



RNSG 1216 - Professional Nursing Competencies Course Syllabus

Description

Development of professional nursing competencies in the care of patients throughout the lifespan. Emphasizes psychomotor skills and clinical reasoning in the performance of nursing procedures related to the concepts of: clinical judgment, comfort, elimination, fluid and electrolytes, nutrition, gas exchange, safety, functional ability, immunity, metabolism, mobility, and tissue integrity. Includes health assessment and medication administration. This course lends itself to a concept-based approach.

Prerequisites Acceptance into the ADN Program

Corequisites [RNSG 1430](#), [RNSG 1128](#), [RNSG 1125](#), [RNSG 1160](#)

Credits 2

Lecture Hours 0

Lab Hours 8

Extended Hours 0

Contact Hours 128

State Approval Code CIP 51.3801

Instructor Name Casie Risinger/ Elizabeth Hobbs

Semester/Year Spring 2025

Meeting Time and Location

8/20-9/27

Tuesday/Thursday 8 am -4:30 pm HNS 2121 and 2122

Beginning 9/30

Thursdays 8am -4:30 pm HNS 2121 and 2122

Alternate Operations During Campus Closure

In the event of an emergency or announced campus closure due to a natural disaster or pandemic, it may be necessary for Panola College to move to altered operations. During this time, Panola College may opt to continue delivery of instruction through methods that include, but are not limited to: online learning management system (CANVAS), online conferencing, email messaging, and/or an alternate schedule. It is the responsibility of the student to monitor Panola College's website (www.panola.edu) for instructions about continuing courses remotely, CANVAS for each class for course-specific communication, and Panola College email for important general information.

Student Basic Needs

Unexpected circumstances may arise, but Panola College offers various resources to support students. If you need mental health services or are facing challenges with transportation, affording class materials and supplies, or accessing food regularly—issues that may impact your class performance—please visit panola.edu/resources.

Class Attendance

Regular and punctual attendance of classes and laboratories is required of all students. When a student has been ill or absent from class for approved extracurricular activities, he or she should be allowed, as far as possible, to make up for the missed work. If a student has not actively participated by the census date, they will be dropped by the instructor for non-attendance. This policy applies to courses that are in-person, online, hybrid, and hyflex.

Attendance in online courses is determined by submission of an assignment or participation in an activity. According to federal guidelines, simply logging into a distance learning course without participating in an academic assignment does not constitute attendance. Distance learning is defined as when a majority (more than 50%) of instruction occurs when the instructor and students are in separate physical locations. Students must engage in an academic activity prior to the course census date.

When an instructor feels that a student has been absent to such a degree as to invalidate the learning experience, the instructor may recommend to the Vice President of Instruction that the student be withdrawn from the course. Instructors may seek to withdraw students for non-attendance after they have accumulated the following number of absences:

Fall or spring semesters:

3 or more class meeting times per week - 5 absences

2 class meeting times per week - 3 absences

1 class meeting per week - 2 absences

The student is responsible for seeing that he or she has been officially withdrawn from a class. A student who stops attendance in a class without officially withdrawing from that class will be given a failing grade; consequently, the student must follow official withdrawal procedures in the Admissions/Records Office.

Please note: Health Science and Cosmetology courses may require more stringent attendance policies based on their accreditation agencies. Please see the addendum and/or program handbook for further information concerning attendance.

Pregnant/Parenting Policy

Panola College welcomes pregnant and parenting students as a part of the student body. This institution is committed to providing support and adaptations for a successful educational experience for pregnant and parenting students. Students experiencing a need for accommodations related to pregnancy or parenting will find a Pregnancy and Parenting Accommodations Request form in the Student Handbook or may request the form from the course instructor.

Artificial Intelligence (AI) Course Policy

Use of generated AI Permitted under some classroom circumstances with permission.

There are situations throughout the course where you may be asked to use artificial intelligence (AI) tools to explore how they can be used. Outside of those circumstances, you should not use AI tools to generate content that will end up in any student work (assignments, activities, discussion responses, etc.). In such cases for Option #2, no more than 25% of the student work should be generated by AI. Use of any AI-generated content in this course without the instructor's consent qualifies as academic dishonesty and violates Panola College's standards of academic integrity.

Instructional Goals and Purposes

The purpose of this course is to develop professional nursing competencies in the care of diverse patients throughout the lifespan. Students will demonstrate psychomotor skills and clinical reasoning in the performance of nursing procedures related to the course concepts. Concepts are based on the Texas Nursing Concept Based Curriculum (TxNCBC). Students will learn and demonstrate health assessment and medication administration.

Learning Outcomes

1. Apply concepts and principles necessary for the performance of professional nursing skills across the lifespan.
2. Demonstrate clinical reasoning processes and clinical judgment in the performance of professional nursing skills.
3. Demonstrate a comprehensive head to toe and a focused health assessment.
4. Demonstrate safe medication administration.

Specific Course Objectives (includes SCANS)

After studying all materials and resources presented in the course, the student will be able to:

1. **Apply concepts and principles necessary for the safe performance of professional nursing skills across the lifespan.** (SCANS 1; a; i, ii, iii, iv, v, b; i, ii, iii, iv, v, vi, c; i, ii, iii, iv, v, 2; a; i, ii, iii, b; i, ii, iii, iv, v, vi, c; i, ii, iii, iv, d; i, ii, iii, e; i, ii, iii)
2. **Demonstrate clinical reasoning processes and clinical judgment in the performance of professional nursing skills.** (SCANS 1; a; i, ii, iii, iv, v, b; ii, iii, iv, v, vi, c; i, ii, iii, iv, v, 2; a; i, ii, iii, b; i, ii, iii, iv, vi, c; i, ii, iii, iv, d; i, ii, iii, e; i, ii, iii)
3. **Demonstrate a complete head to toe and a focused health assessment in a timely to meet current standards of practice.** (SCANS 1; a; i, ii, iii, iv, v, b; ii, iii, iv, v, vi, c; i, ii, iii, iv, v, 2; a; i, ii, iii, b; ii, iii, vi, c; i, ii, iii, iv, d; i, ii, iii, e; i, ii)
4. **Demonstrate safe medication administration following the six rights of medication administration.** (SCANS 1; a; i, ii, iii, iv, v, b; ii, iii, iv, v, vi, c; i, ii, iii, iv, v, 2; a; i, ii, iii, b; ii, iii, vi, c; i, ii, iii, iv, d; i, ii, iii, e; i, ii)

Course Content

A general description of lecture/discussion topics included in this course are listed in the Learning Outcomes / Specific Course Objectives sections of this syllabus.

Students in all sections of this course will learn the following content:

PART 1: BASIC SKILLS

1. Immunity & Safety
 - a. Handwashing
 - b. Personal protective equipment
 - c. Cleaning blood spill
2. Thermoregulation
 - a. Temperature
 - b. Heat therapy
 - c. Cold therapy
3. Perfusion & Gas Exchange
 - a. Radial Pulse
 - b. Respirations
 - c. Blood pressure
 - d. CPR
 - i. Performance of CPR
 - ii. Foreign body airway obstruction (FBAO)
 - iii. Automatic external defibrillation (AED)
 - iv. Use of bag-valve mask
4. Mobility & Safety
 - a. Positioning
 - b. Moving/transferring a patient
 - c. Applying restraints
 - d. Ambulation/ambulatory devices
 - e. Cast Care
 - f. Traction
5. Comfort
 - a. Bed bath/personal hygiene
 - b. Sitz bath
 - c. Bedmaking
6. Elimination & Nutrition
 - a. Assisting with elimination
 - b. Assisting with eating
7. Tissue Integrity
 - a. Bandages & binders

PART 2: ADVANCED SKILLS

1. Safety
 - A. General culture of safety & National Patient Safety Goals

- B. First Aid
- C. Immunity
 - 1. Sterile gloves and sterile field
 - 2. Isolation techniques
 - 3. Surgical hand scrub
- 2. Clinical Judgment - Assessment
 - A. Head to toe physical assessment (complete and focused)
 - B. Heart and breath sounds
 - C. Locating pulses & apical heart rate
 - D. Fetal heart rate
 - E. Spinal screening
 - F. Vision & hearing screening
 - G. Admission & discharge
 - H. Functional ability assessment
 - I. Diagnostic tests
 - 1. Specimen collection
 - 2. Glucose monitoring
- 3. Patient Education
 - A. Pre-operative teaching
 - B. Breast self-examination
 - C. Testicular self-exam
- 4. Nutrition
 - A. Nasogastric tube insertion/irrigation/removal
 - B. Tube feedings
- 5. Elimination
 - A. Bowel
 - 1. Enema
 - 2. Removing fecal impaction
 - 3. Ostomy care
 - B. Urinary
 - 1. Catheterization
- 6. Tissue Integrity
 - A. Suture and staple removal
 - B. Sterile dressing change
 - C. Drainage evacuation
 - D. Wound Irrigation
 - E. Traction pin care
 - F. Central venous lines site care
- 7. Medication Safety
 - A. Oral and topical
 - B. Injections
 - C. Intravenous piggyback medications (IVPB)
 - D. Intravenous push medications (IVP)
- 8. Fluids & Electrolytes
 - A. Intake and output
 - B. Venipuncture
 - C. IV initiation and management
 - D. Blood administration
 - E. Central venous lines – Care & TPN
- 9. Gas Exchange
 - A. Oxygenation
 - 1. Pulse oximeter
 - 2. Oxygen administration
 - 3. Incentive spirometer
 - 4. Airways
 - B. Suctioning
 - 1. Nasotracheal suctioning

2. Endotracheal suctioning
 3. Bulb and DeLee suctioning
 4. Tracheostomy suctioning
10. Clinical Judgment
- A. Situational assessments

Students in all sections of this course will be required to:

1. Comply with all policies and procedures in the Panola College ADN Student Handbook for each assigned lab class.
2. Bring required equipment for clinical (please see Panola College ADN Student Handbook, section 4.4.f) to each assigned lab class.
3. Have access to all needed textbooks and resources in lab to complete learning activities/simulations.
4. Refer to the Panola College ADN Student Handbook "Attendance/Absences" policy (Panola College ADN Student Handbook section 4.1) for attendance requirements. All lab hours for this course will be viewed as required clinical hours for the semester and ADN program. In the event of an emergency or announced campus closure due to a natural disaster or pandemic and instruction changes to follow alternate operations, students will be required to join and participate in ZOOM classes at scheduled class time for the semester. Students will complete and submit all online assignments as instructed through the Canvas course.
5. Be self-directed in preparation and in participation in learning activities and simulation scenarios. The student is required to complete all assigned reading, assigned audiovisuals, and assigned computer instruction prior to the assigned lab class. The skills lab is provided for the student to practice skills to achieve proficiency of all assigned skills prior to evaluation of the skill. The student is expected to use this learning time prudently.
6. Take the initiative to schedule with the instructor any additional practice needed in the lab.
7. Maintain a Skills Inventory for skills successfully completed based on skills evaluation rubric score. This Skills Inventory will be used by the student throughout the entire program.

Methods of Instruction/Course Format/Delivery

The course instruction includes skills demonstration, group discussion and group learning activities have utilization of online resources, Canvas assignments and activities, digital resources and assignments have independent study, videos, lecture, and role play. Recorded ZOOM lectures will be subject to publication on the Canvas course.

Major Assignments/Assessments

The following items are assigned and assessed during the semester and used to calculate the student's final grade.

Assignments

Assignments will be given in class or posted on CANVAS and must be completed and submitted by the posted due dates on CANVAS. Quizzes (written or demonstration) may be announced or unannounced. Competency and skills demonstration will be evaluated using posted rubrics (20% of final grade)

Assessments

The student course grade will be calculated using the following criteria:

- Competency and skills performance demonstration throughout the course including final skills check off (50%)
 - Rubrics scores from skills/competency check-offs (A student must earn a minimum of 80% on all rubric scores for competency and skills check-offs)
 - Specific skills and dates to check off will be posted in the Canvas course for RNSG 1216.
 - If a student is not successful in completing the skill on the first attempt, the student will be given a remediation by the instructor or simulation coordinator during the scheduled time for remediation in the skills lab. The student will then have a second opportunity to successfully complete the skill.

- If the student is not successful in completing the skill on the second attempt, the student will be required to successfully complete the skill during the final comprehensive skill check off along with another randomly chosen skill for the check off. The student must schedule remediation with the instructor or simulation coordinator independently.
 - If a student has four skills that require a second attempt to successfully demonstrate the skill, the student will be considered unsatisfactory and earn an "F" in the course.
- Midterm written examination (15%)
 - Make up exams may be given at the discretion of the instructor if prior arrangements have been made. A student must contact the instructor on the first day back for make-up assignments. This includes exams. All make-up examinations will be a separate examination and may include essay questions. Students absent for class quizzes or assignments or who do not submit online quizzes or assignments by due date will not be allowed to make up that quiz except when reasonable accommodations are agreed upon with the faculty and student per the college absence policies.
 - Exams will be constructed from a random sample of the materials from the course and will be presented in the form of a NCLEX-style item. Refer to the National Council of State Boards of Nursing, Inc. website ([Next Generation NCLEX](#)) for more information regarding the NCLEX Item Formats.
 - Final comprehensive written examination (15%)
 - Make up exams may be given at the discretion of the instructor if prior arrangements have been made. A student must contact the instructor on the first day back for make-up assignments. This includes exams. All make-up examinations will be a separate examination and may include essay questions. Students absent for class quizzes or assignments or who do not submit online quizzes or assignments by due date will not be allowed to make up that quiz except when reasonable accommodations are agreed upon with the faculty and student per the college absence policies.
 - Exams will be constructed from a random sample of the materials from the course and will be presented in the form of a NCLEX-style item. Refer to the National Council of State Boards of Nursing, Inc. website ([Next Generation NCLEX](#)) for more information regarding the NCLEX Item Formats.

Course Grade

The student must earn an overall grade of 75 or above to successfully pass RNSG 1216.

The grading scale for this course is as follows:

A = 90-100; B = 80-89; C = 75-79; F = 74.99 or below

NO ROUNDING OF GRADES WILL OCCUR

- **Assignments/Quizzes (written or demonstration) (20%)**
- **Competency/Skills performance demonstration (50%)**
 (Student must earn a minimum of 80% on each skill demonstration to pass the course.)
 - **Including but not limited to**
 - **Complete head to toe assessment**
 - **Focused health assessment**
 - **Safe medication administration**
- **Midterm Written Exam (15%)**
- **Final Written Exam (15%)**

Texts Materials, and Supplies

Sherpath, Giddens Concept Based Nursing, 4 th Edition	Required (Bundle)	Elsevier	Elsevier	4e
Elsevier 2025 Intravenous Medications	Required (Bundle)	Giddens	Elsevier	41e
Sherpath, Harding Lewis, Medical-Surgical Nursing, 12th Edition	Required	Harding	Elsevier	12e

	(Bundle)			
Maternal-Child Nursing, 6th Edition	Required (Bundle)	McKinney	Elsevier	6e
Fundamental of Nursing, 11th Edition	Required (Bundle)	Potter	Elsevier	11e
Varcarolis' Foundations of Psychiatric-Mental Health Nursing, 9th Edition	Required (Bundle)	Halter	Elsevier	9e
SLS RN 2.0	Required (Bundle)	Elsevier	Elsevier	
HESI Comprehensive Review for the NCLEX-RN Examination w/ access 7/e	Required (Bundle)	HESI	Elsevier	7E

Required Readings

All required readings/videos and recommended readings/videos will be posted on your Canvas course each week.

Recommended Readings

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Addendum

You will be expected to prepare reading and assignments prior to the lab/simulation

Students will not be allowed to eat in the simulation or skills labs. Only drinks with screw top lids are allowed in the lab.

Students will receive breaks every 60-90 minutes throughout the day where they will be able to eat and drink.

Cell phone use is permitted on breaks outside of the skills lab.

Other

- Courses conducted via video conferencing may be recorded and shared for instructional purposes by the instructor.
- For current texts and materials, use the following link to access bookstore listings: <https://www.panolacollegestore.com>.
- For testing services, use the following link: <https://www.panola.edu/student-services/student-support/academic-testing-center>.
- If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Charles C. Matthews Student Center or go to <https://www.panola.edu/student-services/student-support/disability-support-services> for more information.
- Withdrawing from a course is the student's responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.
- Student Handbook: <https://www.panola.edu/> (located on at the bottom under student)

SCANS Criteria

1. Foundation skills are defined in three areas: basic skills, thinking skills, and personal qualities.
 - a. Basic Skills: A worker must read, write, perform arithmetic and mathematical operations, listen, and speak effectively. These skills include:

- i. Reading: locate, understand, and interpret written information in prose and in documents such as manuals, graphs, and schedules.
 - ii. Writing: communicate thoughts, ideas, information, and messages in writing, and create documents such as letters, directions, manuals, reports, graphs, and flow charts.
 - iii. Arithmetic and Mathematical Operations: perform basic computations and approach practical problems by choosing appropriately from a variety of mathematical techniques.
 - iv. Listening: receive, attend to, interpret, and respond to verbal messages and other cues.
 - v. Speaking: Organize ideas and communicate orally.
 - b. Thinking Skills: A worker must think creatively, make decisions, solve problems, visualize, know how to learn, and reason effectively. These skills include:
 - i. Creative Thinking: generate new ideas.
 - ii. Decision Making: specify goals and constraints, generate alternatives, consider risks, and evaluate and choose the best alternative.
 - iii. Problem Solving: recognize problems and devise and implement plan of action.
 - iv. Visualize ("Seeing Things in the Mind's Eye"): organize and process symbols, pictures, graphs, objects, and other information.
 - v. Knowing How to Learn: use efficient learning techniques to acquire and apply new knowledge and skills.
 - vi. Reasoning: discover a rule or principle underlying the relationship between two or more objects and apply it when solving a problem.
 - c. Personal Qualities: A worker must display responsibility, self-esteem, sociability, self management, integrity, and honesty.
 - i. Responsibility: exert a high level of effort and persevere toward goal attainment.
 - ii. Self-Esteem: believe in one's own self-worth and maintain a positive view of oneself.
 - iii. Sociability: demonstrate understanding, friendliness, adaptability, empathy, and politeness in group settings.
 - iv. Self-Management: assess oneself accurately, set personal goals, monitor progress, and exhibit self-control.
 - v. Integrity and Honesty: choose ethical courses of action.
- 2. Workplace competencies are defined in five areas: resources, interpersonal skills, information, systems, and technology.
 - a. Resources: A worker must identify, organize, plan, and allocate resources effectively.
 - i. Time: select goal-relevant activities, rank them, allocate time, and prepare and follow schedules.
 - ii. Money: Use or prepare budgets, make forecasts, keep records, and make adjustments to meet objectives.
 - iii. Material and Facilities: Acquire, store, allocate, and use materials or space efficiently. Examples: construct a decision timeline chart; use computer software to plan a project; prepare a budget; conduct a cost/benefits analysis; design an RFP process; write a job description; develop a staffing plan.
 - b. Interpersonal Skills: A worker must work with others effectively.
 - i. Participate as a Member of a Team: contribute to group effort.
 - ii. Teach Others New Skills.
 - iii. Serve Clients/Customers: work to satisfy customer's expectations.
 - iv. Exercise Leadership: communicate ideas to justify position, persuade and convince others, responsibly challenge existing procedures and policies.
 - v. Negotiate: work toward agreements involving exchange of resources, resolve divergent interests.
 - vi. Work with Diversity: work well with men and women from diverse backgrounds. Examples: collaborate with a group member to solve a problem; work through a group conflict situation, train a colleague; deal with a dissatisfied customer in person; select and use appropriate leadership styles; use effective delegation techniques; conduct an individual or team negotiation; demonstrate an understanding of how people from different cultural backgrounds might behave in various situations.
 - c. Information: A worker must be able to acquire and use information.
 - i. Acquire and Evaluate Information.
 - ii. Organize and Maintain Information.

- iii. Interpret and Communicate Information.
- iv. Use Computers to Process Information. Examples: research and collect data from various sources; develop a form to collect data; develop an inventory record-keeping system; produce a report using graphics; make an oral presentation using various media; use on-line computer databases to research a report; use a computer spreadsheet to develop a budget.
- d. Systems: A worker must understand complex interrelationships.
 - i. Understand Systems: know how social, organizational, and technological systems work and operate effectively with them.
 - ii. Monitor and Correct Performance: distinguish trends, predict impacts on system operations, diagnose deviations in systems' performance and correct malfunctions.
 - iii. Improve or Design Systems: suggest modifications to existing systems and develop new or alternative systems to improve performance. Examples: draw and interpret an organizational chart; develop a monitoring process; choose a situation needing improvement, break it down, examine it, propose an improvement, and implement it.
- e. Technology: A worker must be able to work with a variety of technologies.
 - i. Select Technology: choose procedures, tools or equipment including computers and related technologies.
 - ii. Apply Technologies to Task: understand overall intent and proper procedures for setup and operation of equipment.
 - iii. Maintain and Troubleshoot Equipment: Prevent, identify, or solve problems with equipment, including computers and other technologies. Examples: read equipment descriptions and technical specifications to select equipment to meet needs; set up and assemble appropriate equipment from instructions; read and follow directions for troubleshooting and repairing equipment.