



NURSING I
COURSE SYLLABUS
NUR 1023

Course Syllabus – Classroom Courses

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GENERAL CLASS AND COURSE INFORMATION

Course Number: NUR 1023

Class Reference Number: Multiple

Term: 2012-1

Course Title: Nursing I

Credit/Contact Hours: 4 Credits/4 Lecture Hours

Course Description:

Introduces nursing as a holistic profession, which cares for and supports wellness for one's self and others across the lifespan. At the completion of this course the student will have acquired a variety of "tools" for providing nursing care by utilizing five concepts of human functioning. They are: oxygenation, cellular integrity, regulation, sensory/perception/cognition and mobility. This is accomplished through the creation of "learning environments" which honor and maximize student learning styles. Special fee required.

Course Learning Outcomes: As a result of taking this course, the student will be able to:

1	Utilize historical and theoretical aspects of the nursing profession to explore its evolution.
2	Maintain the standards of professional accountability, responsibility and ethical standards.
3	Identify the concepts embodied in Palm Beach State College's conceptual framework of Imogene King's "Theory of Goal Attainment."
4	Utilize the five-step nursing process to plan for and provide holistic nursing care to clients with actual or potential health problems across the lifespan
5	Develop a nursing knowledge base by utilizing the five concepts of human functioning.
6	Utilize critical thinking skills when applying the five concepts of oxygenation, cellular integrity, regulation, mobility and sensory/perception/cognition in the care of clients in acute and community settings.
7	Utilize principles of teaching/learning, nutrition, pharmacology, communications, human growth and development and cultural diversity in the application of the nursing process.
8	Apply a variety of effective communication techniques addressing the personal, interpersonal and social systems of the client, their families and health team members.
9	Compare and contrast health as it relates to maintaining wellness of self, the individual and family in the ever-changing healthcare delivery system.
10	Participate in the pre-professional organization, Nursing Student Association (NSA), as a means of transition into the profession of nursing.

[Course Outline for NUR1023 - NURSING 1](#)

Class Schedules

Full-time Program:

Classes will meet from 2:00 PM (1400) – 4:00 (1600), Wednesday and Thursday.

Evening/Weekend Program:

Classes will meet from 4:00 PM (1600) – 6:00 PM (1800) one designated evening per week.

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All attempts will be made to maintain this schedule. However, please note that in the event of an unforeseen emergency or circumstances beyond our control, **we reserve the right to schedule exams and or instructional activities during other times as necessary** as a means to ensure every opportunity for the students to successfully complete the course.

Disclaimer - Changes may be made to the syllabus at any time during the term by announcement of the professor. It is the responsibility of the student to make any adjustments as announced.

Textbooks Information: Textbooks are listed as Required and Recommended.

Required:

1. Syllabi for NUR 1023, NUR 1023L & NUR 1022L (Fall 2012-1/Spring 2012-2)
2. Wilkinson J & Treas, L. (2010) *Fundamentals of Nursing*, 2nd Ed. FA Davis ISBN 13-978-0-8036-2354-5
3. Skills Video: *Fundamentals of Nursing* ISBN 13-978-0-8036-2403-0
4. Ackley, Betty J. and Ladwig, Gail B.; *Nursing Diagnosis Handbook: A Guide to Planning Care*, 9th ed., 2008, Mosby, St. Louis, Missouri, ISBN 978-032307150-5
5. *Evolve Case Studies: Complete RN Collection (2 Year Version)* **with** Practice Tests Access purchased at the bookstore or online. ISBN 9781437771107
6. Any current *Nutrition & Diet Therapy* book
7. *Taber's Cyclopedic Medical Dictionary* (2008) 21st Ed. Philadelphia: F.A. Davis Publishers.
8. Wilson, B. et al (2012). *Pearson Nurse's Drug Guide* Latest edition.

Recommended:

1. *Fluids & Electrolytes Made Incredibly Easy (5th Ed.)* Springhouse: Springhouse Corp. ISBN: 10: 1-60831-290-9 ISBN -13- 978-1-60831-290-0
2. Nugent, P. & Vitale, B. (2008). *Test-Taking Techniques for Beginning Nursing Students (5th Ed.)*. Philadelphia: F.A. Davis Publishers. ISBN 13: 978-0-8036-2818-2
4. *Student Success for Health Professionals Made Incredibly Easy*. 2nd Ed. Baltimore: Lippincott Williams & Wilkins. ISBN 10 1609137841 ISBN 13 978-1609137847

You may purchase your textbook(s) at any one of Palm Beach State College's campus bookstores or [online](#).

The Electronic [Essential Nursing Resources](#) Video list is recommended & available in [MTIS](#) (Media Technology and Instructional Services) located on the first floor of the LLRC.

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All students enrolled in a Nursing course are required to download and read the current [Nursing Student Handbook](#) and the Palm Beach State [College Student Handbook](#). All Nursing students are responsible for the information contained in these publications. Both of these publications are published on the PALM BEACH STATE COLLEGE web site.

WEB CONTENT INFORMATION

This course has an Internet Component which is on the [Online Learning - Blackboard Campus](#)

To pass the course, you must be able to access this web site. The course web site will be available three days prior to the start of the semester. Your password will not work until that time.

It is the student's responsibility to have accessed this site no later than the semester start date.

The web site has a security system which requires a *Sign on* and a *Password*. Only registered students will be able to access the course.

To login to the course web site:

User Name: Use your Palm Beach State College Student ID Number (no hyphens). Your Palm Beach State College Student ID Number can be found on the back of your student ID card. If you do not have a student ID card, you can obtain one in the bookstore at Lake Worth campus. For obtaining a student ID card on other campuses, check with the campus directly.

Password: The student's Blackboard password will be the student's **Palm Beach State College Pin Number**.

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What do I do if I forget my password or need assistance with Blackboard?

[E-mail the Blackboard administrator](#). You can also email the Palm Beach State College [Student Help Desk](#) or contact them by phone at (561) 868-4000. Be sure you have the following information available:

- your full name
- your Palm Beach State College Student ID number
- course with the reference number
- details of the assistance needed and any error messages

[Student Help Desk Hours of Operation](#)

On hours and days that the Help Desk is closed, the student may leave a voice message or an e-mail and the issue will be addressed the next business day.

"[Netiquette Rule](#)" requirements

Refer to the web site for network application. The faculty expectation is for student adherence to the same standards of behavior online that you follow in real life.

PROFESSORS CONTACT INFORMATION

<p>Mary Biderman, MA, RN Professor I AH, 209 (561) 868-3041 Lake Worth campus Email</p>	<p>Deb Copeland, MSN, RN Professor I AH 206, 561/868-3431 copeland@palmbeachstate.edu</p>
<p>Leslie Kent, MS, RN-BC Professor I AH 201 (561) 868-3436 kentln@palmbeachstate.edu</p>	<p>D. J. Marshall, MEd, MSN, RN Professor I AH, 107 561/868-3440 marshald@palmbeachstate.edu</p>
<p>Barbara Pryzby, MSN Associate Professor AH211 (561) 868-3430 pryzbyb@palmbeachstate.edu</p>	<p>Ann Sipes, MSN, RN, Professor I AH 307 (561) 868-3444 sipesa@palmbeachstate.edu</p>
<p>DeMarco, Shernett, MSN, RN Professor I CRB220 (561) 993-1195 mailto:demarcsa@palmbeachstate.edu</p>	
<p>Office Hours are Posted on the Faculty Web Pages and Outside Office</p>	

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CLASS REQUIREMENTS

Assignments: Students who are actively involved in their learning are more successful. Students are expected to complete all class work and homework, participate in structured class discussion and attend all classes. Homework will include assignments given by the faculty and utilization of the Evolve computer learning package.

Class participation grade (10%) will be determined as follows:

1. Case Studies (Evolve):
 - a. Complete a minimum of 50% of the case studies in Fundamentals as assigned.
2. Assignments:
 - a. Complete as assigned daily
3. Attendance:
 - a. As verified by signature sign-in record (includes classroom attendance and participation).
4. Wellness Paper:
 - a. See requirements and grading rubric for details.

Recommended weekly activities: As assigned by faculty.

Late Assignment Policy: Late assignments are not accepted unless prior arrangements have been approved by the instructor.

Grading Scale & Policy: All students must receive a passing grade in each of the Semester 1 Nursing Courses in order to proceed to the second semester. The following courses are considered Semester 1 courses:

- NUR 1023
- NUR1023L
- NUR1022L
- NUR1141 or NUR 2140

Nursing Department Grading Scale and Policy: for Theory/Lecture Classes

90-100	= A
83-89	= B
75-82	= C
Below 75	= F

Standardized testing administered in each course will count as part of the total grade for that course.

In order to pass the course the student must complete the following requirements:

Achieve a combined average of 75% on course exams including the comprehensive final and the Specialty exam **prior** to adding in the class participation points.

If the student fails the course, remediation will be accomplished through course repetition.

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Test, Quizzes & Final Examination Schedule: Grades will be computed as follows:

Exam 1	10%
Exam 2	10%
Exam 3	10%
Exam 4	10%
Exam 5	10%
Exam 6	10%
Specialty Exam in Fundamentals	10%
FINAL EXAM	20%
<u>Participation: (Case Studies, Assignments, Attendance, Wellness Paper)</u>	<u>10%</u>
Total:	100%

Participation will be calculated as follows:

- 25% for homework as assigned
- 25% for wellness paper
- 25% for Evolve case studies as assigned
- 25% for attendance as verified by signature sign-in record. Any student who has not signed in will be considered absent for that lecture date.

Make-up Exam Policy: Please see Nursing Student Handbook for standard Nursing policy related to Essay Make-up Exams.

CLASS POLICIES & METHODOLOGY

Attendance: Professors are required to take attendance. Students are required to sign into each lecture, on the record provided, as they enter the classroom to verify their attendance. If the student does not sign the record they are considered absent for that class.

All students are expected to attend all classes and clinicals/labs. In the event of an absence due to extenuating circumstances, the student is expected to notify the appropriate faculty member.

Electronic Device Use: Laptops and Hand-held devices are allowed in class for note-taking purposes, only. The use of Hand-held devices that are iPod capable are encouraged to facilitate downloadable information as learning strategies and study tools. Audio taping of faculty lectures is encouraged, however videotaping is prohibited. **Cell phones must be turned off in class and are prohibited in the campus Testing Centers.**

Email Policy: All students have access to a college email account. It is the responsibility of the student to activate this account in order to be kept current with college, program and course information. College email must be checked at least twice weekly. This course has a web component that has email within the course. Course email should be used for all course-related communications with faculty. Faculty will contact students via college and course email.

Equipment & Supplies: Required text books; access to a computer with active Internet service; word processing and printing capabilities are essential to be successful in this class.

Professor's Expectations: The student will observe "Netiquette"; will read the assigned chapters; and will make an appointment with the faculty member at the first indication of a test grade below 75%.

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Faculty Mentoring:

Mandatory face-to-face appointment must be made with your assigned Faculty Advisor to review your portfolio and ensure completion of program requirements. Please bring a current copy of your Unofficial Transcript, the Graduation Audit, and your Portfolio to the appointment. Individual appointments may be made by students or faculty to discuss academic progress.

Methods of Instruction:

- | | | | |
|---|-------------------------------------|----|---------------------------------------|
| 1 | Selected reading | 9 | Student group work |
| 2 | Lectures | 10 | Journal Articles |
| 3 | Demonstrations | 11 | Study Guides |
| 4 | Discussions | 12 | Interactive Educational Activities |
| 5 | Audiovisuals | 13 | Internet – Blackboard Learning System |
| 6 | Interactive video software programs | 14 | Critical Thinking Exercises |
| 7 | Computer-Assisted Instruction | 15 | Simulations |
| 8 | Student lead presentations | | |

Evaluation Methods

1. NCLEX formatted computer exams designed to measure knowledge, application, and nursing judgment and critical thinking ability.
2. Specialty exam
3. Class participation

STRATEGIES FOR SUCCESS FOR NURSING STUDENTS:

1. Read and plan in advance
2. Attend all classes
3. Utilize resources currently available
 - a. Media Technology Services, Student Learning Center, Learning Groups
 - c. Obtain a peer tutor or join a study group to assist with study techniques
 - d. Schedule an appointment with your advisor to review your Evolve case study results
4. Study groups:
 - a. Form a group for serious study time, all members must come prepared.
 - b. Utilize the strengths of all group members.
5. Visual learners
Take notes, recopy notes, take notes from text, and merge them!
6. Auditory learners
Tape lectures, listen again, and discuss material with peers.
7. Do not procrastinate: Especially when it comes to studying, and/or reading.
8. Look at the “BIG PICTURE”
Do you have the commitment to success? How many hours are you working? What are your other life commitments? Are you neglecting your personal wellness? Have you studied effectively? Have you spent quality time with your loved ones?

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Unique Requirements of the Class: This course has an Internet web component located at: [Online Learning - Blackboard Campus](#). To pass the course, you must be able to access this component web site. **The web site will be available three days prior to the start of the semester. Your password will not work until that time.** It is the student's responsibility to have accessed this site no later than the semester start date.

The web site has a security system which requires a *Sign on* and a *Password*. Only registered students will be able to access the course.

Please refer to the following documents:

- Palm Beach State [College Student Handbook](#):
- Palm Beach State College [Nursing Student Handbook](#):
- [PantherWeb](#) Student Information

COLLEGE POLICIES AND WEB INFORMATION

Academic Dishonesty

Academic dishonesty includes the following actions, as well as other similar conduct aimed at making false representation with respect to the student's academic performance: (1) Cheating on an exam, (2) Collaborating with others on work to be presented, if contrary to the stated rules of the course, (3) Submitting, if contrary to the rules of the course, work previously submitted in another course, (4) Knowingly and intentionally assisting another student in any of the above actions, including assistance in an arrangement whereby work, classroom performance, examination, or other activity is submitted or performed by a person other than the student under whose name the work is submitted or performed, (5) Plagiarism.

Please refer to the [Palm Beach State College Student Handbook](#) for further information.

Classroom Etiquette and Student Behavior Guidelines

Students will demonstrate respect for professors and fellow students. Behavior that is disruptive to a positive learning environment reported by the professor will result in a warning on the first instance; the second instance might result in expulsion from the course or campus.

Computer Competency Component

Each student will, to the satisfaction of the instructor, demonstrate a fundamental understanding of basic computer operations through various instructor-determined exercises and/or assignments. These exercises/assignments are included in this syllabus.

Disability Support Services

Students with disabilities are advised, in compliance with federal and state laws, that accommodations and services are available through the office of [Disability Support Services](#) (DSS). It is the student's responsibility to contact [Disabled Student Services Advisors](#) and to submit appropriate documentation prior to receiving services.

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Eating, Drinking and Smoking

Eating and drinking are confined to areas designated on the campus. Smoking is not permitted in any College building and only in areas designated at each campus.

Student Responsibility Policy

When a student attends the College, s/he becomes subject to its jurisdiction. Students are expected to conduct themselves in a responsible manner, in all areas of campus life. By enrolling, they pledge to obey the rules and regulations of the College and are responsible for observing all College policies and procedures as published in the student handbook, the College catalog and other College publications. The student will be responsible for preparing for class, participating in class, and completing assignments on time.

Palm Beach State [College Websites of Interest](#)

Withdrawal Policy for Individual Courses: The last day to withdraw from a College course with a "W" grade is posted on the Academic calendar. It is the responsibility of the student to use the PantherWeb system or visit a campus Registrar's office to withdraw. Without a formal withdrawal from the courses, lack of attendance will result in failure. An official withdrawal entitles the student to a grade of "W" in the class. Withdrawal or lack of participation in even one nursing course (NUR 1023, NUR 1023L, NUR 1022L, or NUR 1141 or NUR 2140) will result in being removed from all the nursing courses as all nursing course are to be taken concurrently.

DEPARTMENT CONTACT INFORMATION

Kellie Bassell, EdS, MSN, RN
Nursing Program Director
AH 110 (561) 868-3412
Fax (561) 868-3452
bassellk@palmbeachstate.edu

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CRITERIA FOR WELLNESS PAPER

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CRITERIA FOR WELLNESS PAPER

Purpose: To deepen your understanding of health patterns as they relate to you and your family. The goals of this paper are to enhance your personal well being and nursing practice.

The paper is to be typed (word processed) and double-spaced, using APA format. This includes a reference page, as well as an Appendix I for copied Internet Resource URL sites. Please include the Evaluation Form for Wellness Paper. There will be 6 parts to the paper. They are as follows:

1. Write a personal statement on “What being healthy means to me.”
2. Describe your family’s health patterns as follows:
 - A. Place of birth
 - B. Cultural background
 - C. State of health
 - D. Health care practices for your family including maternal and paternal grandparents, mother and father, yourself, spouse, children, siblings.
 - E. What patterns emerge from the above?
 - F. Discuss any concerns/issues you may have.
 - G. Have you changed any of your health practices due to your family pattern?
3. Describe your own practices of health promotion/disease prevention (HP/DP) in the following areas:
 - A. Physical activity and fitness.
 - B. Nutrition - include cancer prevention strategies.
 - C. Use of tobacco, alcohol and other drugs.
 - D. Safety in home (abusive toxic substances/drug safety potential, guns secure).
Safety in car (seatbelts, where children sit).
 - E. Environment (lead, allergens).
 - F. Food.
 - G. Stress reduction.
 - H. STD’s.
 - I. Immunizations.
 - J. SBE = Self Breast Exam, mammogram, pap, testicular exam, PSA, rectal.
 - K. Physician (cholesterol, B/P, blood sugar) assessments.
 - L. Alternative Therapies
 - M. Support.
 - N. Other.
4. Develop your own long-term personal wellness plan using the nursing process. (This plan will be an active wellness plan throughout the nursing program.)

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You may use a nursing care plan form or write the plan in paragraph form.

5. Do an Internet search to find at least 2 resources that would be valuable for you to use. Include a copy of these in the Appendix of your paper and the reference section of your paper. Be sure to have URL (Uniform Resource Locator) e.g. <http://www.palmbeachstate.edu>
6. The reference page has to include at least 2 resources from book and/or professional journal along with 2 Internet search resources.
7. Refer to the Evaluation Form For Wellness Paper for specific evaluated criteria.

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EVALUATION FORM FOR WELLNESS PAPER

STUDENTS NAME: _____

DATE: _____

Actual Points	Possible Points	Focus
_____	3	I. Organization
_____	8	A. Neatly typed
_____	<u>15</u>	B. APA format
_____	26	C. Spelling/grammar
_____	4	II. Body of Paper
_____	8	A. Statement of "Meaning of Health"
_____	8	B. Description of health care practices of 3 generations - including place of birth, cultural background, state of health
_____	8	C. Analysis of family patterns
_____	8	D. Discussion of concerns/issues
_____	<u>4</u>	E. Discussion of any change in your own health care practices related to concerns/issues
_____	32	
_____		III. Description of Health Promotion and Disease Prevention (Ensure)
_____		A. Physical Activity/Fitness
_____		B. Nutrition (vitamins/cancer prevention heart healthy strategies)
_____		C. use of alcohol, tobacco, drugs
_____		D. Safety
		1. home
		a. toxic substances/drugs
		b. securing firearms
		c. pool
		d. abuse potential
		e. safe sitters (child and elder)
		f. working fire extinguishers
		g. storm and fire emergency plans
		2. car
		a. car seats

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<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	16	<ul style="list-style-type: none"> b. where children sit c. road rage 3. workplace <ul style="list-style-type: none"> a. hazards E. Environment <ul style="list-style-type: none"> 1. allergens 2. water supply F. Food handling G. Stress reduction H. STD awareness I. Immunizations J. Cancer Screenings <ul style="list-style-type: none"> 1. self breast exam 2. testicular exam 3. pap smear 4. occult stool 5. rectal exam 6. skin/tongue lesions K. Yearly health care provider visits <ul style="list-style-type: none"> 1. B/P 2. H&H 3. cholesterol 4. blood sugars L. Use of alternative modalities - herbs, massage, yoga, acupuncture, tai chi, etc. M. Personal support system N. Other
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	20	<ul style="list-style-type: none"> IV. Personal Wellness Plan <ul style="list-style-type: none"> A. One NANDA self-diagnosis B. Two goals (must be specific, measurable, realistic) C. Minimally five interventions D. Evaluation
<p>_____</p>		<ul style="list-style-type: none"> V. References and Internet Search <ul style="list-style-type: none"> A. Must minimally include 2 books and/or professional journal articles

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	6	plus 2 Internet resources with copies of the first page identifying the URL site.
Total Actual Points _____	Total Possible Points 100 _____	

Faculty Comments: