UNIVERSITY OF FLORIDA

COLLEGE OF NURSING

COURSE SYLLABUS

FALL 2016

COURSE NUMBER NUR 3138C – Sections 12A1, 12A2, 12A3, 12A4, 16G4, 16G5

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

David J Derrico RN, MSN HPNP 352-273-6341 Friday 0800-1000

Clinical Assistant Professor 3202 cell 352-562-6305

[derridj@ufl.edu](mailto:derridj@ufl.edu)

Course Coordinator

Sally Bethart, MSN, ARNP HPNP 352-273-6372 Wednesday 1130-1330 Clinical Assistant Professor 4203 cell 352-494-3548

[Sbeth12@ufl.edu](mailto:Sbeth12@ufl.edu)

Joan Castleman, MS, RN, CTTS HPNP 352-273-6362 Wednesday 0800-1000

Clinical Associate Professor 4205

[jbcastle@ufl.edu](mailto:jbcastle@ufl.edu)

Sandra W. Citty, PhD, ARNP-BC HPNP 352-273-9591 Friday 0900-1100

Clinical Assistant Professor 3216 cell 352-356-1581

[swolfe@ufl.edu](mailto:swolfe@ufl.edu)

Paula Alexander-Delpech, PhD, ARNP HPNP 325–273–6333 Thursday 1500-1700

Clinical Assistant Professor 4208 cell 305-335-8129

[pdelpech@ufl.edu](mailto:pdelpech@ufl.edu)

Karen S. Reed, MSN, DHSc, HPNP 352-273-6097 Friday 0730-0900

RN, CNL, CRRN 3228 & by Appointment

Clinical Assistant Professor

[ksreed@ufl.edu](mailto:ksreed@ufl.edu)

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

Clinical Assistant Professor 3240

[astephen@ufl.edu](file:///C:\Documents%20and%20Settings\lsutton\Local%20Settings\Temporary%20Internet%20Files\Content.Outlook\lsutton\My%20Documents\4748L\4748L%20Spring%202012\astephen@ufl.edu)

Nancy G. Young, MSN, ARNP, CPNP HPNP 352-273-6403 Friday 1000-1200

Clinical Assistant Professor 2221

[ngyoung@ufl.edu](mailto:ngyoung@ufl.edu)

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.

CLINICAL/LABORATORY SCHEDULE

Section Day Time

All GVL sections Monday – Didactic 7:00am-8:50am

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 <http://elearning.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.

DIDACTIC: Mondays 0700-0850 August 22, 2016 through October 3, 2016 – Room C1-17

LAB: Monday or Tuesday; August 22, 2016 through October 4, 2016 - NRC

Groups: 1A1, 1A2, 1A3, & 1E1 will attend lab Mondays 0900-1150

Groups: 1B1, 1B2, 1B3, & 1E2 will attend lab Mondays 1300-1550

Groups: 1C1, 1C2, 1C3, & 1E3 will attend lab Tuesdays 0900-1150 except

September 20th – meets 0730-1020 due to IFH

Groups: 1D1, 1D2, 1D3, & 1F1 will attend lab Tuesdays 1300-1550

NO NRC WEEK 3 (September 5 and 6 due to Monday Labor Day Holiday)

Beginning on October 10, 2016 students have a clinical rotation in Adult Health, Community Health, or Simulation on Mondays and Tuesdays for several weeks, rotating through each of the three clinical assignments at three week intervals. See the Fall Clinical Schedule for details.

TOPICAL OUTLINE

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

TEACHING METHODS

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

LEARNING ACTIVITIES

Selected laboratory, community-based, and acute care clinical experiences, participation in seminar and assigned interprofessional education activities, e.g., Interdisciplinary Family Health (IFH), Interprofessional Learning in Healthcare (ILPH), and/or ATTAC-IT (Area Health Education Centers Tobacco Training and Cessation Program – Initial Training).

EVALUATION METHODS/CLINICAL EVALUATION

Clinical courses are evaluated using the Clinical Evaluation form electronically on CANVAS. Clinical evaluation will be based on faculty observation, verbal communication with the student, written work, and agency staff reports. 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 on CANVAS. 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 students as needed. The faculty member will document or summarize each conference on a clinical evaluation form or advisement record. 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/Facility Clinical** & **Nursing Resource Center (NRC) Uniform** – required for

hospital/facility clinical, laboratory, and simulation, consists of navy pants and a navy top made

of scrub or uniform material. Socks, stockings, and belts are required.  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 clinical/NRC activities with all the required

equipment necessary for the scheduled activities. Students should wear their UF Gator One

badge while in the hospital, facility, or NRC setting unless otherwise specified.

**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 during clinical and 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 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. An Unsatisfactory grade may be assigned for being late or missing assigned NRC or clinical activities. Make-up opportunities are at the discretion of faculty. Feedback on written assignments will be within one week.

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>

PROFESSIONAL BEHAVIOR

The College of Nursing expects all Nursing students to be professional in their interactions with patients, colleagues, faculty, and staff and to exhibit caring and compassionate attitudes. These and other qualities will be evaluated during patient contacts and in other relevant settings by both faculty and peers. Behavior of a Nursing student reflects on the student's individual’s ability to become a competent professional Nurse. Attitudes or behaviors inconsistent with compassionate care; refusal by, or inability of, the student to participate constructively in learning or patient care; derogatory attitudes or inappropriate behaviors directed at patients, peers, faculty or staff; misuse of written or electronic patient records (e.g., accession of patient information without valid reason); substance abuse; failure to disclose pertinent information on a criminal background check; or other unprofessional conduct can be grounds for disciplinary measures including dismissal.

UNIVERSITY POLICY ON ACADEMIC MISCONDUCT

Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at <http://www.dso.ufl.edu/students.php>. Students are required to provide their own privacy screen for all examination’s administered to student laptops. No wireless keyboards or wireless mouse/tracking device will be permitted during examinations.

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

UF Grading Policy

Accommodations due to Disability

Religious Holidays

Counseling and Mental Health Services

Student Handbook

Faculty Evaluations

Student Use of Social Media

REQUIRED TEXTBOOKS & VIDEOS

Evolve Online Course for Clinical Skills: Essentials Collection, 1st Edition

**Course ID: 154963\_dderrico\_1002**

Perry, A.G. Potter, P.A. & Ostendorf, W.  (2014). 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.  (2017). Fundamentals of nursing (9th ed.).  St. Louis:

Mosby/Elsevier

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

ed.). St. Louis, MO: Saunders.

WEEKLY CLASS SCHEDULE

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| DATE | | TOPIC | ASSIGNMENTS/READINGS | | FACULTY | |
| Week 1  8/22 lecture  8/22 or 8/23 lab | | Introduction/Orientation  Communication  Safety  Infection Control  Hand Hygiene  Transmission Based Precautions | **Potter & Perry Fundamentals of Nsg.**  Chapter 27: pp.373-381  Chapter 29: pp.442-466  **Perry & Potter Clinical Nursing Skills & Techniques**  Chapter 3: Communication  Chapter 7: Medical Asepsis  **Clinical Skills Essentials Edition**  *(Review Quick Start, Supplies, Demos)*  Performing Hand hygiene  Using Personal Protective Equipment | | Derrico | |
| Week 2  8/29 lecture  8/29 or 8/30 lab | | 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 Nsg.**  Chapter 40: Hygiene  **Perry & Potter Clinical Nursing Skills & Techniques**  Chapter 17: Personal Hygiene & Bed-making  **Clinical Skills Essentials Edition**  *(Review Quick Start, Supplies, Demos)*  Making an Unoccupied Bed  Making a Surgical Bed  Performing a Complete/Partial Bed Bath  Performing Perineal Care-Male/Female  Assisting with a Gown Change  Making an Occupied Bed  Cleaning Dentures  Performing Oral Hygiene - Unconscious  Assisting with a Tub Bath or Shower  Performing Hair Care/Shampooing  Performing Nail & Foot Care  Shaving a Male Patient  Performing Back Massage  Performing Passive Range of Motion | | Derrico | |
| Week 3  9/1  9/1 or 9/2 | | LABOR DAY HOLIDAY  No Lecture/Lab this week |  | |  | |
| Week 4  9/12 lecture  9/12 or 9/13 lab | | Nutrition  Hydration  Elimination | **Potter & Perry Fundamentals of Nsg.**  Chapter 45: Nutrition pp. 1053-1075  Chapter 46: Urinary Elimination  pp.1101-1130  Chapter 47: Bowel Elimination  pp.1149-1175, 1170-1173  **Perry & Potter Clinical Nursing Skills & Techniques**  Chapter 30: Oral Nutrition  Chapter 43:Specimen Collection:  pp 1053-1063  **Clinical Skills Essentials Edition**  *(Review Quick Start, Supplies, Demos)*  Assisting with Meals  Taking Aspiration Precautions  Measuring Intake and Output  Assisting with a Urinal  Collecting a Midstream Urine Specimen  Applying a Condom Catheter  Assisting with a Bedpan  Fecal Occult Blood Testing  Administering a Cleansing Enema | | Derrico | |
| Week 5  9/19 lecture  9/19 or 9/20 lab | | Mobility  Safety  Perfusion  Fall Risk Assessment & Injury Prevention  Skin Risk Assessment  Seizure Precautions  VTE Prophylaxis  Restraints | **Potter & Perry Fundamentals of Nsg.**  Chapter 28: Immobility  Chapter 39: Activity & Exercise  **Perry & Potter Clinical Nursing Skills & Techniques**  Chapter 9: Safe Patient Handling  Chapter 10: Exercise and Ambulation  Chapter 13: Safety/Quality Improve.  **Clinical Skills Essentials Edition**  *(Review Quick Start, Supplies, Demos)*  Assisting Positioning Patient in Bed  Assisting Moving Patient in Bed  Assisting with Ambulation – Gait Belt  Transferring from Bed to Stretcher  Transferring Bed to WC – Transfer belt  Using a Hydraulic Lift  Using Restraint Alternatives  Applying Restraints  Applying Elastic Stockings  Using a Sequential Compression Device | | Derrico | |
| Week 6  9/26 lecture  9/26 or 9/27 lab | | Surgical Asepsis  Safety  Perfusion  Tissue Integrity  Sterile Gloving  Sterile Dressing Change  Skin Breakdown Prevention Strategies | **Potter & Perry Fundamentals of Nsg.**  Chapter 29: Infection Prevention & Control pp.467-475 & 481- 482  **Perry & Potter Clinical Nursing Skills & Techniques**  Chapter 8: Sterile Technique  Chapter 12: Support Surfaces/ Sp. Beds  Chapter 18: Pressure Ulcers pp. 433-443  **Clinical Skills Essentials Edition**  *(Review Quick Start, Supplies, Demos)*  Assessing Wounds  Performing Sterile Gloving  Establishing/Maintaining Sterile Field  Adding Items to a Sterile Field  Changing a Dressing  Collecting Specimen for Wound Culture  - | | Derrico | |
| Week 7  10/3 lecture  10/3 or 10/4 lab | | Oxygenation  Oxygen administration  Regulation **–**  Blood Glucose monitoring (faculty in clinical) | **Potter & Perry Fundamentals of Nsg.**  Chapter 41: Oxygenation pp.891-896,  900-904  Chapter 45: Nutrition:  bottom of pp.1094-1097  **Perry & Potter Clinical Nursing Skills & Techniques**  Chapter 23: Oxygen Therapy  Chapter 24 Performing Chest PT  Chapter 43:Specimen Collection: pp 1085-1090 (Blood Glucose Monitoring)  **Clinical Skills Essentials Edition**  *(Review Quick Start, Supplies, Demos)*  Ensuring Oxygen Safety  Applying a Nasal Cannula or Face Mask  Setting Oxygen Flow Rates  Performing Blood Glucose Testing | | Derrico | |
| Approved: | | Academic Affairs Committee:  General Faculty:  UF Curriculum Committee: | | | 09/09; 02/12; 02/14  09/09; 03/12; 02/14  10/09; 04/12 | |