Adapting to Multiple Stressors I

Course Information
Course Number  NURS 209A
Instructional Area  Nursing
Division  Health Sciences
Potential Hours of Instruction  270
Total Credits  10

Prerequisites
BIOL 158
BIOL 260
NURS 205

Description
This course utilizes the holistic view to study adult patients and their adaptation to severe stressors. The student will become increasingly sophisticated in the use of nursing process and critical thinking skills to facilitate adaptation to serious physiologic insults. Students will have an opportunity to gradually increase organizational skills through an expanding client care workload in medical-surgical settings.

During this course, students will have twelve (12) hours per week of clinical instruction in the hospital, community or short stay settings.

Major Units
- Alteration in O₂ Transport-Circulation
- Alteration in O₂ Transport-Ventilation
- Alterations in Sensory Motor Function-Musculoskeletal
- Alterations in Sexuality
- Alterations in Sensory Motor Function-CNS
- Alterations in Elimination-Renal Function
- Alterations in Nutrition and Elimination-Bowel
- Alterations in Regulation-Endocrine
- Alterations in Sensory Motor Function-Perception
Exit Learning Outcomes

General Education Outcomes
A. Demonstrate an understanding of the process of scientific inquiry
B. Apply mathematical approaches to the interpretation of numerical information
C. Communicate ideas in writing using the rules of standard American English
D. Use computer technology to retrieve information
E. Use computer technology to communicate information

Student Learning Outcomes
The student will be expected to:
1. apply critical reasoning through the use of the nursing process to promote wellness and assist individuals to adapt to severe stressors.
2. safely provide care to seriously ill clients.
3. utilize the nurse-client relationship to assist individuals and families adapting to serious physiologic insults.
4. apply the stress adaptation theory to seriously ill adults.
5. communicate proficiently with clients, families, and health team members.
6. defend the rights of individuals to their own cultural practices, philosophy, moral code, and lifestyle.
7. share willingly an individual philosophy which promotes personal and professional growth and accountability as described in the Nursing Student Information Handbook.