COURSE DESCRIPTION
This course is designed to provide LPN mobility students with self-directed opportunities to prepare for placement into the third semester of the ADN program. Emphasis is on assessment and validation of selected theory, process, and skills covered in NUR 102, 103, 104, 105, and 106. Upon successful completion of assessments, students are eligible for progression into NUR 201. Students who successfully complete this course are awarded 15 non-traditional hours at the completion of the LPN mobility curriculum.

CREDIT HOURS
Theory 3 credit hour
Lab 3 credit hours
Clinical 0 credit hours
Total 6 credit hours

Total contact hours 12

NOTE: Theory credit hours are a 1:1 contact to credit ratio. Lab credit is 3:1. Clinical credit is 3:1.
INSTRUCTOR NOTES:

- Graduates of the approved Alabama College System Practical Nursing standardized curriculum may be eligible to enter the ADN program during the third semester without taking these assessments if graduation occurred within the previous two years. All other Licensed Practical Nurses must successfully complete this course.
- For progression into NUR 201, students must have documentation of employment as an LPN for a minimum of 500-clock hours within the 12 months prior to admission.
- All students must have a valid unencumbered Alabama practical nurse license.
- Students must satisfactorily pass knowledge assessments within two attempts before attempting skill validations. Students are given two attempts for all assessments. Students must pass both knowledge assessments and all skill validations to be considered for eligibility into the ADN program. Satisfactory completion of knowledge and skill validations is on a pass/fail standard set by the Alabama College System.
- Retests must be completed prior to the end of the semester. The college will determine scheduling for retests.
- Students are expected to utilize relevant technology in preparing for assessments.
- Students applying for admission to career mobility tracks will be assessed and placed in rank order prior to admission into NUR 200.
  - **Track 1** - For students who completed the Standardized ACS Nursing curriculum more than 2 years prior to application for admission to Career Mobility or for students who have graduated from any other PN curriculum. There will be a limited number of available slots. The number of slots available in NUR 200 and NUR 201 will be at the discretion of each college.
  - **Track 2** - For students completing the Standardized ACS Nursing curriculum within the previous 2 years. Students must meet progression criteria for NUR 201. The number of slots available will be at the discretion of each college. **If you have completed LPN curriculum in the last two years NUR 200 will not be required. Each student will still be required to meet the 500 work hours.**
COURSE CONTENT OUTLINE

MODULE A - ORIENTATION
- Review of school of nursing policies
- Minimum mobility admission requirements
  - License
  - CPR
  - Health forms
  - GPA
  - Alternative options
    - Testing policies
    - Course enrollment in generic programs
- Self-assessment
  - Individual knowledge and skills inventory
  - Resources
  - Lab schedules
- Testing dates
- Testing requirements/procedures
  - Knowledge
    - Successful cognitive assessment before skills validation
    - Pass/fail standards
    - Advisement and analysis
  - Skills validation
    - Pass/fail standards
    - Advisement and analysis

MODULE B - FUNDAMENTALS OF NURSING
- Safety
  - Risk factors
  - Body mechanics
  - Mobility
  - Environmental hazards
  - Medical and surgical asepsis
  - Safety devices (restraints)
  - Disaster management
  - Risk management issues
- Activities of daily living
  - Hygiene
  - Toileting
  - Mobility
  - Skin Integrity
  - Therapeutic environment
• Vital signs
  – Temperature
  – Pulse (central and peripheral)
  – Respiration
  – Blood Pressure
  – Pain
• Communication skills
  – Establishing therapeutic nurse-client/family relationship
  – Communication process
  – Therapeutic/Non-Therapeutic communication
  – Barriers to effective communication
  – Documentation/reporting
  – Communication among healthcare team members
• Professional behaviors
  – History of nursing
  – Nursing educational career paths
  – Competencies of the nurse
  – Standards of nursing practice
  – Legal/Ethical
• Providing needs-based care
  – Maslow’s Hierarchy of Needs
  – Client/family lifespan
  – Impact of culture, ethnicity, spirituality, and sexuality
  – Effects of anxiety, stress and adaptation on homeostasis
  – The impact of grief and loss
  – Recording client care
• Nursing process and critical thinking
  – Nursing process
  – Critical thinking and decision making
• Comfort, pain, sleep and rest
  – Comfort measures
  – Pain management
  – Sleep promotion
  – Rest promotion
• Nutrition/fluid balance
  – Intake and output
  – Therapeutic diets
  – Enteral nutrition
  – Nutrients
  – Parenteral therapy
• Maintaining oxygenation
  – Oxygen administration
  – Nasopharyngeal suctioning
  – Oxygen maintenance
  – Pulse oximetry
  – Emergency procedures

• Maintain elimination
  – Bowel/bladder elimination procedures
  – Catheterization
  – Urinary diversions
  – Ostomy care
  – Enema
  – Specimen collection

MODULE C - HEALTH ASSESSMENT
• Growth and development throughout the life span
  – Pediatric
  – Adult
  – Geriatric

• Health history
  – Obtaining a health history
  – Normal and abnormal assessment findings
  – Documenting assessment
  – Conducting a general survey
  – Techniques

• Physical assessment
  – HEENT
  – Integumentary System
  – Respiratory System
  – Circulatory/Lymphatic System
  – Breast and Axillae
  – Abdomen
  – Reproductive System
  – Musculoskeletal System
  – Neurological System
MODULE D - INTRODUCTION TO PHARMACOLOGY

• Introduction to pharmacology
  – Sources of drugs and drug information
  – Legal and ethical issues
  – Pharmacodynamics
  – Pharmacokinetics

• Basic math for pharmacology
  – Calculation formulas
  – Systems of measurement

• Administering medications
  – Safety Issues
  – Reading and interpreting medication orders
  – Reading and interpreting labels
  – Drug administration equipment/adaptive equipment
  – Reconstitution of medications
  – Calculating dosages
  – Preparing dosages for administration
  – Routes for administering medications
  – Insulin administration
  – Heparin administration
  – The six rights
  – Client/family teaching
  – Documenting medication administration

• Calculating pediatric dosages
  – Milligrams/kilograms/body weight
  – Body surface area
  – Formulas for calculating pediatric dosages
  – Safe range

• Intravenous calculations
  – Calculation of rates

• Administering medications through tubes
  – Gastrointestinal tubes
  – Genitourinary tubes

• Introduction to classification of drugs
  – Concept
  – Common drug classifications
MODULE E - ADULT NURSING

- Fluid, electrolyte, and acid-base balance
  - Fluid and electrolyte homeostasis
  - Disturbances in fluid and electrolyte balance
  - Acid-base homeostasis
  - Acid-base alterations

- IV therapy
  - Roles and responsibilities
  - Types and use of intravenous solutions
  - Equipment and supplies
  - Patient physical and psychological preparation for IV therapy
  - Venipuncture process
  - Flow rate problems
  - IV Complications and problems
  - Monitoring and maintenance of the IV
  - IV medications
  - Blood, blood products, and volume expanders

- Perioperative care
  - Nurses role within perioperative settings
  - Informed consent
  - Pre-operative
  - Intraoperative
  - Post-operative

- System alterations
  - General areas
    - Diagnostic tests
    - Alterations
    - Nursing process
    - Pharmacological agents
  - Integumentary system
    - Pressure ulcers (Decubitus)
    - Inflammatory
    - Infections
    - Skin Cancers
  - Respiratory system
    - Acute Upper
    - Chronic Upper
    - Acute Lower
    - Chronic Lower
    - Occupational lung Diseases
− Cardiovascular system alterations
  o Hypertension
  o Peripheral Vascular Alterations
  o Hematological
  o Congestive heart failure (left and right)
  o Aneurysms
− Endocrine system alterations
  o Diabetes
  o Acute and Chronic Complications
− Upper gastrointestinal system alterations
  o Infectious/Inflammatory
  o Hiatal hernias
  o Gastrostomy tube reinsertion and management
  o Surgical procedures
  o Cancers of upper GI
− Musculo-skeletal system alterations
  o Musculo-skeletal traumas
  o Inflammatory alterations
  o Degenerative alterations
  o Gout
  o Lyme disease
  o Osteomyelacia disease
  o Surgical procedures

**MODULE F - MATERNAL AND CHILD NURSING**

- Antepartum
  - Family dynamics
  - Preconception health promotional considerations
  - Fetal development
  - Signs of pregnancy
  - Physiological changes of pregnancy
  - Psychological adaptation to pregnancy
  - Prenatal education and care
  - Diagnostic tests
  - Pharmacological agents
  - Nutrition
  - Discomforts of pregnancy
  - Childbirth education
• Complications of pregnancy
  – Nursing roles
  – Assessment of fetal well-being
  – Complications of pregnancy
  – Pathophysiology/Clinical manifestations
  – Diagnostic tests
  – Pharmacological agents/treatments
  – Nutritional considerations
  – Health promotion

• Intrapartum
  – Onset of labor
  – Maternal responses to labor
  – Variables affecting labor
  – Stages of labor
  – Admissions of client in labor
  – Psychosocial care during intrapartum
  – Diagnostic tests
  – Nutritional considerations
  – Obstetric procedures
  – Induction/augmentation of labor
  – Pharmacology
  – Immediate newborn/mother care

• Postpartum
  – Family adaptation
  – Physiologic changes
  – Psychosocial changes
  – Newborns’ and Mothers’ Health Protection Act of 1995
  – Health promotion
  – Vaginal/Cesarean birth
  – Diagnostic tests
  – Nutritional considerations
  – Pharmacological/treatments
  – Postpartal procedures
  – Complications
  – Teaching and learning for postpartal care and discharge

• Newborn care
  – Care needs of the newborn
  – Physical characteristics of the newborn
  – Reflexes
  – Behavioral characteristics
  – Gestational age
  – Diagnostic tests
  – Nutritional considerations
  – Pharmacological agents/treatments for the newborn
Selected procedures
- Circumcision
- Hearing screens
- Heel sticks
- Serology screening
- Complications
- Cultural diversity
- Teaching and learning

Pediatric care
- Teaching and learning strategies
- Preparing the pediatric client and family for hospitalization
- Developmental assessments
- Pediatric procedures
- Scheduled immunizations
- Nutritional considerations
- Cultural diversity
- Health promotion
- End of life issues

MODULE G - SELECTED PEDIATRIC ALTERATIONS
- Pathophysiology
- Clinical manifestations
- Diagnostic tests
- Pharmacological agents/treatments
- Nutritional considerations
- Health promotion
- Selected pediatric alterations
  - Respiratory system
  - Cardiovascular system and Blood Disorders
  - Infectious disorders, Lymphatic and Immune systems
  - Gastrointestinal system
  - Musculoskeletal system
  - Endocrine system
  - Integumentary system
  - Nervous system
  - Sensory system
  - Genitourinary system
  - Psychosocial disorders
MODULE H - SKILLS ASSESSMENT

- Catheterization
- Trach care
- Starting and maintaining peripheral lines
- Nasogastric tube insertion and maintenance
- Suctioning
  - Oral
  - Nasopharyngeal
  - Tracheal
- Medication administration and calculations
- Oxygen administration
- Ostomy care
- Dressing change
- Head-toe assessment
- Vital signs
- Enteral feeding