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CURRICULUM PROPOSAL COVER SHEET
University-Wide Undergraduate Curriculum Committee

I. CONTACT

Contact Person Maria Twa1 Phone 7-3259

Department Nursing and Allied Health Professions

II. PROPOSAL TYPE (Check All Appropriate Lines)

☒ COURSE

Adult Health I

Suggested 10 character title

☒ New Course *

NURS 336 Adult Health I

Course Number and Full Title

☐ Course Revision

Course Number and Full Title

☐ Liberal Studies Approval +
for new or existing course

Course Number and Full Title

☐ Course Deletion

Course Number and Full Title

☐ Number and/or Title Change

Old Number and/or Full Old Title

New Number and/or Full New Title

☐ Course or Catalog Description Change

Course Number and Full Title

☐ PROGRAM: ☐ Major ☐ Minor ☐ Track

☐ New Program *

Program Name

☐ Program Revision *

Program Name

☐ Program Deletion *

Program Name

☐ Title Change

Old Program Name

New Program Name

III. Approvals (signatures and date)

Maria E. Twa1 2-25-00
Department Curriculum Committee

Mary E. Seesh 7/14/00
College Curriculum Committee

+Director of Liberal Studies (where applicable)

Paul Wines 2-25-00
Department Chair

Charles C. Zori 15 July 00
College Dean

*Provost (where applicable)

NURS 336 Adult Health I**4c -0l - 4sh****Prerequisites:** NURS 212, 213, 214, 236; BIOL 241; PHYS 151/161**Prerequisite or corequisites:** NURS 316**Corequisites:** NURS 337

This course introduces the student to disease processes and treatment regimens and examines their impact on adults throughout their life span. Emphasis is placed on increasing student knowledge about assessing human responses to changes in health, determining appropriate nursing interventions, and identifying the physiological and psychosocial basis for nursing actions.

I. Course Description

NURS 336 Adult Health I

4 lecture hours
0 lab hours
4 semester hours
(4c -0l - 4sh)

Prerequisites: NURS 212, 213, 214, 236; BIOL 241; PHYS 151/161

Pre or corequisites: NURS 316

Corequisites: NURS 337

This course introduces the student to disease processes and treatment regimens and examines their impact on adults throughout their life span. Emphasis is placed on increasing student knowledge about assessing human responses to changes in health, determining appropriate nursing interventions, and identifying the physiological and psychosocial basis for nursing actions.

II. Course Objectives

At the conclusion of the course the student will be able to:

1. Discuss the etiology, pathophysiology, clinical manifestations, sequela and treatment of specific disease states
2. Identify nursing actions for primary prevention with adults and aging families and secondary prevention/ intervention with adults with diverse cultural backgrounds
3. Describe the physiologic effects of therapeutic drugs and associated nursing responsibilities
4. Describe appropriate nursing interventions, including physiological and psychosocial rationale, for individuals with specific health problems
5. Draw appropriate conclusions about learning needs and teaching strategies for individuals/families coping with specific disease states
6. Identify research-based clinical interventions

III. Course Outline

Week 1-2 Unit I The Body's Response to Injury

- | | |
|---------------------------------------|-------|
| I. CELL INJURY/INFLAMMATION/INFECTION | 3 hrs |
| A. Review of cell injury/death | |
| B. Role of inflammation in disease | |
| C. Body's response to infection | |
| 1. Local infection vs. sepsis | |
| D. Antibiotic Treatment | |
| a. Culture and Sensitivity studies | |
| b. Categories of Antibiotics | |
| c. Common side effects | |
| E. Effects of Aging | |

II. THE PATIENT HAVING SURGERY		3 hrs
A. Preoperative patient		
1. Anxiety		
2. Safety		
B. Postoperative patient		
1. Aspiration		
a. Preventive measures		
2. Atelectasis		
a. Prevention		
1) Turn/cough/deep breath regimen		
2) Ambulation		
3. Infection		
a. Factors influencing risk for infection		
b. Monitoring wounds		
c. Monitoring for bladder infections		
C. Potential Complications: assessment and interventions		
1. Deep vein thrombosis		
2. Paralytic ileus		
3. Fluid & electrolyte imbalance		
a. Intravenous fluid management		
1) Crystalloid IV fluids		
2) Blood, colloids, platelets		
4. Immobility		
5. Pneumonia		
D. Powerlessness/Loss of Control		
1. Interventions		
E. Acute Pain Control		2 hrs
1. Myths of addiction and respiratory depression		
2. Equianalgesia		
F. Discharge Planning		
Unit I Exam		1 hr

Unit II Problems of Oxygenation

Week 3-4	I. CARDIOVASCULAR DISORDERS	
	A. Artiosclerosis/Atherosclerosis	1 hr
	1. Etiology	
	2. Effects of aging	
	3. Pathophysiologic processes	
	B. Hypertension	1 hr
	1. Etiology	
	2. Effects of aging	
	3. Pathophysiologic processes	
	4. Clinical manifestations	
	5. Applying principles of patient education	
	6. Diet therapy	
	7. Exercise regimen/Weight loss	
	8. Drug therapy	

9. Coping with extensive changes in health/new treatment plan

C. Angina 2 hrs

1. Risk factors
2. The effects of aging
3. Pathophysiologic processes
4. Clinical manifestations
5. Selected diagnostic studies
 - a. ECG
 - b. Stress tests (+ thallium, + technicium)
 - c. Coronary angiogram
6. Assessment and interventions of acute chest pain
(What to do BEFORE calling MD)
7. Patient Education: Angina attacks at home
8. Collaborative Care Issues
 - a. Prevention of stable angina
 - b. Treat/Prevent hyperlipidemia
 - c. Prevent/Treat hypertension
 - d. Smoking cessation
 - e. Weight loss
 - f. Establishing and maintaining regular exercise program
9. Role of stressors

D. Congestive Heart Failure 3 hrs

1. Etiology
2. The effects of aging
3. Pathophysiologic processes
4. Clinical manifestations
5. Acute collaborative care
6. Acute independent nursing care
7. Discharge planning/home care
8. Complications
 - a. Pulmonary edema
 1. Causes
 2. Treatment

E. Peripheral Vascular Disease 1 hr

1. Etiology
2. The effects of aging
3. Pathophysiologic processes
4. Clinical manifestations
5. Acute collaborative care
6. Acute independent nursing care
7. Discharge planning/home care

Week 5

II. RESPIRATORY DISORDERS

5 hrs

A. Restrictive Diseases

1. Pneumonia
 - a. Etiology
 - b. The effects of aging
 - c. Pathophysiologic processes
 - d. Clinical manifestations
 - e. Acute collaborative care
 - f. Discharge planning

2. Tuberculosis
 - a. Etiology
 - b. The effects of aging
 - c. Pathophysiologic processes
 - d. Clinical manifestations
 - e. Acute collaborative care
 - f. Home care

B. Chronic Obstructive Lung Disease (Asthma, Emphysema, Chronic Bronchitis)

1. Etiology
2. The effects of aging
3. Pathophysiologic processes
4. Clinical manifestations
5. Acute collaborative care
6. Independent nursing care
 - a. Patient education
7. Discharge planning

Week 6

III. HEMATOLOGICAL DISORDERS

2 hrs

A. Anemia

1. Etiology/Types
 - a. Iron deficiency
 - b. Folic acid deficiency
 - c. Pernicious anemia
2. The effects of aging
3. Pathophysiologic processes
4. Clinical manifestations
5. Acute collaborative care
6. Independent nursing care
 - a. Patient education
7. Discharge planning

Unit II Exam

1 hr

Unit III Problems Related to Regulatory Mechanisms

Week 7-8

I. ENDOCRINE DISORDERS

A. Diabetes Mellitus

5 hrs

1. Etiology/Types
2. The effects of aging
3. Pathophysiologic processes
4. Clinical manifestations
5. Acute collaborative care
6. Independent nursing care
 - a. Patient education
7. Discharge planning
8. Complications

B. Thyroid Disorders

.5 hr

1. Etiology
2. The effects of aging
3. Pathophysiologic processes
4. Clinical manifestations
5. Acute collaborative care
6. Independent nursing care
 - a. Patient education
7. Discharge planning

C. Adrenal Disorders

.5 hr

1. Etiology
2. The effects of aging
3. Pathophysiologic processes
4. Clinical manifestations
5. Acute collaborative care
6. Independent nursing care
 - a. Patient education
7. Discharge planning

D. Pituitary Disorders

.5 hr

1. Etiology
2. The effects of aging
3. Pathophysiologic processes
4. Clinical manifestations
5. Acute collaborative care
6. Independent nursing care
 - a. Patient Education
7. Discharge Planning

E. Parathyroid Disorders

.5 hr

1. Etiology
2. The effects of aging
3. Pathophysiologic processes
4. Clinical manifestations
5. Acute collaborative care

	6. Independent nursing care	
	a. Patient Education	
	7. Discharge Planning	
Week 9-11	II. CANCERS	5 hrs
	A. Carcinogenesis	
	1. Risk factors/Primary prevention	
	2. Carcinogenesis	
	a. Initiation	
	b. Promotion	
	c. Progression	
	B. Screening	
	C. Characteristics of Specific Cancers	
	1. Lung Cancer	
	a. Population at risk	
	b. Clinical manifestations	
	2. Breast Cancer	
	a. Population at risk	
	b. Clinical manifestations	
	3. Colon Cancer	
	a. Population at risk	
	b. Clinical manifestations	
	4. Prostate Cancer	
	a. Population at risk	
	b. Clinical manifestations	
	5. Leukemia/Lymphoma	
	a. Population at risk	
	b. Clinical manifestations	
	D. Treatment Modalities	3 hrs.
	1. Surgical	
	2. Radiotherapy	
	3. Chemotherapy	
	4. Biotherapy	
	5. Bone marrow and blood cell transplantation	
	E. Interventions for Symptoms of Disease and Side Effects of Treatment	4 hrs.
	1. Pain	
	2. Infection	
	3. Bleeding disorders	
	4. Fatigue	
	5. Nutritional disturbances	
	6. Hypercalcemia	
	7. Paraneoplastic syndromes	
	8. Malignant effusions and edemas	
	9. Sexual and reproductive dysfunction	
	10. Integumentary and mucous membranes alterations	
	11. Late effects of cancer treatment	

- F. Delivery systems for cancer care
 - 1. Ambulatory care
 - 2. Home care
 - 3. Hospice care
- G. Issues in cancer survivorship
 - 1. Psychosocial responses to cancer
 - 2. Physical, economic, and social adaptation of the cancer survivor

Unit III Exam

1 hr

Unit IV Problems Related To Elimination

Week 12-14

I. RENAL DISORDERS

4 hrs

A. Urinary Tract Infections/Renal Calculi

- 1. Etiology
- 2. The effects of aging
- 3. Pathophysiologic processes
- 4. Clinical manifestations
- 5. Acute collaborative care
- 6. Independent nursing care
 - a. Patient education

B. Benign Prostatic Hypertrophy

- 1. Etiology
- 2. The effects of aging
- 3. Pathophysiologic processes
- 4. Clinical manifestations
- 5. Acute collaborative care
- 6. Independent nursing care
 - a. Patient education

C. Urinary Incontinence

- 1. Etiology
- 2. The effects of aging
- 3. Pathophysiologic processes
- 4. Clinical manifestations
- 5. Acute collaborative care
- 6. Independent nursing care
 - a. Patient education
- 7. Discharge planning

II. GASTROINTESTINAL DISORDERS

4 hrs

A. GERD/Peptic Ulcers

- 1. The effects of aging
- 2. Pathophysiologic processes
- 3. Clinical manifestations

4. Acute collaborative care
5. Independent nursing care
 - a. Patient education
6. Discharge planning

B. Inflammatory Bowel Disease/Diverticulitis

1. Etiology
2. The effects of aging
3. Pathophysiologic processes
4. Clinical manifestations
5. Acute collaborative care
6. Independent nursing care
 - a. Patient education
7. Discharge planning

Unit V Problems Related to Altered Sensory Input

I. SENSORY DISORDERS

2 hrs

A. Cataracts/Glaucoma

1. Etiology
2. The effects of aging
3. Pathophysiological processes
4. Clinical manifestations
5. Acute collaborative care
6. Independent nursing care
 - a. Patient education
7. Discharge planning

B. Hearing Loss

1. Etiology
2. The effects of aging
3. Pathophysiological processes
4. Clinical manifestations
5. Acute collaborative care
6. Independent nursing care
 - a. Patient education
7. Discharge planning

Unit V Exam

1 hr

Finals Week: Final Exam

IV. Evaluation Methods*

60%	Unit exams (multiple choice)
20%	Final exam
10%	Written assignment
10%	Individual or collaborative case study analysis

Grading scale:

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	Less than 60%

***To progress in the Nursing Program, the student must achieve at least a 70% average grade on the exams AND at least a 70% average grade on all other assignments.**

V. Required Textbooks

Lewis, S.M., Heitkemper, M.M., & Dirksen, S.R. (2000). Medical surgical nursing: Assessment and management of clinical problems (5th ed.). St. Louis: Mosby.

O'Brien, P. (2000). Study guide to accompany medical surgical nursing. St. Louis: Mosby.

Porth, C.M. (1998). Pathophysiology: Concepts of altered health states. Philadelphia: Lippincot.

VI. Special Resource Requirements

None

VII. Bibliography

The Surgical Patient

Agu, O. & Autar, R. (1999). Deep vein thrombosis: a risky business. British Journal of Theatre Nursing, 9, 290-291.

Collier, M. (1999). Product focus. Brevet Tx: Antiembolism stockings for prevention and treatment of DVT. British Journal of Nursing, 8, 44, 46-49.

Cooper, D. (1999). Wound healing: New understandings. Nurse Practitioner Forum, 10, 74-86.

Kiernan, M. (1999). The process of granulation and its role in wound healing. Community Nurse, 5, 47-48.

Morris, B.A., Colwell, C.W., & Hardwick, M.E. (1998). The use of low molecular weight heparins in the prevention of venous thromboembolic disease. Orthopaedic Nursing, 17(6), 23-24.

Pontieri, Lewis V. (1999). Focus on wound care. Principles for selecting the right wound dressing. MEDSURG Nursing, 8, 267-270.

Wicker, P. (1999). Theatre nursing: Clean sweep...infection control at Edinburgh Royal Infirmary operating department. Nursing Times, 95, 63-64.

The Patient with CAD/CHF

Aiello, S. (1997). Radiologic workup for angina. How would you care for, teach, and support Mr. Klein as he undergoes cardiac catheterization and other stressful tests? American Journal of Nursing, 98(12), 50-51.

Ambulatory monitoring first, then treatment? (1998). American Journal of Nursing, 98(3), 9-11.

Fullard, E. (1999). New guidelines for the treatment of CHD. Practice Nurse, 18, 106, 108, & 110.

Happ, M.B., Naylor, M.D., & Roe-Prior, P. (1997). Factors contributing to rehospitalization of elderly patients with heart failure. Journal of Cardiovascular Nursing, 11(4), 75-83.

O'Brien, L. (1998). Angina pectoris: Short episodes of chest pain or discomfort may signal underlying cardiac disease. American Journal of Nursing, 98(1), 48-50.

Patient with Peripheral Vascular Disease/Hypertension

Adams, S.L. (1999). Evaluation and conservative management of chronic lower extremity arterial disease. Clinical Excellence for Nurse Practitioners, 3, 88-96.

Calcium blockers in diabetes and hypertension. (1999). Nurses' Drug Alert, 23, 50-51.

Cresswell, J. (1999). Hypertension: Only the tip of the iceberg. Community Nurse, 5, 30-31.

Saunders, C.S. (1999). Statins: New uses to improve outcomes. Patient Care Nurse Practitioner, 2, 16-18, 21-24, 27-28

Wieck, K.L. (1997). Hypertension in an inner-city minority population. Journal of Cardiovascular Nursing, 11(4), 41-50.

Diabetic Patient

Capriotti, T. (1997). Beyond sulfonylureas: New oral medications in the treatment of NIDDM. MedSurg Nursing, 6(3), 166-170.

Capriotti, T. & McLaughlin, S. (1998). A revitalized battle against diabetes mellitus for the new millennium. MedSurg Nursing, 7(6), 323-324.

Crownover, A.J. (1998). Using the internet to survey patients with diabetes. Image: Journal of Nursing Scholarship, 30(4), 392-393.

Eid, J., & Kraemer, H. (1998). Mexican-American experience with diabetes. Image: Journal of Nursing Scholarship, 30(4), 393-394.

Frykberg, R.G. (1998). Diabetic foot infections: Evaluation and management. Advances in Wound Care: The Journal for Prevention and Healing, 11(7), 329-330.

Gutowski, C. (1999). Understanding new pharmacologic therapy for type 2 diabetes. Nurse Practitioner: American Journal of Primary Health Care, 24, 15-18, 21, 24-27.

Hauser, D.E. (1999). Promotion of foot health in diabetes. Clinical Excellence for Nurse Practitioners, 3, 210-213.

Jacobson, S.F., Boonton-Hiser, D., Moore, J.H., Edwards, K.A., Pryor, S., & Campbell, J.M. (1998). Diabetes research in an American Indian community. Image, 30(2) 161-166.

Lewis, L. (1999). Syndrome X: Implications for cardiovascular risk. Patient Care Nurse Practitioner, Diabetes Supplement, 14-18.

Roberts, S. (1998). Keeping transplanted islets alive. Diabetes Forecast Nov, 51(11), 127-130.

Schwanberg, S.L. (1999). A nursing screening program for diabetes in northern New Mexico. Clinical Excellence for Nurse Practitioners, 3, 16-18.

Steen, D.C. (1999). The current state of pancreas transplantation. AACN Clinical Issues: Advanced Practice in Acute and Critical Care, 10, 164-175.

Zangaro, G.A. & Hull, M.M. (1999). Diabetic neuropathy: Pathophysiology and prevention of foot ulcers. Clinical Nurse Specialist, 13, 57-68.

Patient with Thyroid Disease

Begany, T., Braverman, L.E., Dworkin, H.J., & MacIndoe, J.H. (1997). Thyroid disease: When to screen, when to treat. Patient Care March, 31(6), 18-29.

Mazzaferri, E.L. (1997). Evaluation and management of common thyroid disorders in women. American Journal of Obstetrics and Gynecology, 176(3), 507-515.

Walpert, N. (1998). The highs and lows of autoimmune thyroid disease. Nursing, 28(12), 58-59.

Patient with Respiratory Disorders

Ambrose, M. (1998). Chronic dyspnea: Controlling a perplexing symptom. Nursing, 28(5), 41-48.

Asthma drug now indicated for COPD (1998). American Journal of Nursing, 98(5), 54-55.

Autio, L. & Rosenow, D. (1999). Effectively managing asthma in young and middle adulthood. Nurse Practitioner: American Journal of Primary Health Care, 24, 110-113, 105-106, 108-13.

Beeken, J.E., Parks, D., Cory, J., & Montopoli, G. (1998). The effectiveness of neuromuscular release massage therapy in five individuals with chronic obstructive lung disease. Clinical Nursing Research, 7(3), 309-316.

Behler, S. (1998). Tuberculosis audit to determine screening and patient education. Image: Journal of Nursing Scholarship, 30(3), 287-288.

Clarkson, E.F. (1999). Tuberculosis: an overview. Journal of Intravenous Nursing, 22, 216-220.

Jackson, M.M. (1998). Tuberculosis in infants, children, and adolescents: An update with case studies. Pediatric Nursing, 23(5), 411-419.

Leaver, M. (1999). TB on the rise...Mycobacterial tuberculosis. Collegian: Journal of the Royal College of Nursing Australia, 6, 40-41.

Pulchini, J. (1999). Antibiotic resistance and the new plagues of the 21st century. Clinical Excellence for Nurse Practitioners, 3, 181-182.

Russell, C.K., Geraci, T., Hooper, A., Shull, L., & Gregory, D.M. (1998). Patients' explanatory models for heart failure and COPD exacerbations. Clinical Nursing Research, 7(2), 164-189.

The Patient with Cancer

Brendin, M. (1999). Mastectomy, body image and therapeutic massage: A qualitative study of women's experience. Journal of Advanced Nursing, 29, 1113-1120.

Camp, Sorrell D. (1999). Surviving the cancer, surviving the treatment: Acute cardiac and pulmonary toxicity. Oncology Nursing Forum, 26, 983-990.

Cutler, L.R. (1999). The contribution of nursing to cancer prevention. Journal of Advanced Nursing, 29, 169-177.

Molassiotis, A. (1999). Further evaluation of a scale to screen for risk of emotional difficulties in bone marrow recipients. Journal of Advanced Nursing, 29, 922-927.

Moore, K.N. & Estey, A. (1999). The early post-operative concerns of men after radical prostatectomy. Journal of Advanced Nursing, 29, 1121-1129.

Patient with Elimination Problems

Goldsmith, C. (1998). Gastroesophageal reflux disease. American Journal of Nursing, 98(9), 44-46.

Information to take home. Exercising your pelvic muscles. (1999). Patient Care Nurse Practitioner, 2, 48.

Hobgood, E. (1999). Advanced practice. Midlife women and urinary incontinence: Causes, lifestyles, and treatments. MEDSURG Nursing, 8, 19-24.

Jirovec, M.M., Wyman, J.F., & Wells, T.J. (1998). Addressing urinary incontinence with educational continence-care competencies. Image: Journal of Nursing Scholarship, 30(4), 375-376.

Kupecz, D. (1999). Keeping up with current drug approvals. Nurse Practitioner: American Journal of Primary Health, 24, 44, 46-48, 54.

Marchiondo, K. (1998). A new look at urinary tract infections. American Journal of Nursing, 98(3), 34-40.

Meister, J. (1999). Acute upper gastrointestinal bleeding: A case study. Clinical Excellence for Nurse Practitioners, 3, 84-87.

Moore, D.A. & Edwards, K. (1997). Using a portable bladder scan to reduce the incidence of nosocomial urinary tract infections. MedSurg Nursing, 6(1), 39-44.

Palmer, M.H., Myers, A.H., Fedenko, K.M., & Moore, K.N. (1997). Urinary continence changes after hip-fracture repair. Clinical Nursing Research, 6(1), 8-25.

Wagner, M.L. & Schmid, M.M. (1997). Exploring the research base and outcome measures for portable bladder ultrasound technology. MedSurg Nursing, 6(5), 304-315.

Patient with Visual Problems

Cataracts: Deciding when not to live with them. (1998). Mayo Clinic Health Letter, 16(8), 1-4.

Trudo, E.W. & Stark, W.J. (1998). Cataracts: Lifting the clouds on an age-old problem (Failing Vision, part 1). Postgraduate Medicine, 103(5), 114-122.

Vitamin C and early cataracts. (1998). Nutrition Research Newsletter, 17(1), 5-6.

COURSE ANALYSIS QUESTIONNAIRE
NURS 336 Adult Health I

Section A: Details of the Course

- A1 This course will fit into the junior year of the Bachelor of Science degree in the Nursing program. It is a required course for students in the major.
- A2 This course is part of the curriculum revision in the Nursing program.
- A3 This course has never been offered at IUP.
- A4 This course is not intended to be offered as a dual-level course.
- A5 This course is not intended to be taken for variable credit.
- A6 This material on adult health nursing would be included in other baccalaureate nursing programs.
- A7 The content in this course is necessary to practice nursing in an adult health setting (Commission on Collegiate Nursing Education, State Board Professional and Vocational Standards.) The information taught in this course is consistent with the test plan for the licensing exam for nursing. (NCLEX-RN)

Section B: Interdisciplinary Implications

- B1 This course will be taught by one or two faculty members at a time within the Nursing Department. Determination will be based on the expertise of individual faculty and other factors.
- B2 This course does not overlap with any other courses at the University.
- B3 No seats in the course will be reserved for students in Continuing Education.

Section C: Implementation

- C1 No new faculty are needed to teach this course.
- C2 Other Resources
 - a. Current space allocations are adequate to offer this course
 - b. Currently Stapleton Library subscribes to a number of nursing journals that would be helpful for students in this course. These journals include: American Journal of Nursing, RN, Nurse Educator, Nursing, Cancer Nursing, Geriatric Nursing, and Nursing Clinics of North America. In addition, the Department of Nursing and Allied Health Professions receives subscriptions to other journals which might be useful to students in the course. These journals include: Research in Nursing and Health, Journal of Professional Nursing, and Journal of Nursing Scholarship. The library also has a holding of references related to nursing. Periodic updates of these holdings are necessary. The department currently has a mechanism in place for identifying needs for

updated texts in priority order and recommending future purchases for the library holdings.

- C3 No grant funds are associated with this course
- C4 This course will be offered in both the Fall and Spring semesters.
- C5 One section of the course will be offered at a time.
- C6 Forty students will be accommodated in this course.
- C7 No professional society limits enrollment in a course of this nature.