

Nursing & Allied Health

Degree: A.S. - Nursing - LVN Career Mobility
A.S. - Nursing - RN

Area: Health & Education
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Nursing is a health care profession which requires knowledge of biological, behavioral and physical sciences. Registered nurses are licensed by the state to perform a variety of health care functions. They observe, assess, plan, implement and evaluate patient care as well as administer therapeutics, assist in patient rehabilitation and instruct patients in health care.

Career Opportunities

Employment in the field for registered nurses is excellent locally and nationally. The registered nurse enjoys a well compensated, rewarding, highly flexible career which should continue in the future. This field is expanding, and growth in the job market for registered nurses is projected.

The ARC Program

The Nursing Program consists of a combination of general education and nursing courses with related laboratory experience in local health agencies. Successful completion of the program qualifies the student to take the California State Licensing Examination to become registered as a nurse and eligible for employment. A grade of "C" or better is required in each nursing course for progression in the program and for an associate degree in nursing. The student is responsible for providing uniforms, laboratory fees, malpractice insurance, necessary equipment, and transportation to off-campus laboratory locations. The nursing curriculum is offered both spring and fall. Start-up costs are approximately \$1,200. In addition, the fourth semester students are required to take a prelicensure simulation/assessment examination. The cost is approximately \$35.00. There are morning, afternoon, evening, and weekend clinical experiences required with limited notice. Knowledge of computer skills is desired.

NOTE: In accordance with Regulation 480 of the State Board of Registered Nursing, a person convict-

ed of any offense other than a minor traffic violation, may not qualify to be licensed as a registered nurse. If there are any questions regarding this matter, please contact the State Board of Registered Nursing.

Requirements for Pre-enrollment to the Program

1. Graduation from an accredited high school or G.E.D. equivalent with scores as required by Section 1412B of the Nursing Practice Act prior to time of application.
2. A grade of "C" or better **and** a cumulative G.P.A. of 2.5 in the following prerequisites, NUTRI 300, PSYC 300, ENGRW 300, *SPEECH 301 or 331, *SOC 300, or *ANTH 310, prior to applying to nursing program. *Are corequisites to NURSE 400 and NURSE 410.
3. A cumulative G.P.A. of 3.0 in the sciences: BIOL 430, 431, 440 or 442. These requirements are for first-time applicants to the program. **Note:** There is a seven-year recency requirement for the biological science courses.
4. Eligibility for ENGRD 310 or 312. (See Nursing program information sheet)

Pre-enrollment Deadlines

Pre-enrollment applications may be obtained from the Admissions and Records Office or by calling 484-8176. Applications are due in the Admissions and Records office by April 15 for the fall semester and by October 15 for the spring semester. In case the application date falls on a holiday or weekend, applications will be due in the Admissions and Records office on the preceding business day. Only completed application packets will be accepted. Completed application includes: Application, all official college transcripts, high school transcript or G.E.D. Refer to current information sheet.

Enrollment

1. Only students who meet the pre-enrollment requirements and follow the pre-enrollment procedures will be considered for the program.
2. Selection is based on a random selection process from among the qualified applicants.
3. The student admitted to the Nursing program is required to have a physical examination and required inoculations prior to the start of the semester.

NOTE: Meeting all the course requirements does not guarantee enrollment to the program.

Requirements for Degree Major (67-68 units):

BIOL 440 or 442, 430,4316; ENGRW 300; NUTRI 300; PSYC 300; SOC 300 or ANTH 310; SPEECH 301 or 331; NURSE 400, 410, 420, 430.

NOTE: BIOL 430, 431, 440, and 442 have a prerequisite of an introductory college chemistry course with a grade of "C" or better. Please check catalog course descriptions.

Courses Required for the Associate Degree in Nursing

Pre-Enrollment Courses

BIOL 430
BIOL 431
BIOL 440 or 442
ENGWR 300
NUTRI 300
PSYC 1300

Course Sequence for Degree Major

NURSE 400 (Semester 1)
NURSE 410 (Semester 2)
NURSE 420 (Semester 3)
NURSE 430 (Semester 4)

SPEECH 301 or 331: must be enrolled, if not previously taken concurrently with NURSE 400. SOC 300 or ANTH 310: must be enrolled concurrently with NURSE 410 if not previously taken.

Additional Graduation Requirements

Humanities
Social Science
Physical Education
Ethnic/Multicultural Studies
Competency in Reading and Math (Strongly recommended that math competency be met prior to entering Nursing program).

Note: Speech 7 and Psychology 7 from Sacramento City College do not meet the American River College pre-enrollment requirements.

LVN Career Mobility (for LVNs only)

Licensed Vocational Nurses (LVN) accepted into the career mobility phase of the Associate Degree Program are required to complete a combination of general education and nursing courses with related laboratory experience in local health agencies. Successful completion of the program qualifies the student to take the California State Licensing Examination to become registered as a nurse and eligible for employment. A grade of "C" or better is required in each Nursing course for progression in the program and for an associate degree in nursing. The student is responsible for providing uniforms, laboratory fees, malpractice insurance, necessary equipment and transportation to off-campus laboratory, start up cost is approximately \$1,200. In addition, the fourth semester students are required to take a prelicensure simulation/assessment examination. The cost is approximately \$35.00. There are morning, afternoon, evening, and weekend clinical experiences required with limited notice. Knowledge of computer skills is desired.

NOTE: In accordance with Regulation 480 of the State Board of Registered Nursing, a person convicted of any offense other than a minor traffic violation, may not qualify to be licensed as a registered nurse. If you have any questions regarding this matter, please contact the State Board of Registered Nursing.

Requirements for Pre-enrollment to the Program

1. Current California Vocational Nurse license.
 2. A grade of C or better and a cumulative GPA of 2.5 in the following prerequisites: NUTRI 300, PSYC 300, ENGWR 300, *SPEECH 301 or 331, *SOC 300 or ANTH 310, prior to applying to Nursing program. *Are corequisites to NURSE 400 and NURSE 410.
 3. A cumulative GPA of 3.0 in the sciences: BIOL 430, 431, 440, or 442
 4. Current employment in acute care setting.
- Note:** A seven-year recency requirement is in effect for the biological sciences.

Pre-enrollment Deadlines

Applications may be obtained from the Admissions and Records Office or by calling 484-8176. Applications are due in the Admissions and Records Office by April 15 for the fall semester and by October 15 for the spring semester. In case the application date falls on a holiday or weekend, applications will be due in the Admissions and Records office on the preceding business day.

Only completed application packets will be accepted. Completed application includes: Application, all official college transcripts, high school transcript or G.E.D., and photocopy of current LVN license and validation of current employment in the appropriate acute care setting.

Enrollment

1. Only students who meet the pre-enrollment requirements and follow the pre-enrollment procedures will be considered for the program.
 2. Selection is based on a random selection process.
 3. The students enrolled in the Nursing program are required to have a physical examination and required inoculations prior to beginning of the first semester.
- NOTE:** Meeting all the course requirements does not guarantee admission to the program.

Requirements for Degree Major

67-68 units

BIOL 430, 431, 440 or 442; ENGWR 300; PSYC 300; SOC 300 or ANTH 310; SPEECH 301 or 331; NURSE (400, 410)+, 300, 420, 430.

NOTE: BIOL 430, 431, 440, and 442 have a prerequisite of an introductory college chemistry course with a grade of "C" or better. Please check catalog course descriptions.

Courses Required for the Associate Degree in Nursing

Pre-enrollment Courses

BIOL 430
BIOL 431
BIOL 440 or 442
ENGWR 300
NUTRI 300
PSYC 300
SPEECH 301 or 331*
SOC 300 or ANTH 310*

*must be completed before entering the 3rd semester.

Course Sequence for Degree Major

NURSE 300 (Summer Session)
NURSE 420 (Fall Semester)
NURSE 430 (Spring Semester)

Additional Graduation Requirements

Humanities
Social Science
Physical Education
Ethnic/Multicultural Studies
Competency in Reading and Math (Strongly recommended that math competency be met prior to entering the Nursing program).
+ Credit for:
NURSE 400
NURSE 410

Credit by Examination Policy for Associate Degree Program of Nursing

1. Credit by examination is available to anyone who feels they have the knowledge and skills comparable to the nursing course they wish to challenge (to a maximum of 15 units). Applicants from allied health fields (medical corpsmen, licensed psychiatric technicians, and others) who feel they have comparable knowledge may challenge.

2. All persons applying for advanced placement in the nursing major must meet the entrance requirements of the college, the college challenge policy, and the nursing entrance requirements. Advanced placement is subject to space available and is based on a priority system.

3. All prerequisites and concurrent course requirements (science and general education) must be completed up to the nursing course for which the student desires advanced placement.

Transfer-In Policy

Inquire at the Nursing Department, Allied Health Building, phone 484-8254. Letter of inquiry stating which semester is requested should be directed to the Nursing Director. Information will be mailed to prospective student.

Licensed Vocational Nurse (LVN) 30 unit option

(The following is quoted from the) Board of Registered Nursing, Rules and Regulations Section 1429 — Preparation Required for Licensed Vocational Nurses.

a. An applicant who is licensed in California as a vocational nurse is eligible to apply for licensure as a registered nurse if such applicant has successfully completed the courses prescribed below and meets all the other requirements set forth in Section 2736 of the code. Such applicant shall submit evidence to the board, including a transcript, of successful completion of the requirements set forth in subsection (c) and of successful completion or challenge of courses in physiology and microbiology comparable to such courses required for licensure as a registered nurse.

b. The school shall offer objective counseling of this option and evaluate each licensed vocational nurse applicant for admission to its registered nursing program on an individual basis. A school's determination of the prerequisite courses required of a licensed vocational nurse applicant shall be based on an analysis of each applicant's academic deficiencies, irrespective of the time such courses were taken.

c. The additional education required of licensed vocational nurse applicants shall not exceed a maximum of thirty (30) semester or forth-five (45) quarter units. Courses required for vocational nurse licensure do not count toward fulfillment of the additional education requirement. However, other courses comparable to those required for licensure as a registered nurse, as specified in Section 1426, may be counted toward fulfillment of the additional education requirement.

Nursing courses shall be taken in an accredited school and shall be beyond courses equivalent to the first year of professional nursing courses. The nursing content shall include nursing intervention in acute, preventive, remedial, supportive, rehabilitative and teaching aspects of nursing. Theory and courses with concurrent clinical practice shall include advanced medical-surgical, mental health, psychiatric nursing and geriatric nursing. The nursing content shall include the basic standards for competent performance prescribed in Section 1443.5 of these regulations.

NOTE: Authority cited: Section 2715, Business and Professions Code. Reference: Sections 2736, 2736.6 and 2786, Business and Professions Code.

NOTE: This option is available to all LVNs entering the American River College Nursing Program. Persons electing this 30-unit option will be eligible to write the BRN State Board Examination but **will not** be a graduate of the American River College Nursing Program.

Requirements

1. Applicant must hold a valid California Licensed Vocational Nurse license.
2. Completion of a physiology course with a grade of "B" or better prior to enrollment in the nursing courses.
3. Completion of microbiology or equivalent (4 units) with a grade of "B" or better prior to enrollment in the nursing courses.

4. Completion of the following courses (theory and clinical with a grade of "C" or better in each): *NURSE 420 and NURSE 430
5. Placement into the second year nursing courses is on a space available basis.

For further information, contact the Nursing Department, Allied Health Building, phone 484-8176.

Nursing

Baccalaureate Degree

Since the various Schools of Nursing are constantly changing prerequisite and admissions procedures, it is important that nursing students who are contemplating transfer to a four year institution consult with a counselor as early as possible.

Diploma RN Pursuing Associate Degree

Graduates of hospital schools of nursing who are currently licensed in California may earn an Associate Degree at American River College. This R.N. will need to make an appointment with a nursing counselor in the ARC counseling center.

1. Complete requirements for an A.S. Degree (consult with counselor on graduation requirements). At least 12 units must be completed at American River College to meet the residency requirement.

2. Petition for graduation. At this time the college will grant 30 units in nursing towards the major.

Nursing

NURSE 100 Nurse Assistant 5 Units

Formerly: NURSE 50A

Prerequisite: Must have proof of having a physical exam within one year, TB test within six months or a chest x-ray within one year. ESLW 40, ESLR 40, and ESLL 40; or ENGWR 51 and ENGRD 15; or placement through assessment.

Course Not Transferable UC or CSU

Hours: 54 hours LEC; 110 hours LAB

This course leads to the Nurse Assistant Certification from the California State Department of Health Services. Emphasis is on the gerontological nursing assistant role and responsibilities as a health care team member. Other key components in this course are principles of asepsis, infection control, patient care skills, and emotional, social and spiritual needs of the patient.

NURSE 101 Home Health Aide 1.5 Units

Formerly: NURSE 50B

Prerequisite: NURSE 100 with a grade of "C" or better or current Nurse Assistant Certification.

Course Not Transferable UC or CSU

Hours: 20 hours LEC; 20 hours LAB

This course focuses on home health aide responsibilities; personal and rehabilitation nursing care in the home, skills of maintaining a safe home environment, meal planning and preparation, emotional care of the homebound and home emergency procedures.

NURSE 102 Acute Care Certified Nursing Assistant 2 Units

Formerly: NURSE 50C

Prerequisite: Certified Nursing Assistant.

Course Not Transferable UC or CSU

Hours: 27 hours LEC; 27 hours LAB

This course is designed as a supplemental educational program for Certified Nursing Assistants (CNAs) to meet current industry demands for employment as an Acute Care Nursing Assistant (ACNA). The course will present the expanded scope of practice of the CNA with emphasis on safe and competent nursing and personal care skills and service in accordance with the needs description provided by the acute care facilities.

NURSE 110 Physical Assessment for Health Care Providers 2 Units

Formerly: NURSE 60A

Prerequisite: NURSE 400 or RN or LVN licensure or CNA Certificate.

Course Not Transferable UC or CSU

Hours: 36 hours LEC

This course is designed for health care professionals and Allied Health students desiring to expand their physical assessment skills. Advanced physical assessment of all major body systems will be included across the life span. Additional topics include nutritional, psychosocial, cognitive, and activity assessment. This course fulfills BRN continuing education requirements.

NURSE 111 Basic (ECG) Electrocardiography Interpretation 1 Unit

Formerly: NURSE 60B

Prerequisite: None

Advisory: Academic or work experience in the health care profession or NURSE 420.

Course Not Transferable UC or CSU

Hours: 18 hours LEC

This course provides an opportunity for RN's, LVN's, EMT's, Respiratory Care Technicians and allied health students to learn basic ECG interpretation. The class will include atrial junctional and ventricular rhythm recognition. This course fulfills BRN and EMS requirements for continuing education.

NURSE 112 Bedside Cardiac Assessment 1 Unit

Formerly: NURSE 60C

Prerequisite: None

Advisory: Completion of NURSE 420 or LVN or RN licensure.

Course Not Transferable UC or CSU

Hours: 18 hours LEC

This class is designed for health care professionals and students who wish to improve their cardiac assessment skills. Topics include heart sounds, chest pain assessment, risk factor identification, physical finds, and anatomy and physiology overview. This course will satisfy BRN continuing education requirements.

NURSE 113 Laboratory Value Interpretation and Diagnostic Studies 1 Unit

Formerly: NURSE 60D

Prerequisite: None

Advisory: Completion of NURSE 400 or RN or LVN Licensure or CNA certificate.

Course Not Transferable UC or CSU

Hours: 18 hours LEC

This class is designed for health care professionals and students who wish to update and improve their knowledge of current lab values and diagnostic testing. This course will satisfy BRN continuing education requirements.

NURSE 122 Strategies for Success in Nursing Careers 1 Unit

Formerly: NURSE 61

Prerequisite: None

Course Not Transferable UC or CSU

Hours: 18 hours LEC

This course explores strategies for success in nursing programs. It will also explore the role of the nurse in today's health care setting in relationship to actual duties to be performed - the critical thinking aspect and accountability factors associated with the profession. The history, trends, and practice of nursing will be discussed as well as how nursing interfaces with other health care providers. Appropriate learning strategies, written and verbal communication skills will be highlighted and demonstrated.

NURSE 300 Transition/Associate Degree Nursing 5 Units

Formerly: NURSE 23

Prerequisite: LVN.

Course Transferable to CSU

Hours: 54 hours LEC; 108 hours LAB

The course is designed to be a bridging course for the California Licensed Vocational Nurse to enter the Associate Degree third semester level of nursing at American River College. Emphasis on the nursing process, role transition, growth and development, cultural and ethnic diversity, communications skills, obstetrics, pediatrics and the senior adult. Concurrent laboratory experience will take place in an acute care hospital where the emphasis will be on problem solving, critical thinking and decision making as the student applies nursing theory to practice.

NURSE 310 Pharmacology and Implications for Health Care Practitioners 2 Units

Formerly: NURSE 11A

Prerequisite: None

Advisory: Health related occupations.

Course Transferable to CSU

Hours: 36 hours LEC

This course will detail the principles of drug therapy as it applies to its effect in treating disease. The course will also study the metabolism and action of drugs with an emphasis on absorption, duration of action, distribution in the body and adverse drug reactions. The major drug classes and related implications for people receiving drugs that affect the body systems, prevent and treat pain, infections and malignant neoplasms will be discussed. Drugs that alter psychogenic behavior and sleep patterns will be included.

NURSE 320 Medical Dosage Calculations 1.5 Units

Formerly: NURSE 14

Prerequisite: None

Course Transferable to CSU

Hours: 27 hours LEC

This course prepares health professionals to calculate oral and parenteral drug dosages with a focus on safety and accuracy. They will learn the three systems of measurements and conversion of one system to another. Calculation accuracy is emphasized by clinical scenarios that apply critical thinking skills.

NURSE 360 Physical Therapy Aide (Same as Gerontology 350) 3 Units

Formerly: NURSE 45

Prerequisite: None

Advisory: ENGRD 116 or ESLR 320; and ENGWR 102 or 103, or ESLW 320; or placement through the assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is designed to prepare student for the responsibilities of Physical Therapy Aide and to provide a general introduction to the physical therapy field. Basic skills of range of motion, exercise, positioning, transfers, and ambulation with assistive devices are covered through lecture and hands-on experiences. The course presents basic anatomy, terminology and medical issues associated with the field of physical therapy.

NURSE 400 Fundamentals of Medical-Surgical Nursing I 10.5 Units

Formerly: NURSE 1

Prerequisite: Acceptance into the Associate Degree Nursing Program.

Corequisite: SPEE 301 or 331.

Course Transferable to CSU

Hours: 81 hours LEC; 324 hours LAB

In this course the concepts of self-care are introduced. Theory and practice related to providing patient care with an emphasis on basic nursing skills and the nursing process. Life cycle concepts and their impact on self-care and health are included, with particular emphasis on the senior adult. Professional role development and ethical issues are introduced. Concurrent laboratory experience will take place in the appropriate setting. Field trips are required.

NURSE 410 Maternal/Child and Medical-Surgical Nursing II 10.5 Units

Formerly: NURSE 2

Prerequisite: NURSE 400 with a grade of "C" or better.

Corequisite: SOC 300 or ANTH 310.

Course Transferable to CSU

Hours: 81 hours LEC; 324 hours LAB

In this course, concepts of self-care are applied to care of the newborn, child, middle and senior adult. Pathophysiological and pathopsychological factors creating health deviations are emphasized. Guidance is provided in utilization of the nursing process. Concurrent laboratory experience will take place in medical-surgical and maternal/child health settings. Legal issues relevant to health care and their implications are studied. Field trips are required.

NURSE 420 Psychiatric and Medical-Surgical Nursing III 10.5 Units

Formerly: NURSE 3

Prerequisite: NURSE 410 with a grade of "C" or better.

Corequisite: SOC 300 or ANTH 310.

Course Transferable to CSU

Hours: 81 hours LEC; 324 hours LAB

Concepts of self-care are applied to the psychiatric and medical-surgical patient. Pathophysiological and pathopsychological factors are integrated. Independence is encouraged in the use of the nursing process. Related laboratory experience will take place in the psychiatric, and medical-surgical settings. Legal-ethical issues and community resources relevant to health care and their implications are studied. Field trips are required.

NURSE 430 Management of Multiple Patients and Medical - Surgical Nursing IV 10.5 Units

Formerly: NURSE 4

Prerequisite: NURSE 420 with a grade of "C" or better.

Course Transferable to CSU

Hours: 81 hours LEC; 324 hours LAB

Concepts of self-care are applied to care of the middle and senior adult. Focus is on nursing management of a group of complex patients and participation in the health care team in the acute areas. Pathophysiological and pathopsychological factors creating health deviations are emphasized. Priorities are given to the utilization of the nursing process in making and evaluating decisions. Concurrent laboratory experience will take place in the appropriate laboratory setting. The transition from student to graduate nurse is explored through studying the Nurse Practice Act and discussion of the problems, responsibilities, and challenges confronting the registered nurse.

Allied Health

AH 110 Medical Language for Health-Care Providers 3 Units

Formerly: AH 54

Prerequisite: None

Course Not Transferable UC or CSU

Hours: 54 hours LEC

This course is an orientation to medical language; basic structure of medical terms and their components-prefixes, suffixes, roots, and combining forms-with emphasis on analyzation, meaning, spelling and pronunciation. The course builds a medical vocabulary applicable to the specialties of medicine, the system of the body, names of major diseases, and terms used in physical examination, diagnosis, and treatment.