

A close-up photograph of a nurse in blue scrubs holding the hand of an elderly patient lying in a hospital bed. The patient's arm is resting on a white blanket. The nurse's hand is gently holding the patient's hand, providing comfort and support. The background is blurred, focusing attention on the interaction.

*Nurse: another word to describe  
a person strong enough to tolerate anything  
and soft enough to understand anyone.*

# PRACTICAL NURSING PROGRAM OF STUDIES

2024–2025





**Curriculum Plan  
2013-2025**

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*The nursing program has Full Approval Status from the  
Massachusetts Board of Registration in Nursing.  
250 Washington Street, Boston, MA 02108*

*<https://www.mass.gov/orgs/board-of-registration-in-nursing>*

*The nursing program has been awarded initial accreditation by the  
Accreditation Commission for Education in Nursing, Inc. (ACEN)  
3343 Peachtree Road NE, Suite 850, Atlanta, Georgia 30326  
<http://www.nlnac.org/home.htm>*

# Blackstone Valley Regional Vocational Technical High School – Practical Nursing Program

## Curriculum Plan 2013-2025

	<u>Theory</u>	<u>Laboratory</u>	<u>Clinical Practice</u>	<u>Total Hours</u>
<b><u>Term I - 20 Weeks</u></b>				
PN 102 Fundamental of Nursing +++	35	30	170	235
PN 100 Concepts In Human Biology +++ *	65	5		70
PN 105 Introduction to Nursing Trends I	15			15
PN 101 Nursing Care of the Older Adult	30			30
PN 104 Introduction to Pharmacology I	10			10
	155	35	170	360
<b><u>Term II - 20 Weeks</u></b>				
PN 202 Fundamental Nursing II	35	25		60
PN 200 Human Growth, Development and Behavior *	45			45
PN 204 Pharmacology II	10			10
PN 201 Nursing Concepts I *	46	4	177	227
PN 205 Mental Health Concepts	25			25
	161	29	177	367
<b><u>Term III - 20 Weeks</u></b>				
PN 301 Nursing Concepts II *	75	5	138	218
PN 300 Nursing Care of the Family *	60	5	55	120
PN304 Pharmacology III	10			10
PN 305 Nursing Trends and Issues II	15			15
	160	10	193	363
<b>PROGRAM TOTALS</b>	<b>-- 550 --</b>		<b>540</b>	<b>1090</b>

+++ Microbiology 10 hours Integrated \* Nutrition and Diet Therapy 30 hours Integrated

The Board of Registration in Nursing regulation for a Practical Nursing Programs must be 40 weeks in length and 1080 hours long for graduates to be eligible for the National Council Licensure Examination for Practical Nurses (NCLEX-PN). The Blackstone Valley Regional Vocational Technical High School Practical Nursing Program exceeds the minimum requirement by offering an evening part time program that is 60 weeks in length and 1090 hours. Attendance is expected to meet program hours.

The Blackstone Valley Regional Vocational Technical High School Practical Nursing Program has received Full Approval Status to establish a practical nursing program since September 2011.

**Curriculum Plan  
2013-2025****TERM I- 20 Weeks****Course:** PN100 - Concepts in Human Biology**Time Allotment:** 70 Hours Total  
65 Hours of Theory (Integrated 10 hours of Nutrition and Diet Therapy and 7 hours of Microbiology)  
5 Hours of Laboratory (Integrated 3 hours of Microbiology)**Placement:** Term I**Pre-Requisites:** None**Co-Requisites:** PN101, PN102, PN104, PN105**Course Description:**

The course is designed to familiarize the student with the most important aspects of anatomy, physiology and systems of the human body. The content is dominated by two important themes, the complement of normal structure and function and the human body's ability to maintain homeostasis. This course includes the study of the nutrients, their source, and functions. The introduction of nutrition as a concept integral to Human Biology will provide a foundation for integrated nutrition principles in Nursing Concepts I and II, Nursing Care of the Family, and Human Growth and Development. This course also includes an introduction to Microbiology with a focus on the organisms that present as pathogens, potential pathogens, and the body's ability to prevent infectious diseases. The human body's response to an invader, including inflammation and the infectious process will be discussed. Microbiology concepts introduced in this course will correlate with course content in Fundamentals of Nursing I: developing personal and nursing habits that control the existence and spread of infectious diseases.

**Course:** PN101 - Nursing Care of the Older Adult**Time Allotment:** 30 Hours Total  
30 Hours of Theory**Placement:** Term I**Pre-Requisites:** None**Co-Requisites:** PN100, PN102, PN104, PN105**Course Description:**

This introductory course provides an organized body of knowledge about the aging process and health care needs of the well older adult. A major aim is to dispel myths about aging, and replace these myths with facts. The course explores the physiological, psychological, sociological, economic, ethical and legal aspects of aging. The nursing process is used to explore the needs and problems of the older client, client's families and groups of clients. The course progresses to more complex topics of disease processes that affect the cognitive abilities of the older adult, and the impact to clients' families. Students are encouraged to use critical thinking and problem solving skills in beginning assessments, planning and providing care for older clients with self-care deficits relating to physical and mental decline. Alteration in the communication process is addressed as related to the older adult. The content is organized to reflect OREM's theory of universal self-care requisites as related to the care of the older adult.

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**Course:** PN102 - Fundamentals of Practical Nursing I

**Time Allotment:**    235    Hours Total  
                               35    Hours of Theory  
                               30    Hours of Laboratory  
                               170   Hours of Clinical Practice

**Placement:**                Term I

**Pre-Requisites**            None

**Co-Requisites:**            PN100, PN101, PN104, PN105

**Course Description:**

This course is designed to assist students in acquisition of knowledge that will enable them to give safe nursing care to older adult clients who require wholly to partly compensatory care. The role of the Practical Nurse is discussed related to the performance of basic nursing skills. Therapeutic communication is described in class and demonstrated in lab and clinical practice. The content is organized according to Orem's theory of Universal Self-care Requisites. Units are subdivided according to appropriate nursing diagnosis. The clinical component begins with a wholly to partly compensatory nursing system. Presentation of nursing concepts and basic nursing measures are arranged to proceed from the simple to the complex and will provide the foundation for more advanced nursing care. Awareness of the practice of nursing within a culturally diverse population is emphasized for optimum delivery of patient care. Selected learning experiences are provided in the care of the older client in a community based and long term care facilities.

**Course:**                      **PN 104 - Pharmacology I**

**Time Allotment:**        10    Hours Total  
                               10    Hours of Theory

**Placement:**                Term I

**Pre-Requisites:**            None

**Co-Requisites:**            PN100, PN101, PN102, PN105

**Course Description:**

This course is designed to introduce the student practical nurse to basic concepts of therapeutic use of medications relating to health problems of older adults with potential or real self-care deficits, in structured health care settings. The content is organized according to Orem's Theory of Universal self-care requisites. It includes concepts and clinical applications of pharmacology within a wholly to partly compensatory nursing system. Emphasis will be placed on the six rights of medication administration and its application to responsibilities and professional behaviors of the practical nurse based on ethical, legal, and regulatory standards of care.

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**Course:** PN 105 - Introduction Nursing Trends and Issues I

**Time Allotment:** 15 Hours Total  
15 Hours of Theory

**Placement:** Term I

**Pre-Requisites:** None

**Co-Requisites:** PN100, PN101, PN102, PN104

**Course Description:**

This course offers as an introduction to professional nursing. Students become familiar with professional behaviors of accountability and professionalism as they are introduced to legal ethical and regulatory standards that apply to the role of the practical nurse. This assists the student with the transition and adjustments necessary to develop professional behaviors in nursing practice. This course reflects upon nursing competency and its relationship to client safety. Students will be introduced to professional organizations that support nursing practice in general and licensed practical nursing specifically. Content will include the opportunity for students to explore the concept of nursing theories, nursing theorists and Orem's Self-Care Nursing theory. A historical perspective of nursing, present health care issues and the collaborative role of the practical nurse as an interdisciplinary team member are explored.

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## **TERM II- 20 Weeks**

**Course:** PN200 - Human Growth, Development and Behavior

**Time Allotment:** 45 Hours Total  
45 Hours of Theory (Integrated 5 hours of Nutrition and Diet Therapy)

**Placement:** Term II

**Pre-Requisites:** PN100, PN101, PN102, PN104, PN105

**Co-Requisites:** PN201, PN202, PN204, PN205

**Course Description:**

This course includes the basic aspects of human growth development and behavior from conception through older adulthood. Basic food requirements for each age group and an opportunity to apply the basic nutritional principles to the modern movement in health promotion and disease prevention are studied. Teaching- learning methods for each age group relating to safety and nutrition are discussed. Special populations such as clients living with developmental disabilities are considered. Cultural beliefs relating to food and nutrition, childrearing, adolescence behaviors, and end of life care will be explored. Death, dying, and grieving, across the life span will be addressed.

**Course:** PN201 - Nursing Concepts I

**Time Allotment:** 227 Hours Total  
46 Hours of Theory (Integrated 5 hours of Nutrition and Diet Therapy)  
4 Hours of Laboratory  
177 Hours of Clinical Practice

**Placement:** Term II

**Pre-Requisites:** PN100, PN101, PN102, PN104, PN105

**Co-Requisites:** PN200, PN202, PN204, PN205

**Course Description:**

This course is designed to introduce the student practical nurse to the knowledge and skills necessary to care for clients and clients' families with health care deviations in the acute and sub acute and community care environments. The content is organized according to Orem's Theory of universal self-care requisites. It includes concepts and clinical applications of client care within a wholly to partly compensatory nursing system. The role and responsibility of the student practical nurse is emphasized when caring for any age person with specific health-related self-care deficits. Critical thinking standards are strengthened while incorporating the nursing process. The units are subdivided according to selected nursing diagnosis. Awareness of the practice of nursing within a culturally diverse population is addressed for optimum delivery of patient care. Principles of nutrition in clinical practice are integrated throughout the units. Related medications are taught concurrently in the pharmacology course.



**Curriculum Plan  
2013-2025****Course:** PN202 - Fundamentals of Practical Nursing II**Time Allotment:** 60 Hours Total  
35 Hours of Theory  
25 Hours of Laboratory**Placement:** Term II**Pre-Requisites:** PN100, PN101, PN102, PN104, PN105**Co-Requisites:** PN200, PN201, PN204, PN205**Course Description:**

This course is a continuation of principles, procedures and techniques essential to the delivery of safe nursing care. The content is organized according to Orem's theory of universal self-care requisites. The units are further divided according to nursing diagnosis. The nursing process is used throughout when discussing delivery of nursing care. The clinical component covers the range from wholly compensatory to educative supportive nursing systems. Therapeutic communication is practiced, refined and critiqued in clinical practice. Specific skill content correlates with traditional medical surgical content presented concurrently in Nursing Concept I theory and practice. The role of the student practical nurse is expanded to include specific nursing skills, continuing to emphasize safety and organization when delivering care. Supportive care and education of patients is incorporated into daily clinical and reviewed in clinical post conference.

**Course:** PN 204 - Pharmacology II**Time Allotment:** 10 Hours  
10 Hours of Theory**Placement:** Term II**Pre-Requisites:** PN100, PN101, PN102, PN104, PN105**Co-Requisites:** PN200, PN201, PN202, PN205**Course Description:**

This course is a continuation of basic concepts of therapeutic use of medications in selected health problems of clients in the acute care setting. The content is organized according to Orem's theory of Universal Self Care Requisites. It includes concepts and clinical applications of pharmacology within a wholly to partial compensatory nursing system. Units are further subdivided according to appropriate nursing diagnoses. Emphasis will be placed on the role and responsibility of the Practical Nursing in the administration of medications to clients with specific health care deviations.

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**Course:** PN205 - Mental Health Concepts

**Time Allotment:** 25 Hours Total  
25 Hours of Theory

**Placement:** Term II

**Pre-Requisites:** PN100, PN101, PN102, PN104, PN105

**Co-Requisites:** PN200, PN201, PN202, PN204

**Course Description:**

This course is designed to introduce the practical nursing student to basic, key mental health issues affecting clients in the community, or in the acute care medical surgical or sub acute care environment. The connection between physical and mental wellness and their impact on healing will be explored. Attention will be given to the mental health needs of the child, adolescent and older adult. The course is organized according to nursing diagnoses utilizing the nursing process and critical thinking. OREM's theory as it applies to Mental Health is discussed. The students own behavior and significance of his/her own thoughts and feelings are explored through critical thinking. The importance of communication skills is stressed to enhance the students effectiveness in his/her care. Ways of dealing with stress and life crises is emphasized as the student grows and develops in the process (role) of becoming a competent practitioner. Safety needs of clients with mental health problems and the role of the PN in meeting mental health needs are addressed.

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**TERM III- 20 Weeks**

**Course:** PN300 - Nursing Care of the Family

**Time Allotment:** 120 Hours Total  
55 Hours of Theory (Integrated 5 hours of Nutrition and Diet Therapy)  
5 Hours of Laboratory  
60 Hours of Clinical Practice

**Placement:** Term III

**Pre-Requisites:** PN100, PN101, PN102, PN104, PN105  
PN200, PN201, PN202, PN204, PN205

**Co-Requisites:** PN301, PN304, PN305

**Course Description:**

This course focuses on health care needs of the family from infancy through the childbearing years. The content is organized utilizing the framework of Orem's Self Care Deficit Theory, concentrating on the supportive educative need for nursing. The student will demonstrate the role of the practical nurse while caring for children with common health care needs in ambulatory pediatric settings and care of low risk mothers and infants on a maternity unit while recognizing deviations from the norm. The student will provide a supportive educative role, utilizing teaching and learning principles with an emphasis on anticipatory guidance to promote health and wellness.

**Course:** PN301 - Nursing Concepts II

**Time Allotment:** 218 Hours Total  
75 Hours of Theory (Integrated 5 hours of Nutrition and Diet Therapy)  
5 Hours of Laboratory  
138 Hours of Clinical Practice

**Placement:** Term III

**Pre-Requisites:** PN100, PN101, PN102, PN104, PN105,  
PN200, PN201, PN202, PN204, PN205

**Co-Requisites:** PN300, PN304, PN305

**Course Description:**

This course is designed to assist the student practical nurse in acquiring the knowledge and skills that will enable him/her to apply the nursing process to the care of adults and older adults with more complex health problems in a variety of settings. The content is organized according to Orem's Theory of Universal Care requisites. Units are organized according to universal, developmental, and health deviation requisites. Units are further subdivided according to appropriate nursing diagnosis. The basic principles of leadership, management, collaboration and delegation are taught concurrently in Nursing Trends & Issues II and are applied in the clinical setting. Critical thinking components of leadership, management, collaboration and delegation are applied to the practical nursing student leadership experience. Principles of nutrition are integrated throughout the units. Related medications are taught concurrently in the pharmacology course.

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<b><u>Course:</u></b>	<b>PN304 - Pharmacology III</b>
<b><u>Time Allotment:</u></b>	<u>10 Hours Total</u> 10 Hours of Theory
<b><u>Placement:</u></b>	Term III
<b><u>Pre-Requisites:</u></b>	PN100, PN101, PN102, PN104, PN105, PN200, PN201, PN202, PN204, PN205
<b><u>Co- Requisites:</u></b>	PN300, PN301, PN305

**Course Description:**

This course is a continuation of basic concepts of therapeutic use of medications in selected health problems of clients within various health care agencies. The content is organized according to Orem's theory of developmental and health deviation requisites. It includes concepts and clinical applications of pharmacology within a partially compensatory to supportive educative nursing system. Selected medication classes are related to specific health problems taught in the concurrent course Nursing Concepts II.

<b><u>Course:</u></b>	<b>PN 305 - Nursing Trends and Issues II</b>
<b><u>Time Allotment:</u></b>	<u>15 Hours Total</u> 15 Hours of Theory
<b><u>Placement:</u></b>	Term III
<b><u>Pre-Requisites:</u></b>	PN100, PN101, PN102, PN104, PN105, PN200, PN201, PN202, PN204, PN205
<b><u>Co-Requisites:</u></b>	PN300, PN301, PN304

**Course Description:**

The course provides the foundations essential to preparing the graduate nurse for an entry-level position in Practical Nursing. The student will have opportunities to practice components of professional behaviors as they prepare resumes, letters of introduction, review proper dress and decorum in applying and interviewing for potential nursing positions. The principles of leadership, management, collaborating and delegation will be presented, discussed and applied in Nursing Concepts II clinical practice. The students will demonstrate leadership, management, collaborating and delegation principles in the sub- acute, and rehabilitation clinical setting. The student will use critical thinking and problem solving strategies when developing tools that will be used to manage small groups of clients in the clinical setting. Collaborative versus independent roles are more thoroughly explored as related to the Commonwealth of Massachusetts Nurse Practice Act during the leadership experience.