

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: NSG 211

Credits: 5

Course Title: Health Care Concepts II

Course Description: Focuses on care of clients across the lifespan in multiple settings including concepts related to psychological and physiological health alterations. Emphasizes the nursing process in the development of clinical judgment for clients with multiple needs. Provides supervised learning experiences in college nursing laboratories, clinical/community settings, and/or simulated environments. Part II of II. Prerequisites: BIO 150 or BIO 205, NSG 152, and NSG 170. Lecture 3 hours. Laboratory 6 hours. Total 9 hours per week.

General Course Purpose: The purpose of this course is to introduce the competent learner to concepts of nursing practice across the lifespan.

Course Prerequisites and Co-requisites:

Prerequisites: BIO 150 or BIO 205, NSG 152, and NSG 170

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Apply principles of patient-centered care across the lifespan;
- b. Incorporate factors for improvement in client safety for clients across the lifespan;
- c. Apply the nursing process, evidence-based care and clinical reasoning in making clinical judgments related to the concepts of mood and affect, psychosis, anxiety, cognition, violence, sensory perception, immunity and inflammation;
- d. Incorporate legal/ethical principles and professional nursing standards in the care of clients;
- e. Examine the impact of quality improvement processes, information technology and fiscal resources in the provision of nursing care; and
- f. Participate as a member of the health care team in the delivery of nursing care across the lifespan.

Major Topics to Be Included:

- a. Mood and Affect Concept
 - Mood and affect principles
 - Risk factors related to altered mood and affect
 - Prevention of altered mood and affect
 - Nursing process related to mood and affect
 - Pharmacological interventions: anti-depressants, mood stabilizers, anti-convulsants
 - Exemplars: depression, postpartum depression, bipolar disorder, suicide

- b. Psychosis Concept
 - Psychosis principles
 - Risk factors related to psychosis
 - Prevention of psychosis
 - Nursing process related to psychosis
 - Pharmacological interventions: anti-psychotic drugs
 - Exemplar: schizophrenia
- c. Anxiety Concept
 - Fight or flight response
 - Risk factors related to anxiety
 - Prevention strategies related to anxiety
 - Nursing process related to anxiety
 - Pharmacological interventions: benzodiazepines and non-benzodiazepines anti-anxiety agents
 - Exemplars: generalized anxiety disorder, phobias, Obsessive Compulsive Disorder (OCD), panic disorders, Post-Traumatic Stress Disorder (PTSD)
- d. Cognition Concept
 - Cognition principles
 - Risk factors related to cognitive alterations
 - Prevention of cognitive alterations
 - Cognitive diagnostic testing
 - Nursing process related to cognitive alterations
 - Pharmacological interventions: cholinergic agonists
 - Exemplars: developmental delay: spectrum disorders, Attention-Deficit/Hyperactive Disorder (ADHD), delirium, Alzheimer's disease/dementia
- e. Violence Concept
 - Violence principles
 - Risk factors related to violence
 - Prevention of violence
 - Nursing process related to violence
 - Recognize, intervene, and report abuse
 - Exemplars: child abuse, elder abuse, intimate partner violence
- f. Sensory Perception Concept
 - Sensory perception principles
 - Risk factors related to sensory alterations
 - Prevention of sensory alterations
 - Sensory diagnostic testing
 - Nursing process related to sensory alterations
 - Pharmacological interventions: glaucoma medications
 - Exemplars: cataracts, glaucoma, hearing loss, peripheral neuropathy

g. Immunity Concept

- Immunity principles
- Risk factors related to altered immunity
- Prevention of altered immunity
- Immunity diagnostic testing
- Nursing process related to altered immunity
- Pharmacological interventions: anti-virals, immunosuppressants, antihistamines
- Exemplars: Human Immunodeficiency Virus Infection and Acquired Immune Deficiency Syndrome (*HIV/AIDS*), anaphylaxis, systemic lupus erythematosus, organ transplant

h. Inflammation Concept

- Inflammation principles
- Risk factors related to inflammation
- Prevention of inflammation
- Inflammation diagnostic testing
- Nursing process related to inflammation
- Pharmacological interventions: anti-inflammatory, antacids, H₂ receptor agonists, Proton pump inhibitors, Biologic response modifiers
- Exemplars: acute inflammation, inflammatory bowel disease, gastroesophageal reflux disease, rheumatoid arthritis

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