

HNStestPower

Course Description

2010

HNS Course Description



Course Description – This course was created primarily for the foreign nurse in order to bring that nurse graduate up to American practice standards and also U.S. grads that have difficulty with the concept of critical thinking. This program is meant to focus 1- on knowledge our experience over the years has demonstrated that many nurses fail the NCLEX because they believe studying is defined by practicing questions and answers. At HNS® we believe that the student should only endeavor to do questions once they have a general knowledge in all areas the NCLEX covers. 2- Most if not all individuals that fail and also foreign nursing graduates have difficulty with analysis and thus critical thinking. At HNS® students are introduced to both hand and hand as they are exposed to knowledge they are exposed to methodology to apply that knowledge according to the standards of practice and following the nursing process and maintaining the client’s individualized needs at the forefront of both the question before them and down the line clients in their practice.

Methodology – The student should read a section prior to assisting or viewing a webinar. That student should not feel he or she ‘Knows’ the material until they feel capable of teaching said material. The key is repetition until it because an integrated part of that student’s frame of reference. Only at that point should the student commence testing in that area. Additionally, the student should be capable of carrying out implementations according to the standard of care.

Course Order

A. Fundamentals in Nursing : Total pages 459

1. Nursing Process and NCLEX-Overview of the nursing process and how to recognize its relationship to NCLEX questionsHow to apply it in practice and keyword to aid the student in its recognition. **(44)**
2. Nursing and the Law, Delegations/Prioritization- Overview of the framework of nursing system in America. Differentiation between ethics and the law. Laws that pertain to practice including but not limited to the following: Advanced Directives, HIPPA, informed consent etc... Additionally, explanation of the principles of the delegation, scope of practice of different levels in nursing and difference between task assignment and delegation. Appropriate nursing communication.**(25)**
3. Triage – What is it and how to carry it out. **(9)**
4. Physical Assessment – Overview of different assessments – ROS, common indications of systemic problems, lung and heart sounds. Order of generalized and directed assessments **(70)**
5. Calculations and ABGs- Basic nursing math IV drips, number of pills to administer. ABG analysis how to carry out ABG study additionally how to interpret the results. (20), (9)
6. Fluids and Electrolytes: Review of common electrolytes and their function in the body as well as common imbalances. This class is foundational to many other clinical areas including cardiology, GI, and endocrinology.**(50)**
7. Blood & Blood Products /Hematology - Review of blood types, compatibility issues , matching and cross matching , standards in blood transfusion and common complications of transfusion. Common hematological disorders, ca , anemia **(45),(89)**
8. Nutrition – Review of Diets , vitamins, minerals and how to integrate into practice in addition specific dietary requirements of specific groups.**(45)**
9. PPE- Safety precautions and introduction to personal protective equipment how to don it and how to remove it . **(26)**
10. Perioperative Nursing – Introduction to perioperative nursing and its relation to the nclex . Review of planning concerns in surgery as well as common complications prior to and post surgery. **(56)**

B. Medical Surgical Nursing Total pages 1014

1. Cardiology Total 150 pages

- a. Anatomy/Physiology – Review of anatomy of a normal heart as well as common physiological principles related to this system.(8)
- b. CAD- Pathophysiology of coronary artery disease, modifiable and non modifiable risk factors, the disease process . Recognition of signs and symptoms of common illnesses in this category as well as nursing consideration and carrying out the plan of care. Pharmacological considerations in CAD, mechanism of action of those drugs, side effects and contraindications. (13)
- c. Inflammatory Conditions : Physiopathology, nursing considerations of pericarditis, myocarditis , myocarditis. (12)
- d. Arrhythmias , Ar I & 11 – 3 total- Review of common arrhythmic patterns and ECG recognition as well as nursing considerations in each situation. Pharmacology review of antiarrhythmic drugs including mechanism of action, side effects and contraindications. (38),(20),(19)=77
- e. Heart Failure- Physiopathology of heart failure. How to distinguish between (L) & (R) sided failures. Nursing considerations and pharmacological considerations for reach type of failure including mechanism of action, side effects and contraindications.(13)
- f. Peripheral Vascular Disease – Physiopathology , common conditions including but not limited to Peripheral Arterial disease (PAD) . Recognizing s/s and symptoms developing a plan of care for these conditions. Ulcers and wound care. Pharamacological considerations including mechanism of action, side effects and contraindications (20)
- g. HTN – Recognizing risk groups . Promotion of health and wellness. Physiopathology of common conditions of HTN including but not limited to essential HTN and CVA. Development of plan of care nutritional considerations . Pharmacological considerations including mechanism of action, side effects and contraindications (7)

2. Respiratory System Total pages: 94

- a. Pneumo 1- Review of anatomy/physiology of the lung . Concepts of respiration and ventilation. (7)
- b. Pneumo 2- O2 therapy and masks to be used by different clients in either chronic or acute conditions. (10)
- c. Pneumo 3- COPD- recognizing s/s of the conditions. Physiopathology . Risk groups design of plan of care including nutritional considerations. Pharmacological including mechanism of action, side effects and contraindications (21)
- d. Pneumo 4- Physiopathology of hypersensitivity , pneumothorax, hemothorax, chest tube insertion and management, assisting in thoracotomy. Developing a plan of care for these conditions and pharmacological considerations including mechanism of action, side effects and contraindications (18)

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- e. Pneumo 5- Physiopathology of Pulmonary edema, pulmonary embolism, Airway obstruction, TB. General Safety precautions. Pharmacological considerations including mechanism of action, side effects and contraindications . **(22)**
- f. Pneumo 6 – Physiopathology of pneumonia, pleurisy , cystic fibrosis. Recognition of s/s, diagnostics. Development of plan of care. Nutritional Considerations, safety issues. **(16)**
pharmacological considerations including mechanism of action, side effects and contraindications

3. Renal System Total pages: 132

- a. Renal 1- Review of Anatomy/ Physiology, renal diagnostics including but not limited to IVP and nursing considerations before and after the procedure pharmacology including mechanism of actions , indications, side effects and contraindications.**(54)**
- b. Renal 2- Physiopathology of ARF and CRF recognizing s/s and development of poc's including nutritional considerations . Dialysis hemodialysis and peritoneal risk and benefits of each and potential complications. **(40)**
- c. Renal 3- Physiopathology of Glomerulonephritis versus nephritic syndrome. Recognizing s/s and nursing considerations including nutrition and pharmacology. Urolithiasis composition of stones , nursing considerations , designing a plan of care. **(38)**

4. Neurology Total pages: 170

- a. Anatomy/Physiology – review , ANS v. Peripheral nervous system, review and assessment of cranial nerves. **(25)**
- b. Neurological Assessment – Assessing the LOC, GCS, Posturing, breath sounds, CN review, diagnostics **(21)**
- c. Pathology I – Physiopathology of head injuries s/s of IICP and complications , nursing considerations, development of plan of care, diagnostics, SCI – assessment, development of plan of care and complications.**(39)**
- d. Pathology II- Seizures, physiopathology , Assessment, developing a plan of care , seizure precautions, myasthenia gravis – assessment , diagnostic confirmation, development of plan of care , cholinergic crises v. myasthenic crises. Parkinson's physiopathology , assessment, development of POC . Pharmacological considerations. **(53)**
- e. Pathology III- Physiopathology of IICP, assessment , management. ALS physiopathology , development of POC,MS , guillain Barre, Alzheimers. Pharmacological considerations. **(32)**

- 5. Gastroenterology – Physiopathology , nursing consideration, developing POC , including dietary considerations and pharmacological consideration for the following conditions:** GERD, gastritis, Peptic Ulcer disease, Duedonal v. Gastric Ulcer, Surgical interventions and complications, Intrinsic Anemia, Appendicitis, complications , Ulcerative colitis v. Crohn's , colostomy care, Hemorrhoids, diverticulosis v. diverticulitis, Gastroenteritis, Cholecystitis, Pancreatitis, acute v. chronic + complications. Liver disease : including cirrhosis, complications. Hepatitis A, B,C, D + E **(106)**

6. Musculoskeletal Total pages 59

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- a. Musculoskeletal I – Physiopathology, Assessment, diagnostics, and development of plan of care including pharmacological considerations for the following: osteoporosis, osteoarthritis, rheumatoid arthritis, gout and paget’s disease. **(22)**
 - b. Musculoskeletal II- Review of fractures , nursing management of fractures, complication of fractures, traction implementation – nursing considerations. Use of assistive devices including crutches , walker, and canes. Hip fractures assessment and nursing management. Amputation nursing considerations. **(37)**
- 7. Integumentary Total pages: 160**
- a. Integumentary I- anatomy /physiology review of skin. Integumentary assessment , Diagnostic Testing, Assessment of Lesions, nursing management of lesions. **(40)**
 - b. Integumentary II – Physiopathology of decubitus ulcer , risk factors, management , wound care, different dressings, debridement , infectious complications, scabies, lyme disease, skin Ca. **(35)**
 - c. Integumentary III- Review of physiology of skin, Burn injury assessment - determining TBSA, rule of nine, phases of burn injury . Nursing management, review of potential complications system by system. Nursing consideration including nutritional support, management of other types of injuries including but not limited to: electrical , chemical, or radiation. **(85)**
- 8. Oncology :** Root words, nomenclatures, benign v. malignant , etiology , body’s defense against CA, CA grading, nursing considerations, promotion of health & wellness, screening and prevention, POC related to prevention, colon care, surgical considerations, breast cancer. **(47)**
- 9. Endocrine System:** Review of anatomy/physiology of the system , hormonal feedback. Physiopathology , assessment , diagnostics and nursing considerations including complications and pharmacological considerations for the following conditions: thyroid imbalances, parathyroids, adrenal disorders including Addison’s , Cushing’s , Conn’s , gigantism, dwarfism, SIADH, Diabetes Insipidus, Diabetes Mellitus type I &II , diagnostics and management including different types of insulin and respective complications. **(96)**
- B. Women’s Health – L& D- 259 total pages**
- a. **Women’s Health & Contraceptives-** Role of estrogen , review of female sexual development and it relation to nursing promotion of health & wellness. Menstrual cycle , Breast self exam. Hormonal and Barrier contraceptives.**(45)**
 - b. **Labor & Delivery Anatomy** –Definition and assessment of presumptive, probable and definite signs of pregnancy. Physiological adaptation of systems to pregnancy and teachings and coping to assist client including physiological , safety and psychosocial needs.**(14)**
 - c. **Prenatal Assessment** – Initial assessment, including physical and diagnostic lab exams. Subsequent visits throughout the gestation. Fundal height assessment. Nursing consideration and interpretation of triple screen and amniocentesis. Week 20 visit RH – considerations. Other tests including CVS, PUBS, L/S ratio and nitrazine test. Assessment of fetal wellbeing including : fundal height, gestational age, health status- Leopold maneuvers, positioning of fetus – NTS and its interpretation, CST and its interpretation, Biophysical profile. **(35)**

- d. **Obstetric pathologies** – Review of anatomy and physiology of female reproductive system. Physiopathology, diagnostics, and nursing considerations including nutritional needs when necessary, pharmacological considerations, and teachings for the following conditions: ectopic pregnancy, abortion how to differentiate between threatened , inevitable, complete and missed. Pregnancy induced hypertension management and potential complications mild preeclampsia, preeclampsia, and severe preeclampsia. Pre-existing diabetic condition and pregnancy, gestational diabetes, DIC(disseminated intravascular coagulation) . Oligohydramnios, polyhydramnios, rhesus isoimmunization. Conditions related to third trimester bleeding: abruption placenta, and placenta previa and other considerations in 3rd trimester bleeding. Hyperemesis gravidarum. **(60)**
 - e. **Labor & Delivery** - Stages of labor defined. Initial labor management including assessment of status of membranes, and fetal orientation. FHR monitoring. Anesthesia during delivery , episiotomy and management. Assessment and nursing management in each stage of labor and woman’s state of mind in each . Initial Newborn assessment including APGAR scoring. Pathological deliveries including : preterm labor, premature rupture of membranes, uterine ruptures, prolapsed cord, umbilical cord around the neck, malpresentation, premature delivery and multiple births. Assessment , nursing consideration and management of these conditions. **(62)**
 - f. **Normal Newborn Assessment** – Common terms related to newborn. Viability . Apgar scoring. Newborn assessment in the following systems: Circulatory (Cardio), Respiratory, Gastrointestinal, Immune Systems, renal function, neurological assessment, musculoskeletal system. Temperature regulation. Witches’ milk, pseudomenstruation. Signs and symptoms of infants at risk . Nursing plan for newborn and related teachings including safety and nutritional considerations.**(43)**
- C. Human Growth & Development Total Pages - 71**
- 1. **Human Growth and Development** – Age groups defined , concepts in growth and development . Theories of human development Freud, Erikson, and Piaget. Review of normal neonatal assessment , introduction of foods , normal physiological changes, safety needs and psychosocial development. Same assessment for toddlers ,school age children, adolescents, young adults, middle age, and older adults. Nursing considerations and teachings for each group.**(44)**
 - 2. **Health Promotion and Maintenance-** The role of the nurse related to promotion of health and prevention of illness. Topic related to NCLEX examination. **(7)**
 - 3. **Vaccines** –Passive and Active immunity defined, FDA approved products for passive immunity, Activated immunity , definition of types of vaccines . Vaccination schedule. **(20)**
- D. Pediatrics** – General principles of pediatrics including nursing communication, childrens games and assigning roommates. Assessment , nursing consideration, management, including dietary considerations, safety issues , and teaching related to the following conditions: **(115)**

Neurology

1. Head Injuries

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2. **Hydrocephaly**
3. **Spina Bifida**
4. **Reye's Syndrome**
5. **Cerebral Palsy**
6. **Mental Retardation**
7. **Autism**

ENT

1. **Otitis Media**
2. **Ear drops administration**
3. **Eye drop administration**

Cardiovascular

1. **Patent Ductus Arteriosus**
2. **Atrial Septal Defect**
3. **Ventricular Septal Defect**
4. **Tetrology of Fallot**

Respiratory – Assessment, airway characteristics , ventilation, diagnostics, O2 therapy, CPT.

1. **Croup**
2. **Epiglottitis**
3. **Cystic Fibrosis**

Urogenital – Normal Urinary output

1. **UTI**
2. **Toilet training readiness**
3. **Eneuresis**
4. **Vesico uretal reflux**
5. **Extrophy of Bladder**
6. **Hypospadias**
7. **Cryptorchidism**
8. **Testicular Torsion**

Endocrinological Disorders

1. **PKU**

Hematological Disorders

1. **Bleeding Disorders- Hemophilias**
2. **Sickle Cell Anemia**
3. **Beta Thalassemia**

Integumentary Disorders

1. **Diaper Rash**
2. **Diaper Dermatitis**
3. **Eczema**
4. **Pediculosis**
5. **Scabies**
6. **Poison Oak**

Pediatrics (Con't)

Gastroenterology

1. **Cleft Lip/ Cleft Palate**
2. **Tracheoesophageal Fistula**
3. **Megacolon – Hirschsprungs ' Disease**
4. **Intussusception**
5. **Lactose Intolerance**
6. **Celiac's Disease**

(115)

E. Mental Health Total pages: 152

1. **Introduction to Psychiatric nursing & Anxiety Disorders** : Principles of nurse client relationship, ego defense mechanism. Assessment , development of plan of care , pharmacological considerations for anxiety based disorders including : PTSD, OCD, Phobias,and Somatoform disorders . **(46)**
2. **Bipolar& Personality disorders:** Assessment , safety issues development of POC. Nursing considerations including dietary consideration and lithium. **(29)**
3. **Schizophrenia** : Assessment , safety issues , pharmacological issues. Managing hallucinations and delusion. Difference between hallucination, delusion, illusion. Common terms associated to schizophrenia. **(26)**
4. **Crisis –** Definition, management , safety issues, ECT, restraints, death , stages of dying, mourning, depression, suicide risks and precautions. Abuse in children, spouses and the elderly and nursing considerations. **(31)**
5. **Addictions:** Eating disorders- anorexia v. bulimia assessment, safety issues , POC nutritional considerations. Effects and Withdrawal of CNS depressants and Stimulants. **(20)**

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