

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY  
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

**COURSE TITLE:** NURSING THEORY I  
**CODE NO:** RNA 103 **SEMESTER:** ONE  
**PROGRAMME:** NURSING ASSISTANT  
**AUTHOR:** DEBBIE SARGENT  
**DATE:** SEPTEMBER, 1992 **PREVIOUS OUTLINE DATED:** SEP/91

**TOTAL CREDIT HOURS: 96**

**PREREQUISITE(S): None**

**I. PHILOSOPHY/GOALS:**

The purpose of this course is to prepare the student to use the nursing process in assisting the client to maintain and promote adaptation. Nursing is viewed within the context of Roy's Adaptation conceptual framework. Emphasis is given to the theory and skills necessary for effective communication in promoting adaptation.

In each of the four modes; Physiological, self-concept, role and interdependence, the norms for various age groups are described, ordinary health problems are presented with health maintenance measures to promote adaptation. Attention is directed toward an understanding to the cultural and health needs of the aging population.

**II. STUDENT PERFORMANCE OBJECTIVES:**

Upon successful completion of this course the student will:

1. define the key concepts of Roy's adaptation model.
2. understand the concept of Nursing Process and its application in the provision of health care.
3. have knowledge of communication theory.
4. recognize responses and stimuli which indicate a client's adaptive status in each of Roy's modes
5. have knowledge of health maintenance measures which promote adaptation.
6. list and describe health measures which promote adaptation through nutrition, sleep & rest, exercise & safety, elimination of skin, bowel, bladder, fluids and electrolytes, oxygen and circulation and the senses
7. develop an awareness of the cultural and religious needs of the individual.
8. have knowledge of the concepts of death and the grieving process.
9. describe the importance of development of self-concept, role function and interdependence in each individual.
10. be familiar with nurse's role in the provision of "wholistic" care.

NURSING THEORY

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III. TOPICS TO BE COVERED:

<u>UNIT</u>	<u>TITLE</u>
I	Introduction: Adaptation and Nursing Process
II	Activity and Rest
III	Protection
IV	Nutrition
V	Elimination
VI	Fluids & Electrolytes
VII	Self Concept
VIII	Oxygen & Circulation
IX	Role Function
X	Senses
XI	Interdependence
XII	Communication
XIII	Maternity:
	a) antenatal
	b) labour and delivery
	c) post partum
	d) neonate

III. TOPICS TO BE COVERED CONTINUED . . .

DATE	MONDAY			<b>1</b>		TUESDAY		WEDNESDAY	
	HOUR 1	HOUR 2	HOUR 3	HOUR 4	HOUR 5	HOUR 6			
AUG 31-SEPT 4	REGISTRATION INTRODUCTION		I	I	XII	XII	1	XII	
SEPT 7-11	LABOUR DAY			XII	XII	XII			
SEPT 14-18	I	I	I	XII	XII	XII			
SEPT 21-25	I	I	I	XII	XII	XII			
SEPT 28-OCT 2	I	I	I	IV	IV	TEST #1			
OCT 5-9	I	II	II	IV	IV	1	iv		
OCT 12-16	THANKSGIVING DAY			IV	IV	1	iv		
OCT 19-23	II	II	II	IV	IV	1	v		
OCT 26-30	III	III	III	v	v	TEST #2			
NOV 2-6	VI	VI	VI	v	v	1	v		
NOV 9-13	VI	VIII	VIII	v	v	1	v		
NOV 16-20	VIII	VIII	VIII	v	v	1	x		
NOV 23-27	VIII	VIII	VIII	X	x	TEST #3			
NOV 30-DEC 4	VIII	VII	VII	X	IX	1	ix		
DEC 7-11	VII	VII	VII	IX	SEMESTER 2 la   la				
DEC 14-18	VII	XI	XI	SEMESTER 2 la 1 la 1 lb					
DEC 21-25	XI	XI	XIII	SEMESTER 2 lb 1 lb		1	TEST #4		

**IV. LEARNING ACTIVITIES REQUIRED RESOURCES**

See Individual Unit Objectives

**V. EVALUATION METHODS: (INCLUDES ASSIGNMENTS, ATTENDANCE REQUIREMENTS, ETC.)**

TYPE OF TEACHING, LEARNING METHODS TO BE USED:

- reading from text
- lectures
- group discussion/seminars
- student presentations
- A.V. films/slides, tapes/filmstrip, overheads, videotapes, role play, simulations
- self learning packages

<b>TEST #</b>	<b>DATE</b>	<b>UNITS COVERED</b>	<b>PERCENT OF FINAL</b>
TEST #1	Sept 30	1a, XII	15%
TEST #2	Oct. 28	1b, 1c, II, IV	30%
TEST #3	Nov. 25	III, VI, V	20%
TEST #4	Dec. 23	VII, VIII, IX, X, XI, XIIIa,b	35%
			100 <sup>1</sup>

**GRADING:**

A+	90% +
A	80% - 89%
B	70% - 79%
C	60% - 69%
I	59% & below

Competency level required in order to receive a passing grade: 60%.

Attendance Rules: Classes are mandatory, see "Policies" booklet on attendance. If a student is absent from class, arrangements are to be made with a classmate to collect handouts and obtain material missed in class.

Absence from Tests: If a student is absent for a test on the scheduled test day, the student may be required to do an alternate form of testing (eg: essay, short answer, oral or a combination of these)

Conduct Expectations;

Students must be on time and prepared for all classes.

Students Rights & Responsibilities are as addressed in the Student Handbook, 1991-92.

Supplemental Examinations:

1. Supplemental exams will be offered only to students who have achieved a passing grade (60%) on at least two of the four term tests.
2. The entire semester's course material will be tested.
3. The format of the exam will be at the discretion of the teacher(s).
4. If a mark of more than 60% is achieved on the supplemental exam, the final grade will not be averaged in with term test marks. The final grade will be no higher than "C" (60%).
5. If a mark of less than 60% is achieved, the final grade will be "R" (Repeat). A student may not attempt the supplemental examination more than once.

Evaluation of Course Delivery; Week 16

**REQUIRED STUDENT RESOURCES;**

Anderson, K. and Anderson, L. Mosby's Pocket Dictionary of Medicine, Nursing and Applied Health, C.V. Mosby Company, St. Louis, Mo., 1990

Christensen, B.L. and Kockrow, E.O. Foundations of Nursing, C.V. Mosby Year Book, St. Louis, Mo., 1991

Gettrust, K.V., Ryan S.C. & Engelman, D.S. (eds) Applied Nursing Diagnosis; Guides for Comprehensive Care Planning, Delmare Publishing Co. Nielson Canada, Toronto, 1985.

Kozier, B., Erb, G. and Olivieri, R. Fundamentals of Nursing - Concepts, Process, and Practice, 4th edition, Addison-Wesley Publishing Company, Menlo Park, California, 1991

Marieb, E.N., Essentials of Human Anatomy & Physiology, (3rd Ed) Benjamin/Cummings Publishing Co. Ltd. Redwood City Ca (Don Mills, Ontario), 1991.

Marieb, E.N., The A&P Coloring Workbook: A Complete Study Guide. (3rd Ed) Benjamin/Cummings Publishing Co. Ltd. Redwood City Ca (Don Mills, Ont.), 1991.

Sargent, Debbie, Nursing Assistant Programme Maternity Workbook Part I.

Sargent, Debbie, Nursing Assistant Programme Maternity Workbook Part 2.

Lab Package and content from Labs

**VI. REQUIRED STUDENT RESOURCES CONTINUED;**

**OPTIONAL TEXTS:**

Andrews, H.A. and Roy, Sister Callista. The Roy Adaptation Model: The Definitive Statement, Appieton & Lange Publishing Company, Norwalk, Connecticut, 1991

Health & Welfare Canada. Staff Reference Manual - Post-Partum Parent Support Programme

Matassarini-Jacobs, E. Review of Practical Nursing for NCLEX-LPN, W. B. Saunders Company, Philadelphia, 1988

Smith, G. and Davis, P. Medical Terminology: A Programmed Text, 6th edition, John Wiley & Sons, Toronto, 1991

Yannes-Ayles, M. Mosby's Comprehensive Review of Practical Nursing, 10th edition, C.V. Mosby Company, St. Louis, Mo., 1990

**VII. ADDITIONAL RESOURCE MATERIALS AVAILABLE IN THE COLLEGE LIBRARY BOOK SECTION;**

Bobak, I. and Jensen, M. ESSENTIALS OF MATERNITY NURSING, 3rd edition, C.V. Mosby Co., Toronto, 1991.

Brunner, L.S. and Suddarth, TEXTBOOK OF MEDICAL-SURGICAL NURSING, Lippincott Co., Toronto, 1988

Clark, J., Queener, S. and Karb, V., PHARMACOLOGY BASIS OF NURSING PRACTICE, C.V. Mosby Co., Toronto, 1990.

Long, B.C. & Phipps, W.J., MEDICAL-SURGICAL NURSING: A NURSING PROCESS APPROACH, C.V. Mosby Co., St. Louis, Mo., 1989

Varcarolis, E, FOUNDATIONS OF PSYCHIATRIC MENTAL HEALTH, W.B. Saunders Co., Toronto, 1990.

Whaley, L.F. and Wong, D.L., ESSENTIALS OF PEDIATRIC NURSING, 3rd edition, C.V. Mosby Co., Toronto, 1989

Williams, S., ESSENTIALS OF NUTRITION & DIET THERAPY, 5th ed., C.V. Mosby Co., Toronto, 1990

**VIII. SPECIAL NOTES:**

All copies of tests and exams are college property. Students are not allowed to remove copies from the college.

This course outline is subject to change at the discretion of the teacher(s).