



- c. List the major electrolytes and their functions.
- d. Describe the assessments done for excess or deficit in sodium and potassium.
- e. Recognize and prevent imbalance in persons at risk.
- f. List the major goals of nursing care of patients receiving I.V. therapy.

6. Demonstrate an understanding of the role of the nurse in pain management.

- a. Describe physiological and physiological reactions to painful stimuli.
- b. Compare different types of pain.
- c. List seven nursing interventions for the relief of pain.
- d. Evaluate and document the effectiveness of the interventions used.

7. Demonstrate an understanding of the importance of an adequately functioning respiratory system

- a. Describe measures people can take to prevent respiratory diseases/disorders.
- b. Describe the nurse's role in pre and post test care of the patient having respiratory system tests.
- c. List several respiratory disorders and the major points of care for each.
- d. Discuss the re-emerging world-wide problem with tuberculosis
- e. Demonstrate proper, safe oropharyngeal and and tracheal suction and tracheostomy care.

8. Demonstrate an understanding of the importance of an adequately functioning nervous system to the well-being of the individual.

- a. Complete a "Neuro check" in the campus lab on a fellow student and on a patient under instructor supervision.
- b. State the appropriate preparation of a patient for a spinal tap and assist a physician during the procedure.
- c. List four different ways the nurse can help to prevent stroke in others.
- d. List appropriate interventions for a person has sustained a spinal cord injury
- e. Compare the treatment and nurses' responsibility when caring for a variety of persons with debilitating nervous system diseases and injuries.
- f. Describe the care the nurse would give to a person experiencing a seizure and post seizure.

F. Pain and Pain Relief

G. Care of Patients With Respiratory System Disorders

H. Care of Patients With Neurologic Disorders

9. Demonstrate an understanding of common versus serious conditions of the nose and throat.
    - a. Describe the care of a person with sore throat, sinusitis, tonsillitis, and laryngitis.
    - b. List the risk factor and warning signs of cancer of the vocal cords and throat.
    - c. Review care of the patient with a tracheostomy.
  10. Demonstrate an understanding of the dangers of hypertension.
    - a. Make a list of factors that cause hypertension.
    - b. List the complications that can result from untreated hypertension.
    - c. Describe treatment measures for mild, moderate and severe hypertension.
  11. Demonstrate an understanding of the importance of maintaining cardiovascular health.
    - a. List avoidable and unavoidable risk factors for the development of heart disease.
    - b. Describe the most common diagnostic tests and procedures used to diagnose and evaluate cardiovascular disease.
    - c. List nursing interventions for patients with angina pectoris, myocardial infarction, cardiac arrhythmias and congestive heart failure.
  12. Demonstrate an understanding of the functions of the liver, gallbladder and pancreas in their roles related to health and how these roles are changed in disease states.
    - a. Describe assessment factors and care of the patient with cholecystitis.
    - b. Describe the pre and post operative care for the patient having a cholecystectomy.
    - c. State the pre and post biopsy care for a patient having a liver biopsy.
    - d. List the tests performed to diagnose liver disease.
    - e. List the ways in which the various forms of hepatitis can be transmitted.
    - f. Develop a discharge plan for a person who has been hospitalized with a flare-up of chronic pancreatitis.
- I. Care of Persons With Disorders of Nose and Throat.
  - J. Care of Persons With Hypertension
  - K. Care of Patients With Disorders of Cardiovascular System
  - L. Care of Patients With Disorders of the Liver Gallbladder & the Pancreas

13. Demonstrate an understanding of the care and management of diabetes mellitus (DM).
  - a. Describe the pathophysiology & clinical manifestation of DM.
  - b. Describe the difference between type I & type II DM.
  - c. Describe the role of nutrition & exercise in the management of a patient with newly diagnosed DM.
  - d. Identify pathophysiology & clinical manifestations of acute & chronic complications of DM.
  - e. Explain the collaborative care & nursing management of the patient with acute & and chronic complications of DM.

M. Care of patients With Diabetes Mellitus

VII. MATERIALS AND EQUIPMENT:

Normal classroom supplies

VIII. TEXTS

Lewis, S, Heitkemper, M, Dirksen, S, O'Brien, P, & Bucher, L, Medical-Surgical Nursing: Assessment and Management of Clinical Problems, St. Louis, Missouri, Mosby, 2014.

IX. METHOD OF INSTRUCTION:

- A. Lecture
- B. Class Discussion
- C. Supervised clinical practice
- D. Assigned papers and projects

X. METHOD OF EVALUATION:

A. Quizzes	20%
B. Papers and projects	10%
C. Midterm	15%
D. Final	15%
E. Weekly clinical evaluations	<u>40%</u>
	100%

Transmutation of percent to letter-grade is as follows:

- 90 – 100 = A
- 80 – 89 = B
- 70 – 79 = C
- 65 - 69 = D
- 0 - 64 = F

**Format NC-2  
TASK LISTING SHEET**

NU201 Adult Health Nursing I  
Course No. & Title

Credits: 2 2 96  
Lec. Lab Total Lab Hr.

Student Learning Outcomes and accompanying tasks.

Total hours

Outcome #1 & #2

- a. Apply Betty Neuman theory in assigned patient's care.
- b. Care of patients from different culture

8 hrs.

Outcome #3:

- a. Crushing medication and giving with food.
- b. Procuring liquid medication.
- c. Inspection and meticulous care of the skin for elderly patients.
- d. Assistance with the activities of daily living, including personal hygiene, toileting, dressing mobility, feeding.

10 hrs.

Outcome #4:

- a. Wound care
- b. Assistance with the activities of daily living. (see 3. e. above)
- c. Emotional support for the patient and family.
- d. Physical comfort measures.
- e. Pain relief.

8hrs.

Outcome #5:

- a. Assessing the patient for hydration status.
- b. Reviewing lab reports on electrolyte status.
- c. Assessing the patient for signs/symptoms of electrolytes imbalance.
- d. Initiating intravenous therapy.

10 hrs.

Outcome #6:

- a. Assessing the patient experiencing pain for location, quality, intensity, chronology, aggravating or alleviating factors.
- b. Becoming familiar with the commonly prescribed medications used to relieve pain.
- c. Assessing the patient after being medicated, to determine the effectiveness of the drug.
- d. Using a variety of non-medication methods to help the patient achieve pain relief.

10 hrs.

Outcome #7:

- a. List five tests the person with suspected respiratory disease may have 10 hrs.
- b. Prepare a patient for and assist with each of the tests listed in (a.)above.
- c. Demonstrate, to your instructor, the use of a mechanical ventilator.

Outcome #8:

- a. Care for a patient with central nervous system injury or disease, paying particular attention to preserving function, monitoring progress or deterioration and giving skin and mouth care. 10 hrs.
- b. List and describe the significance of each part of the neuro check.
- c. Prepare a patient for a spinal tap and assist the physician during the procedure.
- d. Prepare a short “ stroke prevention” class.
- e. Demonstrate proper nursing intervention during a seizure.

Outcome #9

- a. List the signs/symptoms of a streptococcal sore throat and state the health hazard it can lead to. 4 hrs.
- b. List some factors that can lead to cancer of the vocal cords or throat.

Objective #10

- a. Demonstrate, to your instructor, taking and recording an orthostatic blood pressure 8 hrs.
- b. List several measures that can be taken to lower blood pressure without using drugs.
- c. Describe “tittering” medication to achieve blood anxiety control.

Outcome #11:

- a. Prepare a teaching outline for lowering the risk of heart disease. 10 hrs.
- b. List effective nursing actions you can take to relieve symptoms and provide comfort for your patient who is experiencing angina pectoris, myocdial infarction, cardiac arrhythmias or congestive hear failure.

Outcome #12:

- a. Describe the pain experienced by a person with cholecystitis. 8 hrs.
- b. Demonstrate preparing a person for a liver biopsy and providing post biopsy care.
- c. Develop a teaching plan to inform the public of hepatitis prevention measures

**Palau Community College  
NU201 Adult Health Nursing I  
Course Learning Outcomes**

During the course experience, the **course learning outcomes** (CLOs) will be assessed through the use of signature assignments. A rating scale will be used to determine the students' proficiency level of each CLO using specifically aligned assignments. The numerical ratings of 4, 3, 2 and 1 are not intended to represent the traditional school grading system of A, B, C, D and F. The descriptions associated with each of the numbers focus on the level of student performance for each of the course learning outcomes listed below.

**Rating Scale:**

4	=	Insightful
3	=	Proficient
2	=	Developing
1	=	Emerging

**CLO #1: Students will be able to demonstrate understanding of the management of adequately functioning respiratory system.**

	Describes preventive measures for disorders of the respiratory system; describes the care of the patient with sore throat, sinusitis, tonsillitis, and laryngitis; distinguishes between the common versus serious condition of the nose and throat; lists risk factors and warning signs of cancer of the vocal cords & throat; demonstrates proper, safe oropharyngeal and tracheal suction and tracheostomy care.
	Able to do over 75% of the above activities
	Able to do only 65 - 75 % of level 4 activities
	Able to do only 50 - 64% of level 4 activities
	Unable to do even 50% of level 4 activities

**CLO #2: Students will be able to recognize common signs and symptoms of hypertension.**

4	Discuss measures to prevent hypertension; recognize at least 3 clinical manifestation of hypertension; make a list of factors that causes hypertension; describe treatment measures for mild, moderated and severe hypertension; and list complications that can result from untreated hypertension.
3	Discuss measures to prevent hypertension; recognize at least 3 clinical manifestation of hypertension and make a list of factors that causes hypertension; and describe treatment measures for mild, moderate and severe hypertension.
2	Discuss measure to prevent hypertension; recognize at least 3 clinical manifestation of hypertension; and make a list of factors that causes hypertension.
1	Discuss measure to prevent hypertension and recognize at least 3 clinical manifestation of hypertension.

**CLO #3: Students will be able to demonstrate understanding of the management of a healthy heart.**

4	Distinguish between avoidable/unavoidable risk factors for the development of heart disease; describe preventive measures for heart problems; outline nursing care/interventions for the patient with angina pectoris, myocardial infarction, cardiac arrhythmia, and congestive heart failure; describe common diagnostic tests/procedures used for diagnosing and evaluating cardiovascular disease.
3	Distinguish between avoidable/unavoidable risk factors for the development of heart disease; describe preventive measures for heart problems; outline nursing care/interventions for the patient with angina pectoris & myocardial infarction.
2	Distinguish between avoidable/unavoidable risk factors for the development of heart disease and describe preventive measures for heart problems.
1	Distinguish between avoidable/unavoidable risk factors for the development of heart disease.

**CLO #4: Students will be able to demonstrate understanding of the management of Diabetes Mellitus (DM).**

4	Describe the role of nutrition & exercise in the management of DM; describe clinical manifestation of DM; describe nursing management of the newly diagnosed DM; explain collaborative care & nursing management of the patient with acute & chronic complications of DM.
3	Describe the role of nutrition & exercise in the management of DM; describe clinical manifestation of DM; describe nursing management of the newly diagnosed DM and explain nursing management of the patient with acute & chronic complications of DM but not able to explain collaborative care for the patient with DM.
2	Describe the role of nutrition & exercise in the management of DM; describe clinical manifestation of DM; describe nursing management of the newly diagnosed DM.
1	Describe the role of nutrition & exercise in the management of DM.

**CLO #5: Students will be able to design a comprehensive assessment tool for assessing adequately functioning nervous system.**

4	Complete a "neuro-check" in the campus lab on a fellow student or on one of the patients assigned to; describe treatment and nurse's responsibility in caring for patient debilitating nervous system disease and injuries; describe at least 4 ways the nurse can help to prevent stroke in others; discuss appropriate interventions for someone who has sustained spinal injury and state appropriate preparation of a patient schedule for spinal tap and assist the physician during the procedure; describe nursing care for a person experiencing seizure and post seizure.
3	Complete a "neuro-check" in the campus lab on a fellow student or on one of the patients assigned to; describe treatment and nurse's responsibility in caring for patient debilitating nervous system disease and injuries; describe at least 4 ways the nurse can help to prevent stroke in others.
2	Complete a "neuro-check" in the campus lab on a fellow student or on one of the patients assigned to; describe treatment and nurse's responsibility in caring for patient debilitating nervous system disease and injuries.
1	Complete a "neuro-check" in the campus lab on a fellow student or on one of the patients assigned to.