

## **Description of Courses**

### **Taught by Pennsylvania Highlands Community College**

#### **BIO 202 - Human Anatomy and Physiology I - 3 credits**

This course introduces the student to the structure and function of the human body. This is a semester long introduction to Human Anatomy and Physiology and prepares the student for Human Anatomy and Physiology II. Course topics will include the organization of the body at the molecular, cellular, and tissue levels and homeostatic mechanisms associated with the endocrine, integumentary, skeletal, muscle, and nervous systems.

Prerequisite(s): BIO 104 Principles of Biology I or accepted by CSON or high school biology within the last five years

Co-requisite(s): BIO 212 Human Anatomy and Physiology Lab

#### **BIO 212 - Human Anatomy and Physiology Lab I - 1 credit**

This course introduces the student to the structure and function of the human body. This is a semester long introduction to Human Anatomy and Physiology Lab applications. Students will experience and apply the material learned in lecture through experimentation and application of the scientific method to the following topic areas. Course topics will include the organization of the body at the molecular, cellular, and tissue levels, focusing on the integumentary, skeletal, muscle, and nervous systems.

Prerequisite(s): BIO 104 Principles of Biology I; or accepted by CSON; or high school biology within the last five years

Co-requisite(s): BIO 202 Human Anatomy and Physiology I

#### **BIO 204 - Human Anatomy and Physiology II - 3 credits**

This course is the second half of a yearlong introduction to Human Anatomy and Physiology. Course topics will include the organization of the body systems at the molecular, cellular, and tissue levels and homeostatic mechanisms associated with the cardiovascular, respiratory, lymphatic, digestive, urinary and reproductive systems.

Prerequisite(s): BIO 202 Human Anatomy and Physiology I or accepted by CSON

Co-requisite(s): BIO 214 Human Anatomy and Physiology II Lab

#### **BIO 214 - Human Anatomy and Physiology Lab II - 1 credit**

This course is the continuation of BIO 212 Human Anatomy and Physiology I Lab. Students will experience and apply the material learned in lecture through dissection and application of the scientific method to the following topic areas: cardiovascular, muscular, lymphatic, respiratory, digestive, urinary, reproductive, and endocrine systems.

Prerequisite(s): BIO 202 Human Anatomy and Physiology I or accepted by CSON

Co-requisite(s): BIO 204 Human Anatomy and Physiology II Lecture

#### **ENG 110 - English Composition I - 3 credits**

This course emphasizes the techniques of writing expository essays with stress upon careful thinking, word choice, sentence structure, and methods of organization. Students practice the writing of clear, coherent, and unified paragraphs and essays. Editing skills and the use of correct grammar and mechanics are also emphasized. Students are taught research skills and are required to write an argumentative research paper. This is the standard college English composition course.

Prerequisite(s): Placement Testing

#### **HSC 146 - Pharmacology - 3 credits**

This course emphasizes drug therapy as an integral part of health care. Students will develop a theoretical knowledge-base of major drug classifications and be able to relate this knowledge to the pharmacologic aspects of client/patient care. This study of pharmacokinetics and pharmacodynamics assists in analyzing patient responses to drug therapy.

Prerequisite(s): BIO 202 Human Anatomy and Physiology I and BIO 212 Human Anatomy and Physiology Lab I; BIO 204 Human Anatomy and Physiology II and BIO 214 Human Anatomy and Physiology Lab II

#### **BIO 206 - Microbiology - 3 credits**

This course is designed to introduce students to the fundamental concepts of microbiology, and the application of those concepts to human disease. Lecture will include the study of microorganisms, their metabolic processes, and their relationship to disease.

Prerequisite(s): BIO 104 Principles of Biology I Lecture or accepted by CSON

Co-requisite(s): BIO 216 Microbiology Lab

**BIO 216 - Microbiology Lab - 1 credit**

This course is designed to introduce students to the fundamental concepts of microbiology, through the application of those concepts to human disease. Laboratory work includes culturing, staining, studying, and identifying microorganisms.

Prerequisite(s): BIO 104 Principles of Biology I or accepted by CSON

Co-requisite(s): BIO 206 Microbiology

**PSY 100 - General Psychology - 3 credits**

This course is a general introduction to the scientific study of the brain, behavior, and mental processes of humans and animals, with emphasis on the goals of psychology: to describe, explain, predict, and control behavior. Students examine the substance of psychology such as biopsychology, sensation and perception, learning, memory, cognitive processes, affective behaviors, and mental illness through an examination of the theories, principles, and methods of research used in the field. Examples and applications enable the student to acquire the elements of critical thinking as adapted to the research environment. Students produce an APA formatted research paper. This course applies the fundamental principles of psychology as a natural science. Students explore current research through reading original empirical research and write an APA formatted analytic research paper.

**PSY 130 - Human Development Across the Lifespan - 3 credits**

This course covers various aspects of human development across the life span. It focuses on theoretical issues, developmental tasks, human differences, and applications of the knowledge with the area of human development. Human development is a broad field that looks at the changes, processes, and challenges encountered in daily living. Life span development examines the body of knowledge we call development. This course will expose students to the wide range of environmental factors, from physical to multicultural, aging, typical and atypical interactions between the organism and the environment, the normal and the challenges, the success and the failures of living.

**SOC 100 - Introduction to Sociology - 3 credits**

This is an introductory course that will familiarize the student with the basic principles and theories associated with sociology. This course will prepare students to look critically at a variety of social issues. Critical thinking is emphasized as students are provided thought provoking opportunities in challenging them to examine their diverse world.

**HSC 270 - Diet Therapy for Nursing Students - 3 credits**

Nutrition plays a vital role in maintaining good health and preventing chronic disease. Nutritional therapy in clinical situations is an adaptation of the principles of normal nutrition. Proper application of these principles can maximize restoration of health. This course introduces the nursing student to the fundamentals of medical nutrition therapy with direct application to the nursing process. The course provides an introduction of human nutrition including nutritional requirements, metabolism, and nutritional biochemistry. Nutritional needs and problems across the lifespan are addressed. Nutritional therapeutics for specific disease states are thoroughly examined.

**HSC 165 - Critical Thinking & Ethics in the Health Sciences - 3 credits**

This nonclinical course examines the components of critical thinking, decision making, logic, ethico-legal principles and regulations, and handling difficult situations in the health care environment. The learner clarifies personal values, cultural perspectives, and gains increased appreciation for human uniqueness, autonomy, and freedom of choice.

## **Taught by Conemaugh School of Nursing**

**Fundamentals of Nursing: 16 weeks - 10 credits**

This course introduces the student to the role of the professional nurse as a member of the health care team. The theory of Relationship-Based Care and Watson's Theory of Nursing are the foundation of providing holistic, culturally sensitive, compassionate care. Key components are data collection, assessment skills, reflective critical thinking, logical problem-solving, utilization of the nursing process, ethico-legal aspects, health promotion through the teaching-learning process, development of basic nursing knowledge, and the historical background of the nursing profession. Mathematics for drug calculation and basic pharmacological principles are presented. Students are introduced to specific patient care concepts through the care of patients experiencing surgery and those with select musculoskeletal and eye and ear disorders. The clinical practicum provides students the opportunity to demonstrate basic technical skills and accountability through the human-to-human caring transaction with the patient and family.

**Medical Surgical Nursing I: 8 weeks - 5 credits**

This course builds upon previously learned knowledge and technical skills. Physical assessment, data collection and interview skills are enhanced to obtain a comprehensive health history. The patient's life style and potential for rehabilitation are analyzed. A range of acute and chronic alterations in health care are addressed. Attention is given to musculoskeletal, diabetes mellitus, gastrointestinal, cardiovascular, and respiratory system alterations in health. Supervised clinical experiences correlate with nursing theory. Students begin to care for a multiple patient assignment and gain experience in intravenous and phlebotomy skills. Critical thinking skills are enhanced through case studies addressing excellence in nursing care in the human-to-human interaction of nurse and patient.

**Medical Surgical Nursing II: 8 weeks - 5 credits**

This course encourages collaboration with a multidisciplinary health team. Students focus on meeting individualized health needs of every patient in an expanding patient assignment. Nursing consideration is given for patients with oncology, male/female reproductive problems, hematologic, valvular heart disease and abdominal aortic aneurysm. Emphasis is placed on maintaining dignity, respect and sensitivity to one's self and others. Clinical case studies address acute and chronic situations to help the patient and family reduce health risks and make modifications in life style to reinforce basic prioritization, decision-making and delegation activities. The student begins to provide and prioritize care for a multiple-patient assignment in the clinical setting.

**Medical Surgical Nursing III: 8 weeks - 5 credits**

This course enhances, as well as emphasizes, the ongoing progression of multiple medical-surgical problems that patients may encounter. There is an increased emphasis on collaboration with the multidisciplinary health team. Students focus on meeting individualized health needs of every patient in expanding patient assignments. Course content focuses on community oriented health, epidemiology, urinary, Alzheimer's, delirium, dementia, brain tumors, endocrine disorders, head and neck cancer, leukemia and multiple myeloma. The student provides priority care for a multiple patient assignment focusing on maintaining care utilizing caring values. Clinical emphasis is on the acute and chronic care of patients by using priority decision-making and delegation activities. Critical thinking skills are fostered in this course by utilization of clinical case studies, use of the patient simulator and care of patients on the clinical units.

**Mental Health Nursing: 8 weeks - 5 credits**

This course focuses on patients with mental health needs, personality disorders, psychiatric disorders, homelessness, substance abuse, and violence. The human caring occasion allows the identification of behavioral patterns, developmental theories and therapeutic communication. The student aids the patient in attaining a higher degree of harmony. Experience in 1:1 interaction as well as group processes allow the opportunity to analyze the dynamics of patient and self. Clinical experiences in acute, chronic and community settings foster mastery of interpersonal skills based on the patient's thoughts, feelings and behaviors. Communication skills are enhanced through student participation in individual and group health teaching exercises. Clinical conferences allow discussion of ethico-legal issues, innovative treatment, political issues, holistic nursing care, healing and giving hope in helpless situations. The student gains competency in transpersonal human care interactions to enhance harmony and openness to diversity.

**Maternal/Child Nursing: 8 weeks - 5 credits**

This course focuses on the uniqueness of mother-infant developmental process and the family structure. Conception, pregnancy, childbirth and infant to adolescence are studied. In addition, social health issues of sexually transmitted disease and teenage pregnancy are addressed. Emphasis is on prevention and the promotion and maintenance of health during this developmental process, fostering critical thinking, anticipatory guidance and the exploration of community resources. Clinical experiences in maternity, pediatrics and Regional Intensive Care Nursery (RICN) settings allow the student to synthesize knowledge of normal, abnormal complications and illness. Additional clinical experience is provided in the community setting. Clinical case studies emphasize the individuality of mother, father, infant, child, adolescent, and significant others. Physical, psychosocial and cognitive development theories are integrated with the nursing care of different age groups. The course's family-centered approach brings forth a deep respect for the wonders and mysteries of life.

**Complex Medical Surgical Nursing: 8 weeks - 6 credits**

This course emphasizes the complex and multiple medical-surgical problems experienced by patients. Knowledge is expanded on the acute phase of illness and the advanced nursing care of adults with acute and chronic alterations in health. Course content is focused on HIV, obesity, burns, hepatic, neurological and renal difficulties, as well as other complex system disorders. Students are also introduced to the role of the nurse in case management. The psychosocial

and spiritual dimension involves the co-creation of coping skills for the individual and family. Community resources are stressed. The clinical practicum provides an expanded opportunity to prioritize and organize the health care needs of multiple acutely ill patients. The student anticipates and alters their plan of care to the ever changing health status of the complex patient. Time management and a higher level of clinical judgment are required. Critical thinking and problem-solving is fostered by the use of a patient simulator and clinical case studies.

**Critical Care Nursing: 8 weeks - 6 credits**

This course analyzes advanced nursing concepts for the comprehensive care of individuals with life threatening illness. Central to the scope of the course is the development of advanced knowledge and clinical skills in the critical care environment. Course content consists of respiratory, cardiac, shock, traumatic brain injury, spinal cord injury, trauma emergencies, and natural or man-made disasters. Ethico-legal issues involved with life threatening illness are addressed. Critical care and emergency services foster growth in nursing judgment, prioritization of care and decision-making. The clinical practicum requires the utmost collaboration of the interdisciplinary health team for patients and families coping with a life threatening situation. Case studies and the patient simulator allow synthesis of theory to clinical practice in caring for patients at high risk for multi-system failure.

**Advanced Nursing and Leadership: 8 weeks - 3 credits**

This course cultivates the transition of novice to an entry-level professional nurse position who provides excellence in care provisions to every patient. It addresses theories of leadership, management and advanced concepts of nursing care. Prioritization of care, delegation, quality improvement, personnel performance, ethico-legal issues, and the power of nurses to influence public health policy is addressed. Clinical experiences involve the accountability for the total care of a group of patients. Students gain confidence with experience in leadership and management skills. Clinical judgment, collaboration with the health team, and evaluating the effectiveness of the nursing process enhances critical thinking, decision-making and flexibility. Central to the development of independence is the demonstration of self-directed learning. Clinical case studies and the examination of advanced nursing concepts lead to preparation for the NCLEX-RN examination.