



# Course Specification

— (Bachelor)

Course Title: **Adult and Geriatric Health Nursing 1 - Practical**

Course Code: **NRS 244**

Program: **Bachelor of Nursing**

Department: **Adult Nursing Department**

College: **College of Nursing**

Institution: **Majmaah University**

Version: **V4**

Last Revision Date: **June 2023**



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## A. General information about the course:

### 1. Course Identification

1. Credit hours: (3 hours (0+0+3))

#### 2. Course type

A.  University  College  Department  Track  Others  
 B.  Required  Elective

3. Level/year at which this course is offered: (2nd year 4th level)

#### 4. Course general Description:

This course is designed to help the nursing students to apply the basic principles of nursing care and management of adult health problems related to respiratory, cardiovascular, immobility, endocrine and gastrointestinal systems by utilizing the nursing process.

5. Pre-requirements for this course (if any):

NRS 234

6. Co-requirements for this course (if any):

NRS 243

#### 7. Course Main Objective(s):

Clinical experience with focus on learning the nursing process & developing a nursing plan of care while caring for the adult and geriatrics.

### 2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	135	100
2	E-learning		
3	Hybrid <ul style="list-style-type: none"> <li>• Traditional classroom</li> <li>• E-learning</li> </ul>		
4	Distance learning		

### 3. Contact Hours (based on the academic semester)



No	Activity	Contact Hours
1.	Lectures	
2.	Laboratory/Studio	135
3.	Field	
4.	Tutorial	
5.	Others (specify)	
<b>Total</b>		<b>135</b>

## B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
<b>1.0</b>	<b>Knowledge and understanding</b>			
K1.1	Integrate knowledge of anatomy and pathophysiology to plan appropriate nursing interventions and individualize health teaching for adults with complex health problems	K1	Demonstrations, Discussions, and Case study	Lab/Clinical Exams, assignments, and Case presentation
<b>2.0</b>	<b>Skills</b>			
S4.1	Create nursing care plans for patients having different medical and surgical conditions using comprehensive nursing assessment	S4	Demonstrations, Discussions, and Case study	Assignments and Case presentation
<b>3.0</b>	<b>Values, autonomy, and responsibility</b>			
V1.1	Utilize therapeutic communication strategies with patient, families, and health multidisciplinary team to implement the nursing process in client care	V1	Demonstrations, Discussions, and Case study	Lab/Clinical Exams, assignments, and Case presentation; Professionalism





Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
V1.2	Perform basic and complex nursing interventions to meet the physiologic, psychosocial, spiritual, and cultural needs of patients in different care settings	V1	Demonstrations, Discussions, and Case study	Lab/Clinical Exams, assignments, and Case presentation
V1.3	Perform comprehensive health assessment including interpretation of laboratory data and diagnostic testing for assigned patient.	V1	Demonstrations, Discussions, and Case study	Lab/Clinical Exams, assignments, and Case presentation
V1.4	Perform all physical and technical nursing maneuvers according to approved nursing standard.	V1	Demonstrations, Discussions, and Case study	Lab/Clinical Exams, assignments, and Case presentation
V2.1	Collaborate with patient, families, and health multidisciplinary team to achieve patients' outcomes	V2	Demonstrations, Discussions, and Case study	Lab/Clinical Exams, assignments, and Case presentation; Professionalism

### C. Course Content

No	List of Topics	Contact Hours
1.	Basic nursing care. Patient hygiene, Admission procedures, Discharge procedures Measuring & documentation vital signs Performing physical health assessment Measuring & recording weight, height Testing blood sugar using Glucometer Medication (Calculation of dosage, Preparation and administration of oral medication, Preparation and administration of Subcutaneous medication, Preparation and administration of Intravenous medication, Preparation and administration of Intramuscular medication and Following aseptic technique in each procedure	27
2.	Pulmonary system. Physical assessment of respiratory system, airway management devices/suctioning, oropharyngeal/suctioning, nasal airway/suctioning, O2 therapy & medication delivery systems, bag and face masks, nasal cannula, and pulse oximetry	27



3.	Cardiac system. Physical assessment of cardiac system, basic 12 lead interpretation, medication (oral anti-coagulant, oral and intravenous antihypertension, oral and topical nitrate)	27
4.	Gastrointestinal system. Physical assessment of gastrointestinal system, administration of tube feeding, management of gastrostomy tube, jejunostomy tube and placement of nasogastric tube	27
5.	Endocrine system. Assessment, administration of insulin, oral hypoglycemic drugs and teaching patients on self-administration of insulin	27
<b>Total</b>		<b>135</b>

#### D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Lab Exam 1	5th	10%
2.	Assignments (NCP)	6th, 9th, 11th	15%
3.	Lab Exam 2	10th	20%
4.	Professionalism	15th	5%
5.	Case Presentation	13th	10%
6.	Final Practical Exam	15th	40%

\*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.).

#### E. Learning Resources and Facilities

##### 1. References and Learning Resources

<b>Essential References</b>	<p><b>Weber, Janet and Kelley, Jane H (2013), Health Assessment in Nursing, 6th Ed. Wolters Kluwer Health</b>  <b>ISBN-13: 978-1496344380</b>  <b>ISBN-10: 1496344383</b></p> <p><b>Audrey Berman, et al. 2018. Kozier and Erb's Fundamentals of Nursing: concepts, process, and practice. 4th Australian Ed. Pearson, Australia.</b>  <b>ISBN 9781488613661</b>  <b>1488613664</b></p>
<b>Supportive References</b>	<p><b>Smeltzer S. C., Bare B. G., Hinkle J. L., and Cheever K. H. (2018) Brunner and Suddarth's Textbook of Medical- Surgical Nursing. (14th Ed). Lippincott Williams and Wilkins Publishers.</b>  <b>ISBN-13: 978-1496347992</b></p>





	ISBN-10: 1496347994
Electronic Materials	<ul style="list-style-type: none"> <li>• www.sdl.edu.sa</li> <li>• www.findarticles.com</li> <li>• www.emedicine.com</li> <li>• www.allnurses.com</li> <li>• www.nurse.com</li> <li>• www.medscapenurses.com</li> </ul>
Other Learning Materials	Videos will be offered for each skill

## 2. Required Facilities and equipment

Items	Resources
<b>facilities</b> (Classrooms, laboratories, exhibition rooms, simulation rooms, etc.)	
<b>Technology equipment</b> (projector, smart board, software)	
<b>Other equipment</b> (depending on the nature of the specialty)	

## F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Students	CES, SES, PES Quality of Exam Survey
	Faculty	CLO Mapping with teaching & assessment. Course Blueprinting Grade Analysis Psychometric Analysis
	QA and Program Leaders	Management Review
Effectiveness of Students' assessment	Faculty	DAS
	Peer Review	Grade Verification
Quality of learning resources	Students	CES, SES, PES
	Faculty	FES, CR
	QA and Program Leaders	Management Review
The extent to which CLOs have been achieved	Faculty	DAS, CR
	QA and Program Leaders	Management Review
Other		

**Assessors** (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify))

**Assessment Methods** (Direct, Indirect)





## G. Specification Approval

<b>COUNCIL /COMMITTEE</b>	<b>DEPARTMENT COUNCIL</b>
<b>REFERENCE NO.</b>	<b>4</b>
<b>DATE</b>	<b>19.09.2023</b>

