**ESSEX COUNTY COLLEGE**

**Nursing and Allied Health Division**

**NRS 100 – Nursing Success Seminar**

**Course Outline**

**Course Number & Name:**  NRS 100 Nursing Success Seminar

**Credit Hours:**  2.0 **Contact Hours:**  2.0 **Lecture:** 2.0 **Labs:**  0.0 **Clinical:** 0.0

**Prerequisites**:  Grades of “C” or better in ENG 101, BIO 121 & CHM 101 and/or admission into the Nursing Program

**Co-requisites:** NRS 107 **Concurrent Courses:** None

**Course Outline Revision Date:**  Fall 2010

**Course Description**: The nursing success seminar is an introductory course designed to prepare the nursing student for academic success by combining independent study, selected clinical simulations, and seminar discussions to enhance critical thinking in the nursing process. This course reviews basic concepts from foundations of nursing, care of the adult patient, and the nursing process and emphasizes test-taking skills. The three-dimensional matrix of clinical practice competencies, critical thinking skills, and caring is explored through continuing themes of growth and development, alterations in pathophysiology, multicultural sensitivity, therapeutic communication, client advocacy, teaching, legal and ethical standards, nutrition, pharmacotherapeutics, psychomotor skill competencies, and self assessment. Client responses to disruptions in wellness states are included as well.

**Course Goals:** Upon successful completion of this course, students will do the following:

1. describe and utilize appropriate academic success skills; and
2. study and strengthen nursing skills and content learned in co-requisite courses

**Measurable Course Performance Objectives (MPOs)**: Upon successful completion of this course, students should specifically be able to do the following:

1. Describe and utilize appropriate academic success skills:

1.1 *discuss and implement time-management skills*;

1.2 *utilize study groups*;

1.3 *demonstrate proficient note-taking skills*; and

1.4 *describe and apply helpful test-taking strategies*

**Measurable Course Performance Objectives (MPOs)** (continued):

2. Study and strengthen nursing skills and content learned in co-requisite courses:

2.1 *demonstrate basic nursing skills including but not limited to measuring vital signs, using therapeutic communication skills, performing client assessment, and formulating nursing diagnoses;*

2.2 *solve real-life medical math problems such as calculating IV and other medication dosages;* and

2.3 *apply critical thinking and appropriate ethical standards in clinical decision-making scenarios*

**Methods of Instruction**: Instruction will consist of discussion, workshop exercises, critical thinking exercises, group and individual study, NCLEX-style testing, and exam review.

**Outcomes Assessment:** Exam questions and worksheets are blueprinted to course objectives. Checklist rubrics are used to evaluate nursing skill demonstrations and journal entries for the presence and mastery of course objectives. Data is collected and analyzed to determine the level of student performance on these assessment instruments in regards to meeting course objectives.  The results of this data analysis are used to guide necessary pedagogical and/or curricular revisions

**Course Requirements:** All students are required to:

1. Successfully complete NRS 100 and NRS 107 to progress to NRS 108.
2. Complete the course evaluation.
3. Maintain satisfactory course attendance (see Nursing Student Handbook for attendance policies and procedures) to pass this course.

**Methods of Evaluation:** Final course grades will be computed as follows:

**% of**

**Grading Components final course grade**

* **Attendance and class participation**  **40%**
  + Satisfactory attendance
  + Active participation in class discussions utilizing critical thinking skills
* **2 or more math drug calculation quizzes** **25%**

The quizzes will provide evidence of student mastery of some course objectives.

**Methods of Evaluation** (continued)**:**

**% of**

**Grading Components final course grade**

* **3 or more unit exams** **25%**

Exams will provide evidence of the level of student mastery of the course objectives and synthesis of course content.

* **Weekly journal of study time/strategies** **10%**

Completion of 13-week journal of study time/strategies will provide evidence of student mastery of some course objectives.

Note: A final course grade of 75% must be achieved for successful course completion, i.e., in order to earn a ‘C’ or better.

**Academic Integrity:** Dishonesty disrupts the search for truth that is inherent in the learning process and so devalues the purpose and the mission of the College. Academic dishonesty includes, but is not limited to, the following:

* plagiarism – the failure to acknowledge another writer’s words or ideas or to give proper credit to sources of information;
* cheating – knowingly obtaining or giving unauthorized information on any test/exam or any other academic assignment;
* interference – any interruption of the academic process that prevents others from the proper engagement in learning or teaching; and
* fraud – any act or instance of willful deceit or trickery.

Violations of academic integrity will be dealt with by imposing appropriate sanctions. Sanctions for acts of academic dishonesty could include the resubmission of an assignment, failure of the test/exam, failure in the course, probation, suspension from the College, and even expulsion from the College.

**Student Code of Conduct:** All students are expected to conduct themselves as responsible and considerate adults who respect the rights of others. Disruptive behavior will not be tolerated. All students are also expected to attend and be on time for all class meetings. No cell phones or similar electronic devices are permitted in class. Please refer to the Essex County College student handbook, *Lifeline*, for more specific information about the College’s Code of Conduct and attendance requirements.

**Course Content Outline:** based on the reference text by Berman, Snyder, Kozier & Erb. Kozier & Erb’s Fundamentals of Nursing, Concepts, Process and Practice. 8th Ed. Upper Saddle River: Pearson/Prentice Hall. 2008. ISBN #: 0-13-171468-6; and the text by Castillo, Sandra Luz Martinez. Strategies, Techniques and Approaches to Thinking, Critical Thinking Cases in Nursing. 4th Ed. St. Louis: W.B. Saunders, Co. 2009. ISBN #: 978-1-4160-6152-6

Note: Students should bring the Lecture Module from NRS 107 to class each week. Weekly discussion in NRS 100 follows the NRS 107 Lecture Content Outline.

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| **Week** | **Lecture/ Discussion Topic** | **Learning Activities** |
| 1 | Test-taking skills/skills for studying nursing  Assessment of math skills related to calculation of simple dosages | Handout  Study habits, time management,  math practice |
| 2 | Vital signs  Preparing to take a nursing exam | Castillo pp 3 – 17  **Unit Exam 1** |
| 3 | Assessment and nursing diagnosis  Legal consideration in nursing | Castillo pp 39, 97 |
| 4 | Documenting and reporting patient status  Cultural aspects of nursing and care of the elderly | Castillo p 49  **Math Quiz 1** |
| 5 | Skin integrity and infection control | Castillo pp 25 – 29 |
| 6 | Therapeutic communication | Castillo p 33  **Unit Exam 2** |
| 7 | Trouble shooting nursing care plans | Castillo pp 53 – 55 |
| 8 | Sleep and pain assessment – case studies | Castillo p 61  **Math Quiz 2** |
| 9 | Wound assessment and wound dressings | Castillo pp 65 – 69 |
| 10 | General nutrition and therapeutic diets | Castillo p 79 |
| 11 | The patient with fluid and electrolyte imbalance | Castillo p 71 |
| 12 | Basic physical assessment skills – lung and heart sounds | Castillo p 39  **Unit Exam 3** |
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| **Week** | **Lecture/ Discussion Topic** | **Learning Activities** |
|  |  |  |
| 13 | Diuretics and cathartics | Handout |
| 14 | Elimination urinary and bowel | Castillo pp 73 – 77 |
| 15 | Preparing for a Nursing comprehensive Final Exam |  |