

RNRS 101: HEALTH CARE PARTICIPANT

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2025
Credits:	4
Total Contact Hours:	144
Lecture Hours :	36
Lab Hours:	108
Hours Arranged:	0
Outside of Class Hours:	72
Total Student Learning Hours:	216
Prerequisite:	Admission to the ADN program, RNRS 100.
Corequisite:	RNRS 102.
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Standard Letter

Catalog Course Description

This course introduces the nursing student to the attributes of the health care participant as an individual, a family, or a community. Curricular concepts are applied in theory, skills lab, and in the clinical settings. Upon completion, students will be able to provide safe nursing care incorporating the concepts identified. 36 lecture hours, 108 lab hours.

Course Objectives

- Discuss the concepts of individual, family, community, development, functional ability, grief, stress and coping, spirituality, health care disparities, health promotion, and sexuality as it relates to health care.
- Discuss the application of the nursing process and clinical judgment as it relates to nursing care.
- Outline concepts of caring and patient education in the provision of nursing care.
- Describe therapeutic communication and documentation techniques applied to patient care situations.
- Describe the patient's cultural, ethnic, or spiritual needs and its impact on the patient's health and delivery of care.

Major Course Content

NCLEX Client Needs Categories:

Physiological Integrity, Psychosocial Integrity, Health Promotion and Maintenance

Health Care Recipient Concepts:

Individual, Patient Centered Care, and Family

Family Exemplars:

- Self-identity
- Self-perception

- Body image
- Family assessment
 - Family centered care
 - Family dynamics
- Therapeutic environment

Spirituality Exemplars:

- Spiritual needs assessment
- Religious and spiritual influences on health

Culture Exemplars:

- Cultural assessment
- Cultural awareness and cultural influences on health
- Cultural diversity, equity, and inclusion

Health Care Disparities Exemplars:

- Social determinants of health
- California health disparities
- US and global health disparities
- Health disparities in local community
- Social justice and healthcare equity

Community Exemplars:

- Population health
- Disaster preparedness
- Vulnerable populations
- Environmental health assessment

Development Exemplars:

- Developmental assessment
- Developmental implications of patient education
- Nursing implications of individual stages

Functional Ability Exemplars:

- Functional assessments of older adults

Health and Illness Concepts NCLEX Client Needs Categories:

Psychosocial Integrity

Health Care Recipient Concepts:

Individual, Patient Centered Care, and Family

Stress and Coping Exemplars:

- Anxiety assessment
- Neglect (across the lifespan)
- Grief and loss
- Defense mechanisms
- Stress management

Grief Exemplar:

- End of life care

Sexuality Exemplar:

- Introduction to sexuality

Professional Nursing Concepts NCLEX Client Needs Categories:

Health Promotion and Maintenance

Health Care Recipient Concepts:

Individual, Patient Centered Care, and Family

Health Promotion Exemplars:

- Exercise education
- Hypertension, Body Mass Index (BMI), health screening
- Home safety
- Chronic disease management
- Adults: Medication adherence, smoking cessation
- Aging process
- Developmental stages and transitions

Patient Education Exemplars:

- Health literacy
- Teaching/learning principles
- Motivation and readiness to change
- Health promotion, disease prevention, lifestyle choices, and self-care
- High risk behaviors

Lab Content

Patient-Centered Care:

Provide holistic care that recognizes an individual's preferences, values, and needs and respects the patient or designee as a full partner in providing compassionate, coordinated, age and culturally appropriate, safe and effective care.

Knowledge

- Understands multiple dimensions of patient-centered care including:
 - Patient / family / community preferences and values.
 - Coordination and integration of care.
 - Information, communication, and education.
 - Physical comfort and emotional support.
 - Involvement of family and significant other.
 - Care transition and continuity.

Attitudes / Behaviors

1. Values and respects assessing health care situation from the patient's perspective and belief systems.
2. Respects and encourages the patient's participation in decisions about health care and services.

Skills

1. Assesses patient values, preferences, decisional capacity, and expressed needs as part of ongoing assessment, clinical interview, implementation of care plan, and evaluation of care.
2. Communicates patient values, preferences, and expressed needs to other members of the healthcare team.

Professionalism:

Demonstrate accountability for the delivery of standard-based nursing care that is consistent with moral, altruistic, legal, ethical, regulatory, and humanistic principles.

Knowledge

- Understands the professional standards of practice, the evaluation of that practice, and the responsibility and accountability for the outcome of practice.

Attitudes / Behaviors

1. Accepts responsibility for own behavior
2. Respects others during clinical activities (i.e., no talking while others are talking, cell phones are off / silenced, etc.)

Skills

1. Implement plan of care within legal, ethical, and regulatory framework of nursing practice.
2. Demonstrates ability for reflection in action, reflection for action, and reflection on action.
3. Serves as a patient advocate.
4. Utilizes an ethical decision-making framework in clinical situations.
5. Complies with the Standards of Practice, policies and procedures of the nursing program and clinical agency.
6. Completes assignments as required and scheduled.
7. Provides prior notification to appropriate faculty when they are unable to meet commitments or requirements.
8. Participates in clinical activities as scheduled, arriving on time and prepared for the daily assignment throughout the length of the nursing program.
9. Demonstrates professional appearance and professional presentation in clinical settings.
10. Demonstrates respect and politeness to all individuals regardless of culture, ethnicity, religion, work experience, gender, age, and sexual orientation.
11. Maintains confidentiality of all client information in conversation, electronic and written means.
12. Provides and receives constructive feedback to/from instructor and peers.

Leadership:

Influence the behavior of individuals or groups of individuals within their environment in a way that will facilitate the establishment and acquisition/achievement of shared goals.

Knowledge

- Identifies leadership skills essential to the practice of nursing.

Attitudes / Behavior

1. Recognizes the role of the nurse as leader.
2. Accepts accountability for nursing care delegated to others.
3. Recognizes the value of leadership to empower others and enhance collaboration and shared decision making.

Skills

- Integrates leadership skills of systems thinking, communication, and facilitating change in meeting patient care needs.

System-Based Practice:

Demonstrate an awareness of and responsiveness to the larger context of the healthcare system, and will demonstrate the ability to effectively call on work unit resources to provide care that is of optimal quality and value.

Knowledge

- Understands role and responsibilities as a member of the health care team in planning and using work unit resources to achieve quality patient outcomes.

Attitudes / Behavior

1. Recognizes the complexity of individual and team practice on a work unit.
2. Appreciates role in identifying work unit inefficiencies and operational failures.

Skills

1. Plans, organizes, and delivers patient care in the context of the work unit.
2. Participates in solving work unit inefficiencies and operational failures that impact patient care, such as those involving supplies, medications, equipment, and information.
3. Considers resources available on the work unit when contributing to the plan of care for a patient or group of patients.
4. Collaborates with members of the healthcare team to prioritize resources, including one's own work time and activities delegated to others, for the purposes of achieving quality patient outcomes.
5. Evaluates outcomes of one's own nursing care.
6. Uses education and referral to assist the patient and family through care transitions.

Informatics and Technology:

Use advanced technology to analyze as well as synthesize information and collaborate in order to make critical decisions that optimize patient outcomes.

Knowledge

- Understands the use of electronic communication strategies among healthcare providers in the healthcare system.

Attitudes / Behaviors

- Values and protects confidentiality of protected health information.

Skills

1. Uses the electronic health record system to access relevant patient information, including accessing and interpreting patient history, diagnostic and laboratory findings.
2. Utilizes technology fully and accurately document patient assessment, plan of care, referrals, care provided.

Communication:

Interact effectively with patients, families, and colleagues, fostering mutual respect and shared decision making, to enhance patient satisfaction and health outcomes.

Knowledge

1. Understands the principles of effective communication through various means.
2. Knows grammar, spelling, and health care terminology.

Attitudes / Behavior

- Values individual cultural and personal diversity.

Skills

1. Uses clear, concise, and effective written, electronic, and verbal communications.
2. Documents interventions and outcomes of care according to professional standards and work unit policy.
3. Demonstrates effective interviewing techniques and adapts communication as needed based on patient's response.

Collegial Communication

- Uses standardized communication approaches (e.g. SBAR) in all communications and in care transitions.

Teaching and Learning:**Knowledge**

- Understands to principles of teaching and learning.

Attitudes / Behaviors

- Values different means of communication used by patients and families.

Skills

- Assesses factors that influence the patient's and family's ability to learn, including readiness to learn, preferences for learning style, and levels of health literacy.

Teamwork and Collaboration:

Function effectively within nursing and interdisciplinary teams, fostering open communication, mutual respect, shared decision-making, team learning, and development.

Knowledge

1. Identifies own strengths, limitations, and values in functioning as a member of a team.
2. Understands the impact of the effective collegial communication on patient outcomes.

3. Discusses how authority and hierarchy influence teamwork and patient safety.

Attitudes / Behaviors

- Appreciates the importance of collaboration.

Skills

1. Acts with honesty and integrity when working with patients, families, and team members.
2. Functions competently within own scope of practice as a member of the health care team.
3. Follows communication practices to minimize risks associated with transfers between providers during care transitions.
4. Contributes to effective team functioning.

Safety:

Minimize risk of harm to patients and providers through both system effectiveness and individual performance.

Knowledge

1. Identifies human factors and basic safety design principles that affect safety.
2. Describes the benefits and limitations of commonly used safety technology.

Attitudes / Behaviors

- Recognizes that both individuals and systems are accountable for a safe culture.

Skills

1. Demonstrates effective use of technology and standardized practices that support safe practice.
2. Communicates observations or concerns related to hazards and errors involving patients, families, and/or healthcare team.
3. Sufficiently prepares for and completes clinical assignments to implement safe and effective care, including identifying key nursing assessment data, analyzing data, developing priority nursing diagnoses, plans of care, interventions, evaluation criteria.
4. Incorporates clinical judgement in the performance of care, skills, and education.

Quality Improvement:

Use data to monitor the outcomes of care processes, and use improvement methods to design and test changes to continuously improve the quality and safety of health care systems.

Knowledge

- Use data to monitor the outcomes of care processes, and use improvement methods to design and test changes to continuously improve the quality and safety of health care systems.

Attitudes / Behaviors

- Recognizes that quality improvement is an essential part of nursing.

Skills

- Actively seeks information about quality initiatives in their own care settings and organization.

Evidence-Based Practice:

Identify, evaluate, and use the best current evidence coupled with clinical expertise and consideration of patients' preferences, experience and values to make practice decisions.

Knowledge

- Identifies evidence-based rationale when developing and/or modifying clinical practices.

Attitudes / Behaviors

- Values the concept of evidence-based practice (EBP) as integral to determining best clinical practice.

Skills

- Bases individualized care on best current evidence, patient values, and clinical expertise.

Suggested Reading Other Than Required Textbook

Journal articles related to course content.

Examples of Required Writing Assignments

1. Graded nursing care plan.
2. Graded concept map.
3. Patient assessment forms, medication sheets.

Examples of Outside Assignments

1. Written reports on selected clinical observations.
2. Care plans, concept maps, patient assessment forms, medication sheets.
3. Reflective journals after simulation lab experience(s).

Instruction Type(s)

Lab, Lecture