

Curriculum Outline 2023-2024  
Henrico County-St. Mary's Hospital School of Practical Nursing

Course Title	Clock Hours	Theory Hours	Direct Clinical Hours	Simulation Hours	Skills Lab Hours
Anatomy: Structure & Function	80	70	0	0	10
Foundations of Nursing	320	166	48	10	96
Pharmacology	80	68	0	3	9
Nursing Care of the Adult I	252	100	114	8	30
Nursing Care of the Adult II	252	110	114	8	20
Nursing Care of Family	220	112	80	4	24
Nursing Care of Mental Health	110	68	40	2	0
Nursing Leadership	110	58	40	4	8
<b>Total</b>	<b>1424</b>	<b>752</b>	<b>436</b>	<b>39</b>	<b>197</b>

*Note:* Theory (1:1) 752 hrs, Clinical/Lab/Sim (1:3) 672 hrs x 3 = 2016, 752 + 2016 = 2768/45 = 61.5 or **62 credit hrs.**

### COURSE DESCRIPTIONS

**Anatomy: Structure & Function (80 hours)** introduces the practical nursing student to foundational knowledge about the human body and how it functions. The course contains content relating to medical terminology, anatomical and physiological terms, and the normal functioning of the cells, tissues, membranes, organs, and bodily systems. A lab component incorporates elements of physical assessment of the healthy person.

**Foundations of Nursing (320 hours)** provides an opportunity for the application of basic nursing principles and standards of nursing care. Basic history taking, physical assessment, and fundamental nursing skills will be practiced in a lab/simulated lab setting and competency for these skills will be determined before applying them in a clinical setting. An introduction to the concept of patient-centered care and the nursing process for patients with medical and surgical conditions in acute, long term, and community healthcare settings will be presented. The student will be introduced to the concept of critical thinking and will begin to apply the skills when planning and providing nursing care. Students will learn therapeutic communication skills and methods to promote and restore the health of the patient. This course also introduces content regarding practical nursing as a professional discipline, the theoretical basis for nursing practice, current nursing issues, roles, ethical and legal aspects, and education.

**Pharmacology (80 hours)** introduces the student to aspects of safety in medication administration. The course is designed to introduce basic principles of pharmacology, different classes of medication, drug actions, therapeutic effects, adverse reactions and interactions, dosage calculations, and interpreting drug orders. The student will apply the principles of pharmacology to the clinical environment.

**Nursing Care of the Adult I (252 hours)** include promoting comfort, applying the nursing process to treating and preventing infections, reducing the inflammatory response, and addressing disorders of the integumentary, hematologic, immune, respiratory, gastrointestinal, musculoskeletal, and reproductive systems.

**Nursing Care of the Adult II (252 hours)** includes applying the nursing process to addressing disorders of the cardiovascular, renal, endocrine, neurological, and coagulation systems, as well as care and management of cancer.

**Nursing Care of the Family (220 hours)** provides the student with the theoretical foundation to apply the nursing process to maternity, newborn, and children's health. Focus includes stages of pregnancy, childbirth, and the puerperium, as well as the role of the practical nurse in caring for children with a focus on family-centered care including normal growth and development, communication, safety, prevention, and utilization of community resources.

**Nursing Care of Mental Health (110 hours)** provides the student with the theoretical foundation to apply the nursing process to mental health nursing in a variety of health care settings. Focus on therapeutic communication, collaboration, caring, and clinical judgment are incorporated to ensure safe, patient-centered nursing care to diverse patients experiencing common mental health conditions/disorders.

**Nursing Leadership (110 hours)** provides the student with foundational knowledge towards successfully making the transition from student to practical nurse. Theory focuses on the role of the LPN as a manager and leader and delegation of nursing activities to unlicensed personnel. The student has the opportunity to provide comprehensive nursing care in diverse patient populations, including long-term care and community settings.

*NOTE:* All of the above courses listed must be successfully completed in order to progress through the program. All of the above courses listed must be successfully completed prior to graduation.

Practical  
Nursing, I/II is  
36 weeks.  
Practical Nursing  
III is 34 weeks.