

Course of Study

NURS 20020: Foundations of Assessment and Communication in Nursing

Competencies: Vital Signs/Head-to-Toe Assessment

- ✓ Assessments: Neurological & Musculoskeletal
- ✓ Skin, HEENT assessment (head, eyes, ears, nose, mouth/throat, neck)
- ✓ Respiratory
- ✓ Cardiac
- ✓ Gastrointestinal

How to perform a

- ✓ health history
- ✓ Documentation of physical exam
- ✓ Nursing Care Plan
- ✓ The Nurse-Client Relationship & Communication in Health Assessment

EBP: Concept Care Maps & weekly check-offs

Personal Reflection: This was a perfect introduction class to my nursing career. It has offered me a foundation in nursing and health care knowledge and skills. It has done an excellent job at introducing me, the student, to the role of the professional nurse and [the importance of] delivery of health care. It allowed me to practice my assessment and most importantly, the communication skills which are vital to great patient outcomes.

NURS 20010: Interpersonal and Communication Skills for Health Care Professionals

Competencies: Interpersonal Communication Skills, APA Writing Skills

- ✓ Interpersonal, interdisciplinary, and public speaking skills
- ✓ Study & test-taking skills
- ✓ Teamwork and facilitation skills

EBP: Presentations, writing assignments

Personal Reflection: This class was an interesting way to get us better at *being* better. It taught me some of the hidden, but obvious skills, which will definitely improve me as a nurse. The variety of activities helped me to develop critical thinking skills and practice collaboration and teamwork.

NURS 20030: Foundations of Nursing Interventions

Competencies: Self-Care

- ✓ Mobility & Body Mechanics, Sterile Technique, Wound healing, Medication Administration, Urinary Elimination, Nutritional Therapy
- ✓ Identify interventions to promote the interpersonal process in diverse settings
- ✓ Use physical assessment skills when performing nursing care
- ✓ Apply the interpersonal process in the nurse-client relationship
- ✓ Use the nursing process (in determining nursing diagnoses)

- ✓ Concept Care Maps
- ✓ [IPR](#), writing Patient Progress Notes, Medication Sheets

In the clinical setting, my client teaching consisted of the right techniques when helping a PT with an injured leg ambulate (how to..) and teaching clients [how] to deep breathe and cough when POX ↓. Another client teaching that was done was when I was encouraging the PT to do range of motion exercises due to bed rest.

EBP: Identifying & choosing different interventions for patient's care plan every week in clinical setting.

Personal Reflection: My experience helped me learn the course material better than sitting through class and trying to cram ten chapters in two hours. What I mean by this is not that I learned way more things at the hospital, but rather that clinical has helped me absorb the material better. Because I was actually doing it with my own hands I was able to remember and retain the information for later. Course material was not the only thing I learned; I also learned quite a few things about myself. My experiences are helping me develop this belief in myself that I never had before. Little by little I am learning that I **can** do all of these things and that comparing myself with others isn't going to help one bit.

N30060: Basic Pharmacology for Nursing

Competencies:

- Apply principles of pharmacokinetics, pharmacodynamics, and pharmacotherapeutics
- Knowledge of the actions, dosage ranges, therapeutic uses, adverse effects, and drug interactions of the common classes of drugs
- Apply the nursing process to the common classes of drugs
- Utilize knowledge base of drugs in the administration of drugs & teaching plans
- Applying principles to clinical situations.

Personal Reflection: Pharmacology has a lot of important information in so little time. This course was very beneficial but learning ALL the information for future use seemed impossible. It was great to be able to "work" with these medications in the actual real world so it felt refreshing to be able to apply what I learned in the classroom to the hospital. The course seemed dry and filled with information overload but now I see why all of it is so important, because we are going to be working with it every day.

NURS30050: BASIC NURSING INFORMATICS

Competencies:

- x. Knowledge of basic concepts of nursing informatics
- xx. Information technology and terminology related to nursing informatics
- xxx. Telehealth/Telenursing

xxxx. Informatics applications for quality care and patient safety

Patient teaching: Educational Pamphlet about Flu/N1H1

EBP: [Case Study w/ EBP](#)

Personal reflection: This online class was a great experience for me! I learned the huge importance of technology in not only nursing, but all of the healthcare organizations that exist. I didn't know the wonderful impact technology has on nursing before taking this course. The healthcare "society" would be hectic without the use of technology systems involved. It saves healthcare professionals time in order to provide more quality care for our clients.

GERONTOLOGY/REHAB NURS ADULTS - NURS-30040

Competencies: Develop a knowledge base related to the psychophysiological changes in older adults and those undergoing rehabilitation.

*Identify changes, consequences, and nursing care related to aging and rehabilitation for individuals and families in a variety of settings.

*Identify community resources and interdisciplinary team member necessary and available to adults and families who are dealing with the effects of aging and/or rehabilitation.

Patient teaching: Feet pump exercises, squeezing, teaching about Diabetes to the geriatric patient, annual flu vaccines.

EBP: *Nursing Process Paper for the Geriatric Patient*, [Annual flu vaccines](#).

Personal Reflection: This class has been the most fun for me. I have had a great experience in clinical, getting to do many procedures. I learned many things I didn't know about the average "grandma." It makes me feel more confident going in and working with such patients now.

N30030: NURSING OF ADULTS

Competencies:

- Identifying levels of prevention (primary, secondary, tertiary) for major diseases affecting adults.
- Describe normal aging pathophysiological processes of major diseases affecting adults.
- Utilizing a variety of nursing and learning resources, including nursing research, to provide quality, cost-effective nursing care.
- IV therapy, Respiratory/Oxygenation, Perfusion/Transport, Excretion, Regulation

Patient teaching: Inhaler teaching, exercise promotion, transfer techniques, conserving energy, General medication teachings, etc.

EBP: *Nursing Process Paper for Adults*

Personal Reflection: Nursing of adults has offered me so much new information. This class seems critical to me because it includes most of the population (patients/clients) in the hospital. The objectives and ideas that were presented to me in the past have come alive in this course.

N30020: HEALTHCARE OF CHILDREN

Competencies: -Effective communication skills with children, families, and other members of the health care team
-Uses research findings in planning health care for children and families.
-Uses critical thinking skills when applying the nursing process in meeting the comprehensive health care needs of children and families.
-Respiratory pathway, VSS, POX, O2
-Respiratory infection care

Patient Teaching: *Teaching families correct hygiene
*Community Service Project-teach preschool & kindergarteners hand washing and germs in North Canton
*Suctioning techniques for infants with respiratory issue
*Medication information teaching
*Disease prevention

EBP: *Nursing Process Paper for Children, Children's Learning & Play Center community service (Germs & Hand washing)*

Personal Reflection: Healthcare of children is very different compared to working with adults. It has challenged me to think in different ways and has taught me that with children one needs patience and a lot of compromising in order to succeed. The children are a joy to work with and to help them get healthy.



N30010: PARENT NEWBORN NURSING

Competencies: -Post partum assessment/care: Newborn & Parent
-Medication administration
-Peri care, indwelling catheter
-Precaution & S/S of PP Hemorrhage
-Use communication skills to professionally interact with patients, families, and health care team members to communicate information and provide safe nursing care across the lifespan.
-Grief
-Apply nursing research when planning patient care

Patient Teaching:

- Perineal care, cord care
- Breast care
- Lochia/bleeding information
- Breast feeding information, Infant feeding
- Basic newborn information/education
- Safe newborn techniques

EBP: *Parent & Newborn Case Study & Class Presentation*

Personal Reflection:

The parent and newborn nursing class was my favorite class thus far. I was already very interested in maternal and newborn health because I seem to be fascinated with the birthing process. This class gave me a life changing experience that not many people have—to see a human being brought to this world with my own eyes. This class provided me with brand new information because the material was completely new. Overall I had a great experience and I hope to work in this area. The clinical experience “confirmed” my wish of maybe being a L&D nurse one day, or maybe even a midwife!

N40005: Professional Nursing Development

Competencies:

- ✓ Relate the development and use of theory to the discipline of nursing
- ✓ Prepare for employment as a professional nurse, including developing interviewing skills and created a letter of interest and resume
- ✓ Professional speaking/presentation skills
- ✓ Professional writing skills

EBP: *“Diversity in Nursing” research paper, “The Chemically Impaired Nurse” presentation*

Personal Reflection: This course was very beneficial for the near future. It helped me prepare for job interviews, speaking in front of an audience, and provided me with tips to increase my chances of getting a job. Professional nursing development was extremely helpful for my future.

N40030: Nursing and Mental Health Care

Competencies: -Developed a mastery of therapeutic skills
-Developed growing self-awareness
-Provide nursing care to psychiatric patients in a safe, ethically appropriate, evidence based, and effective manner.
-Apply nursing process to client(s) with a psychiatric disorder
-Developed an understanding of the impact of political, professional and economic issues on the experience & treatment of mental illness.

Patient Teaching: Psychoeducation Program including:

- ✓ Art Therapy as a coping mechanism
- ✓ Anxiety control
- ✓ Communication skills
- ✓ Providing positive distraction
- ✓ Relaxation

EBP: Psychoeducation Program, Self-Awareness Journals

Personal Reflection: This course was very different compared to the nursing courses I have had thus far. The class and clinical was very interesting and helped me learn many new things. Psychiatric nursing is completely different and requires the nurse to be self-aware in order to provide the best care for the clients. This course has also helped me learn new things about myself.

N40010: Nursing of the Critically Ill

Competencies: -Used critical and analytical thinking skills in the application of the nursing process in the care of the critically ill adult
-Acquired knowledge and skills specific to nursing practice in the critical care setting(s) (ED, ICU, CSU/CVSU).
-Enhanced professional role development through reflective self-examination of personal and professional attitudes and performance

Patient Teaching: -Taught patients and families the importance of mouth care to help ↓ the chance of acquiring ventilator-associated pneumonia when patient is intubated
-Taught family the reasons and importance of sedation and sedation medication such as Diprivan drips for patients with neurological problems. Taught family importance of keeping intracranial pressure low with help of this medication. Provided family with emotional support.

EBP: *Nursing Process Paper of the Critically Ill Patient*

- Mouth Care q 2 hours to prevent ventilator-associated pneumonia & hydrate mouth mucous membranes
- Suctioning secretions to prevent ventilator-associated pneumonia

Personal Reflection: I was extremely nervous before taking this course but the semester was great and I learned many new things. I acquired many different skills in several different critical care settings, and this was a privilege. The course helped me to bring everything together which I have learned in the past three years and helped me utilize my critical thinking skills. I feel it will benefit me tremendously in my upcoming nursing career.

N40020: Community Health Nursing

- Competencies:** -Application of the nursing process with families, population groups, and communities
-Collaborated with members of the multidisciplinary team including consumers to promote health of families, population groups, and communities.
-Applied the epidemiologic approach to identify subgroups within population that are at risk for disease
-Planned nursing interventions to reduce client risk factors

Patient Teaching: Massillon Recreation Center Health Fair, Massillon Ohio
Taught citizens of Massillon:

- ✓ "Being A Healthy Role Model for Children"
- ✓ "Eating Healthier On A Budget"
- ✓ "Enjoy Food, But Eat Less"

EBP: Massillon Community Assessment, Preparing the Community for Disaster Teaching

Personal Reflection: Community Health Nursing was a great learning experience for me because it was very different than I assumed. I learned the important qualities a community nurse holds and also the variety of roles he/she plays in the community setting. I had the opportunity to experience a wide variety of clinical settings from homecare to wound care and even hospice.