Course Title: Adult Health Nursing-1 (1001221)
Credit Hours: 3 Hours.
Pre-requisite: (1001171)
Date: first semester 2008/2009
Instructors: Murad Al Khalaileh, PhD, RN

Course Description:

This course focuses on the biopsychosocial responses of actual and high-risk conditions that affect individual's functional health patterns. These conditions may be acute or chronic. The focus will be on alteration in selected functional health patterns such as fluid and electrolytes, vascular, respiratory, cardiac, oncology, and gastrointestinal systems. The students will be exposed to the techniques of health education, motivation, and teaching methodologies to adults and their families. The nursing process will be used as a framework to formulate nursing diagnosis and to identify nursing interventions. The interventions are directed toward promoting, maintaining, and restoring the health of adults and their families.

Course Objectives:

Upon successful completion of the course, the student should be able to:

1. Utilize basic communication techniques to facilitate interactions with culturally diverse adult clients.
2. Identify prevalent medical-surgical conditions affecting the adult
3. Utilize the nursing process to assist in developing a plan of care for selected medical-surgical conditions
4. Identify criteria for setting priorities in planning for the individual client with a medical and/or surgical condition
5. Discuss the etiology, risk factors, signs, symptoms, diagnostic tests, and medical/surgical management for selected disease processes of selected body systems.
6. Determine the discharge and teaching needs for patients with selected health problems
7. Assess the patient/family responses to the medical/surgical interventions used in their care.
8. Provide health education that addresses disease/illness prevention, health promotion, and health restoration
9. Follow the legal and ethical considerations for the client with medical and /or surgical health condition
Faculty/Student Responsibilities

1. Each student is responsible for reading the text and not relying entirely on
   the instructor presenting every detail.
2. Faculty members are available to answer questions and provide appropriate
guidance.

Examination Policy:

All students are expected to take examinations on the selected date unless prior
arrangements have been made with the course coordinator. A health provider's
statement documenting illness may be requested if an exam is missed. Alternative
examinations will be used for make-up exams.

Attendance Policy:

Students are expected to attend all classes. A health provider's statement may be
requested to validate absences in excess of 4 classes. The student must assume
responsibility for missed class content. Excessive absences may result in a grade of
(35%) being awarded for this course.

Communication Devices:

All communication devices including cell phones must be turned off while in class.

Evaluation

Each student's grade will be determined as follows
First exam 20%
Second exam 20%
Quizzes and assignment 10%
Final exam 50%

Total 100%

Teaching/Learning Methods:

• Assigned reading.
• Case study and other preparation for class.
• Audio - visual material.
• Group discussion and class activity.
• Class Lecture/discussion.
• Class writings.
• Computer Assignments.

Textbooks (Required):
1. Smeltzer S, and Bare B. (2004). Buurner and Suddarth’s Textatbook of Medical

(Recommended):
Courses Contents

Perioperative Concepts and Nursing Management

Preoperative Nursing Management
- Surgical Classifications
- Informed consent
- General physical assessment
- Psychosocial nursing assessment & intervention
- Preoperative nursing interventions
- Immediate preoperative nursing intervention

Intraoperative Nursing Management
- Intraoperative nurses
- Patient position on the operating table
- Intraoperative complications
- Nursing process

Postoperative Nursing Management
- Nursing management in the post anesthesia care unit
- Nursing management after surgery
- Nursing process: The patient recovering from surgery

Fluid & Electrolytes: Balance & Disturbance
- Fundamental Concepts of Fluid and Electrolytes
- Regulation of Body Fluid Components
- Routes of Gains and Losses
- Laboratory Test for Evaluation Fluid Status
- Homeostatic Mechanisms
- Fluid Volume Disturbances
- Electrolyte Imbalance (Na, K, Ca)
- Acid- Base Disturbance
Respiratory System

- Assessment of respiratory function
- Anatomy and physiology overview
- Physical Assessment
- Assessment: health history sings and symptoms
- Diagnostic evaluation
  - Culture studies, Sputum studies
  - Pulmonary function test
  - Arterial blood gases studies
  - Pulse oximetry
  - Imaging studies
  - Endoscopic procedure, Thoracentesis

Upper Respiratory Tract Disorders
- Upper Airway Infections
  - Common cold
  - Acute sinusitis
  - Rhinitis
  - Acute pharyngitis
  - Tonsillitis and adenoiditis
  - Laryngitis
  - Nursing process: patient with upper airway infection.

- Lower Reparatory Tract Disorders
  - Acute Tracheobronchitis
  - Pneumonia
  - Nursing process: patient with pneumonia.
  - Chronic Obstructive Pulmonary Disease
  - Nursing process: patient with (COPD)
  - Chronic Bronchitis
  - Emphysema
  - Asthma
  - Acute reparatory failure
  - Pulmonary embolism
  - Pneumothorax

Cardiovascular, Circulatory, and Hematologic Systems

- Assessment of Cardiovascular Function
- Anatomy and Physiology
- Assessment
  - Health History & Clinical Manifestations
  - Cardiac symptoms
- Findings of physical examination
• Diagnostic evaluation
  • Lab Tests (cardiac enzymes)
  • Chest X-ray
  • ECG (general view)
  • Cardiac Stress Test
  • Echocardiography
  • Cardiac Catheterization

Dysrhythmias and conduction problems

• ECG Interpretation:
  • Sinus Bradycardia
  • Sinus Tachycardia
• Atrial Dysrhythmias
  • Atrial Flutter
  • Atrial Fibrillation

• Ventricular Dysrhythmias
  • Ventricular Tachycardia
  • Ventricular Fibrillation
  • Ventricular Asystole.
  • Nursing Process for Patient with Dysrhythmias.

• Coronary Vascular Disorders
  • Coronary Atherosclerosis
  • Angina Pectoris
  • Myocardial Infarction
  • Nursing process for patient with myocardial infarction.

• Structural, Infectious, or Inflammatory Cardiac Disorders
  • Mitral Stenosis (Definition, Clinical Manifestation, and Management)
  • Mitral Regurgitation (Definition, Clinical Manifestation, and Management)
  • Aortic Stenosis (Definition, Clinical Manifestation, and Management)
  • Aortic Regurgitation (Definition, Clinical Manifestation, and Management)
  • Cardiomyopathies (Definition, Clinical Manifestation, and Management)
  • Nursing Process: Patient with Cardiomyopathy.
  • Rheumatic Endocarditis (Definition, Clinical Manifestation, and Management)
  • Pericardidtis (Definition, Clinical Manifestation, and Management)

• Complication from Heart Diseases
  • Acute Heart Failure (pulmonary edema)
  • Chronic Heart Failure
  • Nursing Process: Patient with Heart Failure
Vascular System

- Anatomic & Physiologic Overview
- Health History & Clinical Manifestations
- Diagnostic evaluation
  - Doppler ultrasound
  - Exercise test
  - Angiography

Arteriosclerosis & Atherosclerosis
Peripheral Arterial Occlusive Disease
Aortic Aneurysm (Thoracic and Abdominal)
Arterial Embolism

Management of Venous Disorders,

- Deep Vein Thrombosis, Thrombophlebitis, Phlebothrombosis
- Chronic venous insufficiency
- Varicose veins

Management of Patient with Hypertension

- Definition & Classification
- *Nursing Process: Patient with Hypertension*

Hematological disorders

- Anatomy and Physiology Overview
- Hematological Studies
  - Laboratory Studies
  - Bone Aspiration and Biopsy
- Management of Hematological Disorders
- Anemia
  - Iron-deficiency
  - Plastic
  - Megaloplastic
  - Hemolytic
    - Sickle cell
    - Thalassemia
- *Nursing process: patient with anemia*
  - Polycythemia
  - Leukemia
  - Lymphomas
  - Thrombocytopenia
  - Hemophilia
  - Vitamin K deficiency
Oncology Nursing

- Detection and prevention of cancer
- Diagnosis of cancer and related nursing consideration
- Management of cancer
  - Surgery
  - Radiotherapy
  - Chemotherapy
  - Bone marrow transplantation
- Nursing process: patient with cancer

Digestive and gastrointestinal system

- Anatomy and Physiology Overview
- Assessment
- Health history
- Physical Examination Findings
- Clinical Manifestations
- Diagnostic Evaluation
  - Upper GI Study, Lower GI Study, Gastric Analysis
  - Labroscopy, Sigmoidoscopy
  - Colonoscopy
  - Abdominal US
  - Stool analysis

- Management of patient with oral and esophageal disorder
  - Parotits
  - Gastroesophageal Reflux
  - Hiatal hernia
  - Nursing process: patient with esophageal problems

- Gastric and Duodenal Disorders
  - Gastritis
  - Peptic ulcer
  - Nursing process: patient with peptic ulcer

- Intestinal and Rectal Disorders
  - Constipation
  - Diarrhea
  - Irritable bowel syndrome
  - Appendicitis
  - Ulcerative colitis
  - Small bowel obstruction
  - Large bowel obstruction
  - Ano-rectal disorders
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<th>Topic</th>
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<td>27/9-1/10</td>
<td>Orientation</td>
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<td>2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>4-8/10</td>
<td>Perioperative management of the surgical patient Perioperative management of the surgical patient</td>
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<td>11-15/10</td>
<td>Perioperative management of the surgical patient Fluid &amp; electrolytes : balance &amp; disturbance</td>
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<td>18-25/10</td>
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<td>7&lt;sup&gt;th&lt;/sup&gt;</td>
<td>8-12/11</td>
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<td>6-10/12</td>
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<td>20-24/12</td>
<td>Assessment &amp; management of patient with hematological disorders Assessment &amp; management of patient with oncology disorders</td>
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