

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: NSG 170

Credits: 6

Course Title: Health/Illness Concepts

Course Description:

Focuses on the nursing care of individuals and/or families throughout the lifespan with an emphasis on health and illness concepts. Includes concepts of nursing care for the antepartum client and clients with common and predictable illnesses. Provides supervised learning experiences in college nursing laboratories, clinical/community settings, and/or simulated environments. Prerequisites: BIO 142 or BIO 232 or NAS 162; NSG 100, NSG 106, NSG 130, and NSG 200; grades of C or above in Semester 1 courses. Co-requisites: BIO 150 or BIO 205, and NSG 152. Lecture 4 hours. Laboratory 6 hours. Total 10 hours per week.

General Course Purpose:

The purpose of this course is to introduce the advanced beginner student to concepts related to care of clients with predictable outcomes

Course Prerequisites and Co-requisites:

Prerequisites: BIO 142 or BIO 232 or NAS 162; NSG 100, NSG 106, NSG 130, and NSG 200; grades of C or above in Semester 1 courses

Co-requisites: BIO 150 or BIO 205, and NSG 152

Course Objectives:

Upon completing the course, the advanced beginner student will be able to

1. Accurately assess clients who are experiencing common and predictable health problems.
2. Use nursing process and evidence-based care related to the concepts of fluid and electrolytes, cellular regulation, metabolism, sexuality, reproduction, thermoregulation, gas exchange and perfusion.
3. Prioritize safety measures in the care of clients with varied health problems.
4. Use evidence to support and plan appropriate nursing care.
5. Recognize the impact of personal beliefs, values and attitudes in the development of professionalism and professional behaviors.
6. Use technology and information management tools to plan and provide safe and effective patient care.
7. Compare and contrast the roles of the health team members in the planning and provision of client care.

Major Topics to Be Included:

1. **Fluid and Electrolytes (F&E) Concept**

Basic principles of F&E

Risk factors related to imbalances in F&E

Prevention strategies of F&E

Assessment and diagnostics

Nursing process related to imbalances in F&E

Skills related to intravenous therapy and blood transfusion

Pharmacological interventions: types of IV fluids, electrolyte replacements
Exemplars: specific electrolyte imbalances, dehydration, fluid volume overload

2. Cellular Regulation Concept

Basic principles of cellular regulation
Risk factors related to imbalances in cellular regulation
Prevention strategies
Assessment and diagnostics
Nursing process related to imbalances in cellular regulation
Pharmacological interventions: chemotherapy, biologic response modifiers, radiation
Exemplars: breast cancer, colon cancer, leukemia (child)

3. Metabolism Concept

Principles of metabolism
Risk factors related to alterations in metabolism
Prevention strategies related to alterations in metabolism assessment and diagnostics
Nursing process related to alterations in metabolism
Pharmacological interventions: insulins and oral hypoglycemic agents
Exemplars: diabetes type 1 and 2 (across the lifespan), gestational diabetes

4. Sexuality Concept

Basic principles of sexuality
Risk factors related to alterations in sexuality
Prevention strategies related to altered sexuality assessment and diagnostics
Nursing process related to alterations in sexuality
Pharmacological interventions: contraceptives, hormone replacement, men's health drugs
Exemplars: family planning, Sexually Transmitted Infections (STI's), erectile dysfunction, menopause

5. Reproduction Concept

Basic principles of reproduction
Risk factors related to alterations in reproduction
Prevention strategies related to altered reproduction assessment and diagnostics
Nursing process related to alterations in reproduction
Pharmacological interventions: teratogenic agents, folic acid
Exemplar: antepartum

6. Thermoregulation Concept

Principles of thermoregulation
Risk factors related to alterations in thermoregulation
Prevention strategies related to altered thermoregulation assessment and diagnostics
Nursing process related to alterations in thermoregulation
Pharmacological interventions: antipyretics, fluid and electrolyte replacement
Exemplars: fever, environmental hypothermia, preterm and newborn hypothermia

7. Gas Exchange Concept

Principles of gas exchange
Risk factors related to alterations in gas exchange
Prevention strategies related to altered gas exchange assessment and diagnostics

Nursing process related to alterations in gas exchange

Pharmacological interventions: decongestants, expectorants/antitussives, corticosteroids, sympathomimetics, anticholinergics, beta-adrenergic agonists, xanthines, colony stimulating factors

Exemplars: asthma-child, COPD-adult, anemias

8. Perfusion Concept

Principles of perfusion

Risk factors related to alterations in perfusion

Prevention strategies related to altered perfusion

Assessment and diagnostics

Nursing process related to alterations in perfusion

Pharmacological interventions: diuretics, alpha and beta blockers, calcium channel blockers, ACE inhibitors, angiotension receptor blockers, vasodilators, magnesium sulfate

Exemplars: hypertension, peripheral vascular disease, preeclampsia

Effective Date of Course Content Summary: Spring 2018