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SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title NURSING PRACTICE: THEORY

Code No.: NUR LQ4/114

Program: NURSING

Semester: ONE

Date: JUNE 1984

Author: B. WARNOCK P. EDWARDS

New:

Revision

APPROVED

Chairperson A

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Date [/

NURSING PRACTICE THEORY
• Course Name

NUR 104^/114
course Number

PHILOSOPHY/GOALS:

The purpose of this course is to prepare the student to use nursing process in assisting client to maintain and promote adaptation. Nursing is viewed within the context of the adaptation conceptual framework. This involves detailed examination of the steps in the nursing process, assessment, planning, intervention and evaluation. Emphasis is given to the theory and skills necessary for effective communication in promoting adaptation. The cognitive, affective and psychomotor domains of learning are involved throughout.

METHOD OF ASSESSMENT (GRADING METHOD)

1, Grading	A	80 - 100%
	8	70 - 79%
	I	Below 70%

2. Mark Allocation - Semester 1

	* Test Mark - Test on Introduction Unit	11%
	- Test on Exercise and Rest & Hygeine	15%
	- Test on Communication1	15%
	- Test on Math for Meds	10%
	- Seminars	5%
	- Temperature	2.5%
	- Safety	2.5%
	- Role	5%
	Sensory	9%
		75%
Final Exam	on Safety	1%
	- on Introduction Unit	5%
	- on Exercise and Rest & Hygeine	8%
	- on Communication	4%
	- on Sensory	3%
	- Temperature	1%
	- Role	3%
		25'
	TOTAL:	100%

See Program Requirements regarding tests and exams.

NURSING PRACTICE THEORY

Nursing 114

Evaluation

^' Grading A 80 - 100%
 B 70 - 79%
 I Below 70%

2. Semester 1

<u>Unit</u>	<u>Test Date</u>	<u>Percentage</u>
Adaptation	Sept. 19	3 %
Exercise 5 Rest	Oct. 10	10 %
Health §		3 %
Nursing Process	Oct. 15	5 %
Hygiene	Oct. 31	5 %
Math for Meds	Oct. 31	3 %
Math for Meds	Nov. 14	2 %
Sensory	Nov. 21	9 %
Temp.		2.5%
Safety		2.5%
Math for Meds	Nov. 28	2 %
Communication	Dec. 5	15 %
Math for Meds	Dec. 12	3 %
Role	Dec. 12	5 %
Seminar	Dec. 18	5 %
		75 %

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Evaluation Cont'd -.

3. Final^Jxam Dec. 17

	5 %
Introduction	
	5 %
Exercise 5 Rest	
Hygiene	
Sensory	
	1 %
Temp	
	1 %
Safety	
	4 %
Communication	
	3 %
Role	
	<hr/>
	25 %
TOTAL	100 %

TEXTBOOK(S):

Kozier, B. and G.L* Erb. Fundamentals of Nursing - Concepts and Procedures, 2nd edition, Addison Wesley KuDiismng, Memo Hark, canrorma, lyyj.

Pender, N. Health Promotion In Nursing Practice, Appleton-Century-Crofts, Toronto, 1982.

Thompson, M. Workbook in the Calculation of Solutions and Dosage for Student Nurses, Kendai/Hunt Publishing Co., Dubuque, Iowa, 1962.

Reeder, S.J., L. Mastroianni and L.L. Martin. Maternity Nursing, 15th edition, J.B. Lippincott, Philadelphia, 19HJ^

Muldary, T.W. Interpersonal Relations for Health Professionals, MacMillan Publishing Co., Inc., Toronto, 19b3.

Reiss, B.S. and M.E. Melick. Pharmacological Aspects of Nursing Care, Delmar Publishers Inc., New York, 1982r^

Whaiey, L.F. and D.L. Wong. Nursing Care of Infants and Children, C-V. Mosby Co., Toronto, 1983.

Smith, Genevieve and Phyllis Davis. Medical Terminology A Programmed Text, 4th ed., John Wiley & Sons, Inc., Toronto,. 1981.

Urdang, L-, H.H, Swallow. Mosby's Medical and Nursing Dictionary, C.Y. Mosby Co., Toronto, 1983.

UNITS OF STUDY

SEMESTER 1:	HOURS
UNIT 1: Introduction to Adaptation, Health 5 The Nursing Process	20
UNIT 2: Exercise and Rest and Hygeine	20
UNIT 3: Communications (Part I)	14
UNIT 4: Protection {Part I}	3
UNIT 5: Sensory	9
UNIT 6: Math for Medications	9
Evaluation and Seminar	2
UNIT 7: Role	9
UNIT 8: Temperature	3
TOTAL	89 HOURS

COURSE OBJECTIVES:

1. Explain the relationship between adaptation and nursing practice In assisting clients who require support to maintain and promote adaptation.
2. Demonstrate the use of the nursing process for individuals who require support to maintain and promote adaptation.
3. Apply theory concepts and principles of interpersonal relationships in the nursing process.
4. Determine the relevance of values to nursing practice.
5. Comply with professional expectations regarding accountability.
6. Recognize the need for the nurse to be a continuous learner.
7. Recognize the impact of the structure and function of the health care system on current practice situations.

SAULT COLLEGE NURSING PROGRAM

NURSING PRACTICE THEORY- 1A

NURSING 104

1984-85

YEAR 1, SEMESTER 1

UNIT 1: INTRODUCTION TO ADAPTATION, HEALTH & THE NURSING PROCESS

OBJECTIVES

LEARNING RESOURCES

THE PERSON ADAPTING

A. Explain the concept of the person adapting.

Health Sciences Division
Philosophy

A. Define adaptation.

Glossary

B. Recognize the attributes of the person from a holistic point of view.

C. Identify survival growth, reproduction and mastery as the person's general goals of adaptation.

D* Explain characteristics of a system.

1) define a system,*input, output, feedback, boundary

2) explain the characteristics of all systems

3) recognize the relationship between adaptation and the dynamics of an open system

Kozier, B. and Erb, G.
Fundamentals of Nursing, 2nd Edition, Addison Wesley, Denville, NJ, 1983, p. 56.

E. Use Roy's model of the person as an adaptive system.

1) identify the origin of Roy's model

2) classify the components

Kozier and Erb, p. 8-11.

- a) distinguish the stimuli
- focal
 - contextual
 - residual

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Philosophy - Glossary

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UNIT 1: INTRODUCTION TO ADAPTATION, HEALTH & NURSING PROCESS

OBJECTIVES

LEARNING RESOURCES

- b) classify stimuli as internal and external
- c) distinguish the modes of response
 - physiological
 - self concept
 - role function
 - Interdependence
- d) define adaptation lev!
- 3) use the system theory to determine the functioning of the components
- 4) determine the place of communication in Roy's model of the adapting person
 - a) apply Roy*s theory to a personal experience
 - b) identify how this personal experience met general goals of adaptation

II. HEALTH AND ADAPTATION

- A. Describe the concept of health-illness based on the adaptation framework.
 - 1) define health
 - 2) define illness
 - 3) define health-illness continuum
 - 4) relate health-illness continuum to the person adapting
- B. Explain the internal and external stimuli which determine one's perception of health.

Pender, Nola S., Health Promotion in Nursing Practice, Appleton, Conneticut, 1982, p. 23-40

Kozier & Erb, Fundamentals of Nursing, Adaison-Wesley Co., Don Mills, 1S83, p. 39-42.

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Philosophy D-1

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UNIT 1: INTRODUCTION TO ADAPTATION, HEALTH & NURSING PROCESS

OBJECTIVES

LEARNING RESOURCES

- C. Describe the "five dimensions of high level wellness" outlined in Ardell's article,
- D. Illustrate the criteria for health and their range of normalcy.
- 1) recognize statistical indices of the health of a population eg: morbidity, mortality, demographic data
 - 2) explain the concept of environmental health
 - a) explain the elements of environmental health eg: air, water, soil, food, noise, waste disposal, occupational hazards
 - b) explain methods and activities to establish standards for environmental health
- E. Distinguish stimuli affecting community health. -
- 1) nature or population eg: age level, economic level, etc.
 - 2) community resources eg: health care system, recreation facilities, etc.
 - 3) environment eg: quality of air, water, etc.
- F. Determine the responsibility of individual to maintain own health and health of others.
- G. 1) define primary, secondary and tertiary levels of prevention
- 2) describe the role of the nurse in primary prevention

Ardell, Donald B., "The Nature & Implications of High Level Wellness or Why "Normal Health" is a Rather Sorry State of Existence", Health Values, Vol. 3, No. 1, Jan./Feb. 1979: p. 17-24 (Reserved in Library)

Kozier & Erb, p. 51-54.

Kozier & Erb, p. 532-534.

Pender, p. 150-162.

Ardell, Donald B., "The Nature and Implications of High Level Wellness", Health Values, J Feb., 1979, p. 17-24.

Kozier & Erb, p. 41-42.

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UNIT 1: INTRODUCTION TO ADAPTATION, HEALTH & NURSING PROCESS

OBJECTIVES

LEARNING RESOURCES

- 3) describe the role of the client in primary prevention

Pender, p. 41-45.

111 NURSING PROCESS

- A. Describe the rationale for the use of the nursing process.

Standards of Nursing Practice for Registered Nurses.

- 1) define the steps of the nursing process

Kozier & Erb, p. 116-118.

- 2) explain 5 characteristics of the nursing process

- 3) explain essential elements of problem solving

Kozier & Erb, p. 119-121.

- a) describe 3 approaches to problem solving
- b) identify one's own style of problem solving
- c) explain the relationship of problem solving to the nursing process

- 4) identify the focus of the nursing process

- 5) describe how the nursing process relates to the goals of nursing

Health Sciences Division
Philosophy - Nursing

- B. Explain assessment of individuals who require support to maintain and promote adaptation.

.Kozier & Erb, p. 121.

- 1) identify the purpose of nursing assessment

- 2) describe data collection as the first stage of assessment

- a) define data collection
- b) define objective and subjective data

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UNIT 1: INTRODUCTION TO ADAPTATION, HEALTH & NURSING PROCESS

OBJECTIVES	LEARNING RESOURCES
C. Determine appropriate sources of data.	Kozier & Erb, p. 122
1) primary	
2) secondary	
0- Determine appropriate data collection activities.	
1) identify general criteria for data collection eg: accuracy, time, reliability, client comfort and safety	
2) explain data collection activities . - observation - examination " interview - consultation with health team. " review records, reports and literature	Kozier & Erb, p. 124.
3) illustrate appropriateness of the above methods with a particular client situation	Case Study
4) using Roy*s adaptation framework analysis of data as second stage assessment	
a) explain level one assessment . i) determine client responses in each of the 4 modes ii) relate norms of adaptation for appropriate age group to each client response (iceep in mind client perception of "Normal" and ability to carry out usual A.D.L. and lifestyle) iii) classify each response as adaptive or ineffective	

SAULT COLLEGE NURSING PROGRAM

UNIT 1: INTRODUCTION TO ADAPTATION, HEALTH & NURSING PROCESS

OBJECTIVES

LEARNING RESOURCES

- b) explain level two assessment
 - i) determine -stimuli which influence adaptive behaviour
 - ii) determine stimuli which influence ineffective behaviour
 - c) determine level of adaptation of client in each mode
 - d) classify data from client situations into level one and level two assessments
- E. Choose appropriate nursing diagnoses based on assessment-
- 1) define nursing diagnosis Kozier & Erb. p 135-143
 - 2) explain how nursing diagnoses differ from medical diagnoses
 - 3) describe the components of a nursing diagnosis in adaptation terminology Kozier & Erb, p. 137.
 - 4) identify the format of a nursing diagnosis
 - 5) define the following types of nursing diagnoses
 - a) actual
 - b) potential
 - c) possible
 - d) adaptive
 - 6) identify eleven guidelines for stating nursing diagnoses Kozier & Erb. p. 140-141.
 - 7) examine Gordon's diagnostic process Kozier & Erb, p. 142-143,
 - 8) choose nursing diagnoses from data classified in client situations Case Study /

SAULT COLLEGE NURSING PROGRAM

UNIT 1: INTRODUCTION TO ADAPTATION, HEALTH & NURSING PROCESS

OBJECTIVES

LEARNING RESOURCES

- F. Organize a nursing care plan for individuals who require support to maintain and promote adaptation,
- 1) explain purpose of planning
 - 2) determine priorities
 - a) assign a priority rating to each nursing diagnosis according to the following criteria:
 - i) Bower's criteria
 - ii) patient's preferences
 - iii) treatment plan
 - iv) nursing resources
 - 3) determine short and long term goals
 - a) define goal
 - b) explain the relationship to the nursing diagnosis
 - c) describe guidelines of writing goals
 - i) desirable
 - ii) attainable
 - iii) measurable (outcome criteria)
 - iv) specific
 - d) describe formula for writing goals
 - 4) select nursing interventions (actions)
 - a) define nursing interventions (actions)
 - b) determine which stimuli will be increased, decreased, maintained or modified in nursing action
- Kozier & Erb, p. 143-150.
- Roy, Sister Callista, Introduction to Nursing, Prentice-Hall, Toronto 1979, p. 34.
- Kozier & Erb, p. 144-145
- Kozier & Erb, p. 145-146.
- Atkinson, L.O., Understand the Nursing Process, McMillan, New York, 1980, p. 31.
- Kozier & Erb, p. 146-147.

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UNIT I: INTRODUCTION TO ADAPTATION, HEALTH & NURSING PROCESS

OBJECTIVES	LEARNING RESOURCES
<ul style="list-style-type: none">c) determine the most appropriate method to increase, decrease, maintain or modify the stimuli by using scientific principled) identify components to include in writing exact nursing actions<ul style="list-style-type: none">i) dateii) precise action verbiii) content areaiv) time elemente) identify categories of nursing actions:<ul style="list-style-type: none">i) O - further dataii) T - nursing therapyiii) T - teachingiv) IT- referral to appropriate nursing team memberf) determine a time frame for implementing plan considering:<ul style="list-style-type: none">i) priority of problemsii) time availableiii) student abilityiv) function of othersv) further data to be gathered	<p>Kozier & Erb, p. H7-148,</p>
<ul style="list-style-type: none">5) organize a nursing care plan for a particular client situation	<p>Case Study Sample handout</p>
<p>G. Explain implementation of nursing care to maintain and promote adaptation.</p> <ul style="list-style-type: none">1) define implementation (nursing intervention)2) determine feedback points in intervention process3) identify interdependent and independent nursing interventions	<p>Kozier & Erb. p 153-155</p>

SAULT COLLEGE NURSING PROGRAM

UNIT 1: INTRODUCTION TO ADAPTATION, HEALTH & NURSING PROCESS

OBJECTIVES

LEARNING RESOURCES

- 4) determine some factors to be considered while implementing care •
 - a) comply with safety regulations
 - b) follow scientific principles
 - c) assist client to adapt to health care setting
 - i) accept the rights and roles of client
 - ii) interprets nurses role & expectations to client
 - iii) orient client to setting
 - d) practice communication skills
 - e) accept the inherent worth and dignity of client
- 5) determine ways to adapt to unexpected situations
 - a) identify sources of help and information
 - b) determine methods to predict
 - unplanned events
- 6) document and report significant information accurately
 - a) distinguish significant information
 - b) identify legal and ethical aspects
 - c) identify lines of communication
 - d) recognize importance of clarity of verbal and written information

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See Communication Unit

Kozier & Erb, p, 425-439,

Case Study-

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UNIT 1: INTRODUCTION TO ADAPTATION, HEALTH & NURSING PROCESS

OBJECTIVES

LEARNING RESOURCES

- e) identify principles and general rules of written communication
eg: charting, Kardex
- f) describe
 - 1) problem oriented records
 - ii) traditional records
- 7} demonstrate psychomotor nursing skills in assessment and intervention. (*See separate page.)
- H, Determine appropriate criteria for evaluation of nursing care. Kozier & Erb, p. 155-157.
 - 1) define evaluation of patient outcomes
 - 2) determine the process of evaluation
 - a) identify client behaviour which illustrate achievement of goal
 - b) interpret the result
 - c) determine necessity to reassess each step of the nursing process
 - d) determine appropriate modification " of the nursing care plan "
 - 3) practice evaluation process with a particular client situation

BIBLIOGRAPHY

ADAPTATION

- 1) MURRAY, Ruth and Zentner, Judith, "Nursing Concepts for Health Promotion", New Jersey, Prentice-Hall, 1979, Chapter 7.
- 2) ROY, Sister Calista, "Introduction to Nursing: An Adaptation Model", New Jersey, Prentice-Hall, 1976, Chapter 1.
- 3) SELYE, Hans, "Stress Without Distress", Toronto, McLelland and Stewart, 197[^]!
- 4) SIGT[^]AN, Paula, "Student's Yiewpointi A Challenge to the Concept of Adaptation as Healthy", Advances in Nursing Science, Volume 1, Number 4, July, 1979.

BIBLIOGRAPHY

HEALTH

- r) CARROLL, C. Dean Miller and John Nash, "Health: The Science of Human Adaptation", Iowa, Wm Brown, 1976, p, 1-9; 480-532.
- 2) FRENCH, Ruth, "Dynamics of Health Care", 3rd Edition, Toronto, McGraw-Hill, 1979, Chapter 1.
- 3) HENDERSON, Virginia, "Principles and Practice of Nursing", New York, MacMillan, 1978, Chapter 2.
- 4) REIF, A.E., "High Level Wellness and Low Level Wellness: An Overview", Health Values, Volume 2, Number 4, July/August, 1978, p. 198-210.