

LOS ANGELES HARBOR COLLEGE
Associate Degree Nursing Program

N313 – Introduction to Nursing Process & Practice
READING and VIDEO/DVD LIST

Required Textbooks and Supplies:

Perry, AG & Potter, PA. (2010). Clinical Nursing Skills & Techniques (7th ed.), St. Louis, CV Mosby.

Potter, PA & Perry, AG. (2009). Fundamentals of Nursing: Concept, Process, and Practice (7th ed.), St. Louis, CV Mosby.

Scantron answer sheets (100 items) for tests.

Uniforms – see orientation guidelines.

Clinical Laboratory Supply Kit & Stethoscope (needed for lab) – see clinical materials.

LAHC Student Handbook

Supplementary Texts:

Roy, Sr. Callista, (2009). The Roy Adaptation Model (3rd ed.), Pearson.

Potter & Perry, (2009). Study Guide & Skills Performance Checklist (workbook) for Fundamentals of Nursing (7th ed.) textbook. Elsevier Mosby.

Pickar, Gloria D., (2008). Dosage Calculations (8th ed.) Thomson Delmar Learning.

Mosby's 2009 Dictionary of Medicine, Nursing, and Health Professionals (7th ed.). Elsevier Mosby.

Mosby's 2005 Drug Consult for Nurses, Elsevier Mosby.

VanLeeuwen, Anne & Poelhuis-Leth, Debra, (2009). Davis' Comprehensive Handbook of Laboratory & Diagnostic Test with Nursing Implications (3rd ed.). F.A. Davis.

Learning Resources:

- ◆ College or Hospital Library
- ◆ Computer Lab
- ◆ Nursing Learning Lab
- ◆ Learning Resource Center in Main Library
- ◆ Internet
- ◆ Simulation Lab

Health Databases for Nursing Students, <http://www.lahc.edu/library> (click on “Library Databases” and in the “quicklinks to data” pull down menu, select “Nursing Resource Center.” In the search box, type in your desired topic).

UNIT I – Part I: ORIENTATION TO PATIENT CENTERED CARE

RESOURCES:

1. Readings:

Potter & Perry (2009) – Fundamentals of Nursing 7th edition

- ◆ Chapter 1 – Nursing Today
- ◆ Chapter 2 – Health Care Delivery Systems
- ◆ Chapter 9 – Culture and Ethnicity
- ◆ Chapter 15 – Critical Thinking in Nursing Practice
- ◆ Chapter 22 – Ethics and Values
- ◆ Chapter 23 – Legal Implications in Nursing Practice
- ◆ Chapter 26 – Documentation and Informatics
- ◆ Chapter 33 – Begin to read Health Assessment and Physical Examination
 - Examination
- ◆ Chapter 34 – Infection Prevention and Control
- ◆ Chapter 38 – Patient Safety
- ◆ Chapter 39 – Hygiene

Perry & Potter (2010) – Clinical Skills Book 7th edition

- ◆ Chapter 4 – Recording and Reporting
- ◆ Chapter 7 – Medical Asepsis (Hand Hygiene)
- ◆ Chapter 8 – Sterile Technique (Sterile/open gloving)

Selected readings in Student Study Guide from Potter & Perry

2. Clinical Practice:

- ◆ Hand Hygiene
- ◆ Gloving and Standard Precautions
- ◆ Assessments of A, B, C's and LOC
- ◆ Assessment of Tubes, Lines, and Equipment
- ◆ Assessment of Vital Signs
- ◆ Beginning Head-to-Toe Assessment

3. Audiovisuals

- ◆ **VT # 2040 Standard Precaution audio-visual tapes including**
- ◆ **VT # 2084 Bloodborne Safety**
- ◆ **VT # 2085 Tuberculosis**
- ◆ **VT # 2039 Accountability & Liability in Nursing Practice**
- ◆ **VT # 3080 HIV and the Health Worker**
- ◆ **VT # 3131 Sure Step Pro LCM-SP & Kaiser**
- ◆ **VT # 3193 Basic Principles**
- ◆ **VT # 3196 Bathing**
- ◆ **VT # 3197 Bed making**
- ◆ **VT # 3198 Personal Hygiene and Grooming**
- ◆ **D30 The Medicine of Compassion**
- ◆ **D39 Cultural Diversity and Healthcare**

- ◆ **D40** **Becoming Culturally Competent**
- ◆ **D41** **Assessment Challenges in a Multicultural Environment**
- ◆ **D42** **Introduction to Concepts, Values and Decision-making Issues in Nursing**
- ◆ **D43** **Respect, Dignity, Autonomy and Relationships**
- ◆ **D44** **Commitment: Patients, Professionalism & Boundaries**
- ◆ **D45** **Protection, Privacy, Safety & Standards**

UNIT I – Part 2: OXYGENATION NEEDS

RESOURCES:

1. Readings:

Potter & Perry (2009) – Fundamentals of Nursing 7th edition

- ◆ Chapter 32 – Vital Signs
- ◆ Chapter 33 – Health Assessment and Physical Examination
- ◆ Chapter 39 – Hygiene
- ◆ Chapter 40 – Oxygenation

Perry & Potter (2010) – Clinical Skills Book 7th edition

- ◆ Chapter 5 – Vital Signs
- ◆ Chapter 6 – Health Assessment (continuing assessment)
- ◆ Chapter 10 – Skill 10-3, 10-4
- ◆ Chapter 15 – Comfort (skills 15-1 through 15-3)
- ◆ Chapter 17 – Personal Hygiene
- ◆ Chapter 23 – Oxygenation
- ◆ Chapter 34 – Skill 34-1 Bedpan

Student Study guide from Potter & Perry

2. Clinical Practice:

- ◆ Vital Signs, including Pain assessment – Temperature, Pulse, Respiration, Blood Pressure, Pulse Oximetry, and Pain.
- ◆ Assessment methods – Inspection, Palpation, and Auscultation.
- ◆ Giving a bed bath.
- ◆ Giving special mouth care and routine oral hygiene.
- ◆ Making an occupied bed.
- ◆ Making an unoccupied bed.
- ◆ Applying elastic stockings (hose) and sequential compression device (SCD).
- ◆ Oral and naso-tracheal suctioning.
- ◆ Administration of oxygen therapy and oxygen safety.

3. Audiovisual: (students must view prior to performing tasks)
 - ◆ **VT # 2046 Normal Breath Sounds**
 - ◆ **VT # 2047 Normal Heart Sounds**
 - ◆ **VT # 2325 or #3226 HIPAA**
 - ◆ **VT # 3002 or 3210 / D17 / D22 Suctioning**
 - ◆ **VT # 3005 or 3122 Infection Control**
 - ◆ **VT # 3013 Assuring Safety**
 - ◆ **VT # 3087 Management of CHF (Congestive Heart Failure)**
 - ◆ **VT # 3107 Diabetic Care for Your Feet**
 - ◆ **VT # 3119 Charting Medical Records – Do’s and Don’ts**
 - ◆ **VT # 3189 Documenting Care**
 - ◆ **VT # 3196 Bathing**
 - ◆ **VT # 3197 Bedmaking**
 - ◆ **VT # 3198 Personal Hygiene and Grooming**
 - ◆ **VT # 3208 Oxygenation**

UNIT II – REST AND ACTIVITY NEEDS

RESOURCES:

1. Readings:

Potter & Perry (2009) – Fundamentals of Nursing 7th edition

- ◆ Chapter 33 – Health Assessment and Physical Examination
- ◆ Chapter 37 – Activity and Exercise
- ◆ Chapter 38 – Patient Safety
- ◆ Chapter 42 – Sleep
- ◆ Chapter 47 – Mobility and Immobility

Perry & Potter (2010) – Clinical Nursing Skills 7th edition

- ◆ Chapter 6 – Continue assessment
- ◆ Chapter 9 – Safe Patient Handling, Transfer and Positioning
- ◆ Chapter 10 – Exercise and ambulation
- ◆ Chapter 11 – Care of patient in skin and skeletal traction
- ◆ Chapter 12 – Support surfaces
- ◆ Chapter 13 – Safety
- ◆ Chapter 14 – Disaster Preparedness
- ◆ Chapter 18 – Pressure ulcer care
- ◆ Chapter 41 – Home Care Safety

Student Study Guide from Potter & Perry

2. Clinical Practice:

- ◆ Positioning and moving the patient in bed.
- ◆ Performing passive range of motion

- ◆ Assisting with ambulation
 - ◆ Using wheelchair, gurney, and other transport equipment
 - ◆ Teaching and supervising a partner in the use of a cane, walker, and crutches.
 - ◆ Applying soft and hard restraints.
 - ◆ Completing incident report.
3. Audiovisuals: (Students responsible for viewing prior to practice).
- ◆ **VT # 3045 Orthopedic Assessment**
 - ◆ **VT # 3062 Applying Restraints**
 - ◆ **VT # 3085 Management of a Hip Fracture**
 - ◆ **VT # 3124 Moving and Turning**
 - ◆ **VT # 3125 Transfer and Ambulation**
 - ◆ **VT # 3143 Fire Prevention and Safety**
 - ◆ **VT # 3194 Normal Elimination (bedpan, urinal, condom)**
 - ◆ **VT # 3199 Body Mechanics and Exercise**
 - ◆ **VT # 3200 Safety and Restraints**
 - ◆ **VT # 3202 Preventing and Treating Pressure Ulcers**
 - ◆ **VT # 3216 Hip Fracture**
 - ◆ **VT # 3217 Hip Replacement**
 - ◆ **D23 Lifting Safely to Prevent Injury**
4. Internet:
- Everyday Yoga – www.will-harris.com/yoga/everyday_yoga.html
 This website offers free, interactive/animated yoga instruction that is appropriate for the office, to release stress, improve circulation and uplift mood. It is an excellent online resource for general practice and includes specific practices for preventing and healing carpal tunnel syndrome & repetitive stress injuries often resulting from workplace and ergonomic risk factors.

UNIT III – NUTRITION NEEDS

RESOURCES:

1. Readings:
- Potter & Perry (2009) – Fundamentals of Nursing 7th edition**
- ◆ Chapter 44 – Nutrition
 - ◆ Chapter 33 – Assessment
- Perry & Potter (2010) – Clinical Nursing Skills 7th edition**
- ◆ Chapter 30 – Oral Nutrition
 - ◆ Chapter 31 – Enteral Nutrition
 - ◆ Chapter 32 – Parenteral Nutrition

Student Study Guide from Potter & Perry

Internet web sites

- ◆ Body Mass Index
- ◆ U.S. Department of Agriculture (USDA)
- ◆ Dairy Council of California
- ◆ American Dietetic Association www.eatright.org
- ◆ Recipe Source (diabetic recipes) www.recipesource.com/special-diets/diabetic
- ◆ Dietary guidelines for the chronic obstructive pulmonary disease (COPD) patient www.aarc.org/patient_education/tips/copd.html
- ◆ Special diets www.specialdiets.org
www.medicinenet.com/special_dietsandrecipes/article.html
www.recipeink.com/specialdiets.html
- ◆ Vitamin list www.cncplan.com/vitamins.htm

Periodicals:

- ◆ Nutrition in the Fast Lane – the fast food dining guide
- ◆ The John Hopkins White Papers (printed yearly):
 - Nutrition, Weight Control & Longevity
 - Hypertension & Stroke
 - Diabetes

2. Clinical Practice:

- ◆ Dietary Assessment
- ◆ Performance of finger stick monitoring blood glucose levels
- ◆ Administration of tube feedings
- ◆ Practice fluid flow calculations for TPN and tube feedings.

3. Audiovisual: (students are responsible for viewing prior to practice).

- ◆ **VT # 2054 Finger Stick Blood Sugar (FSBS) - SureStep**
- ◆ **VT # 2087 Enteral Feeding / Tube Feedings – Part I**
- ◆ **VT # 2088 Enteral Feeding / Tube Feedings – Part II**
- ◆ **VT # 2090 TPN – Part I**
- ◆ **VT # 2091 TPN – Part II**
- ◆ **VT # 3026 Contemporary Nutrition**
- ◆ **VT # 3072 Insertion of a Nasogastric Tube**
- ◆ **VT # 3095 NG Tube Care**
- ◆ **VT # 3157 Anatomy & Physiology + Equipment**
- ◆ **VT # 3158 Intubation / insertion of NG Tube**
- ◆ **VT # 3159 Nasoenteric Care**
- ◆ **VT # 3160 Feeding Tubes**
- ◆ **VT # 3195 Measurements**
- ◆ **VT # 3201 Nutrition and Fluids**
- ◆ **VT # 3214 Enteral Nutrition**

Unit IV – Fluid and Electrolyte Need

RESOURCES:

1. Readings:

Potter & Perry (2009) – Fundamentals of Nursing 7th edition

- ◆ Chapter 41 – Fluid, Electrolytes, and Acid-Base Balances
- ◆ Chapter 33 – Physical Assessment
- ◆ Appendix – Normal Reference Lab Values (See unit objectives)

Perry & Potter (2010) Clinical Nursing Skills 7th edition

- ◆ Chapter 28 (omit insertion of IV catheter or central catheter/ vascular access devices.)

Student Study Guide from Potter & Perry

2. Clinical Practice: (Including reporting & documentation, see 1.5.6)

- ◆ Measuring and recording intake and output
- ◆ Monitoring IV therapy
- ◆ Monitoring IV therapy, clinical performance
- ◆ Practice IV calculations
- ◆ Assessment and positioning of IV sites.

3. Audiovisuals (Students responsible for viewing prior to practice.)

- ◆ **VT # 2038 Detecting and Monitoring IV Therapy Problems**
- ◆ **VT # 3140 Ups and Downs of pH**
- ◆ **VT # 3141 Respiratory Alkalosis & Acidosis**
- ◆ **VT # 3142 Metabolic Alkalosis & Acidosis**
- ◆ **VT # 3209 Managing Intravenous Fluid Therapy**
- ◆ **CD Dosage Calculations**

Effective Communication: The Helping Interview series

- ◆ **D36 Basic Components, Helper Qualities, and Attending Skills**
- ◆ **D37 Opening, Questioning, and Use of Silence**
- ◆ **D38 Basic Components, Helper Qualities, and Attending Skills**