prerequisites: BIO 150 or BIO 205, NSG 152, and NSG 170; grades of C or above in Semester 2 courses.

Co-requisites: ENG 112 and NSG 211

**Course Objectives:**

Upon completing the course, the advanced beginner student will be able to

1. Apply principles of patient-centered care across the lifespan.
2. Incorporate factors for improvement of client safety for clients across the lifespan.
3. Apply the nursing process, evidence-based care and clinical reasoning in making clinical judgments related to reproduction, addiction, clotting, metabolism, gas exchange, perfusion and mobility.
4. Incorporate legal/ethical principles and professional nursing standards in the care of patients across the lifespan.
5. Examine the impact of quality improvement processes, information technology and fiscal resources in the provision of nursing care.
6. Participate as a member of the health care team in the delivery of nursing care across the lifespan.

**Major Topics to Be Included:**

1. **Reproduction Concept:**

Reproduction principles

Risk factors related to reproductive complications

Prevention of reproductive complications

Reproductive diagnostic testing

Nursing process related to reproductive complications

Pharmacological interventions: Uterine stimulants, tocolytics

Exemplars: intrapartum, postpartum, newborn assessment

2. **Addiction Concept:**
  - Addiction principles
  - Risk factors related to addiction
  - Prevention of addiction
  - Addiction diagnostic testing
  - Nursing process related to addiction
  - Use of interdisciplinary team in delivery of health care
  - Pharmacological interventions: Medications for addiction
  - Exemplars: alcoholism, substance abuse, prenatal substance abuse
3. **Clotting Concept:**
  - Clotting principles
  - Risk factors related to altered clotting
  - Prevention of altered clotting
  - Clotting diagnostic testing
  - Nursing process related to altered clotting
  - Pharmacological interventions: anti-coagulants, anti-platelets
  - Exemplars: Deep Vein Thrombosis (DVT), disseminated intravascular coagulation, HELLP Syndrome
4. **Metabolism Concept:**
  - Metabolism principles
  - Risk factors related to altered metabolism
  - Prevention of altered metabolism
  - Metabolism diagnostic testing
  - Nursing process related to altered metabolism
  - Pharmacological interventions: thyroid and anti-thyroid drugs, adrenal drugs, pituitary drugs
  - Exemplars: thyroid dysfunction, adrenocortical dysfunction, pituitary dysfunction
5. **Gas Exchange Concept:**
  - Gas exchange principles
  - Risk factors related to altered gas exchange
  - Prevention of altered gas exchange
  - Gas exchange diagnostic testing
  - Nursing process related to altered gas exchange
  - Pharmacological interventions: anti-tubercular drugs
  - Exemplars: tuberculosis, cystic fibrosis (pediatric)
6. **Perfusion Concept:**
  - Perfusion principles
  - Risk factors related to perfusion alterations
  - Prevention of perfusion alterations
  - Perfusion diagnostic testing
  - Nursing process related to perfusion alterations
  - Pharmacological interventions: anti-anginal, anti-lipemic, cardiac glycosides
  - Exemplars: coronary artery disease, congestive heart failure
7. **Mobility Concept:**
  - Mobility principles
  - Risk factors related to mobility alterations

Prevention of mobility alterations

Mobility diagnostic testing

Nursing process related to mobility alterations

Pharmacological interventions: bisphosphonates, selective estrogen receptor modulators,  
muscle relaxants

Exemplars: fractures, osteoporosis, osteoarthritis, hip and knee replacement, hip dysplasia  
(infant), multiple sclerosis

**Effective Date of Course Content Summary: Fall 2018**