



Department of Teaching & Learning
Parent/Student Course Information

Practical Nursing I
(VO 8357)
One and One-half Credit, One Semester
Grade 12

Counselors are available to assist parents and students with course selections and career planning. Parents may arrange to meet with the counselor by calling the school's guidance department.

COURSE DESCRIPTION

The Practical Nursing program offers an eighteen-month course of study that begins in Grade 12 and includes one year of post-graduate training. Practical Nursing I introduces students to basic nursing skills through classroom, laboratory, and clinical settings. High school seniors receive three credits for the successful completion of the course. Practical Nursing II, taken after graduation, offers subject matter concurrent with nursing care assignments in local hospitals, clinics, nursing homes and home health care agencies.

CERTIFICATION

None

STUDENT ORGANIZATION

Future Health Professionals (HOSA)

The mission of HOSA is to enhance the delivery of compassionate, quality health care by providing opportunities for knowledge, skill and leadership development of all health occupations education students, therefore, helping the students to meet the needs of the health care industry.

PREREQUISITES

Algebra I (parts 1 and 2) or Geometry

Overall 2.3 GPA

OPTIONS FOR NEXT COURSE

Post-graduation PNII

REQUIRED STUDENT TEXTBOOK

Memmler's Structure and Function for the Human Body, 2016

Fundamental Concepts and Skills for Nursing, 2009

Taber's Cyclopedic Medical Dictionary, 2009

Basic Pharmacology for Nurses, 2010

Journey across the Life Span: Human Development & Health, 2015

deWit's Fundamental Concepts and Skills for Nursing, 2018

COMPETENCIES FOR PRACTICAL NURSING I

Demonstrating Professional Competencies

- 1 Demonstrate positive work ethic.
- 2 Demonstrate integrity.
- 3 Demonstrate teamwork skills.
- 4 Demonstrate self-representation skills.
- 5 Demonstrate diversity awareness.
- 6 Demonstrate conflict-resolution skills.
- 7 Demonstrate creativity and resourcefulness.
- 8 Demonstrate effective speaking and listening skills.
- 9 Demonstrate effective reading and writing skills.
- 10 Demonstrate critical-thinking and problem-solving skills.
- 11 Demonstrate healthy behaviors and safety skills.
- 12 Demonstrate an understanding of workplace organizations, systems, and climates.
- 13 Demonstrate lifelong-learning skills.
- 14 Demonstrate job-acquisition and advancement skills.
- 15 Demonstrate time-, task-, and resource-management skills.
- 16 Demonstrate job-specific mathematics skills.
- 17 Demonstrate customer-service skills.
- 18 Demonstrate proficiency with technologies common to a specific occupation.
- 19 Demonstrate information technology skills.
- 20 Demonstrate an understanding of Internet use and security issues.
- 21 Demonstrate telecommunications skills.
- 22 Demonstrate workplace safety.

Examining All Aspects of an Industry

- 23 Examine aspects of planning within an industry/organization.
- 24 Examine aspects of management within an industry/organization.
- 25 Examine aspects of financial responsibility within an industry/organization.
- 26 Examine technical and production skills required of workers within an industry/organization.
- 27 Examine principles of technology that underlie an industry/organization.
- 28 Examine labor issues related to an industry/organization.
- 29 Examine community issues related to an industry/organization.
- 30 Examine health, safety, and environmental issues related to an industry/organization.

Addressing Elements of Student Life

- 31 Identify the purposes and goals of the student organization.
- 32 Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.
- 33 Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.
- 34 Identify Internet safety issues and procedures for complying with acceptable use standards.

Exploring Work-Based Learning

- 35 Identify the types of work-based learning (WBL) opportunities.
- 36 Reflect on lessons learned during the WBL experience.
- 37 Explore career opportunities related to the WBL experience.
- 38 Participate in a WBL experience, when appropriate (optional).

Describing Fundamental Concepts of Nursing

- 39 Describe the role of the practical nursing student.
- 40 Relate personal aptitudes and interests to the concept of nursing.
- 41 Identify significant factors in the evolution of nursing care.
- 42 Describe the differences among the methods of providing nursing care.
- 43 Describe the roles of healthcare team members.
- 44 Describe the development of professional socialization of the practical nurse that includes working in interdisciplinary teams.
- 45 Describe the cultural and psychosocial aspects of health care in a changing society.

Understanding the Nursing Process

- 46 Describe the six phases of the nursing process.
- 47 Explain the relationship of the nursing process to nursing practice.
- 48 Describe a plan of care, using the nursing process.
- 49 Explain the principles of effective verbal and nonverbal communication.
- 50 Explain the principles of communication when establishing therapeutic relationships.
- 51 Identify principles of conflict resolution.
- 52 Report information relating to the patient/client.
- 53 Describe principles of documentation.
- 54 Demonstrate techniques of client education.

Describing Legal, Ethical, and Professional Responsibilities in Clinical Practice

- 55 Explain the legalities governing the scope of practical nursing as defined in the Board of Nursing Law and Regulation.
- 56 Identify the rights of clients.
- 57 Explain protection of client rights.
- 58 Describe clients' rights to be free from abuse, mistreatment, neglect, and abandonment.
- 59 Explain the concept of ethics as related to the nursing practice.
- 60 Explain nursing standards of care.
- 61 Describe the influence of various agencies on the delivery of health care.
- 62 Describe organizations that enhance the development of nursing.

Explaining Principles of Anatomy and Physiology

- 63 Explain the basic structural levels of body organization, anatomical structure, and body cavities.
- 64 Explain chemical components of the body.
- 65 Explain structures and functions of the cell.
- 66 Explain structures and functions of tissues, membranes, and glands.
- 67 Explain structures and functions of the integumentary system.
- 68 Explain structures and functions of the skeletal system.
- 69 Explain structures and functions of the muscular system.
- 70 Explain structures and functions of hematological system.
- 71 Explain structures and functions of the cardiovascular system.
- 72 Explain structures and functions of the lymphatic system, including immunity.
- 73 Explain structures and functions of the respiratory system.
- 74 Explain structures and functions of the gastrointestinal system.
- 75 Explain structures and functions of the endocrine system.
- 76 Explain structures and functions of the reproductive system.
- 77 Explain structures and functions of the nervous system.
- 78 Explain structures and functions of the urinary system.
- 79 Explain structures and functions of the sensory system.
- 80 Explain the fundamentals of fluid and electrolyte balance.

81 Identify the processes involved in electrolyte movement.

Identifying Concepts of Nutrition

82 Identify dietary patterns relating to ethnic, religious, cultural, and personal preferences.

83 Identify nutrients essential for optimal health and wellness.

84 Describe the digestion and metabolism of food.

85 Describe dietary guidelines recommended for health promotion.

86 Identify principles of food management and safety.

87 Explain basic dietary management techniques.

88 Demonstrate the process for providing nourishment.

Examining Concepts of Wellness and Illness

89 Identify principles of wellness and the promotion of healthy lifestyles for clients and populations.

90 Define Complementary and Alternative Medicine (CAM) / Integrative Healing Arts (IHA).

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Produced by the Department of Teaching and Learning.
For further information, please call (757) 263-1070.

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Title IX Notice: Complaints or concerns regarding discrimination on the basis of sex or sexual harassment should be addressed to the Title IX Coordinator, at the VBCPS Office of Student Leadership, 641 Carriage Hill Road, Suite 200, Virginia Beach, 23452, (757) 263-2020, Mary.Dees@vbschools.com (student complaints) or the VBCPS Department of School Leadership, 2512 George Mason Drive, Municipal Center, Building 6, Virginia Beach, Virginia, 23456 (757) 263-1088, Elizabeth.Bryant@vbschools.com (employee complaints). Additional information regarding Virginia Beach City Public Schools' policies regarding discrimination on the basis of sex and sexual harassment, as well as the procedures for filing a formal complaint and related grievance processes, can be found in School Board Policy 5-44 and School Board Regulations 5-44.1 (students), School Board Policy 4-4 and School Board Regulation 4-4.3 (employees), and on the School Division's website at [Diversity, Equity and Inclusion/Title IX](#). Concerns about the application of [Section 504 of the Rehabilitation Act](#) should be addressed to the Section 504 Coordinator/Executive Director of Student Support Services at (757) 263-1980, 2512 George Mason Drive, Virginia Beach, Virginia, 23456 or the Section 504 Coordinator at the student's school. For students who are eligible or suspected of being eligible for special education or related services under IDEA, please contact the Office of Programs for Exceptional Children at (757) 263-2400, Plaza Annex/Family and Community Engagement Center, 641 Carriage Hill Road, Suite 200, Virginia Beach, VA 23452.

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