Texas Concept-Based Curriculum
El Centro College ADN Program
RNSG 1216 – Professional Nursing Competencies
51311, 51312, 51313, 51314, 51315, 51316,
71331, 71332, 71333, 71334, 71335, 71336,
51343, 51351, 51331, 51332

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Course Description

Development of professional nursing competencies in the care of diverse patients throughout the lifespan. Emphasizes psychomotor skills and clinical reasoning in the performance of nursing procedures related to the concepts of: clinical judgment, comfort, elimination, fluid and electrolytes, nutrition, gas exchange, safety, functional ability, immunity, metabolism, mobility, and tissue integrity. Includes health assessment and medication administration. This course lends itself to a concept-based approach.

Course Objectives

Upon completion of this course the student will:

1. Apply concepts and principles necessary for the performance of professional nursing skills across the lifespan.
2. Demonstrate competency/clinical reasoning in the performance of professional nursing skills.
3. Demonstrate a complete head to toe and a focused health assessment.
4. Demonstrate safe medication administration.

Course Outline

PART 1: BASIC SKILLS
1. Immunity & Safety
   A. Handwashing
   B. Personal protective equipment
   C. Cleaning blood spill
2. Thermoregulation
   A. Temperature
   B. Heat therapy
   C. Cold therapy
3. Perfusion & Gas Exchange
A. Radial Pulse
B. Respiration
C. Blood pressure
D. CPR
   1) Performance of CPR
   2) Foreign body airway obstruction (FBAO)
   3) Automatic external defibrillation (AED)
   4) Use of bag-valve mask

4. Mobility & Safety
   A. Positioning
   B. Moving/transferring a patient
   C. Applying restraints
   D. Ambulation/ambulatory devices
   E. Cast Care
   F. Traction

5. Comfort
   A. Bed bath/personal hygiene
   B. Sitz bath
   C. Bedmaking

6. Elimination & Nutrition
   A. Assisting with elimination
   B. Assisting with eating

7. Tissue Integrity
   A. Bandages & binders

PART 2: ADVANCED SKILLS

1. Safety
   A. General culture of safety & National Patient Safety Goals
   B. First Aid
   C. Immunity
      1) Sterile gloves and sterile field
      2) Isolation techniques
      3) Surgical hand scrub

2. Clinical Judgment - Assessment
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A. Head to toe physical assessment
B. Heart and breath sounds
C. Locating pulses & apical heart rate
D. Fetal heart rate
E. Spinal screening
F. Vision & hearing screening
G. Admission & discharge
H. Functional ability assessment
I. Diagnostic tests
   1) Specimen collection
   2) Glucose monitoring

3. Gas Exchange
   A. Oxygenation
      1) Pulse oximeter
      2) Oxygen administration
      3) Incentive spirometer
      4) Airways
   B. Suctioning
      1) Nasotracheal suctioning
      2) Endotracheal suctioning
      3) Bulb and DeLee suctioning
      4) Tracheostomy suctioning

4. Medication Safety
   A. Oral and topical
   B. Injections
   C. Intravenous piggyback medications (IVPB)
   D. Intravenous push medications (IVP)

5. Fluids & Electrolytes
   A. Intake and output
   B. Venipuncture
   C. IV initiation and management
   D. Blood administration
   E. Central venous lines – Care & TPN

6. Tissue Integrity
   A. Suture and staple removal
   B. Sterile dressing change
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C. Drainage evacuation
D. Wound Irrigation
E. Traction pin care
F. Central venous lines site care
7. Elimination
   A. Bowel
      1) Enema
      2) Removing fecal impaction
      3) Ostomy care
   B. Urinary
      1) Catheterization
8. Nutrition
   A. Nasogastric tube insertion/irrigation/removal
   B. Tube feedings
9. Patient Education
   A. Preop teaching
   B. Breast self-examination
   C. Testicular self-exam
10. Clinical Judgment - Application
    A. Situational assessments

Required Textbooks & Equipment

Elsevier Publishing – Package
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Semester syllabus (Available on-line).
Associate Degree Nursing Program student handbook (Available on-line).
Exam Soft

REQUIRED SUPPLIES
Nursing Skills Lab Kit

Course Requirements

The student is required to:
1. Demonstrate competency in performing all required nursing skills in a laboratory setting.
2. Take two written skills tests.
3. Complete 2 simulations
4. Attendance at wound care seminar

- See the Evaluation Policy in the student handbook regarding grading and progression information.
- See the Conversion/Calculation Examination policy in the student handbook for information about the pharmacological math competency examination.
- See the Attendance Policy in the student handbook for the attendance requirements.
- See the Policy for Test Taking/Grade information in the student handbook for information on testing.

Last Revised 08/15