



Stark State
COLLEGE

STARK STATE COLLEGE

GENERAL SYLLABUS

Course Information

Course Name: Nursing 1
Course Number: PNC100

Required Materials

Textbook(s)

Cooper, K., & Gosnell, K. (2022). *Foundations and adult health nursing* (9th ed.). Elsevier.

Grodner, M., Escott-Stump, S., & Dorner, S. (2018). *Nutritional foundations and clinical applications: A nursing approach* (7th ed.). Elsevier.

Optional Materials: To be utilized in clinical or patient care settings.

Myers, E. (2019). *LPN Notes: Nurse's Clinical Pocket Guide* (5th ed.). F. A. Davis.

Pagana, K. D., Pagana, T. J., & Pagana, T. N. (2022). *Mosby's manual of diagnostic and laboratory tests* (7th ed.). Elsevier.

Required Readings: See weekly calendar below.

Clinical Experience

The clinical experiences in this course are delivered to meet the course objectives.

Course Outline/Calendar

The date of coverage and order of coverage may be modified based on the faculty member and events beyond the control of faculty members that interfere with class times and teaching.

Week	Chapter/Topic/Lab
Week 1	Readings: <ul style="list-style-type: none"> ➤ Cooper and Gosnell; Chapter 5 – Nursing Process and Critical Thinking ➤ Cooper and Gosnell; Chapter 8 – Body Mechanics and Patient Mobility ➤ Cooper and Gosnell; Chapter 9 – Hygiene and Care of the Patient's Environment ➤ Cooper and Gosnell; Chapter 10 – Safety ➤ Cooper and Gosnell; Chapter 15 – Elimination and Gastric Intubation, pages 383-387 – Bowel elimination – Administering an Enema

Week	Chapter/Topic/Lab
	<p>Audio Lectures:</p> <ul style="list-style-type: none"> ➤ Nursing Process ➤ Personal Hygiene ➤ Patient environment ➤ Body Mechanics ➤ Fluid Balance ➤ Bowel elimination <p>Laboratory:</p> <ul style="list-style-type: none"> ➤ Bed making ➤ Hygiene
Week 2	<p>Readings:</p> <ul style="list-style-type: none"> ➤ Cooper and Gosnell; Chapter 4 – Communication ➤ Cooper and Gosnell; Chapter 12 – Vital Signs ➤ Cooper and Gosnell; Chapter 23 – Specimens and Diagnostic Testing <p>Audio Lectures:</p> <ul style="list-style-type: none"> ➤ Vital signs – Temperature and Pulse ➤ Vital Signs – Respirations, BP, SPO2 and Pain ➤ Specimens ➤ Communication <p>Laboratory:</p> <ul style="list-style-type: none"> ➤ Body Mechanics ➤ Vital Signs
Week 3	<p>Readings:</p> <ul style="list-style-type: none"> ➤ Grodner; Chapter 1 – Wellness, Nutrition and the Nursing Role ➤ Grodner; Chapter 2 – Personal and Community Nutrition ➤ Grodner; Chapter 7 – Vitamins ➤ Grodner; Chapter 8 – Water and Minerals ➤ Grodner; Chapter 9 – Energy, Weight, and Fitness <p>Audio Lectures:</p> <ul style="list-style-type: none"> ➤ Health and wellness, food guides and labels ➤ Weight management ➤ Food safety ➤ Vitamins ➤ Minerals <p>Laboratory:</p> <ul style="list-style-type: none"> ➤ Vital signs ➤ Specimens
Week 4	<p>Readings:</p> <ul style="list-style-type: none"> ➤ Cooper and Gosnell; Chapters 2 – Legal and Ethical Aspects of Nursing ➤ Cooper and Gosnell; Chapter 11 – Admission, Transfer, and Discharge ➤ Cooper and Gosnell; Chapter 21 – Pain Management, Comfort, Rest, and Sleep ➤ Cooper and Gosnell; Chapter 9 – Hygiene and Care of the Patient’s Environment - pages 207-213 – Heat and Cold Therapy ➤ Grodner; Chapter 5 – Fats <p>Audio Lectures:</p> <ul style="list-style-type: none"> ➤ Comfort and Pain ➤ Sleep and Rest

Week	Chapter/Topic/Lab
	<ul style="list-style-type: none"> ➤ Thermal Care ➤ Legal and Ethical aspects of nursing ➤ Lipids <p>Laboratory:</p> <ul style="list-style-type: none"> ➤ Specimens ➤ Feeding
Week 5	<p>Readings:</p> <ul style="list-style-type: none"> ➤ Cooper and Gosnell; Chapter 13 – Physical Assessment ➤ Cooper and Gosnell; Chapter 23 – Specimens and Diagnostic Testing ➤ Grodner; Chapter 6 – Proteins <p>Audio Lectures:</p> <ul style="list-style-type: none"> ➤ Signs and symptoms ➤ Assessment 1 & 2 ➤ Diagnostic examinations 1 & 2 ➤ Proteins <p>Laboratory:</p> <ul style="list-style-type: none"> ➤ Assessment
Week 6	<p>Readings:</p> <ul style="list-style-type: none"> ➤ Cooper and Gosnell; Chapter 3 – Documentation ➤ Cooper and Gosnell; Chapter 7 – Asepsis and Infection Control ➤ Grodner; Chapter 4 – Carbohydrates <p>Audio Lectures:</p> <ul style="list-style-type: none"> ➤ Medical Asepsis 1 & 2 ➤ Surgical Asepsis ➤ Documentation ➤ Carbohydrates <p>Laboratory</p> <ul style="list-style-type: none"> ➤ Assessment ➤ Surgical drains ➤ Staple removal ➤ Ostomies ➤ Binders ➤ Enemas
Week 7	<p>Readings:</p> <ul style="list-style-type: none"> ➤ Final Exam Review <p>Audio Lectures:</p> <ul style="list-style-type: none"> ➤ Review all for final <p>Laboratory:</p> <ul style="list-style-type: none"> ➤ PPE ➤ Oxygen therapy ➤ SCD's, Ted hose, Ace wraps ➤ Dry sterile dressings ➤ Sterile gloves
Week 8	<p>Comprehensive Final Exam Laboratory final skill evaluation</p>

