

NURSING COURSE OUTLINE/ LECTURE PLAN ALL LEVELS

NOTE: Subjects and topics from your school may vary for each year level

This is your personalised study guide. Use it to plan ahead and prepare for Nursing class discussions. By anticipating upcoming Nursing topics, you'll be well-equipped to participate actively and confidently and will have better chances of good scores during exams.

Because, 'Failing to prepare, is preparing to fail'.

Free Nursing PDFs arranged by year level Links

Google Docs version:

<https://docs.google.com/document/d/1ch0sz6rwBtsRit9pIUGQ3nZCs7eJVQ2KDCA8NGIfDSw/edit?usp=sharing>

Website version:

<https://b00ksalephil.wixsite.com/student-nurse-supp-1/free-nursing-pdfs>

1st Year

Nursing Biochemistry

BIOCHEMISTRY notes:

https://drive.google.com/file/d/1D5Z7ECDkx7VHJWcwV8qzOjXbK-BB1hmW/view?usp=drive_link

Free PDF:

https://drive.google.com/file/d/1SJXyfDEHjHpeC0W7hSOwT6kGkHPsMzMx/view?usp=drive_link

Course Introduction

- Overview of Biochemistry
- Importance of Biochemistry in Nursing
- Course Objectives and Outcomes

Module 1: Basic Concepts of Chemistry

- **Week 1-2: Introduction to Chemistry**
 - Atoms, molecules, and ions
 - Chemical bonds: ionic, covalent, and hydrogen bonds
 - Basic chemical reactions
- **Week 3: pH and Buffers**
 - Definition of pH
 - Importance of pH in biological systems
 - Buffer systems in the body

Module 2: Biomolecules

- **Week 4-5: Carbohydrates**
 - Structure and function of monosaccharides, disaccharides, and polysaccharides
 - Metabolism of carbohydrates
 - Role of carbohydrates in the body
- **Week 6-7: Lipids**
 - Types of lipids: fats, phospholipids, steroids
 - Structure and function of lipids
 - Lipid metabolism
- **Week 8-9: Proteins**
 - Amino acids: structure and types
 - Protein structure: primary, secondary, tertiary, and quaternary
 - Enzymes: function, mechanism, and regulation
- **Week 10-11: Nucleic Acids**
 - Structure and function of DNA and RNA
 - DNA replication, transcription, and translation
 - Role of nucleic acids in genetics

Module 3: Metabolism and Bioenergetics

- **Week 12-13: Introduction to Metabolism**
 - Anabolism and catabolism
 - ATP: structure, function, and synthesis
- **Week 14-15: Carbohydrate Metabolism**
 - Glycolysis, gluconeogenesis, and the Citric Acid Cycle
 - Electron Transport Chain and Oxidative Phosphorylation
- **Week 16-17: Lipid Metabolism**
 - Beta-oxidation of fatty acids
 - Ketogenesis and ketone bodies
- **Week 18-19: Protein Metabolism**
 - Amino acid catabolism and urea cycle
 - Role of proteins in energy production
- **Week 20: Integration of Metabolism**
 - Interrelationship of carbohydrate, lipid, and protein metabolism
 - Metabolic regulation and hormonal control

Module 4: Molecular Biology Techniques

- **Week 21-22: DNA Technology**
 - Recombinant DNA technology
 - Polymerase Chain Reaction (PCR)
 - Gel electrophoresis
- **Week 23: Genetic Engineering**
 - Gene cloning
 - Applications in medicine and research

Module 5: Clinical Biochemistry

- **Week 24-25: Blood Chemistry**
 - Composition and function of blood
 - Blood glucose regulation and disorders
- **Week 26-27: Enzyme Diagnostics**
 - Enzyme markers in disease diagnosis
 - Liver and cardiac enzymes
- **Week 28-29: Electrolytes and Acid-Base Balance**
 - Major electrolytes: sodium, potassium, calcium, magnesium
 - Acid-base balance and its clinical significance

Module 6: Nutrition and Biochemistry

- **Week 30-31: Vitamins and Minerals**
 - Water-soluble and fat-soluble vitamins
 - Role of minerals in health
- **Week 32: Nutritional Biochemistry**
 - Macronutrients and micronutrients
 - Nutritional deficiencies and their biochemical basis

Module 7: Special Topics in Biochemistry

- **Week 33: Biochemical Pathways in Disease**
 - Metabolic pathways in cancer
 - Biochemical basis of genetic disorders
- **Week 34: Biochemistry of Aging**
 - Cellular and molecular changes in aging
 - Role of oxidative stress and free radicals

Module 8: Review and Final Examination Preparation

- **Week 35-36: Comprehensive Review**
 - Review of all topics covered
 - Practice exams and problem-solving sessions
- **Week 37: Final Examination**

Conclusion

- **Week 38: Course Wrap-Up**
 - Discussion on the future of biochemistry in nursing
 - Feedback and evaluation

Theoretical Foundations of Nursing NCM 100

THEORETICAL FOUNDATION Notes:

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Free PDF

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Introduction to Theoretical Foundations of Nursing

- Definition and Importance of Nursing Theory
- Historical Development of Nursing Theory
- Relationship Between Nursing Theory, Practice, and Research
- Overview of Nursing Metaparadigm Concepts
 - Person
 - Environment
 - Health
 - Nursing

Unit 1: Understanding Nursing Theory

- Definition and Components of Nursing Theory
 - Concepts
 - Propositions
 - Models
 - Frameworks
- Levels of Nursing Theory
 - Grand Theories
 - Middle-Range Theories
 - Practice Theories
- Evaluation and Critique of Nursing Theories

Unit 2: Early Nursing Theories and Models

- Florence Nightingale's Environmental Theory
- Virginia Henderson's Need Theory
- Faye Abdellah's Twenty-One Nursing Problems
- Lydia Hall's Care, Cure, Core Model

Unit 3: Grand Nursing Theories

- Dorothea Orem's Self-Care Deficit Theory
 - Self-Care
 - Self-Care Deficit
 - Nursing Systems
- Imogene King's Theory of Goal Attainment
 - Personal System
 - Interpersonal System
 - Social System
- Betty Neuman's Systems Model
 - Client System
 - Stressors and Reaction
 - Prevention as Intervention
- Sister Callista Roy's Adaptation Model
 - Adaptation
 - Stimuli
 - Modes of Adaptation
- Martha Rogers' Science of Unitary Human Beings
 - Energy Fields
 - Pattern and Organization
 - Openness

Unit 4: Middle-Range Nursing Theories

- Patricia Benner's Novice to Expert Model
 - Stages of Clinical Competence
- Madeleine Leininger's Cultural Care Theory
 - Cultural Care Diversity and Universality
- Nola Pender's Health Promotion Model
 - Health Promotion
 - Individual Characteristics and Experiences
- Katharine Kolcaba's Theory of Comfort
 - Comfort Needs
 - Comfort Interventions
 - Health Seeking Behaviors

Unit 5: Practice Theories and Models

- Jean Watson's Theory of Human Caring
 - Carative Factors
 - Transpersonal Caring Relationship
- Hildegard Peplau's Interpersonal Relations Theory
 - Phases of the Nurse-Patient Relationship
 - Roles of the Nurse
- Ida Jean Orlando's Nursing Process Theory
 - Nursing Process Discipline
 - Patient Behavior and Nurse Reaction

Unit 6: Conceptual Models and Frameworks

- The Nursing Process
 - Assessment
 - Diagnosis
 - Planning
 - Implementation
 - Evaluation
- The Health Belief Model
 - Perceived Susceptibility and Severity
 - Perceived Benefits and Barriers
 - Cues to Action
 - Self-Efficacy
- The Transtheoretical Model of Change
 - Stages of Change
 - Processes of Change

Unit 7: Application of Nursing Theories in Practice

- Integrating Theory into Nursing Practice
- Case Studies Demonstrating Application of Theories
- Developing Nursing Care Plans Based on Theoretical Models
- Role of Theory in Evidence-Based Practice

Unit 8: Nursing Theory and Research

- Relationship Between Theory and Research
- Using Theory to Guide Research Questions and Hypotheses
- Theory Testing and Development Through Research
- Examples of Research Studies Based on Nursing Theories

Unit 9: Advanced Topics in Nursing Theory

- Contemporary Nursing Theories and Emerging Trends
- Interdisciplinary Theories in Nursing
- Global Perspectives on Nursing Theory
- Future Directions in Nursing Theory Development

Unit 10: Theoretical Foundations and Nursing Education

- Role of Theory in Nursing Curriculum Development
- Teaching Nursing Theory to Students
- Strategies for Integrating Theory into Clinical Education

Unit 11: Critique and Evaluation of Nursing Theories

- Criteria for Evaluating Nursing Theories
 - Clarity and Simplicity

- Scope and Complexity
- Testability and Empirical Adequacy
- Pragmatic Adequacy
- Comparative Analysis of Nursing Theories
- Reflective Practice and Theory Critique

Unit 12: The Role of Nursing Theorists

- Contributions of Key Nursing Theorists
- Biography and Impact of Notable Theorists
 - Florence Nightingale
 - Virginia Henderson
 - Dorothea Orem
 - Imogene King
 - Betty Neuman
 - Sister Callista Roy
 - Martha Rogers
 - Jean Watson
- Theorist's Influence on Nursing Practice, Education, and Research

Unit 13: Theoretical Integration and Synthesis

- Synthesizing Multiple Theories for Comprehensive Nursing Practice
- Integrative Models and Frameworks in Nursing
- Developing Personal Nursing Philosophies Based on Theoretical Foundations

Unit 14: Nursing Theory in Specialty Areas

- Application of Theory in Specialized Nursing Fields
 - Pediatric Nursing
 - Gerontological Nursing
 - Psychiatric and Mental Health Nursing
 - Community and Public Health Nursing
 - Critical Care Nursing

Unit 15: Challenges and Opportunities in Nursing Theory

- Addressing Gaps Between Theory and Practice
- Overcoming Barriers to Theory Utilization
- Opportunities for Advancing Nursing Theory in Practice

Unit 16: The Future of Nursing Theory

- Trends Influencing Nursing Theory Development
- Innovations in Theoretical Nursing Research
- Vision for the Future of Nursing Theory and Practice

Nursing Health Assessment

NCM 101

HEALTH ASSESSMENT Notes:

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Free PDF

https://drive.google.com/file/d/1Pcpb3CH8nBulXjtMEyEeO7YrBJFIZThD/view?usp=drive_link

Course Introduction

- Overview of Health Assessment
- Importance in Nursing
- Course Objectives and Outcomes

Module 1: Foundations of Health Assessment

- **Week 1-2: Introduction to Health Assessment**
 - Purpose and components of health assessment
 - Health history and physical examination techniques
- **Week 3-4: Communication and Interviewing Skills**
 - Effective communication techniques
 - Cultural considerations in health assessment

Module 2: Assessment Techniques and Equipment

- **Week 5: Vital Signs Assessment**
 - Measurement of temperature, pulse, respiration, and blood pressure
 - Interpretation of vital signs
- **Week 6: General Survey and Documentation**
 - General appearance and mental status assessment
 - Accurate documentation of findings

Module 3: System-Specific Assessments

- **Week 7-8: Skin, Hair, and Nails**
 - Inspection and palpation techniques
 - Common abnormalities and their clinical significance
- **Week 9-10: Head, Eyes, Ears, Nose, and Throat (HEENT)**
 - Examination techniques
 - Common conditions and their assessment
- **Week 11-12: Respiratory System**
 - Inspection, palpation, percussion, and auscultation
 - Assessment of normal and abnormal breath sounds
- **Week 13-14: Cardiovascular System**
 - Inspection, palpation, and auscultation of the heart

- Peripheral vascular assessment
- **Week 15-16: Gastrointestinal System**
 - Inspection, auscultation, percussion, and palpation of the abdomen
 - Assessment of common gastrointestinal conditions
- **Week 17-18: Musculoskeletal System**
 - Assessment of joints, muscles, and bones
 - Common musculoskeletal disorders
- **Week 19-20: Neurological System**
 - Mental status, cranial nerves, motor, and sensory assessment
 - Reflexes and neurological examination

Module 4: Special Populations

- **Week 21: Pediatric Assessment**
 - Techniques and considerations for assessing children
 - Growth and developmental milestones
- **Week 22: Geriatric Assessment**
 - Techniques and considerations for assessing older adults
 - Common geriatric conditions

Module 5: Advanced Health Assessment

- **Week 23-24: Pain Assessment**
 - Techniques for assessing pain
 - Pain management strategies
- **Week 25: Nutritional Assessment**
 - Methods for assessing nutritional status
 - Interpretation of nutritional data

Module 6: Review and Final Examination Preparation

- **Week 26-28: Comprehensive Review**
 - Review of all topics covered
 - Practice exams and problem-solving sessions
- **Week 29: Final Examination**

Conclusion

- **Week 30: Course Wrap-Up**
 - Discussion on the future of health assessment in nursing
 - Feedback and evaluation

Anatomy and Physiology

ANATOMY Notes:

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Free PDF

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Introduction to Anatomy and Physiology

- Definition and Scope
- Levels of Structural Organization
 - Chemical Level
 - Cellular Level
 - Tissue Level
 - Organ Level
 - System Level
 - Organism Level
- Basic Anatomical Terminology
 - Anatomical Position
 - Directional Terms
 - Planes and Sections
 - Body Cavities and Regions

Unit 1: The Human Body: An Orientation

- Overview of the Human Body
- Homeostasis and Feedback Mechanisms
- The Cell: Structure and Function
 - Cell Membrane
 - Cytoplasm and Organelles
 - Nucleus
 - Cellular Transport Mechanisms

Unit 2: The Skeletal System

- Structure and Function of Bones
- Bone Development and Growth
- Types of Bones
 - Long, Short, Flat, and Irregular Bones
- Axial Skeleton
 - Skull
 - Vertebral Column
 - Thoracic Cage
- Appendicular Skeleton
 - Pectoral Girdle
 - Pelvic Girdle
 - Upper and Lower Limbs
- Joints and Articulations
 - Classification of Joints
 - Types of Synovial Joints
 - Joint Movements

Unit 3: The Muscular System

- Types of Muscle Tissue
 - Skeletal Muscle
 - Smooth Muscle
 - Cardiac Muscle
- Structure of Skeletal Muscle
 - Muscle Fibers
 - Myofibrils and Sarcomeres
- Mechanism of Muscle Contraction
 - Sliding Filament Theory
 - Neuromuscular Junction
- Major Muscles of the Body
 - Head and Neck Muscles
 - Trunk Muscles
 - Upper Limb Muscles
 - Lower Limb Muscles

Unit 4: The Nervous System

- Overview of the Nervous System
 - Central Nervous System (CNS)
 - Peripheral Nervous System (PNS)
- Neurons and Neuroglia
 - Structure of Neurons
 - Types of Neurons
 - Function of Neuroglia
- The Brain and Spinal Cord
 - Structure and Function of the Brain
 - Cerebrum, Cerebellum, Brainstem
 - Spinal Cord Anatomy and Function
- Peripheral Nervous System
 - Cranial Nerves
 - Spinal Nerves
 - Autonomic Nervous System (ANS)
 - Sympathetic and Parasympathetic Divisions
- Reflexes and Neural Pathways

Unit 5: The Endocrine System

- Overview of the Endocrine System
- Hormones and Their Functions
- Major Endocrine Glands
 - Pituitary Gland
 - Thyroid Gland
 - Parathyroid Glands
 - Adrenal Glands
 - Pancreas

- Gonads (Ovaries and Testes)
- Pineal Gland
- Thymus

Unit 6: The Cardiovascular System

- Structure and Function of the Heart
 - Anatomy of the Heart
 - Cardiac Cycle
 - Conduction System of the Heart
- Blood Vessels
 - Arteries, Veins, and Capillaries
 - Structure of Blood Vessel Walls
 - Blood Pressure and Circulation
- Blood Composition and Functions
 - Red Blood Cells, White Blood Cells, Platelets
 - Hemostasis and Blood Clotting
- Major Circulatory Pathways
 - Systemic Circulation
 - Pulmonary Circulation
 - Coronary Circulation

Unit 7: The Lymphatic System and Immunity

- Structure and Function of the Lymphatic System
 - Lymph, Lymphatic Vessels, Lymph Nodes
 - Lymphoid Organs (Spleen, Thymus, Tonsils)
- Immune Response
 - Innate Immunity
 - Adaptive Immunity
 - T Cells and B Cells
 - Antibodies and Antigens

Unit 8: The Respiratory System

- Structure and Function of the Respiratory System
 - Nasal Cavity, Pharynx, Larynx, Trachea
 - Bronchi and Bronchioles
 - Lungs and Alveoli
- Mechanism of Breathing
 - Inspiration and Expiration
 - Respiratory Muscles
- Gas Exchange and Transport
 - Oxygen and Carbon Dioxide Transport
 - Regulation of Respiration

Unit 9: The Digestive System

- Structure and Function of the Digestive System
 - Oral Cavity, Pharynx, Esophagus
 - Stomach, Small Intestine, Large Intestine
 - Accessory Organs (Liver, Gallbladder, Pancreas)
- Digestive Processes
 - Ingestion, Digestion, Absorption, Elimination
 - Enzymes and Digestive Secretions
- Nutrient Metabolism

Unit 10: The Urinary System

- Structure and Function of the Urinary System
 - Kidneys, Ureters, Bladder, Urethra
- Formation of Urine
 - Glomerular Filtration, Tubular Reabsorption, Tubular Secretion
- Regulation of Fluid and Electrolyte Balance
 - Role of Kidneys in Homeostasis
 - Acid-Base Balance
- Micturition (Urination)

Unit 11: The Reproductive System

- Structure and Function of the Male Reproductive System
 - Testes, Epididymis, Vas Deferens, Urethra, Penis
 - Accessory Glands (Seminal Vesicles, Prostate, Bulbourethral Glands)
- Structure and Function of the Female Reproductive System
 - Ovaries, Fallopian Tubes, Uterus, Vagina
 - External Genitalia (Vulva)
- Menstrual Cycle and Hormonal Regulation
- Pregnancy and Childbirth
 - Fertilization, Embryonic Development, Fetal Development
 - Labor and Delivery

Unit 12: The Integumentary System

- Structure and Function of the Skin
 - Epidermis, Dermis, Subcutaneous Layer
- Skin Appendages
 - Hair, Nails, Glands (Sweat, Sebaceous)
- Functions of the Skin
 - Protection, Sensation, Thermoregulation
- Skin Healing and Repair

Unit 13: Fluid, Electrolyte, and Acid-Base Balance

- Body Fluid Compartments
 - Intracellular and Extracellular Fluids
- Electrolyte Balance

- Major Electrolytes (Sodium, Potassium, Calcium, etc.)
- Regulation of Electrolyte Levels
- Acid-Base Balance
 - pH and Buffer Systems
 - Respiratory and Renal Regulation of Acid-Base Balance

Unit 14: Special Senses

- Structure and Function of the Eye
 - Anatomy of the Eye
 - Vision and Visual Pathways
- Structure and Function of the Ear
 - Anatomy of the Ear
 - Hearing and Balance
- Other Special Senses
 - Taste (Gustation)
 - Smell (Olfaction)

Unit 15: Integration and Regulation of Body Functions

- Nervous System Control
 - Autonomic Nervous System
 - Central and Peripheral Nervous Systems
- Endocrine System Control
 - Hormonal Regulation
- Interactions Between Body Systems
 - Integration of Nervous and Endocrine Systems
 - Homeostatic Regulation

Fundamentals of Nursing

NCM 102

FUNDAMENTALS OF NURSING Notes:

https://drive.google.com/file/d/15OgdoSjqU8kdtCgdutm8uY05vNoG2Sy-/view?usp=drive_link

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Introduction to Nursing

- Definition and Scope of Nursing
- Historical Development of Nursing

- Influential Figures in Nursing (Florence Nightingale, Clara Barton, etc.)
- Nursing Theories and Models
 - Overview of Major Nursing Theories
 - Application of Nursing Theories in Practice
- The Nursing Process
 - Assessment
 - Diagnosis
 - Planning
 - Implementation
 - Evaluation

Unit 1: Foundations of Nursing Practice

- Health and Wellness
 - Definitions and Concepts
 - Health Promotion and Disease Prevention
- Legal and Ethical Issues in Nursing
 - Patient Rights and Advocacy
 - Informed Consent
 - Confidentiality and HIPAA
 - Professional Boundaries
 - Ethical Principles and Decision Making
- Cultural Competence and Diversity
 - Understanding Cultural Differences
 - Providing Culturally Competent Care
 - Addressing Health Disparities

Unit 2: Communication in Nursing

- Therapeutic Communication
 - Principles and Techniques
 - Barriers to Effective Communication
 - Active Listening
- Interpersonal Skills
 - Building Rapport with Patients and Families
 - Conflict Resolution
 - Team Communication and Collaboration
- Documentation and Reporting
 - Importance of Accurate Documentation
 - Electronic Health Records (EHRs)
 - Shift Reports and Handoffs

Unit 3: Basic Nursing Skills

- Vital Signs
 - Measurement and Interpretation of Temperature, Pulse, Respiration, Blood Pressure
 - Pain Assessment

- Hygiene and Personal Care
 - Bathing and Skin Care
 - Oral Hygiene
 - Hair and Nail Care
 - Perineal Care
- Mobility and Immobility
 - Body Mechanics and Patient Positioning
 - Range of Motion Exercises
 - Use of Assistive Devices
 - Prevention of Complications of Immobility
- Infection Control
 - Principles of Asepsis
 - Hand Hygiene
 - Use of Personal Protective Equipment (PPE)
 - Isolation Precautions
- Safety in Nursing Practice
 - Fall Prevention
 - Use of Restraints
 - Safe Patient Handling

Unit 4: Assessment and Data Collection

- Comprehensive Health Assessment
 - Health History Taking
 - Physical Examination Techniques
 - Use of Diagnostic Tools and Tests
- Focused Assessments
 - System-Specific Assessments (Cardiovascular, Respiratory, Neurological, etc.)
 - Emergency Assessments

Unit 5: Nursing Care of the Adult

- Basic Adult Care
 - Nutrition and Hydration
 - Elimination (Urinary and Bowel)
 - Sleep and Rest
- Common Medical-Surgical Conditions
 - Care of Patients with Respiratory Disorders
 - Care of Patients with Cardiovascular Disorders
 - Care of Patients with Neurological Disorders
 - Care of Patients with Gastrointestinal Disorders
 - Care of Patients with Musculoskeletal Disorders
- Chronic Illness and Long-Term Care
 - Management of Chronic Conditions
 - Palliative and End-of-Life Care

Unit 6: Medication Administration

- Principles of Pharmacology
 - Drug Classifications and Actions
 - Drug Interactions and Side Effects
- Safe Medication Administration
 - The Five Rights of Medication Administration
 - Routes of Administration (Oral, IM, IV, etc.)
 - Dosage Calculations
- Patient Education and Medication Compliance

Unit 7: Nutrition in Nursing

- Basic Nutritional Needs
 - Macronutrients and Micronutrients
 - Special Diets (Diabetic, Cardiac, Renal, etc.)
- Nutritional Assessment and Planning
 - Assessing Nutritional Status
 - Developing Nutritional Care Plans
- Feeding Techniques
 - Assisting with Oral Feeding
 - Enteral and Parenteral Nutrition

Unit 8: Fluid and Electrolyte Balance

- Importance of Fluid and Electrolyte Balance
- Assessment of Fluid and Electrolyte Status
- Management of Fluid and Electrolyte Imbalances
 - Dehydration
 - Fluid Overload
 - Electrolyte Imbalances (Hyperkalemia, Hypokalemia, etc.)

Unit 9: Perioperative Nursing

- Phases of Perioperative Care
 - Preoperative Assessment and Preparation
 - Intraoperative Care
 - Postoperative Care
- Common Surgical Procedures
- Pain Management in the Perioperative Period

Unit 10: Mental Health Nursing

- Basic Concepts of Mental Health and Illness
- Therapeutic Communication in Mental Health
- Care of Patients with Common Mental Health Disorders
 - Anxiety Disorders
 - Mood Disorders
 - Schizophrenia
 - Substance Use Disorders

- Crisis Intervention and Suicide Prevention

Unit 11: Family and Community Health Nursing

- Family-Centered Care
 - Assessing Family Health
 - Planning and Implementing Family Care
- Community Health Nursing
 - Role of the Community Health Nurse
 - Public Health and Disease Prevention
 - Health Education and Promotion

Unit 12: Professional Development in Nursing

- Nursing Education and Career Pathways
- Continuing Education and Lifelong Learning
- Leadership and Management in Nursing
 - Delegation and Supervision
 - Time Management
 - Conflict Resolution
- Evidence-Based Practice
 - Importance of Research in Nursing
 - Applying Research to Clinical Practice

Unit 13: Special Topics in Nursing

- Emergency and Disaster Nursing
 - Preparedness and Response
 - Triage and Mass Casualty Management
- Gerontological Nursing
 - Care of the Older Adult
 - Common Geriatric Syndromes
- Pediatric Nursing
 - Growth and Development
 - Common Pediatric Conditions
- Maternal and Newborn Nursing
 - Prenatal and Postnatal Care
 - Newborn Assessment and Care

Microbiology and Parasitology

MICROBIOLOGY Notes:

https://drive.google.com/file/d/1bvG7svFDsdN-nuD40QIQ3jrwh6X4dNdY/view?usp=drive_link

Free PDF

https://drive.google.com/file/d/1qRBS24PPZnvcq3H7DgDCpJyAKQaBNJHV/view?usp=drive_link

Course Introduction

- Overview of Microbiology and Parasitology
- Importance in Nursing
- Course Objectives and Outcomes

Module 1: Introduction to Microbiology

- **Week 1-2: Basics of Microbiology**
 - History and scope of microbiology
 - Classification of microorganisms
 - Structure and function of prokaryotic and eukaryotic cells
- **Week 3: Microscopy and Staining Techniques**
 - Types of microscopes
 - Gram staining and other differential stains

Module 2: Bacterial Physiology and Genetics

- **Week 4-5: Bacterial Growth and Metabolism**
 - Nutritional requirements and growth conditions
 - Bacterial growth curve
 - Metabolic pathways in bacteria
- **Week 6-7: Bacterial Genetics**
 - DNA replication, transcription, and translation in bacteria
 - Plasmids and gene transfer mechanisms

Module 3: Pathogenic Microorganisms

- **Week 8-10: Bacteria**
 - Major pathogenic bacteria
 - Mechanisms of bacterial pathogenesis
 - Clinical manifestations and laboratory diagnosis
- **Week 11-12: Viruses**
 - Structure and classification of viruses
 - Viral replication and pathogenesis
 - Common viral infections and their management
- **Week 13-14: Fungi and Yeasts**
 - Characteristics of fungi and yeasts
 - Fungal diseases and their clinical importance
 - Antifungal therapies
- **Week 15: Protozoa and Helminths**
 - Overview of protozoan and helminth parasites
 - Life cycles and modes of transmission
 - Common parasitic infections

Module 4: Immunology

- **Week 16-17: Basics of Immunology**
 - Components of the immune system
 - Innate and adaptive immunity
- **Week 18-19: Immune Response to Infections**
 - Antigen-antibody reactions
 - Vaccination and immunization strategies

Module 5: Infection Control and Epidemiology

- **Week 20-21: Infection Control in Healthcare Settings**
 - Sterilization and disinfection
 - Hospital-acquired infections
- **Week 22-23: Epidemiology of Infectious Diseases**
 - Principles of epidemiology
 - Outbreak investigation and control

Module 6: Clinical Parasitology

- **Week 24-26: Parasitic Infections**
 - Pathogenesis and clinical features of major parasitic diseases
 - Diagnostic techniques and treatment strategies
- **Week 27-28: Vector-Borne Diseases**
 - Role of vectors in disease transmission
 - Prevention and control measures

Module 7: Review and Final Examination Preparation

- **Week 29-31: Comprehensive Review**
 - Review of all topics covered
 - Practice exams and problem-solving sessions
- **Week 32: Final Examination**

Conclusion

- **Week 33: Course Wrap-Up**
 - Discussion on the future of microbiology and parasitology in nursing
 - Feedback and evaluation

Nursing Informatics NCM 113

My Lecture Notes:

(Coming Soon - Status: Compiling)

Free PDF

https://drive.google.com/file/d/19riPHg6ywZ36gkM9kzF_1ObGADX_gh-p/view?usp=drive_link

Introduction to Nursing Informatics

- Definition and Importance of Nursing Informatics
- Historical Development of Nursing Informatics
- Roles and Responsibilities of Nurse Informaticists
- Core Competencies in Nursing Informatics

Unit 1: Fundamentals of Information Technology

- Basic Computer Concepts
 - Hardware and Software
 - Networking and Data Communication
- Information Systems and Databases
 - Types of Information Systems
 - Database Management Systems
 - Data Storage and Retrieval

Unit 2: Electronic Health Records (EHRs)

- Overview of EHRs
- Components of an EHR System
- Benefits and Challenges of EHR Implementation
- Nursing Documentation in EHRs
- Ensuring Data Accuracy and Integrity

Unit 3: Health Information Exchange (HIE)

- Definition and Importance of HIE
- HIE Models and Architectures
- Benefits and Barriers to HIE
- Standards and Interoperability in HIE
- Role of Nurses in HIE

Unit 4: Clinical Decision Support Systems (CDSS)

- Overview of CDSS
- Types of CDSS Tools
- Benefits and Limitations of CDSS
- Integrating CDSS into Clinical Practice
- Evaluating the Effectiveness of CDSS

Unit 5: Telehealth and Telemedicine

- Definition and Scope of Telehealth
- Types of Telehealth Services
- Benefits and Challenges of Telehealth
- Legal and Ethical Considerations in Telehealth
- Role of Nurses in Telehealth

Unit 6: Data Analytics and Quality Improvement

- Introduction to Data Analytics
- Types of Data in Healthcare
 - Structured vs. Unstructured Data
- Data Mining and Predictive Analytics
- Using Data for Quality Improvement
 - Performance Metrics and Indicators
 - Evidence-Based Practice and Informatics

Unit 7: Privacy, Security, and Confidentiality

- Overview of Health Data Privacy and Security
- Legal and Regulatory Requirements
 - HIPAA
 - HITECH Act
- Ensuring Data Confidentiality and Security
 - Encryption and Access Controls
 - Risk Management Strategies

Unit 8: Consumer Health Informatics

- Overview of Consumer Health Informatics
- Patient Portals and Personal Health Records (PHRs)
- Empowering Patients Through Health IT
- Evaluating Health Information Online
- Mobile Health (mHealth) Applications

Unit 9: Emerging Technologies in Nursing Informatics

- Wearable Health Devices
- Artificial Intelligence and Machine Learning
- Blockchain in Healthcare
- Virtual and Augmented Reality in Nursing Education and Practice
- Future Trends in Nursing Informatics

Unit 10: Informatics in Nursing Education and Research

- Role of Informatics in Nursing Education
- Integrating Informatics into Nursing Curriculum
- Simulation and Virtual Learning Environments
- Nursing Research and Informatics
 - Data Collection and Analysis
 - Research Databases and Tools

Unit 11: Implementation and Change Management

- Steps in Health IT Implementation

- Project Management Principles
- Change Management Strategies
- Training and Support for End-Users
- Evaluating Health IT Projects

Unit 12: Case Studies and Practical Applications

- Case Study Analysis in Nursing Informatics
- Group Projects on Informatics Solutions
- Simulated Health IT Scenarios
- Developing Informatics Competencies

Unit 13: Professional Development in Nursing Informatics

- Career Pathways in Nursing Informatics
- Certification and Continuing Education
- Professional Organizations and Resources
- Networking and Collaboration in Informatics

Unit 14: Integration and Reflection

- Reflective Practice in Nursing Informatics
- Integrating Informatics into Nursing Practice
- Staying Current with Technological Advances
- Preparing for Informatics Challenges in Nursing Career

Nursing Bioethics

NURSING BIOETHICS Notes:

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Module 1: Introduction to Ethics

- **Week 1: Understanding Ethics and Morals**
 - Introduction to Ethics
 - The Meaning of Ethics and Morals
 - Types of Ethical Inquiry
- **Week 2: Ethical Perspectives and Theories**
 - Ethical Relativism
 - Ethical Objectivism
 - Values and Moral Reasoning
- **Week 3: Historical Development of Ethical Thought**
 - Ancient Greece

- The Middle Ages
- Modern Philosophy and the Age of Enlightenment
- Postmodern Era

Module 2: Ethical Theories and Approaches

- **Week 4: Western Ethics**
 - Introduction to Western Ethics
 - Religion and Western Ethics
 - Virtue Ethics
 - Natural Law Theory
 - Deontology
 - Consequentialism
- **Week 5: Ethical Approaches**
 - Prima Facie Rights
 - Principlism
 - Casuistry
 - Narrative Ethics
 - Critical Theory
 - Feminist Ethics
- **Week 6: Eastern Ethics**
 - Introduction to Eastern Ethics
 - Indian Ethics
 - Chinese Ethics

Module 3: Bioethics and Ethical Decision Making

- **Week 7: Introduction to Bioethics**
 - Ethical Principles
 - Autonomy
 - Informed Consent
 - Intentional Nondisclosure
 - Patient Self-Determination Act
 - HIPAA Privacy and Security Rules
- **Week 8: Principles of Nonmaleficence and Beneficence**
 - Nonmaleficence
 - Futility
 - Rule of Double Effect
 - Slippery Slope Arguments
 - Beneficence
 - Paternalism
 - Second Victim Phenomenon
- **Week 9: Justice and Professional-Patient Relationships**
 - Justice
 - Social Justice
 - Patient Protection and Affordable Care Act
 - Professional–Patient Relationships
 - Unavoidable Trust

- Human Dignity
- Patient Advocacy
- Moral Suffering

Module 4: Critical Thinking and Ethical Decision Making

- **Week 10: Introduction to Critical Thinking**
 - Critical Thinking
 - Moral Imagination
 - The High, Hard Ground and the Swampy, Low Ground
 - Reflective Practice
- **Week 11: Decision-Making Frameworks**
 - The Four Topics Approach to Ethical Decision Making
 - The Healthcare Team

Module 5: Ethics in Professional Nursing Practice

- **Week 12: Nursing Ethics and Professional Codes**
 - Introduction to Nursing Ethics
 - Professional Codes of Ethics in Nursing
 - ANA Code of Ethics for Nurses
 - ICN Code of Ethics for Nurses
 - Common Threads Between the ANA and ICN Codes
- **Week 13: Professional Boundaries and Ethical Competencies**
 - Professional Boundaries in Nursing
 - Ideal Nursing Ethical Competencies
 - Moral Integrity
 - Moral Distress
- **Week 14: Communication and Advocacy in Nursing**
 - Honesty
 - Truthfulness and Truth-telling
 - Benevolence
 - Wisdom
 - Moral Courage
 - Communication
 - Mindfulness
 - Effective Listening
 - Concern
 - Advocacy

Module 6: Nursing Relationships and Social Media

- **Week 15: Professional Relationships**
 - Nurse–Physician Relationships
 - Nurse–Nurse Relationships
 - Horizontal Violence and Wounded Healers
 - Improving Nurse–Nurse Relationships
- **Week 16: Ethics and Social Media**

- Nurses and Social Media
- Moral Spaces and Blurred Lines
- Social Media, Email, and Cell Phones
- Benefits and Perils of Using Social Media
- Strategies for Using Social Media

Module 7: Nursing Ethics Across the Life Span

- **Week 17: Reproductive Ethics**
 - Introduction to Ethics in Reproductive Health
 - Reproductive Health
 - Moral Standing of Humans
 - Maternal–Fetal Conflict
 - Reproductive Rights
 - Ethical Issues in Reproductive Technology
- **Week 18: Infant and Child Nursing Ethics**
 - Mothering and Foundations of Trust
 - Universal Vaccination
 - Global Problems of Poverty and Infectious Diseases
 - Surrogate Decision Making
 - Withholding Information from Children
 - Quality of Life and Treatment Decisions
- **Week 19: Adolescent Nursing Ethics**
 - Ethical Issues and Concerns Involving Adolescents
 - Confidentiality, Privacy, and Trust
 - Adolescent Risk-Taking Behaviors
 - Nursing Care of Adolescents
- **Week 20: Adult Health Nursing Ethics**
 - Medicalization and Compliance
 - Cultural Views on Medicalization
 - Chronic Disease and Illness
 - Organ Transplantation and Ethical Concerns
- **Week 21: Nursing Care of Elders**
 - Life Meaning and Significance
 - Autonomy and Paternalism
 - Dementia and Vulnerability
 - Long-Term Care and Elder Abuse
 - Humanistic Nursing Care of Elders
- **Week 22: End-of-Life Nursing Ethics**
 - What Is Death?
 - Ethical Issues in End-of-Life Care
 - Advance Directives and Surrogate Decision Makers
 - Palliative Care and the Right to Die
 - Alleviation of Pain and Suffering in Dying Patients

Module 8: Special Issues in Nursing Ethics

- **Week 23: Psychiatric/Mental Health Nursing Ethics**

- Characteristics of Psychiatric Nursing
- Ethical Implications of Diagnosis
- Advocacy and Boundaries
- Privacy, Confidentiality, and Privileged Communication
- **Week 24: Public Health Nursing Ethics**
 - Ethical Approaches to Public Health
 - Social Justice and Health Disparities
 - Communicable Diseases and Public Health Crises
 - Public Health Nursing and Service Learning
- **Week 25: Ethics in Organizations and Leadership**
 - Organizational Ethics and Culture
 - Leadership Ethics
 - Compliance and Ethics Programs
 - Healthcare Fraud and Conflicts of Interest

Nursing Return Demonstrations

My Lecture Notes:

Coming Soon - Status: Compiling

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Module 1: Basic Nursing Skills

- **Week 1-2: Hand Hygiene and Infection Control**
 - Handwashing techniques
 - Use of personal protective equipment (PPE)
 - Sterilization and disinfection procedures
- **Week 3: Vital Signs Measurement**
 - Measuring temperature, pulse, respiration, and blood pressure
 - Recording and interpreting vital signs
- **Week 4: Bed Making and Patient Positioning**
 - Making an occupied and unoccupied bed
 - Positioning patients for comfort and medical procedures

Module 2: Patient Assessment Skills

- **Week 5: Health History Taking**
 - Conducting a patient interview
 - Documenting health history
- **Week 6-7: Physical Assessment Techniques**
 - Inspection, palpation, percussion, and auscultation
 - Systematic head-to-toe assessment

- **Week 8: Pain Assessment**
 - Assessing pain using different scales
 - Documenting and managing pain

Module 3: Mobility and Transfer Skills

- **Week 9: Safe Patient Handling**
 - Techniques for lifting and transferring patients
 - Use of transfer aids and devices
- **Week 10: Range of Motion Exercises**
 - Performing passive and active range of motion exercises
 - Documentation and patient education

Module 4: Medication Administration

- **Week 11-12: Oral and Topical Medications**
 - Preparing and administering oral medications
 - Applying topical medications
- **Week 13: Parenteral Medications**
 - Administering intramuscular, subcutaneous, and intradermal injections
 - Safe handling of needles and syringes
- **Week 14: Intravenous Therapy**
 - Initiating and maintaining IV lines
 - Administering IV medications and fluids

Module 5: Wound Care and Management

- **Week 15: Basic Wound Care**
 - Cleaning and dressing wounds
 - Identifying stages of wound healing
- **Week 16: Advanced Wound Care**
 - Managing complex wounds and pressure ulcers
 - Use of wound care products and dressings

Module 6: Respiratory Care

- **Week 17: Oxygen Therapy**
 - Administering oxygen via nasal cannula and mask
 - Monitoring oxygen saturation levels
- **Week 18: Airway Management**
 - Suctioning techniques
 - Managing artificial airways (tracheostomy care)

Module 7: Elimination Needs

- **Week 19: Urinary Catheterization**
 - Inserting and managing indwelling catheters
 - Preventing catheter-associated infections

- **Week 20: Bowel Management**
 - Administering enemas
 - Managing ostomy care

Module 8: Nutrition and Feeding

- **Week 21: Oral and Enteral Feeding**
 - Assisting with oral feeding
 - Administering tube feedings
- **Week 22: Parenteral Nutrition**
 - Initiating and managing total parenteral nutrition (TPN)
 - Monitoring for complications

Module 9: Emergency Care and Life Support

- **Week 23-24: Basic Life Support (BLS)**
 - Cardiopulmonary resuscitation (CPR) techniques
 - Use of automated external defibrillators (AED)
- **Week 25: Advanced Life Support (ALS)**
 - Advanced airway management
 - Medication administration in emergencies

Module 10: Specialized Nursing Skills

- **Week 26: Perioperative Nursing Skills**
 - Preparing patients for surgery
 - Postoperative care and monitoring
- **Week 27: Maternal and Newborn Care**
 - Assisting with labor and delivery
 - Newborn assessment and care
- **Week 28: Pediatric Nursing Skills**
 - Pediatric assessment techniques
 - Managing common pediatric conditions

Module 11: Psychiatric Nursing Skills

- **Week 29: Therapeutic Communication**
 - Techniques for effective communication with psychiatric patients
 - Managing challenging behaviors
- **Week 30: Crisis Intervention**
 - Identifying and managing psychiatric emergencies
 - Use of de-escalation techniques

2nd Year

Community Health Nursing NCM 103

Lecture Notes:

Coming Soon - Status: Compiling

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Introduction to Philippine Community Health Nursing

- Definition and Scope of Community Health Nursing
- Historical Development of Community Health Nursing in the Philippines
- Roles and Responsibilities of Community Health Nurses
- Legal and Ethical Considerations in Community Health Nursing

Unit 1: Foundations of Community Health Nursing

- Principles and Concepts of Community Health Nursing
- The Nursing Process in Community Health
- Health Promotion and Disease Prevention
- Levels of Prevention: Primary, Secondary, and Tertiary

Unit 2: Philippine Health Care System

- Overview of the Philippine Health Care System
 - Structure and Organization
 - Public and Private Health Sectors
 - Health Care Financing
- Health Policies and Programs in the Philippines
 - National Health Insurance Program (PhilHealth)
 - Universal Health Care Act
- Role of Government Agencies in Health Care
 - Department of Health (DOH)
 - Local Government Units (LGUs)
 - Barangay Health Workers (BHWs)

Unit 3: Epidemiology and Biostatistics

- Basic Concepts in Epidemiology
 - Measures of Disease Frequency
 - Epidemiological Study Designs
- Application of Epidemiology in Community Health
- Introduction to Biostatistics
 - Descriptive and Inferential Statistics
 - Data Collection and Analysis
- Health Indicators and Health Surveys in the Philippines

Unit 4: Health Assessment in the Community

- Conducting Community Health Assessments
 - Community Diagnosis
 - Community Mapping and Profiling
- Data Collection Methods

- Surveys and Questionnaires
- Focus Group Discussions
- Observations and Interviews
- Analysis and Interpretation of Community Health Data

Unit 5: Communicable and Non-Communicable Diseases

- Overview of Communicable Diseases in the Philippines
 - Tuberculosis
 - Dengue Fever
 - Malaria
 - HIV/AIDS
 - Vaccine-Preventable Diseases (Measles, Polio)
- Non-Communicable Diseases
 - Hypertension
 - Diabetes Mellitus
 - Cardiovascular Diseases
 - Cancer
- Prevention and Control Strategies
 - Health Education and Advocacy
 - Immunization Programs
 - Surveillance and Monitoring

Unit 6: Maternal and Child Health

- Importance of Maternal and Child Health in Community Health Nursing
- Prenatal, Intrapartum, and Postpartum Care
- Child Health Programs and Services
 - Immunization
 - Growth Monitoring
 - Nutrition and Breastfeeding
- Adolescent Health
- Family Planning and Reproductive Health

Unit 7: Environmental and Occupational Health

- Impact of Environment on Health
 - Water and Sanitation
 - Air Pollution
 - Waste Management
- Occupational Health and Safety
 - Common Occupational Hazards
 - Workplace Health Programs
- Disaster Preparedness and Management

- Types of Disasters
- Disaster Risk Reduction and Management (DRRM)
- Role of Nurses in Disaster Response

Unit 8: School Health Nursing

- Role of Community Health Nurses in Schools
- Health Promotion and Education in Schools
- Common Health Issues Among School-Aged Children
 - Nutrition and Physical Activity
 - Mental Health and Bullying
- Screening and Preventive Services

Unit 9: Geriatric and Palliative Care in the Community

- Health Needs of Older Adults
- Common Geriatric Syndromes
 - Falls and Mobility Issues
 - Chronic Diseases Management
- Palliative and End-of-Life Care
 - Pain Management
 - Support for Families and Caregivers

Unit 10: Community Mental Health Nursing

- Mental Health in the Community Context
- Common Mental Health Disorders
 - Depression
 - Anxiety
 - Substance Abuse
- Community-Based Mental Health Programs
- Strategies for Promoting Mental Health and Well-being

Unit 11: Health Education and Communication

- Principles of Health Education
- Developing Health Education Materials
- Effective Communication Strategies
- Utilizing Media and Technology in Health Promotion
- Conducting Health Seminars and Workshops

Unit 12: Program Planning, Implementation, and Evaluation

- Steps in Program Planning
 - Needs Assessment

- Setting Goals and Objectives
 - Developing Interventions
- Program Implementation
 - Resource Allocation
 - Coordination and Collaboration
- Program Evaluation
 - Process and Outcome Evaluation
 - Using Evaluation Data for Program Improvement

Unit 13: Community Health Nursing Research

- Importance of Research in Community Health Nursing
- Developing Research Questions and Hypotheses
- Research Methodologies
 - Quantitative and Qualitative Research
 - Mixed-Methods Research
- Data Collection and Analysis in Community Settings
- Disseminating Research Findings

Unit 14: Advocacy and Leadership in Community Health Nursing

- Role of Nurses as Advocates
- Leadership Skills and Styles in Community Health
- Policy Development and Implementation
- Community Mobilization and Empowerment
- Building Partnerships and Collaborations

Unit 15: Current and Emerging Issues in Philippine Community Health Nursing

- Emerging Infectious Diseases
- Health Inequities and Social Determinants of Health
- Innovations in Community Health Nursing Practice
- Future Directions in Community Health Nursing

Unit 16: Case Studies and Practical Applications

- Case Study Analysis of Community Health Issues
- Group Projects on Community Health Interventions
- Simulation Exercises in Community Health Scenarios
- Fieldwork and Community Immersion Activities

Unit 17: Integration and Reflection

- Reflective Practice in Community Health Nursing

- Integrating Theory and Practice
- Preparing for Community Health Nursing Challenges
- Continuing Education and Professional Development

Maternal and Child Health Nursing NCM

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MATERNAL AND CHILD NURSING Notes:

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Introduction to Maternal and Child Health Nursing

- Definition and Scope
- Historical Perspectives and Trends in Maternal and Child Health Nursing
- Roles and Responsibilities of Maternal and Child Health Nurses
- Ethical and Legal Issues in Maternal and Child Health Nursing

Unit 1: Reproductive Health and Family Planning

- Anatomy and Physiology of the Male and Female Reproductive Systems
- The Menstrual Cycle and Hormonal Regulation
- Fertility and Infertility
- Contraceptive Methods
- Preconception Care and Counseling

Unit 2: Pregnancy and Prenatal Care

- Stages of Pregnancy (First, Second, Third Trimester)
- Physiological Changes During Pregnancy
- Psychological Adaptations to Pregnancy
- Prenatal Care and Assessments
 - History and Physical Examination
 - Laboratory Tests and Diagnostics
 - Nutritional Requirements During Pregnancy
 - Common Discomforts and Complications of Pregnancy
- High-Risk Pregnancies
 - Gestational Diabetes
 - Hypertensive Disorders (Preeclampsia, Eclampsia)
 - Preterm Labor
 - Multiple Gestations

Unit 3: Labor and Delivery

- Physiology of Labor
- Signs and Symptoms of Labor
- Stages of Labor (Latent, Active, Transition, Second Stage, Third Stage, Fourth Stage)
- Pain Management in Labor
 - Non-Pharmacological Methods
 - Pharmacological Methods
- Fetal Monitoring
- Obstetric Interventions
 - Induction and Augmentation of Labor
 - Assisted Delivery (Forceps, Vacuum Extraction)
 - Cesarean Section

Unit 4: Postpartum Care

- Physiological Changes in the Postpartum Period
- Postpartum Assessments and Care
 - Lochia and Uterine Involution
 - Breastfeeding and Lactation
 - Postpartum Nutrition
 - Emotional and Psychological Changes
- Postpartum Complications
 - Hemorrhage
 - Infection
 - Postpartum Depression

Unit 5: Newborn Care

- Immediate Newborn Care
 - Apgar Scoring
 - Initial Physical Assessment
 - Newborn Medications (Vitamin K, Hepatitis B Vaccine, Erythromycin Eye Ointment)
- Newborn Feeding
 - Breastfeeding
 - Formula Feeding
- Common Newborn Conditions
 - Jaundice
 - Hypoglycemia
 - Respiratory Distress
- Newborn Screening and Immunizations
- Discharge Planning and Parental Education

Unit 6: Growth and Development

- Principles of Growth and Development
- Developmental Milestones
 - Infancy (0-1 year)
 - Toddlerhood (1-3 years)
 - Preschool (3-5 years)
 - School-Age (6-12 years)
 - Adolescence (13-18 years)
- Factors Influencing Growth and Development
 - Genetics
 - Nutrition
 - Environment
- Assessment of Growth and Development

- Growth Charts
- Developmental Screening Tools

Unit 7: Pediatric Nursing Care

- Pediatric Assessment
 - Health History
 - Physical Examination Techniques
- Pediatric Vital Signs and Pain Assessment
- Common Pediatric Procedures
 - Medication Administration
 - IV Therapy
 - Wound Care
- Pediatric Nutrition
- Pediatric Emergencies
 - Choking
 - CPR
 - Poisoning

Unit 8: Common Pediatric Illnesses and Conditions

- Respiratory Disorders
 - Asthma
 - Bronchiolitis
 - Pneumonia
 - Cystic Fibrosis
- Cardiovascular Disorders
 - Congenital Heart Defects
 - Kawasaki Disease
 - Rheumatic Fever
- Gastrointestinal Disorders
 - Gastroesophageal Reflux
 - Pyloric Stenosis
 - Intussusception
 - Celiac Disease
- Neurological Disorders
 - Seizure Disorders
 - Cerebral Palsy
 - Hydrocephalus
- Endocrine Disorders
 - Diabetes Mellitus
 - Hypothyroidism
 - Growth Hormone Deficiency
- Hematologic and Oncologic Disorders

- Anemia
- Sickle Cell Disease
- Leukemia
- Lymphoma
- Infectious Diseases
 - Measles
 - Mumps
 - Rubella
 - Chickenpox
 - COVID-19

Unit 9: Adolescent Health

- Physical and Psychological Changes in Adolescence
- Adolescent Health Issues
 - Eating Disorders (Anorexia Nervosa, Bulimia Nervosa)
 - Substance Abuse
 - Mental Health Disorders (Depression, Anxiety)
 - Sexual and Reproductive Health
 - Violence and Injury Prevention

Unit 10: Chronic Conditions and Disabilities in Children

- Care of Children with Chronic Conditions
 - Asthma
 - Diabetes
 - Epilepsy
- Care of Children with Disabilities
 - Autism Spectrum Disorder
 - Down Syndrome
 - Muscular Dystrophy
- Family-Centered Care
- Community Resources and Support

Unit 11: Pediatric Pharmacology

- Principles of Pediatric Pharmacology
- Drug Administration in Children
- Dosage Calculations
- Common Medications Used in Pediatrics
 - Antibiotics
 - Analgesics
 - Antipyretics
 - Vaccines

Unit 12: Legal and Ethical Issues in Maternal and Child Health Nursing

- Informed Consent in Pediatrics
- Legal Rights of Children and Parents
- Ethical Dilemmas in Maternal and Child Health
 - End-of-Life Care
 - Genetic Testing
 - Immunization Refusal

Unit 13: Cultural Competence in Maternal and Child Health Nursing

- Understanding Cultural Diversity
- Impact of Culture on Health Beliefs and Practices
- Providing Culturally Competent Care
- Overcoming Language Barriers
- Respecting Religious and Cultural Practices

Unit 14: Health Promotion and Disease Prevention

- Health Education and Counseling
- Preventive Health Measures
 - Immunizations
 - Well-Child Visits
 - Screening Tests
- Nutrition and Physical Activity
- Oral Health
- Injury Prevention and Safety

Unit 15: Community and Public Health in Maternal and Child Health Nursing

- Role of Public Health in Maternal and Child Health
- Community Health Assessments
- Home Visits and Community-Based Care
- Programs and Services for Mothers and Children
 - WIC (Women, Infants, and Children)
 - Head Start
 - Early Intervention Services

Unit 16: Special Topics in Maternal and Child Health Nursing

- High-Risk Neonates
 - Prematurity
 - Neonatal Intensive Care
- High-Risk Obstetrics

- Placenta Previa
 - Abruptio Placentae
- Disaster Preparedness and Response for Maternal and Child Health
- Global Health Issues in Maternal and Child Health

Nursing Nutrition and Dietetics NCM 104

NUTRITION Notes:

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Introduction to Nutrition and Dietetics in Nursing

- Definition and Scope of Nutrition and Dietetics
- Importance of Nutrition in Nursing Practice
- Basic Nutritional Concepts and Terminology

Unit 1: Fundamentals of Nutrition

- Macronutrients: Carbohydrates, Proteins, Fats
 - Functions and Dietary Sources
 - Recommended Daily Allowances
- Micronutrients: Vitamins and Minerals
 - Functions and Dietary Sources
 - Recommended Daily Allowances
- Water and Electrolytes
- Energy Balance and Metabolism
 - Basal Metabolic Rate (BMR)
 - Total Daily Energy Expenditure (TDEE)

Unit 2: Nutritional Assessment

- Methods of Nutritional Assessment
 - Dietary History
 - Anthropometric Measurements
 - Biochemical Tests
 - Clinical Observations
- Identifying Nutritional Deficiencies and Excesses

Unit 3: Nutrition Across the Lifespan

- Nutrition for Infants and Children
- Nutrition for Adolescents
- Nutrition for Adults
- Nutrition for Older Adults
- Special Nutritional Needs During Pregnancy and Lactation

Unit 4: Clinical Nutrition and Diet Therapy

- Medical Nutrition Therapy (MNT)
 - Role of Nurses in MNT
 - Collaborating with Dietitians
- Nutrition in Chronic Diseases
 - Diabetes Mellitus
 - Cardiovascular Diseases
 - Renal Disease

- Gastrointestinal Disorders
- Cancer
- Nutrition in Acute Care Settings
 - Enteral Nutrition
 - Parenteral Nutrition
- Managing Food Allergies and Intolerances

Unit 5: Weight Management and Eating Disorders

- Principles of Weight Management
 - Assessing Body Weight and Composition
 - Designing Weight Management Programs
- Eating Disorders
 - Anorexia Nervosa
 - Bulimia Nervosa
 - Binge Eating Disorder
 - Role of Nurses in Identifying and Managing Eating Disorders

Unit 6: Nutrition Education and Counseling

- Principles of Nutrition Education
- Communication Skills for Nutrition Counseling
- Developing Nutrition Care Plans
- Motivational Interviewing Techniques
- Community Nutrition Programs and Resources

Unit 7: Food Safety and Public Health

- Principles of Food Safety
 - Safe Food Handling and Storage
 - Preventing Foodborne Illnesses
- Public Health Nutrition
 - Nutrition Policies and Programs
 - Addressing Nutritional Disparities
 - Promoting Healthy Eating in Communities

Unit 8: Trends and Emerging Issues in Nutrition

- Functional Foods and Nutraceuticals
- Dietary Supplements
- Plant-Based and Alternative Diets
- Nutrigenomics and Personalized Nutrition
- Sustainable Nutrition and Food Systems

Unit 9: Case Studies and Practical Applications

- Case Study Analysis in Clinical Nutrition
- Group Projects on Nutritional Interventions
- Simulated Patient Counseling Sessions
- Nutrition Care Planning and Documentation

Unit 10: Integration and Reflection

- Reflective Practice in Nutrition and Dietetics
- Integrating Nutrition into Holistic Nursing Care
- Continuing Education in Nutrition
- Preparing for Nutritional Challenges in Nursing Career

3rd Year

Medical-Surgical Nursing NCM 107, 108, 111

MedSURG Notes:

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Introduction to Medical-Surgical Nursing

- Definition and Scope
- Roles and Responsibilities of a Medical-Surgical Nurse
- The Nursing Process in Medical-Surgical Nursing
- Ethical and Legal Issues in Medical-Surgical Nursing

Unit 1: Foundations of Medical-Surgical Nursing

- Health Assessment
 - History Taking
 - Physical Examination Techniques
 - Diagnostic Tests and Procedures
- Pain Management
 - Types of Pain
 - Pain Assessment
 - Pain Management Strategies
- Perioperative Nursing
 - Preoperative Care
 - Intraoperative Care

- Postoperative Care

Unit 2: Respiratory System

- Anatomy and Physiology of the Respiratory System
- Assessment of the Respiratory System
- Common Respiratory Disorders
 - Asthma
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Pneumonia
 - Tuberculosis
 - Pulmonary Embolism
 - Acute Respiratory Distress Syndrome (ARDS)
 - Pulmonary Hypertension
 - Chronic Bronchitis
 - Emphysema
 - Bronchiectasis
 - Respiratory Syncytial Virus (RSV) Infection
 - Cystic Fibrosis
 - Pleural Effusion
 - Pneumothorax
 - Hemothorax
 - Pulmonary Fibrosis
 - Obstructive Sleep Apnea
 - Laryngitis
 - Tracheitis
 - Epiglottitis
 - Legionnaires' Disease
 - Respiratory Alkalosis
 - Respiratory Acidosis
 - Sarcoidosis
 - Hypersensitivity Pneumonitis
 - Aspiration Pneumonia
 - Allergic Rhinitis

Unit 3: Cardiovascular System

- Anatomy and Physiology of the Cardiovascular System
- Assessment of the Cardiovascular System
- Common Cardiovascular Disorders
 - Hypertension
 - Coronary Artery Disease (CAD)
 - Myocardial Infarction (Heart Attack)
 - Heart Failure

- Arrhythmias
- Peripheral Arterial Disease (PAD)
- Deep Vein Thrombosis (DVT)
- Stroke
- Angina Pectoris
- Atrial Fibrillation
- Cardiomyopathy
- Congenital Heart Disease
- Heart Valve Disease
- Pulmonary Embolism
- Cardiomegaly (Enlarged Heart)
- Aortic Aneurysm
- Rheumatic Heart Disease
- Pericarditis
- Endocarditis
- Mitral Valve Prolapse
- Hypertensive Heart Disease
- Chronic Venous Insufficiency
- Cardiac Arrest
- Kawasaki Disease
- Buerger's Disease (Thromboangiitis Obliterans)
- Loeffler's Endocarditis
- Cardiac Amyloidosis
- Fibromuscular Dysplasia
- Pulmonary Arterial Hypertension (PAH)
- Eisenmenger Syndrome
- Cardiac Sarcoidosis
- Endocarditis
- Marfan Syndrome (Cardiovascular Complications)
- Aortic Dissection
- Pericardial Effusion and Tamponade

Unit 4: Neurological System

- Anatomy and Physiology of the Neurological System
- Assessment of the Neurological System
- Common Neurological Disorders
 - Stroke (Cerebrovascular Accident - CVA)
 - Transient Ischemic Attack (TIA)
 - Parkinson's Disease
 - Multiple Sclerosis (MS)
 - Epilepsy and Seizure Disorders
 - Alzheimer's Disease
 - Amyotrophic Lateral Sclerosis (ALS)

- Traumatic Brain Injury (TBI)
- Migraine
- Tension Headache
- Cluster Headache
- Peripheral Neuropathy
- Bell's Palsy
- Guillain-Barré Syndrome
- Huntington's Disease
- Myasthenia Gravis
- Spinal Cord Injury
- Encephalitis
- Meningitis
- Hydrocephalus
- Restless Legs Syndrome (RLS)
- Carpal Tunnel Syndrome
- Essential Tremor
- Multiple Sclerosis

Unit 5: Gastrointestinal System

- Anatomy and Physiology of the Gastrointestinal System
- Assessment of the Gastrointestinal System
- Common Gastrointestinal Disorders
 - Gastroesophageal Reflux Disease (GERD)
 - Peptic Ulcer Disease (PUD)
 - Inflammatory Bowel Disease (IBD) – Crohn's Disease and Ulcerative Colitis
 - Irritable Bowel Syndrome (IBS)
 - Hepatitis
 - Cirrhosis
 - Pancreatitis
 - Cholecystitis and Gallstones
 - Colorectal Cancer
 - Celiac Disease
 - Diverticulitis
 - Gastroparesis
 - Lactose Intolerance
 - Hemorrhoids
 - Gastroenteritis
 - Esophageal Stricture
 - Barrett's Esophagus
 - Fatty Liver Disease (Non-Alcoholic Fatty Liver Disease - NAFLD)
 - Hiatal Hernia
 - Peptic Ulcer

- Peritonitis
- Small Intestinal Bacterial Overgrowth (SIBO)
- Anal Fissures
- Esophageal Varices
- Biliary Atresia
- Gastric Cancer
- Portal Hypertension
- Mallory-Weiss Tear
- Meckel's Diverticulum
- Pyloric Stenosis
- Duodenal Ulcer
- Short Bowel Syndrome
- Zollinger-Ellison Syndrome

Unit 6: Renal and Urinary System

- Anatomy and Physiology of the Renal and Urinary System
- Assessment of the Renal and Urinary System
- Common Renal and Urinary Disorders
 - Acute Kidney Injury (AKI)
 - Chronic Kidney Disease (CKD)
 - Urinary Tract Infections (UTIs)
 - Nephrotic Syndrome
 - Renal Calculi (Kidney Stones)
 - Bladder Cancer
 - Hydronephrosis
 - Interstitial Cystitis (Painful Bladder Syndrome)
 - Benign Prostatic Hyperplasia (BPH)
 - Glomerulonephritis
 - Polycystic Kidney Disease (PKD)
 - Pyelonephritis
 - Urethritis
 - Hematuria
 - Proteinuria
 - Renal Tubular Acidosis
 - Urinary Incontinence
 - Vesicoureteral Reflux (VUR)
 - Renal Artery Stenosis
 - Renal Vein Thrombosis
 - Urolithiasis
 - Nephrogenic Diabetes Insipidus
 - Overactive Bladder
 - Alport Syndrome
 - Medullary Sponge Kidney

- Wilms' Tumor (Nephroblastoma)

Unit 7: Reproductive System

- Anatomy and Physiology of the Reproductive System
- Assessment of the Reproductive System
- Common Reproductive Disorders
 - Endometriosis
 - Polycystic Ovary Syndrome (PCOS)
 - Uterine Fibroids
 - Pelvic Inflammatory Disease (PID)
 - Ovarian Cysts
 - Menorrhagia (Heavy Menstrual Bleeding)
 - Amenorrhea (Absence of Menstruation)
 - Dysmenorrhea (Painful Menstruation)
 - Premenstrual Syndrome (PMS)
 - Premenstrual Dysphoric Disorder (PMDD)
 - Infertility
 - Ectopic Pregnancy
 - Cervical Dysplasia
 - Cervical Cancer
 - Ovarian Cancer
 - Uterine (Endometrial) Cancer
 - Breast Cancer
 - Prostatitis
 - Benign Prostatic Hyperplasia (BPH)
 - Prostate Cancer
 - Erectile Dysfunction
 - Testicular Cancer
 - Varicocele
 - Hydrocele
 - Sexually Transmitted Infections (STIs) (e.g., chlamydia, gonorrhea, syphilis, human papillomavirus (HPV), herpes simplex virus (HSV))

Unit 8: Endocrine System

- Anatomy and Physiology of the Endocrine System
- Assessment of the Endocrine System
- Common Endocrine Disorders
 - Diabetes Mellitus (Type 1 and Type 2)
 - Diabetic Ketoacidosis (DKA)
 - Hyperglycemic Hyperosmolar State (HHS)
 - Hypothyroidism and Hyperthyroidism
 - Addison's Disease

- Cushing's Syndrome
- Pituitary Disorders
- Grave's Disease
- Hashimoto's Thyroiditis
- Polycystic Ovary Syndrome (PCOS)
- Acromegaly
- Hyperparathyroidism
- Hypoparathyroidism
- Pheochromocytoma
- Congenital Adrenal Hyperplasia (CAH)
- Primary Aldosteronism (Conn's Syndrome)
- Multiple Endocrine Neoplasia (MEN) Syndromes
- Hypopituitarism
- Diabetes Insipidus
- Thyroid Cancer
- Hypercalcemia
- Hypocalcemia
- Androgen Insensitivity Syndrome
- Klinefelter Syndrome
- Turner Syndrome
- Gestational Diabetes Mellitus
- Osteoporosis

Unit 9: Hematologic System

- Anatomy and Physiology of the Hematologic System
- Assessment of the Hematologic System
- Common Hematologic Disorders
 - Anemia
 - Leukemia
 - Lymphoma
 - Hemophilia
 - Sickle Cell Disease
 - Thrombocytopenia
 - Disseminated Intravascular Coagulation (DIC)
 - Iron Deficiency Anemia
 - Aplastic Anemia
 - Hemolytic Anemia
 - Pernicious Anemia
 - Thalassemia
 - Multiple Myeloma
 - Myelodysplastic Syndromes (MDS)
 - Polycythemia Vera
 - Idiopathic Thrombocytopenic Purpura (ITP)

- Heparin-Induced Thrombocytopenia (HIT)
- Von Willebrand Disease
- Essential Thrombocythemia
- Hodgkin's Lymphoma
- Non-Hodgkin's Lymphoma
- Chronic Myelogenous Leukemia (CML)
- Acute Myelogenous Leukemia (AML)
- Chronic Lymphocytic Leukemia (CLL)
- Acute Lymphoblastic Leukemia (ALL)
- Paroxysmal Nocturnal Hemoglobinuria (PNH)
- Hereditary Spherocytosis

Unit 10: Musculoskeletal System

- Anatomy and Physiology of the Musculoskeletal System
- Assessment of the Musculoskeletal System
- Common Musculoskeletal Disorders
 - Osteoporosis
 - Osteoarthritis
 - Rheumatoid Arthritis
 - Gout
 - Fractures and Dislocations
 - Muscular Dystrophy
 - Bone Tumors
 - Ankylosing Spondylitis
 - Fibromyalgia
 - Tendinitis
 - Bursitis
 - Plantar Fasciitis
 - Carpal Tunnel Syndrome
 - Rotator Cuff Tear
 - Spondylolisthesis
 - Spinal Stenosis
 - Herniated Disc
 - Paget's Disease of Bone
 - Juvenile Idiopathic Arthritis
 - Psoriatic Arthritis
 - Polymyalgia Rheumatica
 - Systemic Lupus Erythematosus (SLE)
 - Kyphosis
 - Lordosis
 - Scoliosis
 - Marfan Syndrome
 - Ehlers-Danlos Syndrome

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Unit 11: Integumentary System

- Anatomy and Physiology of the Integumentary System
- Assessment of the Integumentary System
- Common Integumentary Disorders
 - Pressure Ulcers
 - Burns
 - Skin Infections (Cellulitis, Impetigo)
 - Psoriasis
 - Skin Cancer (Basal Cell Carcinoma, Squamous Cell Carcinoma, Melanoma)
 - Dermatitis (Eczema, Contact Dermatitis)
 - Acne
 - Rosacea
 - Seborrheic Dermatitis
 - Vitiligo
 - Alopecia Areata
 - Lichen Planus
 - Warts (Verrucae)
 - Herpes Simplex
 - Herpes Zoster (Shingles)
 - Scabies
 - Tinea (Ringworm)
 - Hidradenitis Suppurativa
 - Folliculitis
 - Urticaria (Hives)
 - Keloids
 - Actinic Keratosis
 - Molluscum Contagiosum
 - Pityriasis Rosea
 - Erythema Multiforme
 - Stevens-Johnson Syndrome

Unit 12: Immune System

- Anatomy and Physiology of the Immune System
- Assessment of the Immune System
- Common Immune Disorders
 - HIV/AIDS
 - Systemic Lupus Erythematosus (SLE)
 - Rheumatoid Arthritis (RA)
 - Allergies and Anaphylaxis

- Organ Transplant and Immunosuppression
- Multiple Sclerosis (MS)
- Inflammatory Bowel Disease (IBD)
- Crohn's Disease
- Ulcerative Colitis
- Psoriasis
- Scleroderma
- Hashimoto's Thyroiditis
- Graves' Disease
- Celiac Disease
- Addison's Disease
- Myasthenia Gravis
- Sjögren's Syndrome
- Polymyalgia Rheumatica
- Giant Cell Arteritis
- Dermatomyositis
- Polymyositis

Unit 13: Oncology

- Introduction to Oncology Nursing
- Assessment of Cancer Patients
- Common Cancers
 - Breast Cancer
 - Lung Cancer
 - Colorectal Cancer
 - Prostate Cancer
 - Leukemia
 - Lymphoma
 - Pancreatic Cancer
 - Ovarian Cancer
 - Cervical Cancer
 - Bladder Cancer
 - Kidney (Renal) Cancer
 - Liver Cancer
 - Esophageal Cancer
 - Stomach (Gastric) Cancer
 - Thyroid Cancer
 - Melanoma (Skin Cancer)
 - Brain Cancer (Glioblastoma)
 - Endometrial (Uterine) Cancer
 - Testicular Cancer
 - Bone Cancer (Osteosarcoma)
 - Oral Cancer

- Nasopharyngeal Cancer
- Hodgkin's Lymphoma
- Non-Hodgkin's Lymphoma
- Multiple Myeloma
- Soft Tissue Sarcoma

Unit 14: Fluid, Electrolyte, and Acid-Base Balance

- Overview of Fluid, Electrolyte, and Acid-Base Balance
- Assessment and Management of Imbalances
- Common Disorders
 - Dehydration
 - Fluid Overload
 - Hyperkalemia & Hypokalemia
 - Hyponatremia & Hypernatremia
 - Metabolic Acidosis & Metabolic Alkalosis
 - Respiratory Acidosis & Respiratory Alkalosis
 - Hypercalcemia & Hypocalcemia
 - Hypermagnesemia & Hypomagnesemia
 - Hyperphosphatemia & Hypophosphatemia
 - Hyperchloremia & Hypochloremia
 - Hyperuricemia & Hypouricemia
 - Hypervolemia & Hypovolemia
 - Hyperproteinemia & Hypoproteinemia
 - Hyperglycemia & Hypoglycemia
 - Hyperalbuminemia & Hypoalbuminemia
 - Hypokalemic Periodic Paralysis & Hyperkalemic Periodic Paralysis
 - Hyperchloremic Metabolic Acidosis & Hypochloremic Metabolic Alkalosis
 - Hypercalciuria & Hypocalciuria
 - Hypoaldosteronism & Hyperaldosteronism (Conn's Syndrome)
 - Hypernatremic Dehydration & Hyponatremic Dehydration
 - Hypovolemic Hyponatremia & Euvolemic Hyponatremia & Hypervolemic Hyponatremia
 - Hypokalemic Metabolic Alkalosis & Hyperkalemic Metabolic Acidosis

Unit 15: Infection and Infectious Diseases

- Overview of Infectious Diseases
- Assessment of the Infectious Diseases
- Common Infectious Diseases
 - Bacterial Infections
 - Tuberculosis
 - MRSA

- Streptococcal Pharyngitis (Strep Throat)
- Lyme Disease
- Cholera
- Pertussis (Whooping Cough)
- Typhoid Fever
- Tetanus
- Legionnaires' Disease
- Anthrax
- Botulism
- Diphtheria
- Brucellosis
- Leprosy (Hansen's Disease)
- Viral Infections
 - HIV
 - Hepatitis
 - Influenza
 - Human Papillomavirus (HPV)
 - Varicella-Zoster Virus (Chickenpox and Shingles)
 - Dengue Fever
 - Measles
 - Mumps
 - Rubella
 - Respiratory Syncytial Virus (RSV) Infection
 - Epstein-Barr Virus (Mononucleosis)
 - Cytomegalovirus (CMV)
 - Hand, foot, and mouth disease
 - Rotavirus
 - Hepatitis A
 - Hepatitis B
 - Hepatitis C
 - Pertussis
 - Polio
 - Rabies
- Fungal Infections
 - Candidiasis
 - Aspergillosis
 - Cryptococcosis
 - Tinea capitis
 - Tinea corporis
 - Tinea cruris
 - Tinea pedis
 - Pityriasis versicolor
 - Mucormycosis
 - Pneumocystis pneumonia

- Parasitic Infections
 - Malaria
 - Schistosomiasis
 - Ascariasis
 - Trichuriasis
 - Hookworm
 - Enterobiasis
 - Amebiasis
 - Giardiasis
 - Balantidiasis
- Emerging Infectious Diseases
 - COVID-19
 - Middle East Respiratory Syndrome (MERS)
 - Zika Virus
 - Ebola Virus Disease
 - Nipah Virus Infection
 - Severe Acute Respiratory Syndrome (SARS)
 - Hantavirus Pulmonary Syndrome
 - Chikungunya

Unit 16: Special Topics in Medical-Surgical Nursing

- Geriatric Nursing
 - Common Geriatric Syndromes (Delirium, Dementia, Falls, Polypharmacy)
 - Osteoporosis
 - Urinary Incontinence
 - Pressure Ulcers
 - Malnutrition
 - Sleep Disorders
 - Depression
 - Hearing Loss
 - Visual Impairment (e.g., cataracts, macular degeneration)
 - Chronic Pain
 - Constipation
 - Frailty
 - Sarcopenia
 - Parkinson's Disease
 - Heart Failure
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Diabetes Mellitus
 - Hypertension
 - Hypothyroidism
 - Social Isolation

- Mobility Impairments
- End-of-Life Care and Palliative Care

Emergency Nursing NCM 114

My Lecture Notes:

Coming Soon - Status: Compiling

Course Introduction

- Overview of Emergency Nursing
- Importance in Healthcare
- Course Objectives and Outcomes

Module 1: Foundations of Emergency Nursing

- **Week 1-2: Introduction to Emergency Nursing**
 - Roles and responsibilities of emergency nurses
 - Legal and ethical considerations
- **Week 3: Triage and Assessment**
 - Principles of triage
 - Primary and secondary assessment

Module 2: Basic Life Support and Advanced Cardiac Life Support

- **Week 4-5: Basic Life Support (BLS)**
 - Adult and pediatric CPR
 - Use of automated external defibrillators (AED)
- **Week 6-7: Advanced Cardiac Life Support (ACLS)**
 - Advanced airway management
 - Cardiac rhythms and emergency medications

Module 3: Trauma Nursing

- **Week 8-9: Trauma Assessment and Management**
 - Primary and secondary survey in trauma
 - Initial management of trauma patients
- **Week 10-11: Specific Trauma Emergencies**
 - Head, neck, and spinal injuries
 - Chest and abdominal trauma
- **Week 12: Musculoskeletal and Soft Tissue Injuries**
 - Fractures, dislocations, and soft tissue injuries
 - Wound management and infection control

Module 4: Medical Emergencies

- **Week 13-14: Cardiovascular Emergencies**
 - Acute coronary syndrome and heart failure
 - Hypertensive emergencies
- **Week 15-16: Respiratory Emergencies**
 - Asthma, COPD, and pulmonary embolism
 - Acute respiratory distress syndrome (ARDS)
- **Week 17: Neurological Emergencies**
 - Stroke and transient ischemic attacks (TIA)
 - Seizures and status epilepticus
- **Triage and Prioritization in Emergency Situations**
- **Common Emergencies**
 - Trauma
 - Cardiac Arrest
 - Respiratory Failure
 - Shock (Hypovolemic, Cardiogenic, Septic, Anaphylactic)
 - Burns
 - Poisoning and Overdose
 - Stroke (Cerebrovascular Accident - CVA)
 - Myocardial Infarction (Heart Attack)
 - Severe Asthma Attack
 - Seizures and Status Epilepticus
 - Acute Appendicitis
 - Severe Allergic Reaction (Anaphylaxis)
 - Diabetic Ketoacidosis (DKA)
 - Hyperosmolar Hyperglycemic State (HHS)
 - Acute Renal Failure
 - Pulmonary Embolism
 - Acute Coronary Syndrome (ACS)
 - Acute Pancreatitis
 - Bowel Obstruction
 - Gastrointestinal Bleeding
 - Ectopic Pregnancy
 - Severe Dehydration
 - Heat Stroke
 - Hypothermia
 - Drowning
 - Acute Liver Failure
 - Meningitis
 - Toxic Epidermal Necrolysis (TEN)
 - Snake Bite
 - Acute Adrenal Crisis
 - Acute Glaucoma

Module 5: Toxicological and Environmental Emergencies

- **Week 18: Poisoning and Overdose**
 - Common toxic agents and their management
 - Antidotes and supportive care
- **Week 19: Environmental Emergencies**
 - Heat and cold-related illnesses
 - Drowning and near-drowning

Module 6: Special Populations in Emergency Nursing

- **Week 20: Pediatric Emergencies**
 - Assessment and management of pediatric patients
 - Common pediatric emergencies
- **Week 21: Geriatric Emergencies**
 - Assessment and management of older adults
 - Common geriatric emergencies
- **Week 22: Obstetric and Gynecologic Emergencies**
 - Assessment and management of obstetric emergencies
 - Common gynecologic emergencies

Module 7: Disaster Preparedness and Response

- **Week 23-24: Disaster Nursing**
 - Principles of disaster management
 - Role of emergency nurses in disaster situations
- **Week 25: Mass Casualty Incidents**
 - Triage and management of mass casualty incidents
 - Psychological support for victims and responders

Module 8: Review and Final Examination Preparation

- **Week 26-28: Comprehensive Review**
 - Review of all topics covered
 - Practice exams and problem-solving sessions
- **Week 29: Final Examination**

Conclusion

- **Week 30: Course Wrap-Up**
 - Discussion on the future of emergency nursing
 - Feedback and evaluation

Nursing Pathophysiology

My Lecture Notes:

Refer to Medical Surgical Nursing Notes - Coming Soon

= May be discussed together with Medical Surgical Nursing =

- Introduction to Pathophysiology
 - Definition and Scope
 - Relationship Between Pathophysiology and Nursing
 - Concepts of Health and Disease
 - Cellular Adaptation, Injury, and Death
- Unit 1: Fundamentals of Pathophysiology
 - Homeostasis and Allostasis
 - Inflammation and Healing
 - Fluid and Electrolyte Imbalance
 - Acid-Base Imbalance
 - Genetic and Congenital Disorders
- Unit 2: Immune System
 - Anatomy and Physiology of the Immune System
 - Pathophysiology of Immune Responses
 - Hypersensitivity Reactions
 - Autoimmune Diseases
 - HIV/AIDS
 - Systemic Lupus Erythematosus (SLE)
 - Rheumatoid Arthritis (RA)
 - Allergies and Anaphylaxis
 - Organ Transplant and Immunosuppression
 - Multiple Sclerosis (MS)
 - Inflammatory Bowel Disease (IBD)
 - Crohn's Disease
 - Ulcerative Colitis
 - Psoriasis
 - Scleroderma
 - Hashimoto's Thyroiditis
 - Graves' Disease
 - Celiac Disease
 - Addison's Disease
 - Myasthenia Gravis

- Sjögren's Syndrome
- Polymyalgia Rheumatica
- Giant Cell Arteritis
- Dermatomyositis
- Polymyositis
- Transplant Rejection

- Unit 3: Integumentary System

- Anatomy and Physiology of the Skin
- Common Integumentary Disorders
 - Pressure Ulcers
 - Burns
 - Skin Infections (Cellulitis, Impetigo)
 - Psoriasis
 - Skin Cancer (Basal Cell Carcinoma, Squamous Cell Carcinoma, Melanoma)
 - Dermatitis (Eczema, Contact Dermatitis)
 - Acne
 - Rosacea
 - Seborrheic Dermatitis
 - Vitiligo
 - Alopecia Areata
 - Lichen Planus
 - Warts (Verrucae)
 - Herpes Simplex
 - Herpes Zoster (Shingles)
 - Scabies
 - Tinea (Ringworm)
 - Hidradenitis Suppurativa
 - Folliculitis
 - Urticaria (Hives)
 - Keloids
 - Actinic Keratosis
 - Molluscum Contagiosum
 - Pityriasis Rosea
 - Erythema Multiforme
 - Stevens-Johnson Syndrome

- Unit 4: Musculoskeletal System

- Anatomy and Physiology of the Musculoskeletal System
- Pathophysiology of Musculoskeletal Disorders

- Osteoporosis
- Osteoarthritis
- Rheumatoid Arthritis
- Gout
- Fractures and Dislocations
- Muscular Dystrophy
- Bone Tumors
- Ankylosing Spondylitis
- Fibromyalgia
- Tendinitis
- Bursitis
- Plantar Fasciitis
- Carpal Tunnel Syndrome
- Rotator Cuff Tear
- Spondylolisthesis
- Spinal Stenosis
- Paget's Disease of Bone
- Juvenile Idiopathic Arthritis
- Psoriatic Arthritis
- Herniated Disc
- Polymyalgia Rheumatica
- Systemic Lupus Erythematosus (SLE)
- Kyphosis
- Lordosis
- Scoliosis
- Marfan Syndrome
- Ehlers-Danlos Syndrome

- Unit 5: Nervous System

- Anatomy and Physiology of the Nervous System
- Pathophysiology of Neurological Disorders
 - Stroke (Cerebrovascular Accident - CVA)
 - Transient Ischemic Attack (TIA)
 - Parkinson's Disease
 - Multiple Sclerosis (MS)
 - Epilepsy and Seizure Disorders
 - Alzheimer's Disease
 - Amyotrophic Lateral Sclerosis (ALS)
 - Traumatic Brain Injury (TBI)
 - Migraine
 - Tension Headache
 - Cluster Headache

- Peripheral Neuropathy
- Bell's Palsy
- Guillain-Barré Syndrome
- Huntington's Disease
- Myasthenia Gravis
- Spinal Cord Injury
- Encephalitis
- Meningitis
- Hydrocephalus
- Restless Legs Syndrome (RLS)
- Carpal Tunnel Syndrome
- Essential Tremor
- Multiple sclerosis

- Unit 6: Endocrine System

- Anatomy and Physiology of the Endocrine System
- Pathophysiology of Endocrine Disorders
 - Diabetes Mellitus (Type 1 and Type 2)
 - Diabetic Ketoacidosis (DKA)
 - Hyperglycemic Hyperosmolar State (HHS)
 - Hypothyroidism and Hyperthyroidism
 - Addison's Disease
 - Cushing's Syndrome
 - Pituitary Disorders
 - Grave's Disease
 - Hashimoto's Thyroiditis
 - Polycystic Ovary Syndrome (PCOS)
 - Acromegaly
 - Hyperparathyroidism
 - Hypoparathyroidism
 - Pheochromocytoma
 - Congenital Adrenal Hyperplasia (CAH)
 - Primary Aldosteronism (Conn's Syndrome)
 - Multiple Endocrine Neoplasia (MEN) Syndromes
 - Hypopituitarism
 - Diabetes Insipidus
 - Thyroid Cancer
 - Hypercalcemia
 - Hypocalcemia
 - Androgen Insensitivity Syndrome
 - Klinefelter Syndrome
 - Turner Syndrome
 - Gestational Diabetes Mellitus

- Osteoporosis
- Unit 7: Cardiovascular System
 - Anatomy and Physiology of the Cardiovascular System
 - Pathophysiology of Cardiovascular Disorders
 - Hypertension
 - Coronary Artery Disease (CAD)
 - Myocardial Infarction (Heart Attack)
 - Heart Failure
 - Arrhythmias
 - Peripheral Arterial Disease (PAD)
 - Deep Vein Thrombosis (DVT)
 - Stroke
 - Angina Pectoris
 - Atrial Fibrillation
 - Cardiomyopathy
 - Congenital Heart Disease
 - Heart Valve Disease
 - Pulmonary Embolism
 - Cardiomegaly (Enlarged Heart)
 - Aortic Aneurysm
 - Rheumatic Heart Disease
 - Pericarditis
 - Endocarditis
 - Mitral Valve Prolapse
 - Hypertensive Heart Disease
 - Chronic Venous Insufficiency
 - Cardiac Arrest
 - Kawasaki Disease
 - Buerger's Disease (Thromboangiitis Obliterans)
 - Loeffler's Endocarditis
 - Cardiac Amyloidosis
 - Fibromuscular Dysplasia
 - Pulmonary Arterial Hypertension (PAH)
 - Eisenmenger Syndrome
 - Cardiac Sarcoidosis
 - Endocarditis
 - Marfan Syndrome (Cardiovascular Complications)
 - Aortic Dissection
 - Pericardial Effusion and Tamponade
- Unit 8: Hematologic System

- Anatomy and Physiology of the Hematologic System
- Pathophysiology of Hematologic Disorders
 - Anemia
 - Leukemia
 - Lymphoma
 - Hemophilia
 - Sickle Cell Disease
 - Thrombocytopenia
 - Disseminated Intravascular Coagulation (DIC)
 - Iron Deficiency Anemia
 - Aplastic Anemia
 - Hemolytic Anemia
 - Pernicious Anemia
 - Thalassemia
 - Multiple Myeloma
 - Myelodysplastic Syndromes (MDS)
 - Polycythemia Vera
 - Idiopathic Thrombocytopenic Purpura (ITP)
 - Heparin-Induced Thrombocytopenia (HIT)
 - Von Willebrand Disease
 - Essential Thrombocythemia
 - Hodgkin's Lymphoma
 - Non-Hodgkin's Lymphoma
 - Chronic Myelogenous Leukemia (CML)
 - Acute Myelogenous Leukemia (AML)
 - Chronic Lymphocytic Leukemia (CLL)
 - Acute Lymphoblastic Leukemia (ALL)
 - Paroxysmal Nocturnal Hemoglobinuria (PNH)
 - Hereditary Spherocytosis

- Unit 9: Respiratory System

- Anatomy and Physiology of the Respiratory System
- Pathophysiology of Respiratory Disorders
 - Asthma
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Pneumonia
 - Tuberculosis
 - Pulmonary Embolism
 - Acute Respiratory Distress Syndrome (ARDS)
 - Lung Cancer
 - Pulmonary Hypertension

- Chronic Bronchitis
- Emphysema
- Bronchiectasis
- Respiratory Syncytial Virus (RSV) Infection
- Cystic Fibrosis
- Pleural Effusion
- Pneumothorax
- Hemothorax
- Pulmonary Fibrosis
- Obstructive Sleep Apnea
- Laryngitis
- Tracheitis
- Epiglottitis
- Legionnaires' Disease
- Respiratory Alkalosis
- Respiratory Acidosis
- Sarcoidosis
- Hypersensitivity Pneumonitis
- Aspiration Pneumonia
- Allergic Rhinitis

- Unit 10: Gastrointestinal System

- Anatomy and Physiology of the Gastrointestinal System
- Pathophysiology of Gastrointestinal Disorders
 - Gastroesophageal Reflux Disease (GERD)
 - Peptic Ulcer Disease (PUD)
 - Inflammatory Bowel Disease (IBD) – Crohn's Disease and Ulcerative Colitis
 - Irritable Bowel Syndrome (IBS)
 - Hepatitis
 - Cirrhosis
 - Pancreatitis
 - Cholecystitis and Gallstones
 - Colorectal Cancer
 - Celiac Disease
 - Diverticulitis
 - Gastroparesis
 - Lactose Intolerance
 - Hemorrhoids
 - Gastroenteritis
 - Esophageal Stricture
 - Barrett's Esophagus

- Fatty Liver Disease (Non-Alcoholic Fatty Liver Disease - NAFLD)
- Hiatal Hernia
- Peptic Ulcer
- Peritonitis
- Small Intestinal Bacterial Overgrowth (SIBO)
- Anal Fissures
- Esophageal Varices
- Biliary Atresia
- Gastric Cancer
- Portal Hypertension
- Mallory-Weiss Tear
- Meckel's Diverticulum
- Pyloric Stenosis
- Duodenal Ulcer
- Short Bowel Syndrome
- Zollinger-Ellison Syndrome

- Unit 11: Renal and Urinary System

- Anatomy and Physiology of the Renal and Urinary System
- Pathophysiology of Renal and Urinary Disorders
 - Acute Kidney Injury (AKI)
 - Chronic Kidney Disease (CKD)
 - Urinary Tract Infections (UTIs)
 - Nephrotic Syndrome
 - Renal Calculi (Kidney Stones)
 - Bladder Cancer
 - Hydronephrosis
 - Interstitial Cystitis (Painful Bladder Syndrome)
 - Benign Prostatic Hyperplasia (BPH)
 - Glomerulonephritis
 - Polycystic Kidney Disease (PKD)
 - Pyelonephritis
 - Urethritis
 - Hematuria
 - Proteinuria
 - Renal Tubular Acidosis
 - Urinary Incontinence
 - Vesicoureteral Reflux (VUR)
 - Renal Artery Stenosis
 - Renal Vein Thrombosis
 - Urolithiasis

- Nephrogenic Diabetes Insipidus
- Overactive Bladder
- Alport Syndrome
- Medullary Sponge Kidney
- Wilms' Tumor (Nephroblastoma)

- Unit 12: Reproductive System

- Anatomy and Physiology of the Reproductive System
- Pathophysiology of Reproductive Disorders
 - Endometriosis
 - Polycystic Ovary Syndrome (PCOS)
 - Uterine Fibroids
 - Pelvic Inflammatory Disease (PID)
 - Ovarian Cysts
 - Menorrhagia (Heavy Menstrual Bleeding)
 - Amenorrhea (Absence of Menstruation)
 - Dysmenorrhea (Painful Menstruation)
 - Premenstrual Syndrome (PMS)
 - Premenstrual Dysphoric Disorder (PMDD)
 - Infertility
 - Ectopic Pregnancy
 - Cervical Dysplasia
 - Cervical Cancer
 - Ovarian Cancer
 - Uterine (Endometrial) Cancer
 - Breast Cancer
 - Prostatitis
 - Benign Prostatic Hyperplasia (BPH)
 - Prostate Cancer
 - Erectile Dysfunction
 - Testicular Cancer
 - Varicocele
 - Hydrocele
 - Sexually Transmitted Infections (STIs) (e.g., chlamydia, gonorrhea, syphilis, human papillomavirus (HPV), herpes simplex virus (HSV))

- Unit 14: Fluid, Electrolyte, and Acid-Base Balance

- Overview of Fluid, Electrolyte, and Acid-Base Balance

- Pathophysiology of Imbalances
 - Dehydration
 - Fluid Overload
 - Electrolyte Imbalances (Hyperkalemia, Hypokalemia, Hypernatremia, Hyponatremia)
 - Acid-Base Imbalances (Metabolic Acidosis, Metabolic Alkalosis, Respiratory Acidosis, Respiratory Alkalosis)
 - Hypercalcemia
 - Hypocalcemia
 - Hypermagnesemia
 - Hypomagnesemia
 - Hyperphosphatemia
 - Hypophosphatemia
 - Hyperchloremia
 - Hypochloremia
 - Hyperuricemia
 - Hypouricemia
 - Hypervolemia
 - Hypovolemia
 - Hyperproteinemia
 - Hypoproteinemia
 - Lactic Acidosis
 - Hyperglycemia
 - Hypoglycemia
 - Hyperalbuminemia
 - Hypoalbuminemia
 - Hypokalemic Periodic Paralysis
 - Hyperkalemic Periodic Paralysis
 - Hyperchloremic Metabolic Acidosis
 - Hypochloremic Metabolic Alkalosis
 - Hypercalciuria
 - Hypocalciuria
 - Hypoaldosteronism
 - Hyperaldosteronism (Conn's Syndrome)
 - Hypernatremic Dehydration
 - Hyponatremic Dehydration
 - Hypovolemic Hyponatremia
 - Euvolemic Hyponatremia
 - Hypervolemic Hyponatremia
 - Hypokalemic Metabolic Alkalosis
 - Hyperkalemic Metabolic Acidosis
 - Normochloremic Metabolic Alkalosis
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- Unit 15: Oncology

- Introduction to Cancer Pathophysiology
- Pathogenesis of Cancer
 - Breast Cancer
 - Lung Cancer
 - Colorectal Cancer
 - Prostate Cancer
 - Leukemia
 - Lymphoma
 - Pancreatic Cancer
 - Ovarian Cancer
 - Cervical Cancer
 - Bladder Cancer
 - Kidney (Renal) Cancer
 - Liver Cancer
 - Esophageal Cancer
 - Stomach (Gastric) Cancer
 - Thyroid Cancer
 - Melanoma (Skin Cancer)
 - Brain Cancer (Glioblastoma)
 - Endometrial (Uterine) Cancer
 - Testicular Cancer
 - Bone Cancer (Osteosarcoma)
 - Oral Cancer
 - Nasopharyngeal Cancer
 - Hodgkin's Lymphoma
 - Non-Hodgkin's Lymphoma
 - Multiple Myeloma
 - Soft Tissue Sarcoma

- Unit 16: Infection and Infectious Diseases

- Mechanisms of Infection
- Pathophysiology of Infectious Diseases
 - Bacterial Infections
 - Tuberculosis
 - MRSA
 - Streptococcal Pharyngitis (Strep Throat)
 - Lyme Disease
 - Cholera
 - Pertussis (Whooping Cough)
 - Typhoid Fever

- Tetanus
- Legionnaires' Disease
- Anthrax
- Botulism
- Diphtheria
- Brucellosis
- Leprosy (Hansen's Disease)
- Plague
- Rocky Mountain Spotted Fever
- Viral Infections
 - HIV
 - Hepatitis
 - Influenza
 - Human Papillomavirus (HPV)
 - Varicella-Zoster Virus (Chickenpox and Shingles)
 - Dengue Fever
 - Measles
 - Mumps
 - Rubella
 - Respiratory Syncytial Virus (RSV) Infection
 - Epstein-Barr Virus (Mononucleosis)
 - Cytomegalovirus (CMV)
 - Norovirus
 - Rotavirus
 - Hepatitis D
 - Hepatitis E
 - West Nile Virus
- Fungal Infections
 - Candidiasis
 - Histoplasmosis
 - Aspergillosis
 - Cryptococcosis
 - Blastomycosis
 - Coccidioidomycosis (Valley Fever)
 - Mucormycosis
 - Sporotrichosis
- Parasitic Infections
 - Malaria
 - Giardia
 - Toxoplasmosis
 - Schistosomiasis
 - Leishmaniasis
 - Ascariasis
 - Hookworm Infection

- Trichinosis
 - Emerging Infectious Diseases
 - COVID-19
 - Middle East Respiratory Syndrome (MERS)
 - Zika Virus
 - Ebola Virus Disease
 - Nipah Virus Infection
 - Severe Acute Respiratory Syndrome (SARS)
 - Hantavirus Pulmonary Syndrome
 - Chikungunya
- Unit 17: Emergency and Critical Care Pathophysiology
 - Pathophysiology of Shock (Hypovolemic, Cardiogenic, Septic, Anaphylactic)
 - Pathophysiology of Trauma
 - Critical Care Syndromes (Acute Respiratory Distress Syndrome - ARDS, Multiple Organ Dysfunction Syndrome - MODS)
- Unit 18: Geriatric Pathophysiology
 - Age-Related Changes in Pathophysiology
 - Common Geriatric Disorders
 - Common Geriatric Syndromes (Delirium, Dementia, Falls, Polypharmacy)
 - Osteoporosis
 - Urinary Incontinence
 - Pressure Ulcers
 - Malnutrition
 - Sleep Disorders
 - Depression
 - Hearing Loss
 - Visual Impairment (e.g., cataracts, macular degeneration)
 - Chronic Pain
 - Constipation
 - Frailty
 - Sarcopenia
 - Parkinson's Disease
 - Heart Failure
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Diabetes Mellitus
 - Hypertension
 - Hypothyroidism

- Social Isolation
- Mobility Impairments

Critical Care Nursing

My Lecture Notes

Coming Soon - Status: Compiling

Course Introduction

- Overview of Critical Care Nursing
- Importance in Healthcare
- Course Objectives and Outcomes

Module 1: Foundations of Critical Care Nursing

- **Week 1-2: Introduction to Critical Care Nursing**
 - Roles and responsibilities of critical care nurses
 - Legal and ethical considerations
- **Week 3: Critical Care Environment**
 - Design and equipment of the ICU
 - Infection control practices in critical care

Module 2: Hemodynamic Monitoring and Management

- **Week 4-5: Hemodynamic Monitoring**
 - Principles of hemodynamic monitoring
 - Use of invasive and non-invasive devices
- **Week 6-7: Fluid and Electrolyte Management**
 - Assessment and management of fluid and electrolyte imbalances
 - Acid-base balance and disorders

Module 3: Respiratory Management

- **Week 8-9: Mechanical Ventilation**
 - Indications and modes of mechanical ventilation
 - Nursing care of ventilated patients
- **Week 10-11: Respiratory Therapies**
 - Non-invasive ventilation and oxygen therapy
 - Weaning from mechanical ventilation

Module 4: Cardiovascular Management

- **Week 12-13: Cardiac Monitoring and Rhythm Interpretation**
 - ECG interpretation and management of arrhythmias
 - Hemodynamic support in cardiac emergencies
- **Week 14: Cardiac Interventions**
 - Care of patients undergoing cardiac catheterization
 - Management of patients with implanted devices

Module 5: Neurological Management

- **Week 15-16: Neurological Assessment**
 - Glasgow Coma Scale and neurological examination
 - Monitoring of intracranial pressure
- **Week 17: Neurological Interventions**
 - Management of patients with stroke or traumatic brain injury
 - Nursing care of patients with spinal cord injuries

Module 6: Renal and Gastrointestinal Management

- **Week 18: Renal Replacement Therapies**
 - Indications and types of renal replacement therapies
 - Nursing care of patients on dialysis
- **Week 19: Gastrointestinal Management**
 - Management of acute gastrointestinal conditions
 - Nutritional support in critical care

Module 7: End-of-Life Care and Ethical Issues

- **Week 20: Palliative Care in Critical Care**
 - Principles of palliative care
 - Symptom management and comfort care
- **Week 21: Ethical and Legal Issues**
 - Decision-making in critical care
 - End-of-life ethical dilemmas and legal considerations

Module 8: Special Topics in Critical Care

- **Week 22: Sepsis and Septic Shock**
 - Pathophysiology and management of sepsis
 - Nursing interventions in septic shock
- **Week 23: Multi-Organ Dysfunction Syndrome (MODS)**
 - Recognition and management of MODS
 - Supportive care strategies

Module 9: Advanced Critical Care Skills

- **Week 24-25: Advanced Airway Management**
 - Techniques for securing and managing advanced airways
 - Tracheostomy care and management
- **Week 26: Advanced Hemodynamic Interventions**
 - Use of intra-aortic balloon pumps and ventricular assist devices
 - Nursing care of patients with advanced hemodynamic support

Module 10: Review and Final Examination Preparation

- **Week 27-29: Comprehensive Review**
 - Review of all topics covered
 - Practice exams and problem-solving sessions
- **Week 30: Final Examination**

Conclusion

- **Week 31: Course Wrap-Up**
 - Discussion on the future of critical care nursing
 - Feedback and evaluation

Nursing Research NCM 110

Nursing Research Notes:

https://drive.google.com/file/d/1z4H2Ph7e2BaiNcXdcVgWWFjwJjGMTZyb/view?usp=drive_link

Introduction to Nursing Research

- Definition and Purpose of Nursing Research
- Importance of Research in Nursing Practice
- Historical Perspectives of Nursing Research
- Ethical Considerations in Nursing Research
 - Informed Consent
 - Institutional Review Boards (IRBs)
 - Confidentiality and Privacy

Unit 1: Foundations of Nursing Research

- The Scientific Method in Nursing Research
- Types of Nursing Research
 - Quantitative Research
 - Qualitative Research

- Mixed-Methods Research
- Research Paradigms and Philosophies
 - Positivism
 - Constructivism
 - Pragmatism

Unit 2: Research Problem and Literature Review

- Identifying and Defining a Research Problem
- Formulating Research Questions and Hypotheses
- Conducting a Literature Review
 - Purpose and Importance of Literature Review
 - Sources of Literature
 - Steps in Conducting a Literature Review
 - Synthesizing and Critiquing Literature

Unit 3: Research Designs and Methodologies

- Overview of Research Designs
 - Descriptive Research
 - Correlational Research
 - Experimental Research
 - Quasi-Experimental Research
- Qualitative Research Designs
 - Phenomenology
 - Grounded Theory
 - Ethnography
 - Case Studies
- Mixed-Methods Research Designs
 - Convergent Parallel Design
 - Explanatory Sequential Design
 - Exploratory Sequential Design

Unit 4: Sampling in Nursing Research

- Population and Sample
- Types of Sampling Methods
 - Probability Sampling (Random Sampling, Stratified Sampling, Cluster Sampling)
 - Non-Probability Sampling (Convenience Sampling, Purposive Sampling, Snowball Sampling)
- Sample Size Determination
- Sampling Bias and Strategies to Minimize Bias

Unit 5: Data Collection Methods

- Quantitative Data Collection Methods
 - Surveys and Questionnaires
 - Structured Interviews
 - Physiological Measurements
- Qualitative Data Collection Methods
 - In-Depth Interviews
 - Focus Groups
 - Observations
 - Document Analysis
- Reliability and Validity of Data Collection Instruments
 - Types of Reliability (Test-Retest, Inter-Rater, Internal Consistency)
 - Types of Validity (Content, Construct, Criterion)

Unit 6: Data Analysis in Nursing Research

- Quantitative Data Analysis
 - Descriptive Statistics (Mean, Median, Mode, Standard Deviation)
 - Inferential Statistics (t-tests, ANOVA, Chi-Square, Correlation, Regression)
 - Software for Quantitative Analysis (SPSS, SAS, R)
- Qualitative Data Analysis
 - Thematic Analysis
 - Content Analysis
 - Narrative Analysis
 - Software for Qualitative Analysis (NVivo, ATLAS.ti)

Unit 7: Interpretation and Presentation of Research Findings

- Interpreting Research Results
 - Statistical Significance vs. Clinical Significance
 - Confidence Intervals and Effect Sizes
- Reporting Research Findings
 - Writing a Research Report
 - Structure of a Research Report (Abstract, Introduction, Methods, Results, Discussion, Conclusion)
 - Preparing Research Presentations (Oral, Poster)

Unit 8: Evidence-Based Practice (EBP)

- Definition and Importance of EBP in Nursing
- Steps in the EBP Process
 - Asking Clinical Questions (PICO Framework)
 - Searching for Evidence

- Appraising the Evidence
- Integrating Evidence with Clinical Expertise and Patient Preferences
- Evaluating Outcomes
- Disseminating EBP Results

Unit 9: Application of Nursing Research

- Translational Research and Implementation Science
- Barriers to Implementing Research in Practice
- Strategies to Overcome Barriers
- Case Studies of Successful Research Implementation in Nursing Practice

Unit 10: Advanced Topics in Nursing Research

- Systematic Reviews and Meta-Analyses
 - Conducting a Systematic Review
 - Performing a Meta-Analysis
- Emerging Trends in Nursing Research
 - Big Data and Nursing Informatics
 - Precision Medicine and Personalized Nursing Care
 - Community-Based Participatory Research (CBPR)

Unit 11: Writing and Publishing Nursing Research

- Selecting a Journal for Publication
- Writing a Manuscript for Publication
 - Structure of a Manuscript
 - Common Pitfalls in Manuscript Writing
- The Peer Review Process
- Ethical Considerations in Publishing
 - Authorship and Contributorship
 - Plagiarism and Duplicate Publication
 - Conflict of Interest

Unit 12: Funding and Grants for Nursing Research

- Identifying Funding Sources
 - Government Grants
 - Private Foundations
 - Institutional Funding
- Writing a Grant Proposal
 - Components of a Grant Proposal (Abstract, Background, Methods, Budget)
 - Tips for Successful Grant Writing
- Managing Funded Research Projects

- Budget Management
- Reporting Requirements

Unit 13: Research Utilization and Dissemination

- Strategies for Disseminating Research Findings
 - Publishing in Peer-Reviewed Journals
 - Presenting at Conferences
 - Utilizing Social Media and Digital Platforms
- Impact of Research on Policy and Practice
- Evaluating the Impact of Research

Nursing Pharmacology NCM 105

My Lecture Notes:

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Introduction to Pharmacology

- Definition and Scope of Pharmacology
- Historical Perspectives of Pharmacology
- Role of Pharmacology in Nursing Practice
- Legal and Ethical Considerations in Pharmacology

Unit 1: Basic Principles of Pharmacology

- Pharmacokinetics
 - Absorption
 - Distribution
 - Metabolism
 - Excretion
 - Factors Affecting Pharmacokinetics
- Pharmacodynamics
 - Drug-Receptor Interactions
 - Dose-Response Relationships
 - Therapeutic Index
 - Drug Efficacy and Potency

Unit 2: Drug Classifications and Mechanisms of Action

- Overview of Drug Classifications

- Mechanisms of Drug Action
 - Agonists and Antagonists
 - Enzyme Inhibitors and Inducers
 - Ion Channel Modulators
 - Transporter Proteins

Unit 3: Pharmacotherapeutics

- Principles of Therapeutics
 - Indications and Contraindications
 - Side Effects and Adverse Reactions
 - Drug Interactions
 - Patient Adherence and Compliance

Unit 4: Dosage Calculations and Drug Administration

- Basic Math Skills for Dosage Calculations
- Methods of Drug Administration
 - Oral
 - Parenteral (Intramuscular, Subcutaneous, Intravenous)
 - Topical
 - Inhalation
 - Sublingual and Buccal
- Safe Medication Administration
 - The Five Rights of Medication Administration
 - Preventing Medication Errors
 - Documentation and Reporting

Unit 5: Autonomic Nervous System Drugs

- Adrenergic Drugs
 - Sympathomimetics
 - Sympatholytics
- Cholinergic Drugs
 - Parasympathomimetics
 - Anticholinergics

Unit 6: Central Nervous System Drugs

- Sedatives and Hypnotics
 - Benzodiazepines
 - Barbiturates
- Antidepressants
 - SSRIs
 - SNRIs

- MAOIs
- Antipsychotics
 - Typical Antipsychotics
 - Atypical Antipsychotics
- Antiepileptics
 - Hydantoins
 - Valproates
- Analgesics
 - Opioid Analgesics
 - Non-Opioid Analgesics
- Anesthetics
 - General Anesthetics
 - Local Anesthetics

Unit 7: Cardiovascular System Drugs

- Antihypertensives
 - ACE Inhibitors
 - ARBs
 - Beta-Blockers
 - Calcium Channel Blockers
- Diuretics
 - Thiazides
 - Loop Diuretics
 - Potassium-Sparing Diuretics
- Antianginal Drugs
 - Nitrates
 - Beta-Blockers
 - Calcium Channel Blockers
- Anticoagulants and Antiplatelet Agents
 - Warfarin
 - Heparin
 - Direct Oral Anticoagulants (DOACs)
 - Aspirin
 - Clopidogrel
- Heart Failure Drugs
 - Digitalis Glycosides
 - Vasodilators

Unit 8: Respiratory System Drugs

- Bronchodilators
 - Beta-Agonists
 - Anticholinergics

- Methylxanthines
- Anti-Inflammatory Drugs
 - Corticosteroids
 - Leukotriene Modifiers
- Antihistamines
- Cough Suppressants and Expectorants

Unit 9: Gastrointestinal System Drugs

- Antacids
- H₂-Receptor Antagonists
- Proton Pump Inhibitors
- Antiemetics
- Laxatives and Antidiarrheals

Unit 10: Endocrine System Drugs

- Diabetes Medications
 - Insulins
 - Oral Hypoglycemics
- Thyroid and Antithyroid Drugs
- Corticosteroids
- Hormone Replacement Therapy
 - Estrogens
 - Progesterones

Unit 11: Anti-Infective Drugs

- Antibiotics
 - Penicillins
 - Cephalosporins
 - Macrolides
 - Aminoglycosides
 - Tetracyclines
 - Fluoroquinolones
- Antivirals
- Antifungals
- Antiparasitics
 - Antimalarials
 - Anthelmintics

Unit 12: Oncology Drugs

- Chemotherapeutic Agents
 - Alkylating Agents

- Antimetabolites
- Antitumor Antibiotics
- Plant Alkaloids
- Targeted Therapies
 - Monoclonal Antibodies
 - Tyrosine Kinase Inhibitors

Unit 13: Immunopharmacology

- Vaccines
- Immunosuppressants
- Immunostimulants

Unit 14: Pain Management and Palliative Care Drugs

- Non-Opioid Analgesics
 - NSAIDs
 - Acetaminophen
- Opioid Analgesics
 - Morphine
 - Fentanyl
 - Oxycodone
- Adjuvant Medications for Pain Management
 - Antidepressants
 - Anticonvulsants
 - Muscle Relaxants

Unit 15: Complementary and Alternative Therapies

- Herbal Medicines
- Nutritional Supplements
- Integrating Alternative Therapies with Conventional Medicine

Unit 16: Special Populations

- Pediatric Pharmacology
 - Drug Dosing in Children
 - Considerations for Pediatric Patients
- Geriatric Pharmacology
 - Drug Dosing in Older Adults
 - Polypharmacy and Drug Interactions
- Pregnancy and Lactation
 - Drug Safety in Pregnancy
 - Breastfeeding Considerations

Unit 17: Case Studies and Clinical Applications

- Application of Pharmacological Principles in Clinical Scenarios
- Case Studies Involving Various Drug Therapies
- Problem-Based Learning and Group Discussions

Unit 18: Review and Integration

- Comprehensive Review of Key Pharmacological Concepts
- Integrative Approach to Pharmacology in Nursing Practice
- Preparation for Pharmacology Exams and Licensure

4th Year

Psychiatric Nursing NCM 110

My Lecture Notes:

Coming Soon - Status: Compiling

Course Introduction

- Overview of Psychiatric Nursing
- Importance in Nursing
- Course Objectives and Outcomes

Module 1: Foundations of Psychiatric Nursing

- **Week 1-2: Introduction to Psychiatric Nursing**
 - Historical perspectives
 - Roles and responsibilities of psychiatric nurses
- **Week 3-4: Theories and Models of Mental Health and Illness**
 - Psychological, sociocultural, and biological theories
 - Models of mental health care

Module 2: Assessment and Diagnosis

- **Week 5-6: Mental Health Assessment**
 - Techniques for assessing mental health
 - Mental status examination
- **Week 7: Psychiatric Diagnosis and DSM-5**
 - Introduction to DSM-5
 - Diagnostic criteria for major psychiatric disorders

Module 3: Therapeutic Communication and Relationships

- **Week 8-9: Therapeutic Communication Techniques**
 - Building rapport and trust
 - Active listening and empathy
- **Week 10-11: Therapeutic Nurse-Patient Relationship**
 - Phases of the nurse-patient relationship
 - Boundaries and ethical considerations

Module 4: Psychiatric Disorders and Their Management

- **Week 12-13: Anxiety Disorders**
 - Types, causes, and treatment
 - Nursing interventions and patient education
- **Week 14-15: Mood Disorders**
 - Depression and bipolar disorder
 - Nursing care and treatment strategies
- **Week 16-17: Psychotic Disorders**
 - Schizophrenia and related disorders
 - Management and nursing care
- **Week 18-19: Personality Disorders**
 - Types and characteristics
 - Therapeutic approaches and interventions
- **Week 20: Substance-Related Disorders**
 - Addiction and substance abuse
 - Treatment and nursing care

Module 5: Special Populations in Psychiatric Nursing

- **Week 21: Child and Adolescent Psychiatry**
 - Common psychiatric conditions in children and adolescents
 - Nursing interventions and family involvement
- **Week 22: Geriatric Psychiatry**
 - Mental health issues in older adults
 - Assessment and management strategies

Module 6: Crisis Intervention and Mental Health Emergencies

- **Week 23-24: Crisis Intervention**
 - Types of crises and their impact
 - Crisis intervention strategies
- **Week 25: Suicide Prevention and Intervention**
 - Risk factors and warning signs
 - Nursing interventions and support

Module 7: Psychopharmacology and Other Therapies

- **Week 26-27: Psychopharmacology**
 - Classes of psychotropic medications
 - Nursing considerations and patient education
- **Week 28: Psychotherapy and Counseling**

- Types of psychotherapy
- Role of the nurse in therapeutic settings

Module 8: Legal and Ethical Issues in Psychiatric Nursing

- **Week 29: Legal and Ethical Considerations**
 - Patient rights and informed consent
 - Confidentiality and ethical dilemmas

Module 9: Review and Final Examination Preparation

- **Week 30-32: Comprehensive Review**
 - Review of all topics covered
 - Practice exams and problem-solving sessions
- **Week 33: Final Examination**

Conclusion

- **Week 34: Course Wrap-Up**
 - Discussion on the future of psychiatric nursing
 - Feedback and evaluation

Nursing Leadership and Professional Adjustment NCM 119

My Lecture Notes:

Coming Soon - Status: Compiling

Introduction to Nursing Management and Professional Adjustment

- Definition and Importance of Nursing Management
- Historical Perspectives of Nursing Leadership and Management
- Role of Nurse Managers and Leaders in Health Care
- Professional Adjustment in Nursing

Unit 1: Foundations of Nursing Management

- Theories and Styles of Leadership
 - Transformational Leadership
 - Transactional Leadership
 - Situational Leadership

- Servant Leadership
- Management Theories
 - Classical Management Theories
 - Human Relations Theories
 - Systems Theory
 - Contingency Theory

Unit 2: Organizational Structure and Design

- Types of Organizational Structures
 - Hierarchical Structures
 - Flat Structures
 - Matrix Structures
- Organizational Culture and Climate
- Change Management
 - Theories of Change Management
 - Strategies for Managing Change
 - Role of Nurse Managers in Change Management

Unit 3: Strategic Planning and Decision-Making

- Steps in Strategic Planning
 - Vision and Mission Statements
 - SWOT Analysis (Strengths, Weaknesses, Opportunities, Threats)
 - Setting Goals and Objectives
 - Developing Action Plans
- Decision-Making Process
 - Problem Identification
 - Generating and Evaluating Alternatives
 - Implementing Decisions
 - Evaluating Outcomes

Unit 4: Human Resource Management

- Workforce Planning and Recruitment
- Selection and Hiring Processes
- Orientation and Onboarding
- Staff Development and Continuing Education
- Performance Appraisal and Feedback
- Conflict Resolution and Management
- Employee Motivation and Retention

Unit 5: Financial Management in Nursing

- Basic Concepts of Financial Management
 - Budgeting Processes
 - Types of Budgets (Operating Budget, Capital Budget)
 - Financial Statements (Income Statement, Balance Sheet)

- Cost Management and Cost-Effectiveness
- Resource Allocation and Utilization
- Financial Decision-Making in Nursing

Unit 6: Quality Improvement and Risk Management

- Principles of Quality Improvement
 - Continuous Quality Improvement (CQI)
 - Total Quality Management (TQM)
- Tools and Techniques for Quality Improvement
 - Root Cause Analysis (RCA)
 - Plan-Do-Study-Act (PDSA) Cycle
 - Six Sigma and Lean Methodologies
- Risk Management
 - Identifying and Assessing Risks
 - Developing Risk Management Plans
 - Implementing Risk Reduction Strategies

Unit 7: Communication and Interpersonal Skills

- Principles of Effective Communication
 - Verbal and Non-Verbal Communication
 - Barriers to Communication
 - Active Listening Skills
- Interpersonal Relationships in Nursing
 - Building and Maintaining Trust
 - Team Dynamics and Collaboration
 - Conflict Management and Negotiation

Unit 8: Legal and Ethical Issues in Nursing Management

- Legal Responsibilities and Accountability
 - Scope of Practice
 - Standards of Care
 - Nursing Licensure and Regulations
- Ethical Decision-Making
 - Ethical Principles in Nursing
 - Ethical Dilemmas and Resolution
- Professional Boundaries and Relationships

Unit 9: Information Management and Technology

- Health Information Systems
 - Electronic Health Records (EHRs)
 - Health Information Exchange (HIE)
- Nursing Informatics
 - Role of Informatics in Nursing Management
 - Data Security and Confidentiality

- Telehealth and Telemedicine
- Emerging Technologies in Health Care

Unit 10: Patient Safety and Advocacy

- Principles of Patient Safety
 - Preventing Medical Errors
 - Reporting and Analyzing Incidents
 - Creating a Culture of Safety
- Role of Nurses as Patient Advocates
 - Patient Rights and Advocacy
 - Informed Consent
 - Ensuring Patient-Centered Care

Unit 11: Nursing Management in Specialized Settings

- Acute Care Settings
 - Hospital Management
 - Intensive Care Unit (ICU) Management
- Long-Term Care Settings
 - Nursing Home Management
 - Assisted Living Facilities
- Community and Public Health Settings
 - Community Health Center Management
 - Home Health Care Management

Unit 12: Professional Development and Career Planning

- Importance of Professional Development
- Continuing Education and Lifelong Learning
- Certification and Advanced Practice
- Career Pathways in Nursing Management
- Mentorship and Coaching

Unit 13: Work-Life Balance and Stress Management

- Identifying Sources of Stress in Nursing
- Strategies for Stress Management
 - Time Management
 - Mindfulness and Relaxation Techniques
- Promoting Work-Life Balance
 - Self-Care Practices
 - Organizational Support and Resources

Unit 14: Global and Cultural Aspects of Nursing Management

- Cultural Competence in Nursing Management
- Managing a Diverse Workforce

- Global Health Issues and Nursing Leadership
- International Nursing Organizations and Collaborations

Unit 15: Case Studies and Practical Applications

- Case Study Analysis in Nursing Management
- Group Projects on Management Strategies
- Role-Playing and Simulation Exercises
- Developing Management and Leadership Competencies

Unit 16: Integration and Reflection

- Reflective Practice in Nursing Management
- Integrating Theory and Practice
- Preparing for Management Challenges in Nursing Career
- Continuing Education and Professional Development in Nursing Management