



Para- Medical Program

Specialization	Nursing
Course Number	020802171
Course Title	Adult Health Nursing
Credit Hours	3
Theoretical Hours	3
Practical hours	0

Course description:

This course focuses on the health care needs of adult and elderly clients suffering from common acute and chronic disorders. Building on the foundations of previous nursing courses and the nursing process, Associate Degree Nursing student will examine the impacts of altered health states and plan nursing care for clients and their families. Topics include the nursing care of clients who are experiencing selected basic health alterations related to the body systems.

Course objectives :

Intended Learning Outcomes

Upon the completion of this course the student will be able to:

A. Knowledge & Understanding

1. Identify the techniques of assessing body systems.
2. Recognize health alterations and principal manifestations of common health disorders in the adult and the elderly client.
3. Understand factors related to the disease processes, diagnostic evaluation, and nursing interventions of common health disorders.

B. Intellectual skills

1. Utilize the nursing process as a frame work to follow-up care of the client with acute and chronic health disorders.
2. discuss the clinical indications, client preparation and other related nursing implications for common tests and procedures.

C. Subject specific skills

1. Develop an individualized teaching plan to the client and family.

Course outline:

Unit No.	Unit name	Unit Content	Time
1	Assessment and Nursing care of client with alterations in gas exchange and respiratory function	<ul style="list-style-type: none"> _ Assessment of respiratory function and diagnostic procedures. _ Nursing care of client with: <ul style="list-style-type: none"> • Upper respiratory tract infection <ul style="list-style-type: none"> - rhinitis, sinusitis, pharyngitis, tonsillitis. • Lower respiratory tract Infection. <ul style="list-style-type: none"> - Atelectasis, Bronchitis, pneumonia , Tuberculosis • Chest trauma (blunt, penetrating). • Chronic Obstructive Pulmonary Disease. 	9
2	Assessment and Nursing care of client with cardiovascular alterations	<ul style="list-style-type: none"> _ Assessment of cardiac function and diagnostic procedures. _ Nursing care of client with: <ul style="list-style-type: none"> • Hypertension • Coronary Artery Disease (atherosclerosis, angina pectoris, Myocardial Infarction) • Inflammatory and valvular heart disease. • Complications from heart disease (Pulmonary edema, CHF) _ Pre/Post-operative care of client undergoing invasive coronary artery procedures. 	15
3	Assessment and Nursing care of client with alteration in Digestive and gastrointestinal alterations	<ul style="list-style-type: none"> _ Assessment of digestion process, absorption of food, elimination of waste product and diagnostic procedures. <ul style="list-style-type: none"> • Nursing care of nutritional problems: <ul style="list-style-type: none"> - Eating disorders. - Oral feeding _ nasogastric intubation and feeding. <ul style="list-style-type: none"> • Nursing care of gastrointestinal problems: <ul style="list-style-type: none"> - Nausea and vomiting - Hernia. - Esophageal disorders - Gastritis and peptic ulcers. - Appendicitis. - Inflammatory bowel disease, diverticulitis, and malabsorption. • Nursing care of client with colostomy and ileostomy. 	9
4	Assessment and Nursing care of client with alteration of renal and	<ul style="list-style-type: none"> • Assessment of kidney and urinary function and diagnostic procedures. • Nursing care of renal and urologic problems. <ul style="list-style-type: none"> _ Infections and inflammatory disorders of urinary system. <ul style="list-style-type: none"> UTI and cystitis, Glomerulonephritis, Urinary tract calculi. 	12

Unit No.	Unit name	Unit Content	Time
	urinarytract	_ Acute and chronic renal failure	
5	Assessmentand Nursing care of client withalteration in metabolic and endocrinefunctions.	_ Assessment of liver, gallbladder, and pancreas and diagnostic procedures: _ Nursing care of clients withliver,biliary tract, and pancreas alterations: • Jaundice, Viral hepatitis, Liver cirrhosis, Pancreatitis. • Cholecystitis, Cholyolithiasis.	9
		_ Assessment of endocrine systemand Diagnostic studies. _ Nursing care of clients with: • Disorders of thyroid gland. • Disorders of parathyroid gland. • Disorders of adrenal gland (Cushing's and Addison's syndrome). • Diabetes Mellitus.	9
6	Assessmentand Nursing careofclient withalterations relatedto central andperipheral nervoussystem	_ Assessment of nervous systemand diagnostic studies (e.g. GCS) _ Nursing care of clients with intracranial problems, stroke (CVA) _Nursing care of chronic neurological problems:Headache, Seizures, Multiple sclerosis, Parkinson's disease, Myasthenia gravis. _Nursing careof peripheral and spinal Cord disorders:Guillain-Barre syndrome, Tetanus, Spinal cord injuries.	12
7	Assessmentand Nursing care ofclient withalterations in Immunologic functions	• Assessment and diagnosticstudies • Nursing care of rheumatic disorders: – Osteoarthritis, Rheumatoid arthritis, Systemic Lupus Erythematosus, Gout	6
8	Assessmentand Nursing careofclient withalterations in musculoskeletalsyste m	• Assessment and diagnosticstudies of musculoskeletal system. • Nursing care of : _sprain, strain, and muscle spasm, fractures. –metabolic bone disorders (osteoporosis, paget's disease). _ common joint surgical procedures: Hip and knee replacement.	9
9	Assessmentand Nursing care ofclient with burn injury	• Nursing care of clientwith burns.	3

Teaching Methodology:

Discussions and lecture Presentations, videos, animations. cases

Exams and method of evaluation:

According to the study instructions



References:

1. Lewis, S., Bucher, L., Heitkemper, M., Harding, M., Kwong, J. (2017). Medical-Surgical Nursing: Assessment and Care of Clinical Problems, Single Volume, (10th Ed.) Elsevier
2. Lewis, Dirks (2016). Clinical companion to medical surgical nursing. (10th ed.) Elsevier
3. Hinkle, J. Cheever, K. (2014). Brunner & Suddarth's Textbook of Medical-Surgical Nursing (13th Ed.) Lippincott Williams & Wilkins
4. Rupert, Rup (2013). Lippincott's NCLEXRN Alternate format question. (5th Ed.) Lippincott Williams & Wilkins
5. LeMone, P., Burke, K., Bauldoff, G., Gubrud, P. (2014) Medical-Surgical Nursing: Clinical Reasoning in Client Care (6th Edition) (Medical Surgical Nursing – Lemone (6th Ed.) Pearson