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

Student Learning Outcomes:
Upon completing the course, the advanced beginner student will be able to
a. Accurately assess clients who are experiencing common and predictable health problems;
b. 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;
c. Prioritize safety measures in the care of clients with varied health problems;
d. Use evidence to support and plan appropriate nursing care;
e. Recognize the impact of personal beliefs, values and attitudes in the development of professionalism and professional behaviors;
f. Use technology and information management tools to plan and provide safe and effective patient care; and

g. 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

**Date Created/Updated** (Month, Day, and Year): July 24, 2018