



PRESENTED BY CYNDI WOLFER. RN, MSN, CNECL

*WELCOME TO
THE PLU RN
REFRESHER
COURSE FOR 2026*

COURSE OBJECTIVES # 1-3

1. Describe and demonstrate currently accepted practice guidelines for the management of commonly encountered adult medical-surgical conditions in a variety of settings.
2. Apply the nursing process to the management of commonly encountered adult medical-surgical conditions in a variety of settings
3. Describe and demonstrate the techniques used for systematic, focused health assessment of the adult client.

COURSE OBJECTIVES # 4-6

4. Demonstrate an understanding of the cultural needs of the client across the lifespan.
5. Verbalize current professional practice standards and the legal and ethical dimensions of patient care.
6. Develop or discover a renewed sense of self-confidence as a professional nurse

COMPONENTS OF COURSE: ONLINE

- Online modules using ATI starts Apr for approx. 8 weeks
- Takes about 130 hours
- Self directed and done independently
- Modules have content as well as Active Learning Scenarios and Quizzes at end of each chapter
 - Tutorial: Fundamentals of Nsg
 - 7 sections-management of care, safety & infection control, Nsg throughout lifespan, Health Assessment, Basic care & comfort, Psychosocial integrity and physiological adaptation
 - Pharmacology review includes dosage calculations
 - 13 sections that review medications given for conditions affecting various systems
 - Active Learning Scenarios
 - Quizzes at end of each chapter

ONLINE MODULES (CONT)

- Adult Med-Surg Nsg
- Skills Modules
- Mental Health Nsg
 - Basic concepts including legal and ethical issues , non pharmacological therapies, various disorders: anxiety, depression. Substance use, etc., medications for the disorders, psychiatric emergencies,

COMPONENTS: OTHER

- Check in meetings via zoom to answer questions and help you stay on track to complete the modules in 8 weeks.
- Use of sakai
- Supervised Clinical Experience: starts after modules, & lab are completed and you have a LEA June and ends Aug
 - Complete 80 hrs in long term care with preceptor
 - Complete 80 hrs in an acute care setting with preceptor
 - Are trying to use more simulation to decrease the time at the facilities

IN PERSON LABS

- Combination of lecture, video, case studies, active learning activities, and hands on practice
- 08-1700 in Garfield building Please do not wear open toed shoes
- 12-1300 is lunch

ROUGH DRAFT DAY 1

- Introductions, tour
- Scope of practice, HIPPA, Evidence based practice
- Nsg process
- Documentation
- Medication Administration
- Care of pts with Cardiovascular disorders, Resp disorders, Endocrine disorders, GI/GU disorders, musculoskeletal disorders, reproductive health, neuro
- Practice in lab: Med Admin via various routes, using AD4D

ROUGH DRAFT: DAY 2

- Specialty content:
 - Surgical Pre op post op Care
 - Domestic Violence,
 - Psychiatric/Mental Health,
 - Pediatrics
 - Geriatrics
 - Community topics
- Practice in lab: Infection control, body mechanics, transferring pts, restraints G-tubes

ROUGH DRAFT: PHYSICAL ASSESSMENT

- Health History
- Vital signs
- Adult Health Assessment
- Physical assessment skills
- Documentation

ROUGH DRAFT: DAY 4

- Lab practice & review of content:
 - IV meds, therapy, starting Ivs, PCA
 - Central lines
 - Administering blood products
 - Urinary catheterization
 - NG insertion
 - Resp:
 - Chest tubes
 - Suctioning
 - Trachs

ROUGH DRAFT DAY 5

- Lab practice
- Checkoffs
- Clinical orientation
- simulations

QUESTIONS
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