Course Prefix and Number: NSG 252  
Credits: 4

Course Title: Complex Health Care Concepts

Course Description: Focuses on nursing care of diverse individuals and families integrating complex health concepts. Emphasizes clinical judgment, patient-centered care and collaboration. Prerequisites: NSG 210 and NSG 211. Lecture 4 hours per week.

General Course Purpose: The purpose of this course is to apply complex health concepts that relate to the client and family across the lifespan.

Course Prerequisites and Co-requisites:  
Prerequisites: NSG 210 and NSG 211

Student Learning Outcomes:  
Upon completing the course, the student will be able to
a. Provide patient-centered care promoting therapeutic relationships, caring behaviors, and self-determination across the lifespan for diverse populations of individuals with complex health needs;
b. Practice safe nursing care that minimizes risk of harm across systems and client populations with complex health needs;
c. Demonstrate nursing judgment through the use of clinical reasoning, the nursing process, and evidence-based practice in the provision of safe, quality care for clients with complex health needs;
d. Practice professional behaviors that encompass the legal/ethical framework while incorporating self-reflection, leadership, and a commitment to recognize the value of lifelong learning;
e. Manage client care through quality improvement processes, information technology, and fiscal responsibility to meet client needs and support organizational outcomes; and
f. Demonstrate principles of collaborative practice within nursing and interdisciplinary teams, fostering mutual respect and shared decision-making to achieve optimal outcomes of care.

Major Topics to Be Included:

a. Fluid and Electrolyte Concept
   • Fluid and electrolyte principles
   • Risk factors related to altered fluid and electrolyte levels
   • Prevention of altered fluid and electrolyte levels
   • Fluid and electrolyte diagnostic testing
   • Nursing process related to altered fluid and electrolyte levels
   • Exemplars: acute kidney injury and chronic renal failure

b. Acid-Base Concept
   • Acid-base principles
   • Risk factors related to altered acid-base balance
   • Prevention of altered acid-base balance
   • Acid-based diagnostic testing
• Nursing process related to altered acid-base balance
  • Exemplars: metabolic acidosis and alkalosis, respiratory acidosis and alkalosis

c. Intracranial Regulation Concept
  • Intracranial regulation principles
  • Risk factors related to altered intracranial regulation
  • Prevention of altered intracranial regulation
  • Intracranial regulation diagnostic testing
  • Nursing process related to altered intracranial regulation
  • Pharmacological interventions: anti-epileptic drugs, anti-Parkinson drugs
  • Exemplars: Cerebral Vascular Accident (CVA), seizures: child and adult

d. Mobility Concept
  • Mobility principles
  • Risk factors related to altered mobility
  • Prevention of altered mobility
  • Mobility diagnostic testing
  • Nursing process related to altered mobility
  • Exemplars: spinal cord injury (adult), spina bifida (pediatric), Parkinson’s disease

e. Inflammation Concept
  • Inflammatory principles
  • Risk factors related to altered inflammation prevention of altered inflammation
  • Inflammation diagnostic testing
  • Nursing process related to altered inflammation
  • Exemplars: hepatitis, cirrhosis, pancreatitis

f. Infection Concept
  • Infection principles
  • Risk factors related to infection
  • Prevention of infection
  • Infection diagnostic testing
  • Nursing process related to infection
  • Exemplars: sepsis across the lifespan

g. Tissue Integrity Concept
  • Tissue integrity principles
  • Risk factors related to altered tissue integrity
  • Prevention of altered tissue integrity
  • Tissue integrity diagnostic testing
  • Nursing process related to altered tissue integrity
  • Pharmacological interventions: topical treatment of burns
  • Exemplars: burns

h. Perfusion Concept
  • Perfusion principles
  • Risk factors related to altered perfusion
  • Prevention of altered perfusion
  • Perfusion diagnostic testing
  • Nursing process related to altered perfusion
• Hemodynamic monitoring
• Chest tube management
• Pharmacological interventions: anti-arrhythmic drugs, thrombolytic drugs, adrenergic drugs, anticholinergic drugs
• Exemplars: shock/Multiple Organ Dysfunction Syndrome (MODS), arrhythmias, congenital defects (infant/child)

i. Gas Exchange Concept
• Gas exchange principles
• Risk factors related to altered gas exchange
• Prevention of altered gas exchange
• Gas exchange diagnostic testing
• Nursing process related to altered gas exchange
• Ventilation: mechanical, continuous positive airway pressure, bi-level airway pressure
• Exemplars: Acute Respiratory Distress Syndrome (ARDS), pneumothorax

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