UNIVERSITY OF FLORIDA

COLLEGE OF NURSING

COURSE SYLLABUS

SUMMER 2015

COURSE NUMBER NUR 3138C

COURSE TITLE Clinical Practice 1: Wellness Promotion and Illness Prevention

CREDITS 4 (1 credit didactic; 3 credits laboratory/clinical)

PLACEMENT BSN Program: 1st Semester Upper Division

PREREQUISITES Admission to Upper Division

COREQUISITES NUR 3069C Health Assessment and Communication

NUR 3138 Systems of Care 1: Wellness Promotion and Illness

Prevention

# FACULTY

Anita Stephen, MSN, RN, CNL-BC HPNP 352-273-6328 Thursday 0900-1100

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COURSE DESCRIPTION The purpose of this course is to provide the student with clinical experience in the promotion of wellness and prevention of illness for diverse individual clients across the lifespan. Emphasis is on risk appraisal, environmental assessment, and the context of family in wellness promotion and risk reduction. Focus is on use of health education and counseling with clients in selected settings.

COURSE OBJECTIVES Upon completion of this course, the student will be able to:

1. Apply concepts of wellness promotion and disease, injury, and disability prevention with selected individuals.
2. Utilize therapeutic communication techniques.
3. Apply primary, secondary, and tertiary prevention strategies.
4. Utilize principles of privacy and confidentiality in interactions with clients.
5. Assess environmental factors that influence the healthcare needs and preferences of individuals as members of families.
6. Utilize principles of health teaching and counseling with clients.
7. Utilize scientific principles in the demonstration of selected psychomotor skills.

8. Recognizes accountability for personal and professional behaviors.

COURSE SCHEDULE

E-Learning in Canvas is the course management system that you will use for this course. E-Learning in Canvas is accessed by using your Gatorlink account name and password at <https://lss.at.ufl.edu/>. There are several tutorials and student help links on the E-Learning login site. If you have technical questions call the UF Computer Help Desk at 352-392-HELP or send email to [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).

It is important that you regularly check your Gatorlink account email for College and University wide information and the course E-Learning site for announcements and notifications.

Course websites are generally made available on the Friday before the first day of classes.

CLINICAL/LABORATORY SCHEDULE

LAB: Thursdays; May 14 through May 18, 2015 from 1300-1600 in the Nursing Resource Center (NRC)

Groups: 1-1 & 1-2 will attend lab 1300-1400

Groups: 1-3 & 1-4 will attend lab 1400-1500

Groups: 1-5 & 1-6 will attend lab 1500-1600

CLINICAL:

Community based clinical will occur during the first half of the semester on Mondays and Tuesdays. These clinical experiences will vary weekly. See the Community Clinical Calendar for your specific assignments. The hospital based clinical experiences will occur during the second half of the semester on Mondays & Tuesdays; July 7 through August 4, 2015.

EXTRA SKILLS LAB PRACTICE/OPEN LAB:

For students who desire or need additional practice time with skills, the NRC lab will be available on Fridays from 1200-1600 on official school days beginning 05/15/15. Students must reserve a time using the Canvas schedule tool. This is a time for students to practice skills with minimal supervision.  It does not replace assigned class time.

TOPICAL OUTLINE

1. Communication & Safety
2. Communication
3. Asepsis
4. Standard precautions
5. Isolation techniques
6. Hygiene & Communication
7. Nutrition & Communication
8. Hydration
9. Intake and output
10. Elimination
11. Mobility & Communication
12. Positioning
13. Transfer
14. Ambulation
15. Surgical Asepsis
16. Regulation – Glucose Monitoring
17. Oxygenation
18. Delivery systems

TEACHING METHODS

Lecture, audiovisual materials, written materials, demonstrations, supervised laboratory time and clinical experiences.

LEARNING ACTIVITIES

Readings, videos, participation in laboratory skills practice, community and acute care clinical experiences.

EVALUATION METHODS/COURSE GRADE CALCULATION

Clinical courses are evaluated using the Clinical Evaluation form. Clinical evaluation will be based on faculty observation, verbal communication with the student, written work, and agency staff reports using a College of Nursing Clinical Evaluation Form. Faculty reserve the right to alter clinical experiences, including removal from client care areas, of any student to maintain patient safety and to provide instructional experiences to support student learning.

Clinical evaluation will be based on achievement of course and program objectives using a College of Nursing Clinical Evaluation form. All areas are to be rated. A rating of Satisfactory represents satisfactory performance and a rating of Unsatisfactory represents unsatisfactory performance. **The student must achieve a rating of Satisfactory in each area by completion of the semester in order to achieve a passing grade for the course.** A rating of less than satisfactory in any of the areas at semester end will constitute a course grade of E. Regardless of the classroom grade, the student receiving an unsatisfactory evaluation in the clinical component of the course will be assigned a course grade of E or U.

The faculty member will hold evaluation conferences with the student and clinical preceptor, if applicable, at each site visit. The faculty member will document or summarize each conference on the Clinical Evaluation Form or Advisement Record. This summary will be signed by the faculty member and student. Mid-rotation evaluation conferences will be made available to each student. **Final evaluation conferences with the faculty member are mandatory** and will be held during the last week of each course. A student may request additional conferences at any time by contacting the faculty member.

**Hospital Clinical** & **Nursing Resource Center (NRC) Uniform** – required for hospital

clinical, laboratory and simulation, consists of white/navy pants and a navy top made of scrub or

uniform material. Socks, stockings, and belts are required to all be white.  Shoes must be white or black, nonporous, with closed toe and heel. Overall appearance must convey a professional

image. Personal hygiene and grooming should be of a standard that ensures the safety and

comfort of clients. Students must arrive to the NRC with all the required equipment necessary for

scheduled NRC activities.

**Required Community Uniform** –UF CON polo with khaki pants. Shoes should be comfortable enough to participate in physical activities. Students should wear their UF Gator One badge while in the community setting unless otherwise specified. Overall appearance (personal hygiene and grooming) must convey a professional image.

Activated cell phones and pagers must be turned off in the NRC.

Preparation for clinical skills laboratory experiences include: viewing weekly assigned videos, being prepared as evidenced by arriving to scheduled laboratory sessions on time with pre-lab preparation as assigned, and participating in laboratory experiences as scheduled.

MAKE UP POLICY

Students will be required to make up time missed in lab and clinical based upon the faculty’s assessment of whether the individual student is meeting the clinical objectives and the frequency of absences.

GRADING SCALE/QUALITY POINTS

S Satisfactory

U Unsatisfactory

Evaluation of the clinical lab/nursing skills will be based on the satisfactory completion of all assignments, which includes participation. Six (6) quizzes via Sakai will be administered. Students must achieve an average grade of 74 or higher in order to achieve a satisfactory course grade. An Unsatisfactory grade may be assigned for late or missing quizzes. Make-up opportunities are at the discretion of faculty.

For more information on grades and grading policies, please refer to University’s grading policies: <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

REQUIRED TEXTBOOKS & VIDEOS

Mosby’s Nursing Video Skills. <https://bridge.ufhealth.org/> Care/Mosby’s Nursing Skills

Perry, A.G. Potter, P.A. & Ostendorf, W.  (2013). Clinical nursing skills & techniques (8th ed.).  St. Louis: Mosby/Elsevier

Perry, S., Hockenberry, M., Lowdermilk, D., & Wilson, D.  (2014). Maternal child nursing care (5th ed.).Maryland Heights, MO: Mosby.

Potter, P. A. & Perry, A.G.  (2013). Fundamentals of nursing (8th ed.).  St. Louis:

Mosby/Elsevier

Silvestri, L.A.  (2014). Saunders comprehensive review for the NCLEX-RN examination (6th

ed.). St. Louis, MO: Saunders.

Townsend, M.C. (2011). *Essentials of psychiatric mental health nursing: Concepts of care in*

*evidence-based practice* (5th ed.). Philadelphia: FA Davis.

RECOMMENDED TEXTBOOK

Books utilized from NUR 3138; NUR 3069C

WEEKLY CLASS SCHEDULE

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| --- | --- | --- | --- |
| DATE | TOPIC/EVALUATION | ASSIGNMENTS/READINGS | FACULTY |
| 5/14/15 | Introduction  Communication  Safety  Infection Control & Prevention | **Potter & Perry Fundamentals of Nursing Textbook**  Chapter 1: p. 9 (Table 1-1)  Chapter 24: Communication  Chapter 28: Infection Prevention & Control pp. 398-421, 425-427  **Perry & Potter Clinical Nursing Skills & Techniques**  Chapter 7: Medical Asepsis  Chapter 3: Communication  **Mosby’s Videos**: \*\*View Before NRC lab\*\*  <https://bridge.ufhealth.org/> Care/Mosby’s Nursing Skills  Communication (all three videos)  Hand hygiene  Isolation Precautions: personal protective equipment | Professor Stephen |
| 5/21/15 | Hygiene  Comfort  Safety  (Under your NRC uniform - please wear a bathing suit, sports bra, clothing that will make it easy for you to take part in some partial bed bathing activities) | **Potter & Perry Fundamentals of Nursing Textbook**  Chapter 39: Hygiene  **Perry & Potter Clinical Nursing Skills & Techniques**  Chapter 17: Personal Hygiene & Bed-making  **Mosby’s Videos**: \*\*View Before NRC lab\*\*  <https://bridge.ufhealth.org/>  All Videos under the categories:  **Bathing** – Bed Bath & Bed bath (Ped) & Tub bath & shower  **Bed-making** – Occupied & pediatric & unoccupied  **Oral Hygiene** for the unconscious & debilitated patient & child & Hair care & shaving male pts. Denture care |  |
| 5/28/15 | Nutrition,  Elimination  Measuring & Recording I&O | **Potter & Perry Fundamentals of Nursing Textbook**  Chapter 44: Nutrition pp. 996-1027  Chapter 45: Urinary Elimination pp. 1042-1061  **Perry & Potter Clinical Nursing Skills & Techniques**  Chapter 30: Oral Nutrition  Chapter 33: Urinary Elimination pp. 809 - top 812 & 833-836  Chapter 34: Bowel Elimination: pp.842-848  **Mosby’s Videos**: \*\*View Before NRC lab\*\*  - Enemas (Peds & adult), Urinal use, --- Urinary catheter: condom (application), indwelling catheter care, bedpan  - Aspiration precautions & peds precautions |  |
| 6/4/15 | Mobility  Safety  Tissue Integrity  Perfusion | **Potter & Perry Fundamentals of Nursing Textbook**  Chapter 47: Mobility & Immobility & pp.1184-6  **Perry & Potter Clinical Nursing Skills & Techniques**  Unit IV: Activity & Mobility – Chapters 9,10,11, 12 & pp. 433-443, & 438-9  Chapter 13: Safety & Quality Improvement pp. 295-305  **Mosby’s Videos**: \*\*View Before NRC lab\*\*  Transfer Technique: All four Videos under this categories: starting from assisting patients from bed to chair to using mechanical lifting devices. |  |
| 6/11/15 | Safety  Perfusion  Tissue Integrity  Surgical Asepsis | **Potter & Perry Fundamentals of Nursing Textbook**  Chapter 28: Infection Prevention & Control pp.421-4, 428-437  **Perry & Potter Clinical Nursing Skills & Techniques**  Chapter 8: Sterile Technique  Chapter 13: Safety & Quality Improvement pp. 295-312, 315-8  **Mosby’s Videos**: \*\*View Before NRC lab\*\*  -Restraints Application & monitoring & Restraint-Free Environment &  -Antiembolic Stocking and Sequential Compression Devices (SCD’s)  -Sterile Gloving  -Dry and Moist to Dry Dressing: (watch first video on dry dressing)  -Sterile Field Preparation: (view Adding items to a Sterile Field & Establishing & Maintaining a Sterile Field) |  |
| 6/18/15 | Oxygenation **-** Oxygen administration  Regulation **–** Blood Glucose monitoring (done with faculty in clinical) | **Potter & Perry Fundamentals of Nursing Textbook**  Chapter 40: pp. 821-844 & 850-853, & 873-878  Chapter 44: pp1035-1039  **Perry & Potter Clinical Nursing Skills & Techniques**  Chapter 23: Oxygen Therapy  Chapter 24 Performing Chest PT  Chapter 43: pp 1085-1090 (Blood Glucose Monitoring)  **Mosby’s Videos**:  -Blood Glucose Monitoring (two videos) & Peds  -Oxygen tank regulators, O2 therapy and O2 delivery, for Peds, O2 therapy for patients with artificial airway |  |

University and College of Nursing Policies:

Please see the College of Nursing website for a full explanation of each of the following policies - <http://nursing.ufl.edu/students/student-policies-and-handbooks/course-policies/>.

Attendance

Academic Honesty

UF Grading Policy

Accommodations due to Disability

Religious Holidays

Counseling and Mental Health Services

Student Handbook

Faculty Evaluations

Student Use of Social Media