

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PNE 163

Credits: 8

Course Title: Nursing in Health Changes III

Course Description: Continues the focus on nursing situations and procedures necessary to assist individuals in meeting special needs related to human functions. Prerequisites: Completion of BIO 141, BIO 142, SDV 100, ENG 111, PNE 173, PNE 161, PNE 162, PNE 116, and PSY 230 with a grade of C or above. Prerequisite or Co-requisite: ITE 115. Co-requisite: PNE 296. Lecture 5 hours. Laboratory 9 hours. Total 14 hours per week.

General Course Purpose: Practical Nursing 163 is the final course in the series of theory and clinical practical nursing courses and is completed in the last semester in the program. The purpose is to continue to reinforce critical thinking, application of previously presented as well as current course content to the analysis of health-related situations as they may relate to individuals in special populations across the lifespan (children, adolescents, adults, and the elderly). Special health issues to include maternal-child nursing and psychiatric mental health care are incorporated. Maternal-child nursing introduces concepts relating to the nursing care of childbearing women and the newborn infant, and will focus on the experience of normal life function, which requires adaptations to physical and psychosocial changes. This course will provide the student with basic knowledge related to the provision of nursing care during the childbearing cycle and woman's health. The mental health component of this course will introduce the concepts of selected mental health issues to include: alteration in thought processes, mood, grief, anxiety and related problems in addition to addictive behaviors, crisis, and community health issues to include suicidal behaviors. Mental health interventions and nursing care will be a component of this course in a variety of settings. Further development of the principles of leadership and management as related to the roles and responsibilities of the practical nurse are integrated in this course.

Course Prerequisites and Co-requisites:

Prerequisites: BIO 141, BIO 142, SDV 100, ENG 111, PNE 173, PNE 161, PNE 162, PNE 116, and PSY 230 with a grade of C or above.

Prerequisite or co-requisite: ITE 115

Co-requisite: PNE 296

Course Objectives:

Upon completing the course, the student will be able to:

Maternal-Child Nursing

1. Describe the goals of maternity nursing, incorporating current trends.
2. Demonstrate ethical and legal practices and recognizes boundaries in the role of the practical nurse in specialty areas.
3. Describe the physiological and psychological changes of pregnancy.
4. Describe nursing care related to an uncomplicated pregnancy, including pre-natal care, client teaching regarding self-care, nutrition, exercise, discomforts, and "danger signs" to report immediately.
5. Describe the risk factors, potential problems, and nursing interventions for the pregnant client.
6. Describe the labor process: signs of approaching labor, rupture of membranes, true and false labor, contraction frequency, duration and intensity, and the stages of labor.
7. Describe techniques to assess fetal health prior to labor, during labor, and following delivery.
8. Describe the nursing care for the client in labor, including rationale, action, and nursing precautions for use of medications.
9. Compare and contrast different options with vaginal birth delivery and Cesarean delivery.

10. Identify newborn adaptations to extra-uterine life, including changes within fetal circulation.
11. Outline the immediate and ongoing care of the newborn.
12. Identify appropriate infant assessment, normal ranges for data collected, posture, fontanelles, and skin differences.
13. Relate concepts of growth and development in the provision of patient-centered nursing care to individuals across the lifespan (children, adolescents, adults, and the elderly) and the family in a variety of settings.
14. Utilize appropriate interventions in the safe care of the newborn, mother, and family.
15. Assist with the physical care of the client with women's health alteration.
16. Demonstrate basic knowledge and skills in using equipment in the maternity and newborn care areas.
17. Discuss the various types of menstrual irregularities, including menopause.
18. Describe the various types of contraception, sexually transmitted infections, and common women's health issues.
19. Discuss the components of a GYN screening, including the purpose and recommended intervals.
20. Discuss the common types of male health issues.
21. Discuss primary principles that reinforce health teaching in support of women's health and men's health.

Psychiatric Mental Health

22. Describe the cultural perceptions of mental illness.
23. Discuss the legal aspects for the client with mental illness: confidentiality, failure to warn, patient bill of rights, and voluntary and involuntary hospitalization.
24. Define and identify the major components of psychosis, schizophrenia, delirium, and dementia.
25. Identify appropriate healthcare interventions for the client with psychosis, schizophrenia, delirium, and dementia.
26. Identify the medical and common pharmacological management used in assisting individuals with diagnoses of thought disorders.
27. Define mood disorder, depression, mania, bipolar disorder, and grief.
28. Identify the aspects and risk factors of suicidal behaviors; ideation, intent, threat, gesture, and attempt.
29. Discuss the various levels of depression as related to the DSM-V-TR and recommended medication management.
30. Differentiate between fear and anxiety, including the four levels and characteristics of anxiety.
31. Discuss anxiety, defense mechanisms, stress, maladaptation, and the nursing interventions to promote healthy coping.
32. Identify the signs and symptoms of anxiety disorders: panic disorders, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, phobia, somatoform, and dissociative disorders.
33. Identify the recommended medication management and teaching needs for clients with anxiety disorders.
34. Discuss the client with addictive disorders: anorexia nervosa, bulimia, and other eating disorders.
35. Identify the common signs/symptoms of clients with alcohol intoxication, withdrawal, and potential complications.
36. Discuss short-term and long-term treatment goals for the rehabilitation phase of treating addiction.
37. Define how personalities develop and the relationship with Erikson's stages of development.
38. Identify the 10 personality disorders by cluster and individual behavioral characteristics.
39. Compare/contrast the nurse's role in crisis management and with high risk populations.
40. Discuss abuse, including the signs, symptoms, and nursing responsibilities.
41. Adhere to Virginia Board of Nursing, VCCS, college, program, and course regulations and policies.
42. Demonstrate clinical performance standards, incorporating principles of leadership and management as assigned to the practical nurse.
43. Incorporate knowledge of evidence-based practice in care of clients within this course.

Major Topics to Be Included:

1. Common women's health concepts across the lifespan
 - a) Menstruation to menopause
 - b) Contraception

- c) Recommended GYN care and screenings
 - d) Prenatal care
 - e) Care of the laboring patient
 - f) Postpartum care
 - g) Sexually transmitted infections
2. Care needs of the newborn client.
 - a) Fetal development
 - b) Newborn assessment and interventions
 - c) Teaching care of the newborn
 3. Nursing care of women across the lifespan incorporating principles of wellness or coping with health care changes.
 4. Common men's health concepts across the lifespan
 - a) Benign prostatic hypertrophy
 - b) Testicular cancer
 - c) Hernia
 - d) Epididymitis
 - e) Hypospadias
 - f) Nocturnal enuresis
 5. Nursing care of men across the lifespan incorporating principles of wellness or coping with health care changes
 6. Concepts of nursing care across the lifespan for individuals with changes in mental status
 - a) Development of personality, correlated to Erickson's Stages of Development
 - b) Psychosis, schizophrenia, delirium, and dementia
 - c) Thought disorders
 - d) Mood disorder, depression, mania, bipolar disorder, and grief
 - e) Suicidal behaviors
 - f) Depression
 - g) Fear, anxiety disorders
 - h) Defense mechanisms, stress, maladaptation
 - i) Addictive behaviors
 - j) Personality disorders
 7. Nursing care of the client with acute and/or chronic mental health and cognitive alterations

Effective Date of Course Content Summary: May, 2014