

**Nursing Student Handbook Addendum
Spring Semester 2011
Concept-Based Curriculum**

Concepts provide the foundation and structure for the AD program curriculum. You will be exposed to all concepts throughout the curriculum although each nursing course may not include all concepts. The concepts are interrelated and organized into three groups: client, nursing, and healthcare. Below is a list of the concepts, definitions of concepts, and exemplars according to groups. Exemplars are specific clinical and professional content areas representative of the concept. Exemplars are selected by the faculty based on 1.) Incidence and prevalence of clinical issues or problems, and/or 2.) significance to the practice of nursing.

Rather than memorizing content that will not stay with you for very long, conceptual learning is a process by which you will learn how to organize information in logical structures so you become increasingly skilled at thinking. You will be able to apply what you learn about one concept and/or exemplar to other concepts and/or exemplars. Concept-based learning also will provide you with the thinking tools for which you can apply what you do know to what you don't know. Teaching strategies are used in the concept-based courses that will foster your active learning and critical thinking skills.

The following tables introduce you to the concepts and exemplars as well as provide you with information concerning where the concepts and exemplars appear in the AD curriculum.

Client Concepts

Biophysical	Psychological	Developmental	Social Functioning
Fluid and electrolyte Acid base Elimination Metabolism Intracranial regulation Thermoregulation Cellular regulation Oxygenation Perfusion Sexuality Reproduction Inflammation Tissue integrity Infection Immunity Sensory/perception Mobility Comfort	Stress and coping Grief and loss Mood and affect Cognition Behaviors	Development	Self Family Diversity Culture Spirituality Violence Health Wellness Illness

Nursing Concepts

Healthcare Concepts

Critical thinking Technical skills Therapeutic communication Leadership/management Time management/organization Professional behavior Caring Nursing process	Safety Advocacy Legal issues Health policy Healthcare systems Ethics Evidence-based practice Quality improvement Informatics
---	--

Concept Definitions and Associated Exemplars

Category	Concept	Definition	Exemplar/ Topic
Client			
Biophysical	Fluid and electrolyte	The physiological mechanisms that maintain fluid and electrolyte balance	Fluid balance/imbalance Electrolyte balance/ imbalance Acute and chronic renal failure
	Acid base	The physiological mechanisms that maintain the production and elimination of hydrogen ions	Acid-base balance Respiratory and metabolic alkalosis Respiratory and metabolic acidosis
	Elimination	The secretion and excretion of bodily wastes	Bladder: incontinence, retention Bowel: incontinence, constipation, impaction BPH Kidney stones Irritable bowel disease
	Metabolism	All biochemical processes that occur within the body	Diabetes Liver disease Obesity Thyroid disease Osteoporosis
	Intracranial regulation	The physiological mechanisms that maintain intracranial processes	Seizures Increased intracranial pressure
	Thermoregulation	The ability to maintain normal body temperature	Hypothermia Hyperthermia Newborn thermoregulation

Category	Concept	Definition	Exemplar/ Topic
			R.T. multiple system injury/failure
	Cellular regulation	The functions cells perform to maintain homeostasis	Cancer overview Cancer: Breast, lung, colon, prostate, skin Leukemia Anemia Sickle cell anemia
	Oxygenation	The exchange of gases (oxygen and carbon dioxide) in cells	Bronchiolitis(RSV) COPD Asthma Cystic fibrosis ARDS SIDS
	Perfusion	The process of fluid, nutritive and oxygen delivery to cells	Arteriosclerosis Heart failure Angina MI Stroke HTN PIH VSD DVT/PE Life threatening dysrhythmias Shock PVD DIC
	Sexuality	Physiological, psychological, and sociological aspects of sexual behavior	Family planning Infertility counseling STIs Menstrual dysfunction Menopause Erectile dysfunction
	Reproduction	The process of conception, gestation, and childbirth.	Prenatal care Intrapartum care Placental abruption Placenta previa Postpartum care Prematurity Newborn care
	Inflammation	The physiologic response to injury, infection, or allergens.	Inflammatory response Gall bladder disease Appendicitis Peptic ulcer disease Pancreatitis

Category	Concept	Definition	Exemplar/ Topic
			Inflammatory bowel disease
	Tissue integrity	Mechanisms that facilitate intact skin and mucous membranes and their physiological functioning.	Contact dermatitis Pressure ulcers Wound healing Burns Cellulitis
	Infection	The invasion of body tissue by microorganisms with the potential to cause illness or disease.	Influenza TB ABX resistant UTI Pneumonia Nosocomial infections Otitis media
	Immunity	The natural or induced resistance to infection and conditions associated with impaired response.	Immune response HIV/AIDS Transplant rejection Rheumatoid arthritis Hypersensitivity Lupus
	Sensory/perception	Factors contributing to receiving and interpreting internal and external stimuli.	Hearing impairment Cataracts Glaucoma Peripheral neuropathy
	Mobility	Mechanisms which affect the ability to move within an individual and community living environment.	Parkinson's Osteoarthritis Spinal cord injury Fractures Multiple sclerosis Back problems
	Comfort	An experience of emotional, spiritual psychological and physical well being.	Pain: acute and chronic Sleep-rest disorders Fatigue End-of-life care Fibromyalgia
Psychological	Stress and coping	Conditions which disturb physiological and/or psychosocial equilibrium and the body's attempt to return to homeostasis following disequilibrium.	Phobias Panic disorder PTSDs Generalized anxiety disorder Anxiety Crisis
	Grief and loss	A series of	Anticipatory grieving

Category	Concept	Definition	Exemplar/ Topic
		responses that occur following a physical and/or psychological insult with a goal of returning to homeostasis.	Death and dying Perinatal loss Response to loss across the lifespan Situational loss
	Mood and affect	Mechanisms that influence the emotional state of an individual and its outward manifestation.	Depressive disorders Postpartum depression Bipolar disorder Schizophrenia
	Cognition	Thinking skills, including language use, calculations, perception, memory, awareness, reasoning, judgment, learning, intellect, social skills, and imagination.	Delirium/dementia Confusion Alzheimer's Disease
	Behaviors	Problematic human activity resulting in psychological and physiological dependence	Substance abuse Addiction Prenatal substance exposure
Developmental	Development	The sequential physical and psychosocial capacities that allow complex adaptation to the environment.	Cerebral Palsy Autism Failure to thrive Down's syndrome ADHD
Social functioning	Self	A person's awareness of his or her own identity; consciousness or ego.	Self-esteem/identity/body self-image Eating disorders Personality disorders
	Family	Two or more individuals who are physically and/or emotionally connected.	Family dynamics Family structure and roles Family response to health promotion/alterations Family-centered care

Category	Concept	Definition	Exemplar/ Topic
	Diversity	Variations in race, ethnicity, national origin, religion, age, gender, sexual orientation, ability, socioeconomic status, education, and individual life experiences.	Vulnerable populations Age Gender Race Abilities Individual life experiences Sexual orientation
	Culture	The beliefs, values, customs, caring behavior patterns, and arts that guide a person's decision making and world view.	Acculturation Cultural sensitivity Discrimination Stereotyping Health/health care disparity
	Spirituality	An aspect of health related to the essence of life and a vital human experience which helps to provide balance among the mind, body and spirit.	Spirituality Religion Spiritual health/distress Morals, values and ethics Spiritual/ethical caring
	Violence	Communication or behavior which threatens or demonstrates harm to self or others.	Suicide Abuse (sexual, psychological, physical) Unintentional trauma and injury Rape-trauma syndrome
	Health	A subjective perception of what makes life meaningful and manageable and is a result of adaptation to life's immediate experiences to maintain physical, psychological, social, spiritual, and cultural harmony.	Self-management
	Wellness	A multidimensional state in which the client achieves a sense of well-being	Consumer education/prevention Screening Immunizations

Category	Concept	Definition	Exemplar/ Topic
		and maximum potential and includes the pursuit of a healthy and balanced lifestyle.	Lifestyle choices Alternative therapies
	Illness	A subjective perception by a client of an objectively defined disease that may include physical, psychological, social, spiritual, and cultural disharmony.	Health-illness continuum Psychosocial response to illness
Nursing			
	Critical thinking	Ability to think in a systematic and logical manner; used for clinical judgment and decision-making that ensures safe nursing practice and quality care.	Clinical decision-making Concept mapping
	Technical skills	Technical competence demonstrated by the ability to use equipment and supplies with confidence and skills, thus meeting client needs.	<p><i>NURS 2000 skills:</i> Physical assessment Medication administration Foley catheterization Enemas Enteral tubes Wound care Trach care/Naso-pharyngeal suctioning Sterile technique</p> <p><i>NURS 2400 skills:</i> IV insertion and medications Blood transfusions Central lines Chest tubes</p> <p><i>NURS 2530 skills:</i> Newborn assessment Postpartum assessment</p>

Category	Concept	Definition	Exemplar/ Topic
	Therapeutic communication	Ability to apply concepts of communication and therapeutic interaction in building and maintaining relationships with clients, families, groups, communities, and other members of the health care team.	Patient education Counseling/support Change of shift report Interdisciplinary communication Documentation Conflict resolution
	Leadership/management	Personal traits necessary to establish vision and goals for a group and to execute them/personal traits necessary to plan, organize, motivate, and manage a group of people and their resources.	Leadership principles Skills/personal traits Delegation Cost effective care Workplace goals Mentoring Interdisciplinary collaboration
	Time management/ Organization	Responsibility and accountability to client, peer, and employer environments through a sound work ethic; demonstrated through prioritization of care and effective use of time.	Care Coordination Prioritizing Care
	Professional behavior	Commitment to the profession of nursing which involves adherence to standards of nursing practice, accountability for actions and behaviors, and	RN scope of practice Professional standards Commitment to the profession Accountability

Category	Concept	Definition	Exemplar/ Topic
		nursing practice within legal, ethical, and regulatory frameworks.	
	Caring	An altruistic philosophy of moral and ethical commitment toward the protection, promotion, and preservation of human dignity and diversity; the essence of nursing.	Caring behaviors
	Nursing process	A critical thinking tool in nursing involving a methodology of decision-making that provides direction and order to holistic nursing care across the health continuum.	Assessment Diagnosis (NANDA) Planning Interventions Evaluation
Healthcare			
	Safety	Application of practices that prevent and/or minimize the incidence and impact of adverse events.	National Patient Safety Goals Injury/illness prevention Standard precautions SBAR format Environmental safety
	Advocacy	Doing for the client what they would do for themselves if they were able. Ensures the client's rights are not violated within the health care system.	Patient-centered care (QSEN) Patients rights
	Legal issues	Rights, responsibilities, and scope of nursing practice as defined by the Utah Nurse	Professional/unprofessional conduct Licensure Nurse Practice Act Duty to care

Category	Concept	Definition	Exemplar/ Topic
		Practice Act, public and civil laws.	HIPAA Advanced Directives EMTALA Obligation to Report Risk Management
	Health policy	Policy related to availability of and access to health services, health care quality, health care costs, and continuous improvement of health care for the public.	Regulatory agencies Healthy People 2010 Access to healthcare Systems of reimbursement
	Healthcare systems	Collaboration for the delivery of resources in order to ensure access to healthcare for all.	Primary, secondary and tertiary care Disaster and emergency preparedness Allocation of resources Resource utilization Nursing care delivery systems
	Ethics	A system of moral principles or standards based on professional nursing practice, individual and cultural values that guide the nurse in therapeutic nursing relationships.	ANA, ICN Code of Ethics Ethical principles Ethical dilemmas
	Evidence-based practice	The application of the best evidence from well-designed studies combined with patient preferences, ethical principles, individual values and nursing expertise in the therapeutic nursing relationship.	Best practices Patient care guidelines Identifying clinical questions

Category	Concept	Definition	Exemplar/ Topic
	Quality improvement	A systematic approach to develop system changes in order to improve client outcomes, prevent errors and improve individual performance.	Accreditation of hospitals (JCACHO) Methods to evaluate client care Sentinel events Reporting
	Informatics	Using information technology to communicate, find needed information, store information, and support quality improvement needs.	Computers in health organizations Electronic health record Clinical decision support systems

Concept-based Curriculum Matrix: Exemplars by Course

Concept	NURS2000 Intro to Health Concepts (Semester 1)	NURS2400 Health Illness Concepts I (Semester 1)	NURS2500 Health Illness Concepts II (Semester 2)	NURS2530 Family Health Concepts (Semester 2)	NURS2600 Health Systems Concepts (Semester 3)	NURS2700 Complex Health Concepts (Semester 3)
CLIENT: BIOPHYSICAL						
Fluid & electrolytes	Fluid balance Electrolyte balance	Fluid & electrolyte imbalance				Acute and chronic renal failure
Acid base		Acid base balance Alkalosis/ acidosis				
Elimination	Bladder incontinence/ retention Bowel incontinence/ Constipation/ impaction Urinary/GI assessment		Benign prostatic hypertrophy Kidney stones			

Concept	NURS2000 Intro to Health Concepts (Semester 1)	NURS2400 Health Illness Concepts I (Semester 1)	NURS2500 Health Illness Concepts II (Semester 2)	NURS2530 Family Health Concepts (Semester 2)	NURS2600 Health Systems Concepts (Semester 3)	NURS2700 Complex Health Concepts (Semester 3)
Metabolism		Diabetes Obesity Thyroid disease	Osteoporosis			Liver disease
Intracranial regulation	Neuro assessment		Increased intracranial pressure Seizures			
Thermo- regulation	Hypothermia Hyperthermia			Newborn thermo- regulation		Thermo- Regulation due to multiple system injury/ failure
Cellular regulation		Cancer overview Anemia Sickle cell anemia	Leukemia Skin cancer Breast cancer Lung cancer Colon cancer Prostate cancer			
Oxygenation	Respiratory assessment	Chronic obstructive pulmonary disease Asthma		Sudden infant death syndrome Cystic fibrosis Bronchiolitis		Adult respiratory distress syndrome
Perfusion	Circulation assessment		Stroke Arterio- sclerosis Angina Hypertension Heart failure Deep vein thrombosis/ pulmonary embolism Peripheral vascular disease			Life- threatening dysrhythmias Shock Myocardial infraction Pregnancy- induced hypertension Disseminated intravascular coagulation

Concept	NURS2000 Intro to Health Concepts (Semester 1)	NURS2400 Health Illness Concepts I (Semester 1)	NURS2500 Health Illness Concepts II (Semester 2)	NURS2530 Family Health Concepts (Semester 2)	NURS2600 Health Systems Concepts (Semester 3)	NURS2700 Complex Health Concepts (Semester 3)
Sexuality				Family planning Infertility counseling Menopause Sexually transmitted infections Menstrual dysfunction Erectile dysfunction		
Reproduction				Antepartum care Newborn care Postpartum care Prematurity Placenta abruption Placenta previa		
Inflammation	Inflammatory process	Appendicitis	Gall bladder disease Irritable bowel disease Peptic ulcer			Pancreatitis
Tissue integrity	Pressure ulcers Wound healing	Contact dermatitis Cellulitis				Burns
Infection	Nosocomial infections	Urinary tract infection Pneumonia Influenza	Tuberculosis	Otitis media		
Immunity	Immune response		Rheumatoid arthritis HIV/AIDS Hyper- sensitivity Lupus			Transplant rejection

Concept	NURS2000 Intro to Health Concepts (Semester 1)	NURS2400 Health Illness Concepts I (Semester 1)	NURS2500 Health Illness Concepts II (Semester 2)	NURS2530 Family Health Concepts (Semester 2)	NURS2600 Health Systems Concepts (Semester 3)	NURS2700 Complex Health Concepts (Semester 3)
Sensory/ perception	Hearing impairment Sensory assessment	Cataracts Glaucoma Macular degeneration Peripheral neuropathy				
Mobility	Musculo- skeletal assessment		Fractures Osteo- arthritis Parkinson's Multiple sclerosis			Spinal cord injury
Comfort	Pain End-of-life care	Fatigue Sleep-rest disorders	Fibromyalgia			
CLIENT: PSYCHOLOGICAL						
Stress and coping		Phobias Anxiety Generalized anxiety disorder Panic disorder Crisis	Obsessive compulsive disorder			Posttraumatic stress disorder
Grief and loss	Death & dying Anticipatory grieving Response to loss across the lifespan Situational loss			Perinatal loss		
Mood and affect			Bipolar Depressive disorders Schizophrenia	Postpartum depression		
Cognition	Confusion	Alzheimer's Dementia Delirium				

Concept	NURS2000 Intro to Health Concepts (Semester 1)	NURS2400 Health Illness Concepts I (Semester 1)	NURS2500 Health Illness Concepts II (Semester 2)	NURS2530 Family Health Concepts (Semester 2)	NURS2600 Health Systems Concepts (Semester 3)	NURS2700 Complex Health Concepts (Semester 3)
Behaviors			Addiction Substance use	Prenatal substance use		
CLIENT: DEVELOPMENTAL						
Development	Development across the lifespan			Attention deficit hyperactivity disorder Autism Failure to thrive Cerebral palsy Down's syndrome		
CLIENT: SOCIAL FUNCTIONING						
Self	Self- esteem/ident ity/body self- image		Eating disorders Personality disorders			
Family	Family dynamics Family structure and roles Family response to health promotion/ health alterations			Family- centered care		Family response to critical alterations
Diversity	Vulnerable populations Age Gender Sexual orientation Race Abilities Individual life experiences					

Concept	NURS2000 Intro to Health Concepts (Semester 1)	NURS2400 Health Illness Concepts I (Semester 1)	NURS2500 Health Illness Concepts II (Semester 2)	NURS2530 Family Health Concepts (Semester 2)	NURS2600 Health Systems Concepts (Semester 3)	NURS2700 Complex Health Concepts (Semester 3)
Culture	Acculturation Cultural sensitivity Dis- crimination Stereotyping				Health/health care disparity	
Spirituality	Religion/ Spirituality Spiritual health/ distress Morals, values, and ethics Spiritual/ ethical caring					
Violence			Suicide Abuse Rape-trauma syndrome			Unintentional injury and trauma
Health, Wellness, Illness	Health-illness continuum Response to illness Self- management Screening Lifestyle choices Immunization Consumer education/ prevention	Alternative therapies	Alternative therapies	Immunization Alternative therapies		Alternative therapies
NURSING						
Critical thinking	Clinical decision- making Concept mapping	Clinical decision- making Concept mapping	Clinical decision- making Concept mapping	Clinical decision- making	Clinical decision- making	Clinical decision- making Concept mapping
Technical skills	Physical assessment Medication	IV insertion IV infusions IV	Further development technical	Newborn assessment Postpartum		Further development technical

Concept	NURS2000 Intro to Health Concepts (Semester 1)	NURS2400 Health Illness Concepts I (Semester 1)	NURS2500 Health Illness Concepts II (Semester 2)	NURS2530 Family Health Concepts (Semester 2)	NURS2600 Health Systems Concepts (Semester 3)	NURS2700 Complex Health Concepts (Semester 3)
	ad- ministration Foley catheter NG tubes Trach care Sterile technique	medications Blood transfusions Central lines Chest tubes Wound care	skills	assessment		skills
Therapeutic communi- cation	Patient education Doc- umentation Change of shift report	Patient education Counseling/ support	Patient education Counseling/ support Conflict resolution	Patient education Family communi-- cation	Patient education Inter- disciplinary communi- cation	Patient education Counseling/ support
Leadership/ Management	Leadership principles Delegation				Inter- disciplinary collaboration Workplace goals Mentoring Cost effective care	Inter- disciplinary collaboration Delegation
Time management organization	Care coordination Prioritization of care	Care coordination Prioritization of care	Care coordination Prioritization of care	Prioritization individual/ family care	Care coordination Prioritization of care	Care coordination Prioritization of care of groups
Professional behavior	RN scope of practice Professional standards				Account- ability Commitment to profession	
Caring	Caring behaviors	Caring behaviors	Caring behaviors	Caring behaviors	Caring behaviors	Caring behaviors
Nursing process	Nursing process	Nursing process	Nursing process	Nursing process	Nursing process	Nursing process
HEALTHCARE						
Safety	Standard precautions National Patient Safety	National Patient Safety Goals Environ-	National Patient Safety Goals	National Patient Safety Goals	National Patient Safety Goals	National Patient Safety Goals

Concept	NURS2000 Intro to Health Concepts (Semester 1)	NURS2400 Health Illness Concepts I (Semester 1)	NURS2500 Health Illness Concepts II (Semester 2)	NURS2530 Family Health Concepts (Semester 2)	NURS2600 Health Systems Concepts (Semester 3)	NURS2700 Complex Health Concepts (Semester 3)
	Goals Injury/illness prevention SBAR format	mental safety				
Advocacy	Patient- centered care (QSEN) Patients' rights				Advocacy	
Legal issues	Nurse Practice Act HIPAA Advanced directives Obligation to report Professional/ un- professional conduct				Risk management Licensure	
Health policy	Regulatory agencies Systems of re- imbursement				Access to healthcare Healthy People 2010	
Healthcare systems	Primary, secondary, and tertiary levels of care Nursing care delivery systems Disaster and emergency preparedness				Resource utilization Resource allocation	
Ethics	ANA Code of Ethics Ethical principles				Ethical dilemmas	

Concept	NURS2000 Intro to Health Concepts (Semester 1)	NURS2400 Health Illness Concepts I (Semester 1)	NURS2500 Health Illness Concepts II (Semester 2)	NURS2530 Family Health Concepts (Semester 2)	NURS2600 Health Systems Concepts (Semester 3)	NURS2700 Complex Health Concepts (Semester 3)
Evidence-based practice	Best practices Patient care guidelines	Best practices	Best practices	Best practices	Best practices Identifying clinical questions	Best practices
Quality improvement	Sentinel events Reporting	Quality improvement			Accreditation of hospitals Methods to evaluate client care	
Informatics		Computers in health organizations Electronic health record			Clinical decision support systems	