

# NURS 1005 FOUNDATIONS FOR NURSING PRACTICE

**Credit Points** 10

**Legacy Code** 401029

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**Description** This subject is conducted in an intensive study mode that is offered to students with a previous degree in biological or behavioural science or who are registered nurses with registration from overseas. The subject provides foundational and core learning activities to support student transition into second year subjects of the Bachelor of Nursing (Graduate Entry).

**School** Nursing & Midwifery

**Discipline** General Nursing

**Student Contribution Band** HECS Band 1 10cp

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 1 subject

**Restrictions** Students must be enrolled in 4692 - Bachelor of Nursing (Graduate Entry).

**Assumed Knowledge**

Knowledge of human Bioscience, Arts (Social Sciences) or a three year post-secondary school, registered nurse qualification from overseas.

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Identify how Primary Health Care (PHC) principles relate to the social determinants of health
2. Perform a holistic health assessment of individuals across the lifespan utilising effective communication skills
3. Apply ethical and legal frameworks when carrying out simulated patient centred care
4. Apply problem-solving skills and clinical skill competency check lists to ensure accurate development of nursing skills
5. Collaborate with peers to determine factors that affect the health and wellbeing of individuals
6. Understand the roles and functions of the nurse and their relationship to others in terms of competence, responsibilities, accountabilities and scope of practice
7. Critically reflect on performance of self and others to identify future learning goals and strategies
8. Apply principles of Work Health and Safety (WH&S) in the simulated clinical environment

## Subject Content

1. Contexts of nursing
2. Principles of Primary Health Care (PHC) - Clients, families and community groups to promote and maintain health and well-being
3. Family focused care
4. Discuss the Integrated Care Model and engagement with intraprofessional and interprofessional learning for collaborative practice
5. Working in multi-disciplinary teams

6. Understanding the relationship to professional and academic life
  7. Reading and understanding evidence based research literature
    - communication and literacy skills for Nursing
    - communication with Aboriginal and Torres Strait Islander people
    - communication with people from diverse communities
  8. Introduction to cultural sensitivity, safety and competence
  9. Holistic assessment of health and wellness across the lifespan
  10. Promote the activities of daily living
  11. Application of WH&S - standard precautions, transmission-based precautions, manual handling and transfers
  12. Numeracy diagnostic assessment and medication administration
  13. Application of legal-ethical principles
  14. Introduction to end of life care
  15. Peer reflection and evaluation
- A. Bioscience:**
1. To inform nursing practice, the following body systems are reviewed: the integument, cardiovascular, respiratory, digestive, musculoskeletal, nervous, endocrine, reproductive and urinary systems
  2. Human Genome basics
  3. Inheritance patterns - cancer genetics & testing
  4. For each system, the concepts addressed are
    - fundamentals of Anatomy and physiology
    - levels of organisation
    - growth and development across The lifespan
    - homeostasis and health
    - relationship to Activities of Living
    - relationship to national health priorities
  5. Injury prevention and control
  6. The ageing process through to end of life
  7. Introduction to pathophysiology
    - cause, pathogenesis, Symptoms, course, prognosis, prevention of disease
    - relevance for Nursing
  8. Introduction to pharmacology for nurses
    - pharmacokinetics and pharmacodynamics
  9. Microbiology and infections - relevance for nursing
    - common pathological organisms
    - sources of infection and modes of transmission
    - infection control in A health care setting
  10. Immune Processes
    - immune system breakdown and role of The Nurse
    - Vaccination and Immunisation
    - The Inflammatory process
  11. Wound healing
- B. Behavioural Science:**
1. Sense of self
    - transactional analysis/Humanism/Maslow
    - social Structures and their interactions
    - Conflict
  2. Human development
    - holistic Overview of human development - physical, moral, social and cognitive
    - human relationships
    - attachment theory
  3. Predictable/Normative life transitions across the lifespan
    - theories of life development (Eriksons theory)
    - loss/grief and other transitions
  4. Unpredictable/Non-normative life transitions
    - change: transition and adaptation
    - Defense and coping mechanisms
    - Wellness to illness
    - unexpected loss
- C. Law and Ethics:**
1. Legal Principles
    - Overview of The impact of Law and legal principles on The role and work of The registered Nurse

- Civil and criminal as It applies to Nursing
- The law and nursing practice including: medication administration; operating technology and monitoring and assessing patient progress
- professional communication and documentation
- 2. Ethical Principles
  - Defining ethics and Ethical Nursing practice
  - Ethical theories and principles
  - Bioethics including: euthanasia, abortion, STEM cell research
  - Ethical Issues confronting Nurses in Australia
  - Ethical decision making
- 3. Codes of Practice for Nurses
  - Defining codes of practice for Nurses in Australia
  - Code of ethics for Nurses in Australia
  - Code of professional conduct for Nurses in Australia
  - boundaries of professional practice
  - registered Nurse Standards for practice
- 4. Case studies: Applying theory to practice
  - identifying The relationship between Law and ethics in practice
  - identifying Ethical principles in A variety of case studies
  - identifying legal principles in A variety of case studies
  - Nursing actions when legal and Ethical principles have been breached

**Core Practice Skills:**

1. Exhibit effective written and verbal communication
  - ISBAR and clinical handover
2. Perform holistic health assessment: gathering personal data including social, cultural, physical, emotional, spiritual and environmental factors
3. Perform blood pressure, temperature, pulse, respiration, oxygen saturation, height; weight; centile; urine analysis assessment and reporting
4. Assess level of consciousness
5. Skin assessment and maintaining skin integrity
6. Use outcomes of holistic health assessment to support and maintain capacity to perform activities of living
7. Assess oral health
8. Promote comfort measures inclusive of bed making
9. Hand hygiene
10. Undertake documentation within legal frameworks
11. Aseptic technique and simple wound management
12. Medication administration - Administration of medications within the legal frameworks, Performs accurate drug calculations
13. Introduction to nursing responsibilities and practices when providing care for dying people and their families in home, aged care or hospital settings
14. Identifying the person at risk - Falls assessment, Pressure injury, Venous thromboembolism
15. Routine Diagnostic Procedures - Basic ECG, Spirometry (Peak flows), Blood Glucose Testing, Mini Mental Health Assessment, Drug and Alcohol Assessment
16. National Safety and Quality Health Service Standards
  - Preventing and controlling healthcare associated infections
  - medication safety
  - patient identif

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Virtual WH&S Online Modules	30 minutes	S/ U	Y	Individual	
Online Medication Calculation Safety Exam	Part A - Numeracy Modules Part B - Medication Calculation Safety Exam - 30 mins	S/ U	Y	Individual	
Clinical Skills Logbook		S/ U	Y	Individual	
Clinical Skills Mastery		S/ U	Y	Individual	
Mandatory 100% Class attendance required in seminar, tutorial and CPU classes		S/ U	Y	Individual	
Online Engagemen Weekly Activities		10	N	Individual	
Professional Communication Case Study Essay	1,000 words	40	N	Individual	
Final Exam - online	1 hour	50	N	Individual	