

INTRODUCTION TO HEALTH CARE CONCEPTS (RNSG 1128)

CREDIT

1 Semester Credit Hours (1 hour lecture, 1 hour lab) 32 Contact Hours

MODE OF INSTRUCTION

Face to Face (web assisted)

PREREQUISITE/CO-REQUISITE:

Prerequisite: Completion of all pre-requisites for the AASN program

Co-requisite: RNSG 1311 (if not already taken with special permission), RNSG 1125, RNSG 1160, RNSG 1216, RNSG 1430

COURSE DESCRIPTION

An introduction to concept-based learning with emphasis on selected pathophysiological concepts with nursing applications. Concepts include acid-base balance, fluid and electrolytes, immunity, gas exchange, perfusion, metabolism, coping, and tissue integrity. This course lends itself to a concept-based approach.

COURSE OBJECTIVES/ COURSE MEASURABLE LEARNING OUTCOMES

Upon completion of this course, the student will be able to		End of Program Student Learning Outcome (EOP SLO)	Differentiated Essential Competency (DEC)
1.	*Utilize a systematic process to evaluate the human body response to selected health problems referred to as concepts.	2,3	PCC A1ab, B1,B8, C6, F1
2.	*Apply pathophysiological and assessment data when planning and implementing nursing actions.	4,5,6,7,8	PCC A1a,b, A2b, B8, E1a
3.	Identify normal physiologic concepts and processes.	1,5	PCC A2b,D3a, E1a,b
4.	Recognize the Nursing Process.	1,5	PCC A1a,b, B1, B8, C6, F1
5.	Discuss the Clinical Judgment Model.	1,2	PCC A1a,b,B1,8, C6,D3a
6.	Describe the relationship between the nursing process and pathophysiology concepts.	1,2	PCC A1a,b,B1,8, C6, F1
7.	Use the Clinical Judgment Model as a basis for nursing actions.	1,2	PCC A1a,b,B1,8, C6, D3a, F1
8.	Demonstrate the Nursing Process for pathophysiologic concepts.	1,3	PCC A1a,b,B1, B8, C6, D3a, E1a, F1

Approved: **NPA/**



**LAMAR INSTITUTE
OF TECHNOLOGY**

9.	Differentiate assessment findings in normal physiologic processes from pathophysiologic processes.	1,6,8	PCC B7, D3a, E1a,b
----	--	-------	--------------------

Note: * indicates WECM End-of-Course Outcome.

INSTRUCTOR CONTACT INFORMATION

Instructor: Nicole Schroeder, MSN, RN
 Email: nschroeder@lit.edu
 Office Phone: (409) 247-4882
 Office Location: WAHTC 338
 Office Hours: Email or schedule in Starfish for appointment

Instructor: Diane Hare, DNP, RN
 Email: dhare@lit.edu
 Office Phone: (409) 247-5246
 Office Location: WAHTC 342
 Office Hours: Virtual – By appointment

REQUIRED TEXTBOOK AND MATERIALS

Giddens, J. F. (2025). *Concepts for Nursing Practice* (4th ed.). Elsevier. (Sherpath)

OUTLINE

- I. Introduction to pathophysiological concepts with nursing applications
 - A. Applying Clinical Judgment Model
 1. Recognizing cues (What matters most?)
 2. Analyzing Cues (Why?)
 3. Prioritizing Hypotheses (What is going on? Where do I start?)
 4. Generating Solutions (What could help?)
 5. Take Action (What should I do? How should I do it?)
 6. Evaluating Outcomes (How did it go?)
 - B. Nursing Process
 1. Assessment
 2. Diagnosis
 3. Outcomes/Planning
 4. Implementation
 5. Evaluation
- II. Fluid And Electrolytes
 - A. Normal & Alterations (Review)
 - B. Application
 1. Nursing Process
 2. Clinical Judgment Model

Approved: NPA/

- III. Acid-base Balance
 - A. Normal & Alterations (Review)
 - B. Application
 - 1. Nursing Process
 - 2. Clinical Judgment Model
- IV. Immunity
 - A. Normal & Alterations (Review)
 - B. Application
 - 1. Nursing Process
 - 2. Clinical Judgment Model
- V. Gas Exchange
 - A. Normal & Alterations (Review)
 - B. Application
 - 1. Nursing Process
 - 2. Clinical Judgment Model
- VI. Perfusion
 - A. Normal & Alterations (Review)
 - B. Application
 - 1. Nursing Process
 - 2. Clinical Judgment Model
- VII. Metabolism
 - A. Normal & Alterations (Review)
 - B. Application
 - 1. Nursing Process
 - 2. Clinical Judgment Model
- VIII. Stress & Coping
 - A. Adaptive & Maladaptive (Review)
 - B. Application
 - 1. Nursing Process
 - 2. Clinical Judgment Model
- IX. Tissue Integrity
 - A. Normal & Alterations (Review)
 - B. Application
 - 1. Nursing Process
 - 2. Clinical Judgment Model

COURSE CALENDAR

DATE	TOPIC	READINGS (Due on this date)	ASSIGNMENTS
Week 1 6/03/26	Introduction to concept-based learning and applying systematic methods <ul style="list-style-type: none"> • Clinical Judgement Model 	Giddens (2025) Concept 40: Clinical Judgment	Post-Lecture Quiz Due 6/3/26 @ 11:59 PM

Approved: NPA/

	<ul style="list-style-type: none"> Nursing Process 	Recommended Sherpath for Giddens Sherpath for Lilley	Syllabus Quiz Due 6/3/26 @ 11:59 PM Human Concept Map In-Class Activity Immunity Pharmacology Assignment Due 9/3/26 @ 11:59 PM
	Stress and Coping <ul style="list-style-type: none"> Normal Alterations in stress and coping Application of Stress and Coping Concepts	Giddens (2025) Concept 29: Stress and Coping Recommended Sherpath for Giddens Sherpath for Lilley	Post-Lecture Quiz Due 6/3/26 @ 11:59 PM In-Class Activity Tissue Integrity Pharmacology Assignment Due 6/9/26 @ 11:59 PM
Week 2 6/10/26	Immunity <ul style="list-style-type: none"> Normal Alterations in immunity Application of immunity concepts	Giddens (2025) Concept 21: Immunity Recommended Sherpath for Giddens Sherpath for Lilley	Post-Lecture Quiz Due 6/10/26 @ 11:59 PM Stress & Coping Pharmacology Assignment Due 6/16/26 @ 11:59 PM
Week 3 6/17/26	Tissue Integrity <ul style="list-style-type: none"> Normal Alterations in tissue integrity Application of tissue integrity concepts	Giddens (2025) Concept 25: Tissue Integrity Recommended Sherpath for Giddens Sherpath for Lilley	Post-Lecture Quiz Due 6/17/26 @ 11:59 PM Fluid & Electrolytes Pharmacology Assignment Due 6/23/26 @ 11:59 PM
Week 4 6/24/26	Fluid and Electrolytes <ul style="list-style-type: none"> Distribution of Body Fluids Aging and Distribution of Body Fluids Alterations in Water Movement 	Giddens (2025) Concept 6: Fluid and Electrolytes Recommended Sherpath for Giddens	Post-Lecture Quiz Due 6/24/26 @ 11:59 PM Gas Exchange Pharmacology Assignment Due 7/7/26 @ 11:59 PM

	<ul style="list-style-type: none"> Alterations in Sodium, Water, and Chloride Balance <p>Application of fluid and electrolyte concepts</p>	Sherpath for Lilley	
Week 5 7/1/26	Exam I		
Week 6 7/8/26	<p>Gas Exchange</p> <ul style="list-style-type: none"> Normal Alterations in gas exchange <p>Application of gas exchange concepts</p>	<p>Giddens (2025) Concept 18: Gas Exchange</p> <p>Recommended Sherpath for Giddens Sherpath for Lilley</p>	<p>Post-Lecture Quiz Due 7/8/26 @ 11:59 PM</p> <p>Gas Exchange Chain Gang Group Presentations Due 7/8/26 @ 11:59 PM</p>
Week 7 7/15/26	<p>Acid-base Balance</p> <ul style="list-style-type: none"> Normal Alterations in acid-base balance <p>Application of acid-base balance Concepts</p>	<p>Giddens (2025) Concept 7: Acid-base Balance</p> <p>Recommended Sherpath for Giddens Sherpath for Lilley</p>	<p>Post-Lecture Quiz Due 7/15/26 @ 11:59 PM</p> <p>Perfusion Pharmacology Assignment Due 7/21/26 @ 11:59 PM</p>
Week 8 7/22/26	<p>Perfusion</p> <ul style="list-style-type: none"> Normal Alterations in perfusion <p>Application of perfusion concepts.</p>	<p>Giddens (2025) Concept 16: Perfusion</p> <p>Recommended Sherpath for Giddens Sherpath for Lilley</p>	<p>Post-Lecture Quiz Due 7/22/26 @ 11:59 PM</p> <p>Glucose Regulation Pharmacology Assignment Due 7/28/26 @ 11:59 PM</p>
Week 9 7/29/26	<ul style="list-style-type: none"> Metabolism: Glucose Regulation Alterations in glucose regulation <p>Application of metabolism concepts as they relate to glucose regulation</p>	<p>Giddens (2025) Concept 13: Glucose Regulation</p> <p>Recommended Sherpath for Giddens Sherpath for Lilley</p>	<p>Post-Lecture Quiz Due 7/29/26 @ 11:59 PM</p> <p>Hormonal Regulation Pharmacology Assignment Due 8/7/26 @ 11:59 PM</p>

Week 10 8/5/26	Exam II		
Week 11 TBD	Metabolism: Hormonal Regulation <ul style="list-style-type: none"> • Normal • Alterations in hormonal regulation <p>Application of metabolism concepts as they relate to hormonal regulation</p>	Giddens (2025) Concept 12: Hormonal Regulation Recommended Sherpath for Giddens Sherpath for Lilley	Post-Lecture Quiz Due 8/10/26 @ 11:59 PM
Week 12: Comprehensive Final Exam: TBD			

TEACHING STRATEGIES

Concept-Based Teaching
 Concept Mapping
 Case Studies and Clinical Judgment Application
 Group Active Learning and Reflective Activities
 Simulation and Skills-Based Learning
 Faculty-Guided Discussion
 Peer Teaching
 Multimedia and Technology

COURSE EVALUATION

Final grades will be calculated according to the following criteria:

Evaluation Method	Course Grade %
1. *Gas Exchange Group Assignment	15%
2. *Post-Lecture Quizzes	5%
3. *Pharmacology Assignments	5%
4. Exam I	20%
5. Exam II	25%
6. Final Exam	30%

***Note:** Students must have a **75% average on exams** in order for the graded group activities, independent study activity, and post-lecture quizzes to be counted in the final course grade. If 75% on all exams is not achieved by the end of the course, the student will earn the grade from all averaged exams. (Standardized Exams are not included in the 75% exam rule calculation).

GRADE SCALE

90-100 A
 80-89 B

Approved: NPA/

75-79	C	*Required for progression in nursing program.
60-74	D	
0-59	F	

FINAL GRADE ROUNDING POLICY

Final course grades are rounded only at the conclusion of the course after all grades have been calculated. Grades ending in 0.5 or higher will be rounded to the next whole number (e.g., 74.5 rounds to 75; 89.5 rounds to 90). Grades are not rounded on individual exams, assignments, quizzes, or interim grade calculations. Faculty do not add extra points, curve grades, or individually adjust grades outside of the published grading policy.

STANDARDIZED TESTING POLICY

Students are required to complete all assigned standardized assessments associated with this course. Standardized testing is intended to support NCLEX-RN preparation, evaluate readiness for professional practice, and identify areas requiring remediation based on student scores in comparison with national program scores.

Standardized exams will not account for more than 10% of the course grade in accordance with best practices for standardized testing and Texas Board of Nursing regulations. Standardized exam scores will be calculated in the course grade if all requirements are submitted by the due date. Remediation for standardized exams is required.

ATTENDANCE POLICY

Students are expected to attend all classroom, laboratory, and clinical experiences. Therefore, absences should not be scheduled. If a student experiences an unplanned absence (illness or emergency), the student must contact the course faculty member by email or the administrative associate for the nursing program prior to the scheduled class, laboratory, or clinical time and provide documentation of the absence. Failure to notify faculty and/or provide adequate documentation of the absence may result in an unexcused absence and initiation of the disciplinary process.

DROP POLICY

If you wish to drop a course, you are responsible for initiating and completing the drop process by the specified date as listed in the College Calendar on the [Student Success](#) web page. If you stop coming to class and fail to drop the course, you will earn an "F" in the course.

TECHNICAL REQUIREMENTS

For the latest technical requirements, including hardware, compatible browsers, operating systems, etc., review the Minimum Computer and Equipment Requirements on the [LIT Online Experience](#) page. A functional broadband internet connection, such as DSL, cable, or WiFi is necessary to maximize the use of online technology and resources.

DISABILITIES STATEMENT

The Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. LIT

Approved: NPA/

provides reasonable accommodations as defined in the Rehabilitation Act of 1973, Section 504 and the Americans with Disabilities Act of 1990, to students with a diagnosed disability. The Special Populations Office is located in the Eagles' Nest Room 129 and helps foster a supportive and inclusive educational environment by maintaining partnerships with faculty and staff, as well as promoting awareness among all members of the Lamar Institute of Technology community. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409)-951-5708 or email specialpopulations@lit.edu. You may also visit the online resource at [Special Populations - Lamar Institute of Technology \(lit.edu\)](https://www.lit.edu/specialpopulations).

STUDENT CODE OF CONDUCT STATEMENT

It is the responsibility of all registered Lamar Institute of Technology students to access, read, understand and abide by all published policies, regulations, and procedures listed in the *LIT Catalog and Student Handbook*. The *LIT Catalog and Student Handbook* may be accessed at www.lit.edu. Please note that the online version of the *LIT Catalog and Student Handbook* supersedes all other versions of the same document.

ARTIFICIAL INTELLIGENCE STATEMENT

Lamar Institute of Technology (LIT) recognizes the recent advances in Artificial Intelligence (AI), such as ChatGPT, have changed the landscape of many career disciplines and will impact many students in and out of the classroom. To prepare students for their selected careers, LIT desires to guide students in the ethical use of these technologies and incorporate AI into classroom instruction and assignments appropriately. Appropriate use of these technologies is at the discretion of the instructor. Students are reminded that all submitted work must be their own original work unless otherwise specified. Students should contact their instructor with any questions as to the acceptable use of AI/ChatGPT in their courses.

AI IN NURSING COURSES

Students are expected to follow course assignment instructions and grading rubrics. Unless otherwise indicated in the assignment instructions, information obtained through AI resources should not be submitted as a student's original work. Unless specifically granted by individual faculty members, students do not have permission to upload faculty intellectual property (PowerPoint Presentations, lecture notes, assignments, course materials, voice or lecture recordings) to any AI platform. Students demonstrating these behaviors or other inappropriate use of AI may be subject to disciplinary process.

STARFISH

LIT utilizes an early alert system called Starfish. Throughout the semester, you may receive emails from Starfish regarding your course grades, attendance, or academic performance. Faculty members record student attendance, raise flags and kudos to express concern or give praise, and you can make an appointment with faculty and staff all through the Starfish home page. You can also login to Blackboard or MyLIT and click on the Starfish link to view academic alerts and detailed information. It is the responsibility of the student to pay attention to these emails and information in Starfish and consider taking the recommended actions. Starfish is used to help you be a successful student at LIT.

ACADEMIC DISHONESTY

Students enrolled in the nursing program at LIT must maintain academic and behavioral expectations consistent with the profession of nursing and in accordance with the nursing program Student Handbook. Standards of *nursing practice include (but are not limited to) behaviors indicating honesty, accountability, trustworthiness, reliability, and integrity*. The inability of a student to consistently conform his/her/their conduct to requirements of the Nursing Practice Act and BON rules and regulations through a single incident or pattern of personal, academic, or other unacceptable behaviors will result in the disciplinary process. The disciplinary process may include verbal counseling, written counseling, and or dismissal from the nursing program.

LATE ASSIGNMENTS

Late assignments are generally not accepted in this course. Group NP and CJ application exercises are due at the end of the class period. Students who are absent and document excused extenuating circumstances (i.e. severe illness or natural disaster) must notify the faculty member of the circumstance prior to class and work collaboratively with faculty prior to the due date on the assignment to develop a plan for submitting the assignment. This collaboration should occur prior to the weekend or school holiday. Assignments will not be accepted late without prior arrangements. Students must be present to earn Audience Response Question grades, and all exams are taken in person. Students who are sick on exam day must notify faculty by email prior to the exam start time. Valid documentation must be provided to the faculty member in order for arrangements to be made for retaking the exam or an alternate solution as determined by the Nursing Program Director.

PERMISSION TO RECORD LECTURES

Students are not allowed to record (audio or video) lectures or class discussions without the expressed permission of the faculty member. This includes pictures of presentations.

CIVILITY

Learning can be an intimidating experience for some students. It is imperative that students in the AASN program are respectful and civil to student colleagues as well as faculty in order to facilitate a safe and effective learning environment. It is imperative for students to realize that all students do not process information in the same manner or learn information in the same way. The AASN program Faculty respect the varied backgrounds, experiences, and learning styles of our students. Civility is maintained when there is order, respect for the teaching and learning process, empathy, and consideration for others. Students are expected to demonstrate civility in the classroom, online environment, and in all face-to-face as well as electronic communications. Demonstrations of uncivil behavior are unacceptable, do not demonstrate attributes of a professional nurse, and may result in initiation of the disciplinary process including but not limited to the student being excused from the experience, course, and potentially the nursing program.

DRESS CODE

Student appearance is expected to be professional in nature during all class, lab, and clinical experiences. (See Dress Code Policy in the Student Handbook)

- Dress for classroom experiences should be comfortable and appropriate for the experience.
- Students should be considerate of others and avoid potentially offensive graphics, expressions, clothing that is tight or revealing, maintain good hygiene, and avoid using strong scents (cologne/perfume and strong-smelling soap/lotion).
- Students not adhering to these standards may be dismissed resulting in an unexcused absence, zero on any daily assignment, and initiation of the disciplinary process.

ADDITIONAL COURSE POLICIES/INFORMATION

COURSE GRADING AND ASSIGNMENTS

Class attendance and satisfactory completion of all assignments is essential in order to be successful in the course.

COURSE EXAMS

Two unit exams and a comprehensive final exam will be administered during this course.

Exams will be taken in person and during class time. Upon entry to testing room, students must show the official LIT Student ID. The ID must remain visible on the student's desk at all times during exam administration. The following items are not allowed in the testing room:

- Hats, caps, scarfs, hooded shirts (unless religious covering)
- Food, candy, drinks
- Cell phone, electronic devices, smart watches, smart glasses, recording devices

Non-adherence to the test security policy will constitute academic dishonesty and initiate the disciplinary process which will result in a zero on the exam and may also result in dismissal from the nursing program.

STRATEGIES OF SUCCESS

- Students earning <75% on any exam, skill demonstration, or mid-term evaluation and students repeating a course must schedule a meeting with course faculty to initiate the Strategies of Success initiative.
- Posted scores of <75% initiate the process.
- Strategies of Success is a retention and student success initiative in which students are encouraged to be accountable for their learning by scheduling a meeting with course faculty, identifying issues leading to the grade, and collaborating with faculty on strategies to improve the grade and achieve learning outcomes of the course.

SHERPATH LESSONS

Sherpath lessons accompany the pathophysiology textbook and are accessed through the Evolve website using the student login and are linked to the Blackboard® course. Sherpath lessons are recommended in order to reinforce student learning and facilitate review of

content previously presented in the Nursing Pathophysiology course. Students will not earn a grade for Sherpath lessons in this course.

POST-LECTURE QUIZZES

Post-lecture quizzes will be administered after each lecture and are a required component of the course. These quizzes are designed to reinforce key concepts, assess student comprehension of lecture content, and promote critical thinking. Completion of post-lecture quizzes contributes to the student’s overall course grade.

Grades earned from post-lecture quizzes will be calculated into the course average only after the student has achieved a minimum average of **75% on all examinations**.

NURSING PROCESS (NP) AND CLINICAL JUDGMENT (CJ) GROUP APPLICATION EXERCISES

Nursing Process and Clinical Judgment Group Application Exercises will be assigned to groups of students in class. Students are required to actively engage and participate in completing the exercise. Exercises assigned during class are due at the end of class and must be submitted in Blackboard®. Peer evaluation of each group member’s participation will contribute to each student’s grade on the assignment.

PHARMACOLOGY ASSIGNMENT

The Pharmacology Assignment is designed to support the integration of pharmacologic principles with selected pathophysiological concepts addressed throughout the course. These assignments focus on major medication classifications associated with each concept rather than individual medications and are intended to reinforce safe, foundational medication knowledge relevant to nursing practice.

Pharmacology assignments must be completed independently and submitted by the designated due date in Blackboard®. These assignments contribute to the overall course grade and are calculated only after the student has achieved a minimum average of 75% on all examinations, in accordance with course grading policies.

CALCULATE YOUR GRADE (75% Weighted Grade Rule)

GRADE	X	PERCENT	=	GRADE POINTS
Exam 1	X	0.20 (20%)	=	<hr/>
Exam 2	X	0.25 (25%)	=	<hr/>
			=	<hr/>

Approved: NPA/

Final X 0.30 (30%)

TOTAL

DIVIDE BY 0.75 (75%)

**FINAL
WEIGHTED
EXAM
GRADE**