INTRODUCTION TO HEALTH CARE CONCEPTS (RNSG 1128)

LAMAR INSTITUTE OF TECHNOLOGY

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; special permission to enroll in the course.
Co-requisite: RNSG 1311, RNSG 1125, RNSG 1160, RNSG 1216, RNSG 1430 (Spring and Summer 2026)

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

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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
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 (Course Leader)
Email:	nschroeder@lit.edu
Office Phone:	(409) 247-4882
Office Location:	WAHTC 342
Office Hours:	Tuesday: 9:00 am – 2:00 pm
	Wednesday: 9:00 am – 2:00 pm

REQUIRED TEXTBOOK AND MATERIALS

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

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 Introduction to pathophysiological concepts with nursing applications 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.

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

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

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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
Module 1 8/27/26	**Introduction to concept-based learning and applying systematic methods** • Clinical Judgement Model • Nursing Process	**Giddens (2025) Concept 40:** Clinical Judgment **Recommended** Sherpath for Giddens	Introductory Clinical Judgment Activity **Due 9/2/26 @ 11:59 PM**
Module 2 9/3/26	**Immunity** • Normal • Alterations in immunity Application of immunity concepts	**Giddens (2025) Concept 21:** Immunity **Recommended** Sherpath for Giddens	Concept Snapshot Assignment **Due 9/9/26 @ 11:59 PM**
Module 3 9/10/26	**Tissue Integrity** • Normal • Alterations in tissue integrity Application of tissue integrity concepts	**Giddens (2025) Concept 25:** Tissue Integrity **Recommended** Sherpath for Giddens	Concept Snapshot Assignment **Due 9/16/26 @ 11:59 PM**

Module 4 9/17/26	**Stress and Coping** • Normal • Alterations in stress and coping Application of Stress and Coping Concepts	**Giddens (2025)** **Concept 29:** Stress and Coping **Recommended** Sherpath for Giddens	Concept Snapshot Assignment **Due 9/23/26 @ 11:59 PM** **Checkpoint #1 Assignment** (Immunity, Tissue Integrity, Stress & Coping) **Due 9/28/26 @ 11:59 PM** **Concept Map Draft #1 Due 9/28/26 @ 11:59 PM**
Exam 1: 9/24/26 @ 8:00 AM			
Module 5 10/1/26	**Gas Exchange** • Normal • Alterations in gas exchange Application of gas exchange concepts	**Giddens (2025)** **Concept 18:** Gas Exchange **Recommended** Sherpath for Giddens	Concept Snapshot Assignment **Due 10/7/26 @ 11:59 PM**
Module 6 10/8/26	**Independent Study**		
Module 7 10/15/26	**Acid-base Balance** • Normal • Alterations in acid-base balance Application of acid-base balance Concepts	**Giddens (2025)** **Concept 7:** Acid-base Balance **Recommended** Sherpath for Giddens	Concept Snapshot Assignment **Due 10/21/26 @ 11:59 PM**
Module 8 10/22/26	**Fluid and Electrolytes** • 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	Concept Snapshot Assignment **Due 10/28/26 @ 11:59 PM** **Checkpoint #2 Assignment** (Immunity, Tissue Integrity, Stress & Coping, Gas

	• Alterations in Sodium, Water, and Chloride Balance Application of fluid and electrolyte concepts		Exchange, Acid-Base Balance, Fluid & Electrolytes) **Due 10/28/26 @ 11:59 PM** **Concept Map Draft #2 Due 10/28/26 @ 11:59 PM**
Module 9 10/29/26	**Perfusion** • Normal • Alterations in perfusion Application of perfusion concepts.	**Giddens (2025)** **Concept 16:** Perfusion **Recommended** Sherpath for Giddens	Concept Snapshot Assignment **Due 11/8/26 @ 11:59 PM**
Exam II: 11/5/26 @ 8:00 AM			
Module 10 11/12/26	**Metabolism: Hormonal Regulation** • Normal • Alterations in hormonal regulation Application of metabolism concepts as they relate to hormonal regulation	**Giddens (2025)** **Concept 12:** Hormonal Regulation **Recommended** Sherpath for Giddens	Concept Snapshot Assignment **Due 11/18/26 @ 11:59 PM**
Module 10 11/19/26	**Metabolism: Glucose Regulation** • Normal • Alterations in glucose regulation Application of metabolism concepts as they relate to glucose regulation	**Giddens (2025)** **Concept 13:** Glucose Regulation **Recommended** Sherpath for Giddens	Concept Snapshot Assignment **Due 11/24/26 @ 11:59 PM** **Checkpoint #3 Final Integrative Clinical Judgment Case** (Immunity, Tissue Integrity, Stress & Coping, Gas Exchange, Acid-Base Balance, Fluid & Electrolytes, Perfusion, Hormonal & Glucose Regulation) **Due 11/24/26 @ 11:59 PM**

			Final Concept Map Due 11/24/26 @ 11:59 PM
11/26/26	**THANKSGIVING BREAK!!**		
Comprehensive Final Exam: 12/3/26 Time: TBD			

COURSE EVALUATION

Final grades will be calculated according to the following criteria:

Evaluation Method	Course Grade %
1. *Weekly Concept Snapshot Assignments (Homework)	5%
2. *Checkpoints & Concept Maps (Assignment)	8%
3. *Final Integrative Clinical Judgment Case (Presentation)	12%
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	
75-79	C	*Required for progression in nursing program.
60-74	D	
0-59	F	

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 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).

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.

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.

ADDITIONAL COURSE POLICIES/INFORMATION

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.

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.

COURSE GRADING AND ASSIGNMENTS

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

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

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.

CALCULATE YOUR GRADE (75% Weighted Grade Rule)

GRADE	X	PERCENT	=	GRADE POINTS
Exam 1	X	0.20 (20%)	=	
Exam 2	X	0.25 (25%)	=	
Final	X	0.30 (30%)		
			TOTAL	
				DIVIDE BY 0.75 (75%)
			FINAL WEIGHTED EXAM GRADE	

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