

Course Specification Student Version

Course Title:	Adult Health Nursing 1
Course Code:	NURS 212
Department:	Nursing Sciences
Program:	Bachelor of General Nursing (BGN)
College:	Vision College in Riyadh
Institution:	Vision College in Riyadh
Revised:	July 2025

A. Course Identification

1. Credit hours: 6 (3+0+3)
3. Level/year at which this course is offered: (4th level\ 2nd Year)
3. Pre-requisites for this course (if any): NURS 201: Fundamental of Nursing
4. Co-requisites for this course (if any): None

B. Teaching Methods

1	Lecture
2	Tutorial
3	Clinical Sessions

C. Course Description and Objectives

1. Course Description

- This course focuses on the care of adult patients with acute or chronic illness and their responses to actual or potential alterations in health.
- The nursing process as a method of providing nursing care will be utilized.
- Problem solving and critical thinking skills are applied to analyze data for identifying nursing and collaborative problems.
- Emphasis is placed on pathophysiology; principles of pharmacology and medication use as therapeutic adjuncts and the use of diagnostic procedures as aids in the clinical decision making.
- The practicum focuses on the care for adult patients with acute or chronic illness and their responses to actual or potential alterations in health.

2. Course Main Objective

To equip students with essential skills and clinical judgment to care for adults with complex health needs, using a holistic and evidence-based nursing approach.

3. Course Objectives

By the end of this course, students should be able to:

- Identify etiologies, risks, sign and symptoms, diagnostic procedures, treatments and diet therapy for patients with common medical and surgical disorders.
- Identify nursing diagnoses, goals, nursing interventions based on evidence based practice, nursing outcomes and evaluation criteria appropriate for clients with system disorders.
- Use evidence-based practice, develop appropriate plans of care and client/family teaching plans for clients with disease conditions.
- Utilize techniques to promote health management and maintenance and prevention of illnesses related to the cardiovascular, respiratory, endocrine, urinary, and gastrointestinal systems.
- Utilize the holistic approach in caring for the individual.

Determine ability to care for individuals with conditions that may affect the cardiovascular, respiratory, endocrine, and urinary system.

- Demonstrate an understanding and ability to perform treatments.
- Utilized standard precautions as they related to the cardiovascular, respiratory, endocrine, and urinary systems.
- Demonstrate the ability to work positively and effectively in a group or team-based project with an emphasis on professionalism and communication skills.

D. Course Content

No	List of Topics
1.	Nursing process
2.	Care in various hospital settings (medical and surgical wards, operation room)
3.	Pain management & Fluid and electrolytes balance
4.	Management of patients with pain
5.	Peri - Operative care
6.	Management of patients undergoing surgical intervention
7.	Management of patients with fluid and electrolytes imbalance
8.	Cardiovascular system disorders
9.	Management of patients with disorders of Cardiovascular system
10.	Respiratory system disorders
11.	Endocrine system disorders
12.	Management of patients with disorders of Endocrine system
13.	Urinary system disorders
14.	Management of patients with disorders of Urinary system
15.	Management of patients with disorders of Urinary system

E. Students Assessment Activities

#	Assessment task	Percentage of Total Assessment Score
1.	Quizzes	10%
2.	Seminar Evaluation	10%
3.	Assignments Evaluation	10%
4.	Clinical Evaluation	10%
5.	Midterm Exam	20%
6.	OSCE/OSPE	20%
7.	Final Exam	20%
	Total	100%

F. Learning Resources

Essential References	<ol style="list-style-type: none"> 1. Hinkle, J. L., & Cheever, K. H. (2021). <i>Brunner & Suddarth's textbook of medical-surgical nursing</i> (15th ed.). Wolters Kluwer. 2. Harding, M. M., Kwong, J., Roberts, D., Hagler, D., & Reinisch, C. (2024). <i>Lewis's medical-surgical nursing: Assessment and management of clinical problems</i> (11th ed.). Elsevier.
Supportive References	<ol style="list-style-type: none"> 1. Donnelly-Moreno, L. A., & Shiner, N. H. (2020). <i>Timby's introductory medical-surgical nursing</i> (13th ed.). Wolters Kluwer.
Electronic Materials	<ol style="list-style-type: none"> 1. https://guides.library.uncc.edu/NURS_3102 2. Nurseslabs.com - For All Your Nursing Needs 3. http://allnurses.com
Other Learning Materials	<ol style="list-style-type: none"> 4. Computer-based programs/CD, professional standards or regulations and software, Internet.