

# **SOUTHWEST TECH**

**SOUTHWEST TECHNICAL COLLEGE**

## **PN 1021 – Fundamental Nursing Skills and Concepts (4 Credits)**

### **Description**

Fundamental Nursing Skills and Concepts offers a thorough introduction to the fundamental skills required of the 21st century nurse. You will focus on the development of the myriad of basic nursing skills, including the cornerstone of nursing - physical assessment. You will practice skills ranging from basic (bedmaking, hygiene, skin care, etc.) through complex (airway management, oxygenation, fluid and chemical balance). When you have completed this course, you will be able to employ skills taught within this course that are essential to the success of any entry-level nurse.

### **Course Objectives**

- Summarize care delivery based on a client's culture, preferences, and beliefs (EPSLO # 1, 2, 3, 4, 5).
- Define the professional accountability and responsibility of the LPN as a member of the health care team (EPSLO # 1, 2, 3, 4, 5).
- Explain evidence-based practice in the care of selected individuals, families, and communities to promote and maintain health (EPSLO # 1, 2, 3, 4, 5).
- Outline methods of continuous quality improvement to maintain current nursing practice (EPSLO # 1, 2, 3, 4, 5).
- Explain how the skills of effective communication techniques are used to collaborate and provide safe client care (EPSLO # 1, 2, 3, 4, 5).
- Discuss how the use of an electronic health record assists in providing optimal client care (EPSLO # 1, 2, 3, 4, 5).

### **Course Outline**

- Orientation
- Exploratory Contemporary Nursing
- Integrating Basic Concepts
- Communication and Infection Control
- Physical Assessment and Safety
- Assisting with Basic Needs
- Assisting the Inactive Client
- The Surgical Client
- Promoting Elimination
- Medication Administration
- Intervening in Emergency Situations
- Caring for the Terminally Ill
- Fundamentals Nursing Final

### **Textbook & Reading Materials**

vSim for Fundamentals (ISBN: 9781469894188)

NCLEX-Passpoint (ISBN: 9781496309327)

CoursePoint for Henke's Med-Math, 10e (ISBN: 9781975200206)

Lippincott course Point for Nursing Concepts-LPN/LVN (ISBN: 9781496362995)

## Assignments & Assessments

- |   |  |
|---|--|
| Orientation                                   | Ticket to class Chapters 7,8,9,10 & 22       |
| Orientation Acknowledgement                   | Assignments                                  |
| Agenda for Fundamentals                       | Mastery Quiz Chapter 7                       |
| Nursing StudentPolicy & Orientation Guide.pdf | M:ist erv Q uiz Ch;ioter 8                   |
| Syllabus Agreement                            | Mastery Quiz Chapter 9                       |
| PrepU Class Sign Up                           | Mastery Quiz Chapter 10                      |
| Assignments                                   | Mastery Quiz Chapter 22                      |
| Mastery Quiz Chapter 1                        | Powerpoint                                   |
| Mastery Quiz Chapter 2                        | Chapter 7 Fundies.pptx                       |
| My Entry into Practical Nursing               | Chapter 8 Fundies.pptx                       |
| Videos  | Chapter 9 Fundies.pptx                       |
| Nursing Care Plan Video Explanation           | Chapter 10 fundies.pptx                      |
| Subjective vs Objective                       | Chapter 22 Fundies.pptx                      |
| Powerpoints                                   | Videos                                       |
| Fundamentals Chapter 1.pptx                   | Handwaslning                                 |
| Fundamentals Chapter 2.pptx                   | Surgical Scrub                               |
| Part1clpat1on                                 | CDC Handwashing                              |
| Participation Day 1                           | PPE Sequence B                               |
| Participation Day 2                           | Participation                                |
| Nursing Care Plan                             | Participation Day 5                          |
| Nursing Diagnosis Nurse Labs                  | Participation Day 6                          |
| NANDA List examples                           | Test   |
| 2023 Nurse Together Nursing Diagnosis         | Test 2 Stl!ldy Guide.docx                    |
| NAN DA_ NursingDiagnoses_21-23 Sample         | Precaution Handouts                          |
| Quiz 1 Chapters 1 & 2 In Class                | Chapter 12                                   |
| Chapter 3 Interactive Case Study-AT HOME      | Abbreviations WorkSheet                      |
| Measures and Records Blood Pressure           | Barriers to a Nurse Client Relationship.docx |
| Bed Bath                                      | Chapter 9 Charting Powerpoint.pptx           |
| Cleans Upper and Lower Dentures               | Precautions powerpoint.pdf                   |
| Mouth Care                                    | Test 2 Chapters 7,8,9,10 & 22                |
| Perineal Care                                 | Assignments                                  |
| Foot Care                                     | Ticket to Class Chapters 12 & 13             |
| Dresses Resident                              | Ticket to Class Chapters 11, 14, 15 & 16     |
| Feeds a Dependent Resident                    | Mastery Quiz Chapter 12                      |
| Making occupied bed                           | Mastery Quiz Chapter 13                      |
| End of Course Survey                          | Mastery Quiz Chapter 11                      |
| Participation Day 4                           | Mastery Quiz Chapter 14                      |
| Test  | Mastery Quiz Chapter 15                      |
| Test 1 Stl!ldy Guide.docx                     | Mastery Quiz Chapter 16                      |
| Chapter 3                                     | Powerpoint                                   |
| Chapter4                                      | Chapter 11 powerpoint.pptx                   |
| Chapter 5                                     | Chapter 12 Fundies.pptx                      |
| Ethical Dilemma Final                         | Chapter 13 Fundies.pptx                      |
| Nursing School Ethics Example                 | Chapter 19 Fundies.pptx                      |
| Test 1  | Chapter 14 Powerpoint.pptx                   |
| Holism Ted Talk 13                            | Participation                                |
| Holism Ted Talk                               | Participation Day 7                          |

Participation Day 8  
Participation Day 9  
Videos  
Korotkoff sounds  
Radial-Apical Pulse  
Lub Dub  
Understanding Blood Pressure  
How to Measure Blood Pressure Manually  
How to Take a Temperature  
Eye Assessment  
Pupillary Responses  
Weber and Rine Test  
Infant Temperature  
Blood Glucose  
EKG Placement  
Isotonic, Hypotonic, Hypertonic IV Solutions  
Blood Type  
Venipuncture  
Parenteral Nutrition  
Blood Transfusion Procedure  
Test  
Chapter 12 In Class  
Chapter 13 In Class  
swt assessment.docx  
Pain Assessment Powerpoint Slids 13  
Physical Assessment assignment  
Chapter 11 assignment  
Chapter 14 assignment  
Chapter 12  
Pain Assessment  
Chapter 16 Powerpoint.pptx  
Chapter 15 Powerpoint.pptx  
Nutrition Assignment  
Nurse crushed by accident with MRI machine 13  
What happens during an MRI examination? 13  
Pap smear and speculum examinations 13  
In Class- Chapter 12 & 13 Quiz  
Chapter 11-16 Official Study Guide.docx  
In Class Test 3 11-16  
Head to lioe Assessment.docx.pdf  
In Class Chapter 11 Critical Thinking Activity  
Ticket to Class Chapters 17-21  
Assignments  
Mastery Quiz Chapter 17  
Mastery Quiz Chapter 18  
Mastery Quiz Chapter 19  
Mastery Quiz Chapter 20  
Mastery Quiz Chapter 21  
Powerpoint  
Chapter 17 Powerpoint.pptx  
Chapter 18 Powerpoint.pptx  
Chapter19.powerpoint  
Chapter 20 Powerpoint.pptx  
Chapter 21 Powerpoint.pptx  
Videos  
Integumentary Overview  
REM and NREM Sleep  
Introduction to Pain  
Managing Surgical Pain  
Oxygen Devices  
Mechanism of Breathing  
How to take an Arterial Blood Gas  
Incentive Spirometer Use  
Pursed Lip Breathing  
Participation  
Participation Day 10  
Participation Day 11  
Test 4 Group Test  
Knowledge Check  
Essay Question Test 3  
Shaving and oral hygiene.pdf  
Process of Pain.pdf  
theories of pain.pdf  
Oxygenation.pdf  
Oxygenation PP Chapter 21 13  
Shaving PP Chapter 17 13  
Process of Pain PP Chapter 20 13  
Test 4: Chapters 17-21  
Test 4: Chapters 15-21  
Case Study & End of Chapter questions Chapter 17  
Case Study & End of Chapter questions Chapter 18  
Falls Risk Assessment Tool  
Ticket to Class Chapter 23-26  
Powerpoint  
Chapter 23 powerpoint.pptx  
Chapter 24 Powerpoint.pptx  
Chapter 25 Powerpoint.pptx  
Chapter 26 powerpoint.pptx  
Assignments  
Mastery Quiz Chapter 23  
Mastery Quiz Chapter 24  
Mastery Quiz Chapter 25  
Mastery Quiz Chapter 26  
Participation  
Videos  
Splinting  
Compartment Syndrome  
Nursing Cast Care

- Bucks Traction  
Life with an External Fixator  
CPM  
Flexion and Extension  
Supination vs pronation  
Dorsiflexion and plantar flexion  
Pin site care 13  
How to put on a below knee prosthesis with one-way valve and knee sleeve? 13  
Walking With a Prosthetic Limb - Prosthetic Step Training 13  
Test  
Chapter 24 Quiz  
Care Plan  
Participation Day 12  
Care Plan Peer Review Rubric  
Participation Day 13  
Test 5: Chapters 23-26- Requires Respondus LockDown Browser  
Ticket to Class Chapters 27-31  
Assignments  
Mastery Quiz Chapter 27  
Mastery Quiz Chapter 28  
Mastery Quiz Chapter 29  
Powerpoint  
Chapter 27 Powerpoint.pptx  
Chapter 28 Wound Care.pptx  
Chapter 29 Gastrointestinal Intubation.pptx  
Videos  
Preoperative Checklist  
Wound Care  
Preoperative Nursing Care  
Postoperative Nursing Care  
Wound Care Clinical Skills  
Intraoperative Nursing Care  
Fecal Occult Blood Test  
NG Insertion  
Participation  
Participation Day 14  
Case Study Chapter 29  
Wound Care: In Class Assignment  
Chapter 27 In Class Pre-operative Assignment  
Mastery Quiz Chapter 30  
Mastery Quiz Chapter 31  
Provides Catheter Care for Female Resident  
Assists with Use of Bedpan  
Measures and Records Urinary Output  
Live Colonoscopy  
Fecal Occult Blood Testing
- Ostomy Bag Change  
Chapter 30 powerpoint.pptx  
Chapter 31 Powerpoint.pptx  
Purewick  
Kegel Exercises  
Female Catheter Insertion  
Soup Suds Enema  
Male Catheter insertion  
Enema/Suppository  
Participation Day 16  
Chapter 30 CAUTI Assignment - Signature Assignment  
Test 6 group  
Perform Skin Prep for Surgery  
Urinary Incontinence Activity: Matching -In Class Activity  
Test6  
Test Chapters 23-26, 29-31 Study Guide.docx  
Test: Chapters 23-26, 29-31  
Test Chapters 23-26, 29-31 Study Guide-2.docx  
Chapter 23-26, 29-31 Exam- Requires Respondus LockDown Browser  
Ticket to Class Chapters 32-34  
Mastery Quiz Chapter 32  
Mastery Quiz Chapter 33  
Mastery Quiz Chapter 34  
Chapter32.pptx  
Chapter33.pptx  
Chapter34.pptx  
Chapter35.pptx  
Participation Day 17  
Participation Day 18  
Insulin Mixing 13  
Chapter 27,28, 32-34 Exam- Requires Respondus LockDown Browser  
Browser  
Medication Administration Group Assignment  
Study Guide Chapters 27,28, 33, 34, & 34.docx  
Test 7- Chapters 27, 28, 32-34 March 10th- Requires Respondus LockDown Browser  
Mastery Quiz Chapter 36  
Mastery Quiz Chapter 37  
Chapter37.pptx  
Chapter36.pptx  
Participation Day 19  
Participation Day 20  
Trach care 13  
Test 7- Chapters 27, 28, 32-34 March 10th- Requires Respondus LockDown Browser

Respondus LockDown Browser	Weight of Ambulatory Resident
Airway Management 13	Positions on Side
Tracheostomy Care- Lippincott 13	Transfers from Bed to WC Using Transfer Belt Pivoting to Wh
Test 7- Chapters 32-34, 36-37- Req!!ires Respondus LockDown Browser	Transfers from Bed to Wheelchair Using Transfer Belt
Ticket to Class Chapters 36 & 37	Assists to Ambulate Using Gait Belt
Participation Day 21	Applies One Knee-High Elastic Stock ing
Participation Day 22	Performs Passive Range of Motion Exercises
Mastery Quiz Chapter 38	Radial Pulse
Chapter38.pptx	Respirations
A Good Death: The inside story of hospice	Measures and Records Blood Pressure
When There is No Cure, Death Offers Control & Comfort	Bed Bath
Ted Talk Dying with Dignity: The Importance of Choice at End of Life Care	Cleans Upper and Lower Dentures
Test 8 - Requires Respondus LockDown Browser	Mouth Care
Ticket to Class Chapter 38	Perineal Care
Final Exam- Requires Respondus LockDown Browser	Foot Care
Final Exam- Requires Respondus LockDown Browser	Dresses Resident
Beginning and Ending Steps for Skills	Feeds a Dependent Resident
Hand Washing	Making occupied bed
	End of Course Survey

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*Subject to change. Please consult your Canvas course for the most current instructions and updates.*

## **Classroom Hours**

### **Fall**

Start: 08-11-2025

End: 10-28-2025

Mo, Tu

9:00 AM - 2:30 PM

### **Spring**

Start: 01-05-2026

End: 03-24-2026

Mo, Tu

9:00 AM - 2:30 PM

For a full list of course hours visit: [Course Schedule](#)

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## **Instructor Contact Information**

Kylee McBride – kmcbride@stech.edu

Office Hours: By appointment

*Email is the preferred method of communication; you will receive a response within 72 hours during regular business hours.*

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## **Canvas Information**

Canvas is where course content, grades, and communication will reside for this course.

- Canvas URL: [stech.instructure.com](https://stech.instructure.com)
  - For Canvas passwords or any other computer-related technical support contact Student Services.
  - For Regular Hours and Weekdays call (435) 586 - 2899
  - For After Hours and Weekends call (435) 865 - 3929 (Leave a message if no response)
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## Policies

### Course Policies

**Instructor Information and Course Requirements:** The instructor will be available for more individualized questions during class breaks and by appointment. Students are expected to arrive on time to class ready to learn, having completed pre-class assignments and the required reading.

**Grading:** A cumulative average 80% or better is expected on all course requirements. Evaluation methods will include: Tickets to class (10%), Tests and quizzes (40%), Assignments (25%), and Class participation/professional behavior (25%). If a student's grade falls below 80%, an Academic Intervention Plan will be initiated, requiring remediation for successful course completion. A cumulative test average of 80% is required to pass the course.

**Remediation:** Remediation, if available, must be requested within 24 hours of the original assignment/test completion.

**Artificial Intelligence:** The use of generative AI (ChatGPT etc.) is not banned for this course. AI may be used as a tool to assist with the generation of ideas, but it may not be used to replace student work and is not an approved source for cited information

**Attendance:** It is expected students will attend all scheduled classes. In the event of an absence, the student is responsible for content discussed in class. Habitual tardiness or absences will be handled on a case by case basis.

**Cell Phone / Electronics:** See Practical Nursing Orientation Guide.

**Industry Environment:** The environment is a classroom setting with varied methods of instruction. Group projects and presentations are part of the curriculum. Laptop computers are required to access the electronic library and a host of other learning modalities. The majority of the time spent in the classroom will be sitting, with scheduled breaks as the lesson plan allows.

#### Attendance: Didactic Class

The didactic curriculum will be covered over two semesters. Students who are not in class will be unable to learn and miss needed information; therefore, attendance is mandatory. If an absence is unavoidable, the student must notify the instructor prior to the absence when possible. An absence is defined as more than 15 minutes of missed class time, regardless of whether missed time occurs at the beginning, middle, or end of a scheduled class. Following the second absence, each subsequent absence will result in a 5% reduction in the student's overall theory grade. Breaks will be provided at specified intervals throughout the class sessions to attend to personal needs. Mobile phones and other electronic devices must remain in silent mode throughout the duration of the class. Please do not disrupt the class by receiving calls, being paged, or leaving inappropriately. Excessive text messaging/social media during class will not be tolerated. Use of the technologies, as mentioned above, during class will result in students being asked to leave for the remainder of the class with an absence recorded on their attendance record. Should any specific issues arise, students should discuss them with the instructor.

#### Punctuality: Didactic Class

Arriving late, leaving early, or frequently exiting the classroom during class disrupts the instructor and classmates. In order to mirror professional workplace standards, punctuality will be tracked. Tardiness is defined as missing 1 to 14 minutes of class time after the class has started. The determination of tardiness will be made at the discretion of the faculty.

Habitual tardiness in the didactic setting will prompt the implementation of an academic intervention plan, which will be structured according to the following scale:

- 2 tardies/course = verbal warning, each subsequent tardy will result in a 2% reduction in the student's overall theory grade.
- 3 tardies/course = academic intervention plan and a 2% deduction to their overall grade
- 5 tardies/course = dismissal from program

Students who are late or absent on the day of an exam will be required to take the examination within a 24-hour window. Failure to do so within this timeframe will result in a 5% deduction per day, up to a maximum of 7 days, with no opportunity for remediation.

## **Additional Information**

InformaCast Statement: Southwest Tech uses InformaCast to ensure the safety and well-being of our students. In times of emergency, such as weather closures and delays, this app allows us to promptly deliver notifications directly to your mobile devices. To stay informed and receive real-time updates, we encourage all students to sign up for notifications. Your safety is our priority, and staying connected ensures a swift response to any unforeseen circumstances. More information and directions for signing up are available at: <https://stech.edu/emergency-notifications/>

Internet Acceptable Use Policy: The student is expected to review and follow the Southwest Technical College Internet Safety Policy at: <https://stech.edu/students/policies/>

Student Code of Conduct Policy: The student is expected to review and follow the Southwest Technical College Student Code of Conduct Policy at: <https://stech.edu/students/policies/>

Accommodations: Students with medical, psychological, learning, or other disabilities desiring accommodations or services under ADA, must contact the Student Services Office. Student Services determines eligibility for and authorizes the provision of these accommodations and services. Students must voluntarily disclose that they have a disability, request an accommodation, and provide documentation of their disability. Students with disabilities may apply for accommodations, based on an eligible disability, through the Student Services office located at 757 W. 800 S., Cedar City, UT 84720, and by phone at (435) 586-2899. No diagnostic services are currently available through Southwest Technical College.

Safety and Building Maintenance: The College has developed and follows a variety of plans to ensure the safe and effective operation of its facilities and programs. The following plans are available online: 1) Facilities Operations and Maintenance Plan; 2) Technical Infrastructure Plan; and 3) Health and Safety Plan.

Withdrawals and Refunds: Please refer to the Southwest Technical College Refund Policy at:

<https://stech.edu/students/policies/>

Any high school or adult student, who declares a technical training objective is eligible for admission at Southwest Technical College (Southwest Tech). Program-specific admissions requirements may exist and will be listed on the Southwest Tech website. A high school diploma or equivalent is not required for admission but is mandatory for students seeking Title IV Federal Financial Aid.

Non-Discriminatory Policy: Southwest Technical College affirms its commitment to promote the goals of fairness and equity in all aspects of the educational enterprise, and bases its policies on the idea of global human dignity.

Southwest Tech is committed to a policy of nondiscrimination. No otherwise qualified person may be excluded from participation in or be subjected to discrimination in any course, program or activity because of race, age, color, religion, sex, pregnancy, national origin or disability. Southwest Technical College does not discriminate on the basis of sex in the education programs or activities that it operates, as required by Title IX and 34 CFR part 106. The requirement not to discriminate in education programs or activities extends to admission and employment. Inquiries about Title IX and its regulations to STECH may be referred to the Title IX Coordinator, to the Department of Education, and/or to the Office for Civil rights.

If you believe you have experienced discrimination or harassment on our campus, please contact the Title IX Coordinator, Cory Estes: [cestes@stech.edu](mailto:cestes@stech.edu), (435) 865-3938.

For special accommodations, please contact the ADA Coordinator, Cyndie Tracy: [ctracy@stech.edu](mailto:ctracy@stech.edu), (435) 865-3944.

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