**Academic Unit:** School of Nursing

**Course Prefix:** NUR 225

**Course Title:** Fundamentals of Nursing Practice

**Term Offered:** Fall and Spring

**Credit Hours/Clock Hours:** 4 credits/60 clock hours

**Course Prerequisite:** Admission to the nursing program.

**Co-requisites:** NUR 225L, NUR 330, NUR 371

**Mode of Instruction:** In-person Lecture

**Course Description**

Study of foundational concepts of nursing practice including the cognitive and psychomotor skill development needed to meet the basic human needs. Emphasis is placed on the development of student as a caring competent nurse at a beginning level. Provides knowledge of introductory skill development and health history and physical examinations skills essential for holistic practice.

**Course Purpose**

This beginning-program required traditional BSN course is an introduction to nursing practice and assessment skills. Building on pre-requisite science and nutrition courses needed for admission to the nursing program, NUR 225 teaches the foundational concepts of nursing including the cognitive and critical thinking skills required to meet basic human needs. Through discussion, lecture, student presentations and class activities, the students will be expected to enhance their critical reasoning, clinical practice, professionalism and, leadership abilities. Upon completion of this course, students will have mastered the foundational understanding of the nursing process, basic nursing skills, basic patient assessment, beginning medication administration, a beginning understanding of global health, and an introduction to body systems and functions.
Student Learning Outcomes

Upon completion of the course, the successful student:

Clinical Practice and Prevention
- Applies the principles underlying all nursing intervention procedures related to providing safe and appropriate care to patients in different care settings.
- Examines the relationship of health assessment to health promotion while identifying strategies to promote wellness.

Communication
- Demonstrates beginning professional communication skills in interactions with peers and faculty in all situations.
- Demonstrates appropriate, respectful, and accurate written and verbal communication.

Critical Reasoning
- Integrates critical thinking to relate health assessment and physical examination findings to the health status of individuals across the life span.
- Demonstrates the ability to determine the method and rationale for implementing safe and appropriate patient centered care.

Leadership
- Identifies the opportunities for nurses to take a leadership role in creating environments for health promotion.
- Organizes and coordinates self to demonstrate beginning nursing competencies, accountability and successful transition into the role of the student nurse.

Professionalism and Professional Values
- Demonstrates an understanding of the principles of basic nursing care within the legal, ethical, and regulatory framework of nursing practice.

Global Health
- Examines one’s own personal values, beliefs, and practices as compared to diverse populations in a global society.
- Demonstrate flexibility and openness to continued learning about culture and diversity.

Course Structure/Approach
NUR 225 will utilize a variety of approaches to meet the course objectives. Using the nursing process, students will acquire and practice critical reasoning skills in the selection of nursing diagnoses and planning of patient care. Students will demonstrate the principles of effective and accurate nursing documentation. Instructional methods may include, but are not limited to the following: lecture, asynchronous online content, audio-visual material, guided discussion, group work, role playing, computer programs, decision making exercises, written tests and quizzes, and written assignments. While the faculty will provide guidance and consultation, the student is responsible for identification of learning needs, self-direction, seeking consultation and demonstration of course objectives.
Textbook and required materials


Select one of the following:


Recommended:
- Any anatomy and physiology textbook.

Online Requirements

- Evolve Online: [https://evolve.elsevier.com/](https://evolve.elsevier.com/)
- Kaplan Resources: [https://nursing.kaplan.com/s_login.aspx](https://nursing.kaplan.com/s_login.aspx)
- On-line Medical terminology course: [http://www.dmu.edu/medterms/](http://www.dmu.edu/medterms/) (free)
Assessment of Student Learning:
In order to pass NUR 225, the student must achieve the following:
1. An overall course grade of 78% or higher.
2. A combined average of 78% on all exams, except the Kaplan exam; students who do not achieve a 78% exam average will receive an F for the course regardless of the course points achieved.

Various activities will be used to assess student learning and mastery of content across the semester. These include course examinations, in-class activities, case studies and the Kaplan specialty achievement exam. Weighting of these activities and calculation of grade is as follows:

Assessment of Student Learning Outcomes (NUR 225)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes 2@ 30 points each</td>
<td>60</td>
<td>6%</td>
</tr>
<tr>
<td>Kaplan Practice Exams 3@ 30 points each *ALL OR NONE</td>
<td>90</td>
<td>9%</td>
</tr>
<tr>
<td>Six online Evolve HESI Case Studies @ 25 points each</td>
<td>150</td>
<td>15%</td>
</tr>
<tr>
<td>In Class/Group Assignments (Global Health Presentation)</td>
<td>100</td>
<td>10%</td>
</tr>
<tr>
<td>Kaplan Standardized Exam</td>
<td>50</td>
<td>5%</td>
</tr>
<tr>
<td>Exam 1</td>
<td>100</td>
<td>10%</td>
</tr>
<tr>
<td>Exam 2</td>
<td>100</td>
<td>10%</td>
</tr>
<tr>
<td>Exam 3</td>
<td>150</td>
<td>15%</td>
</tr>
<tr>
<td>Comprehensive Final Exam</td>
<td>200</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1,000</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

- **Kaplan Practice Exams**: Students are required to complete three (3) practice exams with a score of 78% or higher AND remediate at least 30 minutes per test. Kaplan Practice exams may be repeated as often as needed to achieve 78%. Students are required to review the exam for at least 30 minutes per exam; please be sure to read the warning about not closing or using the back button on the Kaplan website. Students will only be awarded points if they completely meet the requirement; *All three tests must be completed with a 78% or higher, and with 30 minutes remediation per exam. Please note: No partial credit will be awarded. You must complete all three focused exams to receive the 90 points! This is All or None! Practice tests can be found in the Focused Review Tests section, take available tests at the Kaplan website: [https://www.kaptest.com/login](https://www.kaptest.com/login). Send statement of completion with a screen shot of your score via the assignment tool in BBLearn. The practice exams students must complete are:

  - Kaplan Fundamentals of Nursing A
  - Kaplan Basic Math A
  - Kaplan Health Assessment A

Grading System (no rounding of points)
A = 93-100%
B = 84 – 92%
C = 78 – 83% (A grade of "C" or above is a passing grade in this course).
F = <78% - cannot progress
Course Policies:

Lecture
1. Please see the NAU classroom management statement: http://nau.edu/uploadedFiles/Administrative/EMSA_Sites/Folder_Templates/Forms/Classroom_Disruption_Policy.pdf
2. Lecture materials, articles, and other information may be found on Blackboard Learn or distributed in class.
3. Professional communication and conduct is expected at all times.
4. Cell phones and pagers are to be turned off or silenced for the duration of the class.
5. No children are allowed in class at any time. Visitors are allowed only with permission from the instructor.
6. It is the student’s responsibility to obtain handouts, lecture notes, and information from announcements in the event a class is missed.
7. Taping of lectures is permitted in this course. Clinical examples cannot be discussed outside the classroom due to patient confidentiality.
8. Students are expected to have read the assigned reading and come to class prepared to discuss the topics, and to ask relevant questions concerning content.
9. Students are expected to come to class and return from breaks on time.
10. No extra credit will be given for this course.
11. Rounding will only be done on the final overall grade. Final grades $\geq 0.5$ (must be exactly 0.5 or higher) will be rounded up to the next whole number; final grades $< 0.5$ will be rounded down to the next whole number. Midterm grades are not rounded.

Distractions: Students are expected to assist in maintaining a classroom environment that is conducive to learning. In order to assure that all students have the same opportunity, students are asked to refrain from engaging in any form of distraction. The first form of distraction includes side conversations, reading the newspaper, sleeping, doing homework for other classes and interrupting; all are considered inappropriate distractions. Another big form of classroom distraction revolves around technology.

For these reasons, cell phones will be OFF at all times; the use of cell phones in any capacity (talking, texting, internet, email, etc.) is absolutely prohibited during class. Please let family, friends, co-workers know about this policy. If you need to be reached for an EMERGENCY, please let Professor Rivas know before class time that you will have your phone on vibrate, and sit near an exit.

Another distraction and cause of divided attention is the use of laptops. Students are welcome to bring laptops to class and use it to take notes and/or to access readings being discussed. Laptop rules during class include: stay on task (NO playing games, checking email/texting, social networking, watching movies, or otherwise performing non-class-related activities during class), and respect requests from fellow students or instructor to turn off the laptop if it is distracting to others. (Here’s my best advice: If you aren’t using it to perform a task specifically related to what we are doing in class at that very moment, put it away.)

Respect: Mutual respect will be practiced in the classroom. This includes student-to-student, student to instructor and instructor to student.
**Individual Work:** Unless designated as a group project by the instructor, all student papers, assignments, and quizzes/exams must be completed by the individual student and represent the student’s own original work. Group projects are designated as such; all other course work is to be completed individually by the student.

**Examinations (Other than Kaplan)**

1. Students must achieve a combined average of 78% on all exams (except Kaplan) to pass the course.
2. All exam dates and times are printed on the course schedule. Exam dates, times, and locations are subject to change.
3. Students will be allotted one and one half (1.5) hours to complete the three major examinations and two (2) hours to complete the final examination; this includes bubbling in scantron forms. Announcements will be made when there are 15 and 5 minutes remaining.
4. Students who are late for exams will not be given extra time.
5. No examination or test material is to leave the classroom with a student as it may be perceived as cheating.
6. Any student determined by faculty to have cheated on the exam will receive a score of zero for that exam and will be subject to failure from the course.
7. **Retests/makeup tests:** Exams will be given only on the date and time scheduled. There are no retests. Make-up examinations, except for the Kaplan, will be provided only in extraordinary circumstances. The Kaplan exam cannot be made-up. Students who are absent from an examination for any reason must call the course leader prior to the examination. Students who do not call before an examination will receive a zero for that examination and will not be eligible to take a make-up examination except for extreme circumstances. Any make-up exam must be completed within two business days of the original exam date or at the discretion of the course faculty; the final exam must be completed within two business days or by the last day of final exams, whichever comes first. Students not completing the exam within the designated time frame may receive a zero on the exam. Make up tests may be in any form (oral, written, essay) over the same objectives as the multiple choice exam.
8. Appointments and individual discussion regarding exams may not be made until item analysis is complete. Students have 10 business days to schedule an appointment to review all exams except the final; students will not be able to review exams after that time. Students will not be able to make appointments to review the final.
9. For each exam:
   - Cell phones and other electronic devices must be turned off during exams.
   - All books, bags, computers, notes, notebooks, cell phones, water and drink bottles, purses and other personal belongings will be left at the front of or outside the room.
   - Hats, headbands, and caps are not permitted; ear plugs must be approved by faculty before use.
   - Students are expected to stay in the exam room while taking the exam; students may only leave the exam to use the restroom if they have submitted a note from a health care provider.
   - The classroom and surrounding doors are “quiet zones” before, during, and after exams.
Once you have completed the exam, turn in exam materials and leave the room quietly; please move away from the classroom doors.

Exams may cover material from lecture, textbooks, articles, handouts, websites, discussions, and previous and concurrent courses (including NUR 225L).

Pencils with erasers, scantron forms, and calculators will be provided.

Students are required to meet with faculty if they receive C (83%) or lower on an exam.

10. The final examination will be comprehensive. There will be no review of the final exam.

**Kaplan Exam**

In addition to the classroom examinations, there will also be a Kaplan Comprehensive Course exam which will cover all content covered over the semester. To receive the 5% for the Kaplan exam, **students will need to achieve a mastery of 65 on the exam.** Students not achieving mastery will be awarded a zero. Students are required to complete the Kaplan exam. The Kaplan is a highly secured, standardized examination. Therefore, the Kaplan must be taken on the scheduled date and time and cannot be made up. Students should expect to receive approximately 75 questions within a 1.5 hour time frame. **Students will need to schedule the exam at the testing center for the date scheduled and using NUR 225 as the course number (Scheduling will be discussed in class).**

**Attendance Policy**

Successful achievement of course outcomes is facilitated by regular class attendance and active engagement in the learning process. Should an absence be unavoidable, the student shall notify the instructor according to instructions provided in the course syllabus. Students are responsible for completion of any missed work in accordance with course policies.

**Withdrawal Policy**

If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course before the withdrawal deadline (see current NAU Schedule of Classes for deadline: [https://nau.edu/registrar/important-dates/](https://nau.edu/registrar/important-dates/)).

**Academic Dishonesty/Plagiarism:**

All forms of student academic dishonesty, including cheating, fabrication, facilitating academic dishonesty and plagiarism are prohibited and subject to disciplinary action. Cheating means intentionally using or attempting to use unauthorized materials, information or study aids in any academic exercise. Fabrication means intentional and unauthorized falsification or invention of any information or citation in an academic exercise. Plagiarism means intentionally or knowingly representing the words or ideas of another, as one's own in any academic exercise. For further explanation of academic dishonesty refer to the [School of Nursing Undergraduate Student Handbook](https://www.nau.edu/schools/nursing/student-handbook/) and [Northern Arizona University Student Handbook](https://www.nau.edu/registrar/policies-and-procedures/plagiarism.html).
University Policies:

Review the following policies available on the Northern Arizona University Policy Statement website (http://nau.edu/OCLDAAA/_Forms/UCC/SyllabusPolicyStmts2-2014/):

1. Safe Environment Policy
2. Students with Disabilities Policy
3. Academic Contact Hour Policy
4. Academic Integrity Policy (also see http://home.nau.edu/images/userimages/awf/9476/ACADEMIC%20DISHONESTY.pdf)
5. Research Integrity Policy
6. Sensitive Course Materials Policy
7. Classroom Disruption Policy (also see http://nau.edu/uploadedFiles/Administrative/EMSA_Sites/Folder_Templates/Forms/Classroom_Disruption_Policy.pdf)

The Impaired Student policy will be strictly adhered to; there will be no tolerance in for any evidence of substance abuse.
Class Assignment Description
Global Health Project

The class will be divided into pairs or groups. Each pair/group will have 10 minutes (or time determined by individual Lecture Faculty) for their Global Presentation.

Global Health Topics:
- Chronic Disease
- Health Education/Promotion
- Healthcare Access
- Nutrition
- Poverty
- Mental health/substance abuse
- Communicable Disease (HIV, TB, malaria, parasites, etc.)
- Unintentional/Intentional Injuries

Populations: Choose a population in a country other than the United States

The presentation should be organized to include the following:
- Succinct display of statistical data of your population
- Who are at greatest risk within your population?
- What is the prevalence of the global health topic within your population?
- Provides specific example(s)/observation(s) of how global health topic is addressed within your population.
- How does the global health topic impact the specific country?
  * Identify cultural implications and how the health topic is being addressed by other countries.
  * Are current interventions for this problem working?

The presentation should be creative and thought provoking
Students must wear appropriate attire for a professional presentation.
The presentation should be within time limit.
A reference List (APA Format) must be provided.
Evaluation of Group Presentation In-Class

Group Members:

<table>
<thead>
<tr>
<th>Content/Topic</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>___/20 pts</td>
<td></td>
</tr>
<tr>
<td>• Succinct display of statistical data of your population. (10 points)</td>
<td></td>
</tr>
<tr>
<td>• Who are at greatest risk within your population? (10 points)</td>
<td></td>
</tr>
<tr>
<td>___/20 pts</td>
<td></td>
</tr>
<tr>
<td>• What is the prevalence of the global health topic within your population?</td>
<td></td>
</tr>
<tr>
<td>• Provides specific example(s)/observation(s) of how global health topic is</td>
<td></td>
</tr>
<tr>
<td>• addressed within your population. (10 points)</td>
<td></td>
</tr>
<tr>
<td>___/30 pts</td>
<td></td>
</tr>
<tr>
<td>• How does the topic impact the immediate society? (10 points)</td>
<td></td>
</tr>
<tr>
<td>• Identify cultural implications and how the global health topic is being</td>
<td></td>
</tr>
<tr>
<td>• addressed by other countries. (10 points)</td>
<td></td>
</tr>
<tr>
<td>• Are current interventions addressing the problem working? (10 points)</td>
<td></td>
</tr>
<tr>
<td>___/30 pts  Approach:</td>
<td></td>
</tr>
<tr>
<td>Appropriate appearance – Business casual (10 points)</td>
<td></td>
</tr>
<tr>
<td>Within time limit (10 points)</td>
<td></td>
</tr>
<tr>
<td>Reference List (APA Format) (10 points)</td>
<td></td>
</tr>
<tr>
<td>Additional Comments:</td>
<td></td>
</tr>
</tbody>
</table>

Score _____/100
## NUR 225 Course outline

<table>
<thead>
<tr>
<th>Date</th>
<th>Topics / Skills</th>
<th>Required Readings</th>
<th>Quizzes-Exams Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong> (Aug. 29)</td>
<td>• Introduction &amp; Welcome &lt;br&gt; • Syllabus &amp; Overview of course &lt;br&gt; • Infection control  &lt;br&gt; • Patient safety  &lt;br&gt; • Introduction to Health Assessment and vital signs</td>
<td><strong>Required:</strong>  &lt;br&gt; • Syllabus  &lt;br&gt; • Welcome letter  &lt;br&gt; • Readings: Potter et al. <strong>Chapters 27,29, 30, and 31</strong>  &lt;br&gt; • Mosby’s Expert Physical Exam Handbook; Chapter 1: Health history and physical examination review  &lt;br&gt; • Course Content on Bblearn and NUR 225L videos</td>
<td><strong>DUE: Syllabus Agreement</strong></td>
</tr>
<tr>
<td><strong>Week 2</strong> (Sept. 5)</td>
<td>• Nursing Process (ADPIE)  &lt;br&gt; • Nursing Process: <strong>Assessment</strong>  &lt;br&gt; • Patient History  &lt;br&gt; • Family Assessment &amp; Genograms</td>
<td><strong>Required:</strong>  &lt;br&gt; • Readings: Potter et al. <strong>Chapters 4,10,15,16</strong>  &lt;br&gt; • <strong>Chapters 30 and 31 continue</strong>  &lt;br&gt; • Mosby’s Expert Physical Exam Handbook: Chapter: 3,4 &amp; 5  &lt;br&gt; • Course Content on Bblearn and NUR 225L videos</td>
<td></td>
</tr>
<tr>
<td><strong>Week 3</strong> (Sept. 12)</td>
<td>• Nursing Process: <strong>Diagnosis</strong>  &lt;br&gt; • Physical Examination: Techniques &amp; Rationale (Part I)  &lt;br&gt; • Activity, Exercise, &amp; Mobility  &lt;br&gt; • Restraints</td>
<td><strong>Required:</strong>  &lt;br&gt; • Readings: Potter et al. <strong>Chapters 17, 28, and 39.</strong>  &lt;br&gt; • Review restraints from <strong>Chapter 27 and Chapter 31 continues.</strong>  &lt;br&gt; • Mosby’s Expert Physical Exam Handbook: Chapter: 7 &amp; 9  &lt;br&gt; • Course Content on Bblearn and</td>
<td><strong>Case study: Mobility- Due</strong></td>
</tr>
</tbody>
</table>
|                   | Physical Examination: Techniques & Rationale (Part II)  
|                   | Hygiene | Required:  
|                   | Readings: Potter et al. Chapters 18, 19, 20, and 40  
|                   | Chapter 31 continues  
|                   | Course Content on Bblearn and NUR 225L videos | EXAM #1 |
| Week 5  (Sept. 26) | Library Overview  
| Bring your laptop to class today for Kaplan overview | Urinary Elimination  
|                   | Nutrition & Fluid Balance (I&O) & Feeding  
|                   | Pain Assessment | Required:  
|                   | Readings: Potter et al. Chapters 44 and 45  
|                   | Mosby’s Expert Physical Exam Handbook, Chapters: 6 & 8  
|                   | Course Content on Bblearn and NUR 225L videos | Case Study: Altered Nutrition- Due |
| Week 6  (Oct. 3) | Kaplan Orientation @1300 hours  
| Guest Speaker: Amy Stilley, wound care nurse | Wound care  
|                   | Pressure Ulcer Management | Required:  
|                   | Readings: Potter et al. Chapter 46 and, 48  
|                   | Course Content on Bblearn and NUR 225L videos | Case Study: Skin Integrity- Due |
| Week 7  (Oct. 10) | Medication Administration  
|                   | Hands on with meds | Required:  
|                   | Readings: Potter et al. Chapter 32  
|                   | Course Content on Bblearn and NUR 225L videos | Quiz #1 open |
| Week 8  (Oct. 17) | Oxygen  
|                   | Sleep  
|                   | Clinical overview for next semester/paperwork | Required:  
|                   | Readings: Potter et al. Chapter 41 and 43  
|                   | Course Content on Bblearn and NUR 225L videos | Case Study: Breathing Patterns- Due  
|                   | EXAM #2 |
| Week 9  
(Oct. 24) | • Case Study  
• Documentation  
• In class: Care planning | **Required:**  
• Readings: Potter et al. Chapter 24, 26  
• Course Content on Bblearn and NUR 225L videos |  |
| --- | --- | --- | --- |
| Week 10  
(Oct. 31) | • Lab overview  
• Bowel elimination  
• Ostomies | **Required:**  
• Readings: Potter et al. Chapter 47  
• Kee: Read *Introduction.* Bring Lab book to class  
• Review Lab power point  
• Course Content on Bblearn | **Case Study:** Constipation-Due  |
| Week 11  
(Nov. 7) | • Sensory alterations | **Required:**  
• Readings: Potter et al. Chapter 49  
• Course Content on Bblearn | **Case study:** Sensory Function-  |
| Week 12  
(Nov. 14) | • Cultural & Psychosocial Assessment | **Required** Readings:  
• Potter et al. Chapter 9 | EXAM #3  |
| Week 13  
(Nov. 21) | • Putting it all together for hospitalized patient | **Required**  
• Review of Potter et al. *Chapter 16, 17,18 and 31* | Quiz #2 open  |
| Week 14  
(Nov. 28) | • Global Health Presentations  
• (FMC Final Paperwork due/Tuba City Fingerprints due) | • Group presentations  
| All Kaplan Practice Exams due  |
| Week 15  
(Dec. 5) | • KAPLAN EXAM |  |
| Week 16  
(Dec. 12) | • FINAL EXAM (COMPREHENSIVE) |  |