School of Nursing

Degrees, Certificates and Awards

Associate in Science: Nursing (RN/ADN)

Associate in Science: Vocational Nursing (VN)

Certificate of Achievement: Vocational Nursing (LVN)

Skills Competency Award:
  Certified Nursing Assistant (CNA)

Skills Competency Award: Acute Care CNA

Skills Competency Award: Home Health Aide

Skills Competency Award: Skills for Healthy Aging
  Resources and Programs (SHARP)

Program Descriptions

The School of Nursing prepares students for Registered Nurse (RN) licensure, Vocational Nurse (VN) licensure and Certified Nursing Assistant (CNA) certification.

The **Registered Nursing** program is offered for qualified men and women to prepare for staff nurse positions in hospitals and similar health agencies. It is accredited by the California State Board of Registered Nursing (BRN) and by the National League for Nursing Accrediting Commission (NLNAC). Graduation from Santa Barbara City College with an Associate Degree and a major in nursing qualifies graduates to take the state board examination for licensure as registered nurses.

The **Vocational Nursing** program is a three-semester program designed to prepare qualified men and women applicants to function as licensed vocational nurses, who give care to patients in hospitals, homes, clinics and extended care centers. The vocational nurse works under the direction of a licensed registered nurse or a physician. The program is accredited by the Board of Vocational Nursing and Psychiatric Technicians. Upon successful completion of the program, graduates receive the Santa Barbara City College Certificate of Achievement, and are eligible to apply to take the examination for licensure to practice as a licensed vocational nurse.

The **Certified Nursing Assistant (CNA)** and **Home Health Aide (HHA)** programs prepare men and women to give basic nursing care under the direction of a licensed nurse. The focus of this program is on care of the elderly, including both classroom and clinical experience. This program meets the requirements for the California Certified Nursing Assistant, and graduates are qualified to take the State Certification Exam.

In addition to the policies and standards of Santa Barbara City College, Health Technologies programs have policies and requirements based on the professional standards and guidelines of their individual regulating state and national accrediting boards. These additional policies and requirements are described in the handbook for each individual program.

Note: For information on other Health Technologies programs, refer to the Catalog sections on Allied Health, Health Information Technology and Cancer Management, Medical Coding Specialist, Medical Reimbursement Specialist and Radiographic/Imaging Science.

Program Student Learning Outcomes

1. Ninety percent (90%) of graduating students responding to the Program Survey and Evaluation Form will report the SBCC ADN Program as satisfactory in all of the following areas: adequacy of curriculum to meet community needs; quality of instruction; learning environment; learning resources; and college support systems.

2. Seventy-five percent (75%) of students entering will successfully complete the program.

3. Eighty-five percent (85%) of graduates will pass NCLEX-RN on the first attempt.

4. Seventy-five percent (75%) of responding graduates will be employed within 6 months of taking the NCLEX-RN exam, as measured by the Graduate Questionnaire.

5. Eighty percent (80%) of graduates responding to the Graduate Questionnaire will evaluate themselves as average or above average as Providers of Care, Managers of Care and Members of the Profession.

6. Employers responding on the Employer Evaluation of ADN Graduates form will rate 90% of SBCC graduates as adequate or better, overall.

Vocational Nursing

1. Take and pass the licensure exam.

2. Function within the scope of practice of LVN, as outlined by the California Board of Vocational Nurses.

3. Practice within professional and legal standards, ethical principles and demonstrate sensitivity to the cultural differences of patients.

4. Apply the nursing process by collaboratively assessing, planning, implementing and evaluating nursing care and teaching maintenance of health and prevention of disease.

5. Apply principles of oral, written and verbal communication to convey relevant, accurate and complete information.

6. Provide compassionate holistic nursing care by maintaining patients' psychological safety and acting as a patient advocate.

Department Offices

Health Technologies Office (A-218, ext. 2366)
Secretary: Lorraine Michalak (A-218, ext. 2366)
Division: Health/Human Services
Dean: Betty Pazich (A-218, ext. 3044)

Admission to the Programs

Candidates for acceptance into the ADN, VN and CNA programs must be admitted to Santa Barbara City College, as well as to the specific program. Applications to the ADN, VN and CNA programs must be submitted to the Health Technologies Office (A-218). Applications are available online at *www.sbcc.edu/nursing/website*. Applications to the college must be submitted to the Admissions Office. Refer to specific program application and admission requirements in the following pages of this *Catalog* or our website: *www.sbcc.edu/nursing/website.*

Registered Nursing Program

Degree

Associate in Science: Nursing (ADN/RN)

Program Description

Graduation from Santa Barbara City College with an Associate Degree and a major in Nursing qualifies graduates to take the state board examination for licensure as a registered nurse. Nursing theory offered in campus classes is integrated with clinical nursing practice in local hospitals and health agencies. The SBCC ADN Program is accredited by the California State Board of Registered Nursing (BRN) and by the National League for Nursing Accrediting Commission (NLNAC). For accreditation questions or comments, both agencies can be contacted at the following addresses:

Board of Registered Nursing (BRN)
P.O. Box 944210
Sacramento, CA 94244-2100
(916) 322-3350
www.rn.ca.gov

National League for Nursing Accrediting Commission
3343 Peachtree Road NE, Suite 500
Atlanta, GA 30326
Phone: (404) 975-5000
Fax: (404) 975-5020
www.nlnac.org

Philosophy

The philosophy of the SBCC ADN Program is in accord with the Mission Statement of Santa Barbara City College and supports the tenets of the American Nurses Association, the National League for Nursing, and the California Board of Registered Nursing The primary aim of the program is to prepare entry-level registered as providers of care across the health/illness continuum and as members of the profession. The program is responsive to the changing needs of the community, state and nation.

The curriculum provides a positive, innovative learning framework that fosters the development of critical thinking and problem solving skills so that graduate nurses are equipped to deliver care to a culturally diverse population in a variety of healthcare settings. Graduates will collaborate with other members of the healthcare team, be effective communicators, be politically aware, and demonstrate a commitment to lifelong learning.

ADN Philosophy

The faculty believes that teaching/learning is a continuous and interactive process, with students and faculty sharing joint responsibility. Faculty members provide information, resources, and guidance to facilitate learning; however, students must assume primary responsibility for their own learning. The faculty acknowledges that students are adults with prior knowledge and experiences and they differ in learning styles and needs; therefore, a variety of instructional strategies and support services are used to promote student achievement and success.

The faculty believes that nursing is an art and applied science based on a unique body of knowledge derived from the biological, physical, and behavioral sciences. As an art, nursing embodies learned therapeutic and caring behaviors and the creative use of skills and expertise essential to promote, maintain, and restore the person to an optimal level of health. As a science, nursing integrates concepts from the humanities and natural and behavioral sciences to develop a body of knowledge that supports the delivery of evidence-based care. It is recognized that nursing is a complex multifaceted profession directed towards promoting each client's optimal level of health. This involves utilization of the nursing process, application of critical thinking and the transfer of theory into clinical practice. Nursing encompasses the roles of provider of care, manager of care, and member of the profession.

The SBCC ADN curriculum is based on the principles of Jean Watson's theory, The Caring Science. Inherent in this curriculum model is a commitment to and a compassion for care of the whole person. Caring involves learning about and understanding human needs and human responses in varying states of health. It also involves understanding and valuing human individuality and diversity. By extending a human presence, nurses promote human dignity, reinforce self-esteem, enhance spirituality, nurture strengths, and facilitate healing. The Watson theory also recognizes that both the person cared for and the caregiver are affected by every interaction; therefore it is imperative that nurses take care of themselves in order to effectively care for others. Caring concepts are included in the program's Conceptual Framework, Basic Standards for Safe Nursing Practice, and Educational Outcomes.

Finally, the faculty acknowledges that nursing education and practice exist on a continuum with increasing levels of responsibility:

At the ADN level of Registered Nursing, the graduate is prepared to work in a variety of heath care settings to assist individuals to meet their health needs. At the ADN level of Registered Nursing, the focus is on providing care that is person-centered, respectful, reflective, and based on nursing knowledge. ADN graduates utilize the nursing process, critical thinking, sound clinical judgment and effective communication skills in all aspects of care that are comprehensive, individualized and competent. ADN graduates utilize these same skills to manage a group of patients and to provide leadership to other health care team members.

At the BSN level, the focus of nursing practice is on the care of the community, family systems and individuals in the acute care and community settings. Emphasis is on a broader preparation in the basic sciences and on increased understanding of socio-cultural, political, economic influences on consumers and on the health care delivery system. Leadership, critical thinking, and interpersonal skills are strong components.

At the Masters level, the focus is on specialization. Collaboration with other disciplines, leadership, understanding and developments of nursing theory, research, publishing, preparation of nursing faculty, and the development of independent practitioners are emphasized.

Terminal Objectives and Educational Outcomes

The student who completes SBCC ADN Program will meet the Standards of Competency delineated by the Board of Registered Nursing in the State of California and will demonstrate both the knowledge and ability to:

1. Provide holistic care with commitment and compassion.

2. Establish positive nurse-patient relationships.

3. Provide culturally competent care for persons of all ages.

4. Use the nursing process and clinical decision-making to provide care.

5. Communicate effectively with patients, members of health care team, and others.

6. Use teaching and learning processes to promote and maintain health.

7. Provide leadership, manage resources, delegate and supervise based on the legal and professional scope of practice.

8. Adhere to the Standards of Professional Practice.

Program Information

When accepted into the Nursing Program, each student will be assigned a Nursing Faculty Advisor. Progression through and completion of this program requires the attainment of a minimum grade of "C" in each required course in the ADN Program and any courses noted with (*) identified in ADN Department

Requirements. Program logistics, as well as special rules and limitations related to the curriculum, are described in the *ADN Program Handbook*, available in the Campus Bookstore. Weekend, day and evening clinical hours are required.

The Board of Registered Nursing states that students impaired by alcoholism, drug abuse, or emotional illness may be prevented from obtaining a California license to practice nursing. Any SBCC ADN student whose function is impaired by alcoholism or drug abuse may be withdrawn from the Nursing major. The Board of Registered Nursing may deny licensure to a person who has been convicted of a crime. Nursing students are required to complete a criminal background check prior to placement in clinical area.

If, at any time, the student's conduct or physical or emotional health is such that s/he is a potential threat to the well-being of patients, the student will be withdrawn from the Nursing program.

Department Offices

Health Technologies Office (A-218, ext. 2366)
Secretary: Lorraine Michalak (A-218, ext. 2366)
Chair: Michelle Gottwald (A-218, ext. 4761)
Dean: Betty Pazich (A-218, ext. 3044)

Faculty and Offices

Cindy Bower (A-240, ext. 3563)

Stephanie Durfor (A-238, ext. 3028)

Michelle Gottwald (A-239, ext. 4761)

Linda Macias (A-241, ext. 3680)

David Martinez (A-279, ext. 2770)

Evan McCabe (A-273, ext. 2509)

Jane Metiu (A-274, ext. 2463)

Cathy Schermer (A-279, ext. 3678)

Sheri Shields, (A-239, ext. 2373)

Katie Worsdale (A-244, ext. 2513)

Admission to the Program

Applications are available from the School of Nursing website, *www.sbcc.edu/nursing/website,* or from the Health Technologies Office. Candidates for acceptance into the ADN Program at Santa Barbara City College must be admitted to Santa Barbara City College, as well as to the ADN Program.

Applications are accepted year-round. When applicant has completed all program prerequisites, submit completed application to: SBCC Health Technologies Office, 721 Cliff Dr., Santa Barbara, CA. 93109-2394. It is the applicant's responsibility to follow up with the Health Technologies Office to ensure that all materials have been received: (805) 965-0581, ext. 2366. Submit official high school and college transcripts from all other colleges attended to: SBCC Admissions and Records, 721 Cliff Dr., Santa Barbara, CA 93109-2394. Incomplete applications will not be accepted. **ALL** of the following must be in for a student to be placed on the wait list and receive an entry date:

1. ADN application sent to the Health Technologies Office

2. Official high school transcript or GED equivalent are required of all applicants, unless the student has an AA/AS or BA/BS from a regionally accredited US institution sent to SBCC Admission & Records Office

3. Official transcripts from all colleges attended sent to the SBCC Admissions & Records Office. Failure to submit all college transcripts may disqualify an application. The following course must be completed with a "C" or better prior to submitting an application for admission:

   a. Chemistry: 1 semester college with lab (SBCC Chem 101 or 104)

   b. Math: Intermediate Algebra (SBCC Math 104 or 107 or 111 or SBCC math Assessment result showing eligibility for a class higher than Math 104 or 107 or Math 111)

   c. English (SBCC English 110 or 110GB or 110H Composition and Reading)

   d. Anatomy with lab (SBCC BMS 107)

   e. Physiology with lab (SBCC BMS 108)

   f. Microbiology with lab (SBCC BMS 127)

Attendance at the Mandatory Program Orientation Meeting is by invitation only, the semester prior to entry.

A satisfactory physical examination, using the SBCC form, with all immunizations up to date and a TB clearance are required prior to student's first semester in the program. Students must clear a criminal background

clearance prior to attending clinical in any hospital or healthcare agency.

Applicants on the wait list will be assessed with a Chancellor's Office approved standardized assessment (Test of Essential Academic Skills) and must meet Chancellor's Office approved standards. Applicants must meet the state-identified composite score on this assessment to enter the Nursing Program. Those applicants not meeting the approved standard will be offered a plan for remediation, which must be completed before entrance into the ADN Program.

The ADN Program began using the Chancellor's recommended cut-score of 72% or higher as an entrance criteria in the Spring 2008 Semester.

Attendance at an ADN Information Session is recommended prior to application. Sessions are held once a month on the second Monday, at 3:00 p.m., in Health Technologies (A-218) during the Spring and Fall semesters, except holidays and summer.

Expenses

Approximate total cost of the ADN Program is $5,750. This covers the cost of tuition, uniforms, nursing shoes, watch with second hand, stethoscope, bandage scissors, all written nursing modules; required textbooks background check, physical exam, CPR certification, and transportation to and from clinical agencies and the college. The following required one-time fees are paid at registration:

    NURS 161: $50.00 (materials fee)
    NURS 162: $50.00 (materials fee)

A.S. Degree: Nursing (ADN)

An Associate Degree will be awarded upon completion of both department and college requirements.

Department Requirements

+BMS 107 — Human Anatomy 4
+BMS 108 — Human Physiology 4
+BMS 127 — Medical Microbiology 5
+Note: A college Chemistry Class with a lab (CHEM 101 or 104 at SBCC) is a prerequisite to BMS 127 and required by the ADN Program
+MATH 104 or 107 or 111 — Intermediate Algebra or Intermediate Algebra for Math, Science and Business Majors or SBCC assessment showing eligibility for a class higher than MATH 104 or 107 or 111..4/5
+COMM 121 — Interpersonal Communication *or*
    +COMM 121H — Interpersonal Communication, Honors *or*

*+COMM 131 — Fund. Public Speaking *or*
    *+COMM 131H — Fund. Public Speak, Honors...............3
+ENG 110 — English Comp Reading *or*
    +ENG 110H — English Comp and Read, Honors 3
Humanities (See GE Requirement List) 3
+PSY 100 — General Psychology *or*
    +PSY 100H — General Psychology, Honors................ 3-4
*+SOC 101 — Introduction. to Sociology *or*
    *+SOC 101H — Introduction. to Sociology, Honors *or*
    +SOC 113 — Sociology of Sex Roles 3

For transfer to a BSN Program, the following advanced courses are recommended: Communication 131 or 131H and Sociology 101 or 101H.

+These courses must be completed with a "C" or better to graduate and to qualify to take the California State Board Exam for RN (N-CLEX). Select two out of the following three:

American Institutions Requirement
    (See GE Requirement List) 3-6

PE/Health Education (See GE Requirement List) 2-4

Multicultural/Gender Studies (See GE Requirement List) 3

Students who earned a bachelor's degree from a regionally-accredited institution are exempt from these requirements.

The following advanced courses are recommended for students interested in pursuing a Bachelor of Science in Nursing:

ENG 111 — Crit. Think. and Composition through Lit. *or*
    ENG 111H — Crit. Think. and Comp. through Lit, Honors *or*
    ENG 111GB — Crit. Think. and Comp. through Lit *or*
    ENG 111HG — Crit. Think. and Comp. thru Lit, Honors *or*
    PHIL 111 — Critical Thinking and Writing........................3
MATH 117 — Elementary Statistics *or*
    MATH 117H — Elementary Statistics, Honors
    PSY 150 — Statistics for Behavioral Sciences.................4

Grades

Each required department course must be completed with a grade of "C" or higher. Pass/No Pass grading is not permitted in a department requirement course.

Courses required by the Board of Registered Nursing must have a minimum grade of "C."

Advanced Standing

Course Challenge

Any nursing course may be challenged by an enrolled nursing student who feels she/he has previously mastered the course and clinical content in an educational or occupational setting. The procedure for challenging courses is explained in the *ADN Program Handbook* and is consistent with the college protocol for challenging courses.

Transfer Students

Students previously enrolled in another state accredited registered nursing program within the past two years and who were in good standing may transfer into the SBCC ADN Program on a space available basis. The application process entails meeting the SBCC ADN admission requirements and applying to both the college and the program. Entry is based on space available at the time of application.

High School Articulation

Interested high school students are encouraged to prepare for nursing by completing the four-year high school pre-nursing curriculum at the San Marcos High School Health Academy. High school counselors have the list of specific high school courses, which will prepare a student to enter nursing.

Advanced LVN Placement

LVNs currently licensed in California are admitted into the ADN Program in one of two tracks: (1) LVN to RN or (2) 30-unit option. LVN students are entered one time per school year in the Spring Semester. LVN applicants must meet the same application and program requirements.

Diploma Nurses

College credit toward a BSN for Diploma Nurses may be awarded; evaluation of a student's transcript may allow 30 units of nursing credit for transfer to a BSN Program. Call the director of the ADN Program for more information, ext. 2368.

Planning a Program of Study

The sequence of the following courses and other required courses will be determined in conjunction with the student's ADN faculty adviser. All courses are CSU-transferable, with the exception of NURS 195, 197 and 282.

Semester 1
NURS 160 — Foundations of Nursing............................. 4
NURS 161 — Pharmacology Nursing 1.5
NURS 162 — Medical-Surgical Nursing I........................ 4
NURS 200 — Topics in Nursing I 0.2

Semester 2
NURS 163 — Medical Surgical II 5.5
+NURS 16 5 — Mental Health Nursing 2.5
NURS 200 — Topics in Nursing I 0.2

Semester 3
+NURS 119 — Intro. to RN for the LVN (LVNs only) ... (2.4)
NURS 164 — Maternity Nursing.................................... 2.5
+NURS 166 — Medical-Surgical Nursing III..................... 5
NURS 167 — Pediatric Nursing *or*............................... 2.5
   +NURS 167VN — Pediatric Nursing
   for the LVN (LVNs only) 2
+NURS 200 — Topics in Nursing I 0.2

Semester 4
+NURS 168 — Medical-Surgical Nursing IV 6.5
+NURS 169 — Gerontology-Community Nursing 2
+NURS 200 — Topics in Nursing I 0.2

+ Indicates courses required of LVNs

NURS 201 is for students enrolled longer than four (4) semesters in ADN Program

Optional Courses
NURS 190 — Assessment of Clinical Competence
NURS 194 — Review Update of Nursing Skills
NURS 195 — Success Strategies for ADN Students
NURS 198 — Diploma Nursing Credit
NURS 282 — NCLEX Success
*NURS 295 — Nursing Internship

*See Department Chair for information

College Requirements
For complete information, see "Graduation Requirements" in the *Catalog* Index.

Course Descriptions

NURS 119 — Introduction to RN for the LVN
(2.4) — CSU
Limitation on Enrollment: Admission to the ADN Program; LVN license
Hours: 90 (18 lecture, 72 lab)

Provides a basic orientation to SBCC's Associate Degree Nursing Program. Ethical and legal responsibilities of the RN are explored. Role change from LVN to RN and the changing role of the RN are examined.

NURS 160 — Foundations of Nursing
(4) — CSU
Hours: 144 (36 lecture, 108 lab)

Introduction to nursing and the role of the nurse, the nursing process, critical thinking, knowledge and basic skills necessary to administer beginning level assessment and interventions for adults across the lifespan. Clinical experiences provide opportunities for students to deliver nursing care in a variety of health settings that focus on health maintenance and promotion.

NURS 161 — Pharmacology Nursing
(1.5) — CSU
Hours: 27 lecture

Provides a methodical approach for calculating medication dosages and administering drugs. Includes general principles of pharmacology, and legal, ethical and safety aspects of medication administration. Emphasis on nursing responsibilities, such as maximizing therapeutic effects and minimizing adverse effects of drug therapy, appropriate patient teaching and ongoing assessment of the patient.

NURS 162 — Introduction to Medical-Surgical Nursing I
(4) — CSU
Hours: 144 (36 lecture, 108 lab)

Introduction to concepts and practices relating to the non-critical adult and older adult in the medical-surgical environment. Utilizing the nursing process, the student recognizes alterations in functioning or illness and formulates age-appropriate nursing interventions. Introduces the first-year nursing student to the adult patient in the medical-surgical environment.

NURS 163 — Beginning Medical Surgical II
(5.5) — CSU
Hours: 189 (54 lecture, 135 lab)

Develops the first-year nursing student's knowledge and skills as they relate to adult non-critical, moderately complex medical-surgical patients. Through the nursing process, the student recognizes alterations in functioning or illness and formulates age-appropriate nursing interventions. Psychomotor skills associated with moderately complex needs, medication administration and intravenous therapy are studied and practiced.

NURS 164 — Nursing of Childbearing and Families
(2.5) — CSU
Hours: 81 (27 lecture, 54 lab)

Provides the knowledge and skills to provide safe, effective, culturally sensitive, physiological and psychosocial care, using the nursing process and family-centered approach for childbearing clients and their families. Clinical experience emphasizes refinement of critical thinking, decision-making, psychomotor skills and management of care.

NURS 165 — Mental Health Nursing
(2.5) — CSU
Hours: 81 (27 lecture, 54 lab)

Introduction to mental health psychiatric nursing, using process to promote psychosocial integrity within the health illness continuum across the life span. Emphasis on therapeutic interactions and communications, bio-psychosocial rehabilitation and therapeutic use of self. Clinical experiences provide opportunities for students to participate in therapeutic activities in a variety of mental health settings.

NURS 166 — Intermediate Medical-Surgical Nursing III
(5) — CSU
Hours: 190 (45 lecture, 145 lab)

Application of the nursing process in the care of patients experiencing alterations in the respiratory, cardiac, gastrointestinal, musculoskeletal, immunological and hematological systems.
Knowledge of the nursing role, communication, safety, pharmacology, growth and development, socio-cultural diversity and nutrition to promote, maintain and restore optimum wellness.

NURS 167 — Nursing Care of Children and Families - Pediatrics
(2.5) — CSU
Hours: 81 (27 lecture, 54 lab)

Application of the nursing process to the care of children, from birth to 18, who are experiencing alterations in their health states. Knowledge of the nursing role, communication, safety, pharmacology, growth and development, socio-cultural diversity and nutrition to promote, maintain and restore optimum wellness.

NURS 167VN — Nursing Care of Children and Families for the LVN
(2.0) — CSU
Limitation on Enrollment: Admission to the ADN Program.
Hours: 72 (18 lecture, 54 lab)

Application of the Watson Caring Model and the nursing process to the care of children, from birth to 18, who are experiencing alterations in their health states. Knowledge of the nursing role, communication, safety, pharmacology, growth and development, socio-cultural diversity and nutrition to promote and maintain optimum wellness.

NURS 168 — Advanced Medical-Surgical Nursing IV
(6.5) — CSU
Hours: 261 (45 lecture, 216 lab)

Advanced application of the nursing process in the care of critically ill adult and geriatric patients. The student organizes and interprets data to establish priorities of care. Correlated clinical experiences emphasize refinement of clinical decision-making, psychomotor skills and management of patient care.

NURS 169 — Gerontology-Community Nursing
(2) — CSU
Hours: 72 (18 lecture, 54 lab)

Builds on previous knowledge and skills in applying the nursing process to older adults living in the community. Gerontological nursing theory, with emphasis on lifestyle and physical changes that occur with aging; the process of initiating health referrals; and interventions to increase functional abilities.

NURS 190 — Assessment of Clinical Competence
(0.5-2.0) — CSU
Hours: 108 lab

Designed to evaluate clinical nursing skills of students with previous experience in nursing. It is also used for students whose clinical performance is marginal and who require additional time and supervision to bring skills up to standards of practice.

NURS 194 — Review and Update of Nursing Skills
(0.5) — CSU
Hours: 27 lab

Opportunity for the licensed nurse (RN and LVN) to review and practice nursing skills in the SBCC Nursing Laboratory. Orientation meetings are held monthly. See website for information.

NURS 195 — Success Strategies for Associate Degree Nursing Students
(0.5)
Limitation on Enrollment: Admittance to the Associate Degree Nursing Program
Hours: 9 lecture

Associate Degree Nursing students work with their instructors and/or advisers to develop the strategies they need to successfully master the competencies required of them. Although these success strategies are customized to the individual needs of each student, some include strategies to reduce stress, improve performance in the clinical and/or classroom setting and set appropriate priorities.

NURS 198 — Diploma Nursing Credit
(30) — CSU
Limitation on Enrollment: Current RN license in California

For RNs whose basic nursing preparation earned a nursing diploma, 30 units of college credit is awarded toward a BSN following evaluation of diploma program.

NURS 200 — Topics in Nursing I
(0.2) — CSU
Hours: 4 lecture

Allows all ADN students and faculty to meet for discussion of current trends in and influences on nursing,

as it is practiced in the Santa Barbara community, as well as national trends, updates of nursing procedures, etc.

NURS 201 — Topics in Nursing II
(0.2)
Hours: 4 lecture

For students in the ADN Program for more than four semesters. Covers current trends in nursing, and is required for each semester a student is enrolled in the ADN Program.

NURS 282 — NCLEX Success
(1)
Hours: 46 (4 lecture, 42 lab)

Associate Degree Nursing students work with instructor to develop specific strategies to assist them in preparation for the National Licensing Exam for Nursing. The strategies are individualized for each student based on RN Predictor Assessment results. Provides individual and group counseling, creation of a study plan for review, and evaluation of the plan after implementation.

NURS 284 — NCLEX RN - Comprehensive Review
(5.8)

Limitation on Enrollment: In order to be eligible for this course, the graduate nurse must: (1) If English is a second language, student must take the ESL Assessment Test given by the college and score a minimum of a 5 on the test. If the student scores less than a 5, he/she needs to take ESL classes until a score of at least a 5 is achieved. (2) Upon registration, present the college with a letter from the Board of Registered Nursing (BRN) stating that participant is Board-eligible and has taken the NCLEX at least one time and has been unsuccessful at passing the exam.

This NCLEX-RN preparation course for repeat test-takers targets the California State Board-eligible nurse who has graduated from an accredited/approved nursing program in or out of the United States and has taken the exam at least once without successfully passing it.

NURS 290 — Work Experience in Associate Degree Nursing
(1-4) — CSU
Corequisites: Any ADN course (NURS 101–NURS 171).
Hours: 60-300 lab

Provides a Nursing student the opportunity to explore various career opportunities in the nursing field through employment or volunteering. One unit of credit is earned for each 75 hours of supervised on-the-job experience in the health care setting. Students must accomplish specific, previously approved course objectives. Class meetings on campus scheduled each semester.

NURS 295 — Internship in Nursing
(2-4) — CSU
Limitation on Enrollment: Current enrollment in ADN Program and completion of NURS 101-127
Skills Advisories: MATH 107 and eligibility for ENG 110 or ENG 110H
Hours: 108-273 lab

Structured internship program in which students gain experience in the hospital setting.

NURS 299 — Independent Study in Nursing
(1-4) — CSU
Limitation on Enrollment: Six units of NURS courses with a 3.0 or higher GPA; minimum of 12 units of course work completed at SBCC with GPA of at least 2.5
Skills Advisories: Eligibility for ENG 110 or ENG 110H
Hours: 48-192 lab

Students work under the guidance and direction of sponsoring faculty member on project consistent with the interests and abilities of the student. Minimal weekly meetings with faculty sponsor are required. Course may be taken for one or more units of credit; each unit of credit requires student to devote approximately three hours per week to her/his project.

Vocational Nursing (LVN)

Degree and Certificate

Associate in Science: Vocational Nursing (LVN)
Certificate of Achievement: Vocational Nursing (LVN)

Program Description

The Certificate of Achievement: Vocational Nursing (LVN) is a three-semester program designed to prepare qualified men and women applicants to function as licensed vocational nurses, who give care to patients in hospitals, homes, clinics and extended care centers. The vocational nurse works under the direction of a licensed registered nurse or a physician.

The program is accredited by the Board of Vocational Nursing and Psychiatric Technicians. Upon successful completion of the program, graduates receive the Santa Barbara City College Certificate of Achievement, and are eligible to apply to take the examination for licensure to practice as a licensed vocational nurse. Students may earn the Associate in Science: Vocational Nursing (LVN) by completing the Certificate of Achievement: Vocational Nursing (LVN), as well as college requirements which include at least 18 units of General Education coursework.

Program Information

Brochures, information sheets and applications for the program may be obtained from the Health Technologies Office (Room A-218). Applications to the program are available on an ongoing basis. Contact the office for any change in the process.

Transcripts must be on file and all other requirements and qualifications met before any applicant will be considered for acceptance to the program. Any conflicting information should be clarified with the Health Technologies Office.

Candidates for acceptance into the LVN Program must be admitted to Santa Barbara City College, as well as to the program. Applications to the college must be submitted to the Admissions Office after acceptance into the program.

In addition to the policies and standards of Santa Barbara City College, the Health Technologies programs have policies and requirements based on professional standards and guidelines of their regulating state and national accrediting boards. These additional policies and requirements are in the handbooks for the individual programs.

Any student who plans to request transfer into, recognition of credit, or apply for readmission into Health Technologies programs is required to meet with the Director of the LVN Program before beginning a course of study toward a degree or certificate. The policy and procedures will be explained at that time.

Theory and laboratory practice on campus is correlated with clinical experience in cooperating community hospitals and agencies. Students must provide their own transportation to all facilities.

If, at any time, the student's conduct or physical or emotional health is such that he/she is a potential threat to the well-being of patients, the student will be withdrawn from the Nursing major.

Department Offices

Division: Health/Human Services
Health Technologies Office (A-218, ext. 2366)
Application Secretary: Lorraine Michalak (A-218, ext. 2366)
Department Co-Chair/Director: Ann Marie Kopeikin (A-218, ext. 2233)
Department Co-Chair/Assistant Director: Rosette Strandberg (A-237, ext. 2512)
Dean: Betty Pazich (A-218, ext. 3044)

Faculty and Offices

Ann Marie Kopeikin, *Co-Chair and Program Director* (A-218, ext. 2233)
Rosette Strandberg, *Co-Chair and Assistant Program Director* (A-237, ext. 2502)

Advisers

Ann Marie Kopeikin (A-275, ext. 2233)
Rosette Strandberg (A-237, ext. 2502)
Donna Terpening (A-244, ext. 4385)

Admission to the Program

Applications are accepted on a year-round basis. Admission prerequisites are:

1. Proof of high school graduation, or be 18 years of age, with equivalency certificate. "Official" transcripts (in a sealed envelope) are required.

2. A minimum grade of "C" in COMM 121 or 121H (Interpersonal Communication), or COMM 131 or 131H (Public Speaking) or equivalent.

3. Eligibility for ENG 100, 103, as verified by assessment through the Santa Barbara City College Assessment Office or evidence of comparable course work. (Obtain information sheet in Health Technologies, Room A-218, and/or the Assessment Office, Room SS-2514. A minimum grade of "C" in BMS 100 (The Human Body) or BMS 107 (Human Anatomy) or BMS 109 (Human Anatomy and Physiology) or an equivalent course. Course must be taken within 5 years of entering the program.

4. CNA certification—current CNA license, or if expired, recent CNA experience (see prerequisite to VN 131 on next page).

5. Must be eligible for admission to Santa Barbara City College.

6. Once accepted, students must:

- Complete the SBCC School of Nursing physical examination form, including providing proof of updated immunization within the past 19 months of program entry.

- Complete Math 103 with a "C" or successful assessment of Math 103 competencies, or eligibility for MATH 107 or higher based on SBCC assessment score. Math 103 is now part of the VN curriculum and must be taken before VN 131.

- Complete VN160/ESL160 with a "C" or successful assessment of VN160/ESL160 competencies. VN 160/ESL160 is now part of the VN curriculum and must be taken before VN 131.

- Obtain a CPR card, which must be kept current throughout the program.

- Attend program orientation meeting.

- Pay program malpractice insurance fee.

Special Note: CNA 101 (Certified Nursing Assistant) is a prerequisite to VN 131, which is required in the first semester of the program.

Department Recommendations:

AH 120 — Medical Termination for 1.0 unit

Students who are not strong academically, have not been in the academic setting recently, have poor study skills, have a learning disability, or are ESL students would profit from enrolling in ENG 103 and a study skills course in addition to the courses listed above. Students are advised to update skills in Mathematics and English by taking courses within one year of admission to the program. In some semesters a student success course is offered. Contact the Health Technologies Office for information.

Expenses

Students must purchase uniforms, watch with second hand, stethoscope, bandage, scissors, all VN syllabi and required textbooks. Approximate total cost is $3,000. Students are responsible for transportation to and from clinical agencies and the college. The following required one-time fees are paid at registration:

VN 133: $30.00 lab materials fee in first semester

VN 137: $30.00 lab materials fee in second semester

VN 150: $30.00 lab materials fee

A.S. Degree: Vocational Nursing (LVN)

The Associate Degree will be awarded upon completion of department and college requirements.

Department Requirements (51.25 units)

VN160/ESL 160 — Reading and Study Skills for Nursing....3

Math 103 — Nursing and Allied Health Math.......................1

VN 131 — Foundation for Nursing Practice 5

VN 132 — Principles of Nutrition and Care of the Patient w/Gastrointestinal Problems................................3

VN 133 — Foundation for Nursing Practice Lab 5.5

VN 134 — Principles of Administration of Therapeutic Agents...2

VN 135 — Understanding Pharmacology.............................2

VN 136 — Genitourinary, Endocrine and Skin Problems ..3.5

VN 137 — Basic Medical-Surgical Nursing Lab 3.5

VN 138 — Nursing Process Applied to the Childbearing Family..2

VN 139 — Nursing Process Applied to Care of Children......2

VN 140 — Maternal-Child Nursing Lab 3

VN 141 — Cardiovascular and Respiratory Problems 3.5

VN 142 — Perception and Mobility Problems 4

VN 143 — Nursing Process Applied to Care of the Patient with Cancer 1

VN 144 — Preparation for Vocational Nursing Practice 1.5

VN 145 — Integrated Medical-Surgical Nursing Lab.......5.75

Grades

Courses in the LVN Department requirements must be completed with a minimum grade of "C", except for Pass/No Pass graded courses, which must be completed, with a "P" grade.

College Requirements

For complete information, see "Graduation Requirements" in the *Catalog* Index.

Advanced Standing

Any student who plans to request transfer into the program, receive recognition of prior credit, or apply for readmission into Health Technologies programs is required to meet with the Director/Coordinator of

the LVN Program before beginning a course of study toward a degree.

Planning a Program of Study

Students should meet with the LVN Academic Adviser and an Academic Counselor from the Health Technologies cluster to plan an appropriate program of study.

Theory and laboratory practice on campus is correlated with clinical experience at cooperating community hospitals and agencies. A six-week evening experience is required in the second semester. Students must provide their own transportation to all facilities. The three-semester, 51.25-unit curriculum consists of 15 short courses, which must be taken in designated sequence as follows:

Prior to First Semester

VN160/ESL 160 — Reading and Study Skills for Nursing....3

Math 103 — Nursing and Allied Health Math........................1

First Semester

VN 131 — Foundation for Nursing Practice 5

VN 132 — Principles of Nutrition and Care of the
Patient with Gastrointestinal Problems............................3

VN 133 — Foundation for Nursing Practice Lab 5.5

VN 134 — Principles of Administration of
Therapeutic Agents..2

Total........................15.5

Second Semester

VN 135 — Understanding Pharmacology.............................2

VN 136 — Genitourinary, Endocrine and Skin Problems ..3.5

VN 137 — Basic Medical-Surgical Nursing Lab 3.5

VN 138 — Nursing Process Applied to
Childbearing Family..2

VN 139 — Nursing Process Applied to Care of Children......2

VN 140 — Maternal and Child Nursing Lab 3

Total............................16

Third Semester

VN 141 — Cardio. and Respiratory Problems....................3.5

VN 142 — Mobility Problems..4

VN 143 — Nursing Process Applied to Care of the
Patient with Cancer 1

VN 144 — Preparation for Vocational Nursing Practice 1.5

VN 145 — Integrated Medical-Surgical Nursing Lab.......5.75

Total.......................15.75

Course Descriptions

VN 130 — Assessment of Clinical Competence for Vocational Nursing
Prerequisites: VN 103 or VN 109 or VN 118 or VN 119 or VN 127
Hours: 27-108 lab

A clinical laboratory course.

VN 131 — Foundation for Nursing Practice (5.0)
Prerequisites: CNA 101
Hours: 90 lecture

Fundamental principles of nursing and concepts related to care. Nursing process presented as problem-solving method that provides a framework for delivery of health care.

VN 132 — Principles of Nutrition and Care of Patient with Gastrointestinal Problems (3.0)
Corequisites: VN 133
Hours: 54 lecture

The principles of nutrition and the relationship of nutrition to health. Focuses on the individual's nursing care needs in areas of functional, physiological, social and psychological integrity and environmental influences, as they relate to the gastrointestinal system. The application of theoretical concepts to patient care.

VN 133 — Foundation for Nursing Practice Lab (5.5)
Corequisites: VN 131
Limitation on Enrollment: Must pass physical examination
Hours: 297 lab

Introductory laboratory and clinical course on basic fundamentals of nursing practice applied to adult and elderly patients requiring medical-surgical nursing care. The nursing process is the problem-solving method utilized for care planning and implementation in the clinical setting.

VN 134 — Principles of Administration of Therapeutic Agents
(2)
Corequisites: VN 131 and VN 133
Hours: 36 lecture

Introduction to medication administration. Basic techniques and computations used in the administration of medications, including nursing considerations that pertain to the safe administration of medication. Completion of this course prepares the Vocational Nursing student to safely administer medications to patients, under the supervision of the nursing instructor.

VN 135 — Understanding Pharmacology
(2)
Corequisites: VN 137
Hours: 36 lecture

Study of the drugs most frequently prescribed for the hospitalized patient, with emphasis on nursing considerations that pertain to the administration of these drugs.

VN 136 — Genitourinary, Endocrine and Skin Problems
(3.5)
Prerequisites: VN 133
Corequisites: VN 137
Hours: 63 lecture

Focuses on the individual's nursing care needs in areas of functional, physiological, social and psychological integrity and environmental influences, as they relate to the genitourinary, endocrine and integumentary systems. The nursing process is utilized to apply theoretical concepts to patient care.

VN 137 — Basic Medical-Surgical Nursing Lab
(3.5)
Prerequisites: VN 133 and VN 134
Corequisites: VN 135 and VN 136
Limitation on Enrollment: Must be enrolled in Vocational Nursing Program
Hours: 189 lab

Clinical laboratory course builds on the basics of the first semester as students perform more advanced skills, while providing nursing care to adult and elderly patients in medical-surgical units. The nursing process is the problem-solving method utilized for care planning and implementation in the clinical setting.

VN 138 — Nursing Process Applied to Childbearing Family
(2)
Prerequisites: VN 133
Corequisites: VN 140
Hours: 36 lecture

Maternal, newborn and family nursing care needs in areas of functional, physiological, social and psychological integrity and environmental influences, as they relate to human reproduction. The nursing process is utilized to apply theoretical concepts to patient care.

VN 139 — Nursing Process Applied to Care of Children
(2)
Prerequisites: VN 133
Corequisites: VN 140
Hours: 36 lecture

Normal growth and development patterns of the growing child and family in health and illness; and nursing needs in areas of functional, physiological, social and psychological integrity and environmental influences. The nursing process is utilized to apply theoretical concepts to patient care.

VN 140 — Maternal and Child Nursing Lab
(3)
Prerequisites: VN 133 and VN 134
Corequisites: VN 138 and VN 139
Hours: 162 lab

Provides an opportunity for students to apply theory concepts related to the childbearing family and the growing child to clinical laboratory experiences. The nursing process is the problem-solving method utilized for care planning and implementation in the clinical setting.

VN 141 — Cardiovascular and Respiratory Problems
(3.5)
Prerequisites: VN 137
Corequisites: VN 145
Hours: 63 lecture

Focuses on the individual's nursing care needs in areas of functional, physiological, social and psychological integrity and environmental influences, as they relate to the cardiovascular and respiratory systems. The nursing process is utilized to apply theoretical concepts to patient care.

VN 142 — Perception and Mobility Problems
(4)
Prerequisites: VN 137
Corequisites: VN 145
Hours: 72 lecture

Focuses on the individual's nursing care needs in areas of functional, physiological, social and psychological integrity and environmental influences, as they relate to perception, coordination and mobility. The nursing process is utilized to apply theoretical concepts to patient care.

VN 143 — Nursing Process Applied to Care of Patient with Cancer
(1)
Prerequisites: VN 137
Corequisites: VN 145
Hours: 18 lecture

The nursing needs of the patient with cancer in areas of functional, physiological, social and psychological integrity and environmental influences. The nursing process is utilized to apply theoretical concepts relating to current modalities of cancer therapy to patient care.

VN 144 — Preparation for Vocational Nursing Practice
(1.5)
Prerequisites: VN 137
Corequisites: VN 145
Hours: 27 lecture

Principles of leadership and supervision as they apply to the vocational nurse. Focuses on the role of the vocational nurse as a member of the health-care team and supervisor of other vocational nurses and unlicensed health care givers.

VN 145 — Integrated Medical-Surgical Nursing Lab
(5.7)
Prerequisites: VN 134 and VN 137
Corequisites: VN 141 and VN 142 and VN 143 and VN 144
Hours: 310.5 lab

Clinical laboratory course builds on experiences of the second semester as students develop leadership skills and provide nursing care to adult and elderly patients in a variety of settings. The nursing process is the problem-solving method utilized for care planning, implementation and leadership activities in the clinical setting.

VN 150 — Principles and Techniques of Intravenous Therapy
(1.5)
Offered every third semester.
Hours: 30 (24 lecture, 6 lab)

Complies with/meets the guidelines for Intravenous Therapy certification for licensed vocational nurses by the Board of Vocational Nursing and Psychiatric Technicians. LVN participants receive state-recognized certificates in IV Therapy. Includes rationale and legal aspects for intravenous therapy; relevant anatomy and physiology; principles and techniques for intravenous, blood or blood component infusions; and the care and monitoring of the patient undergoing intravenous therapy. Course participants must complete any tests, with a minimum 75% grade, and successfully perform three IV starts.

VN 160/ESL 160 — Reading and Study Skills for Nursing
(3)
Hours: 54 lecture

Non-graded course to assist the advanced student in further developing reading, communication and study skills needed in the Licensed Vocational Nursing Program. A bridge between the CNA and LVN programs, it focuses on the academic skills needed by pre-nursing students. May also be taken by native speakers.

VN 195 — Success Strategies for Vocational Nursing Students
(0.5-1)
Hours: 27 lecture

Vocational Nursing students work with their instructors and/or advisers to develop the strategies they need to successfully master competencies required of LVN students. Although these success strategies are customized to the individual needs of each student, some include strategies to reduce stress, improve performance in the clinical and/or classroom setting, and set appropriate priorities.

MATH 103 — Nursing and Allied Health Math
(1)
Prerequisites: MATH 4 with a minimum grade of "C" or better or qualifying score on SBCC placement exam
Hours: 18 lecture

Designed for Nursing and Allied Health professionals, focuses on math skills necessary to be successful in an Allied Health occupational area. After reviewing basic math skills and algebra, students learn metric system conversions, conversion among and between the metric, apothecary and household units of measure, and computational methods used in the preparation of medications.

Certified Nursing Assistant (CNA)/Home Health Aide (HHA)

Program Awards

Skills Competency Award: Certified Nursing Assistant (CNA)

Skills Competency Award: Acute Care CNA

Skills Competency Award: Home Health Aide (HHA)

Program Description

The Dorothy D. Rupe CNA/HHA Program prepares men and women to give basic nursing care. The focus of this program is on care of the elderly, including both classroom and clinical experiences. This program meets the requirements for the California Certified Nursing Assistant. Upon successful completion of CNA 101, the student is qualified to take the California State Certification Exam.

In addition to the policies and standards of Santa Barbara City College, the Health Technologies programs have policies and requirements based on professional standards and guidelines of their individual regulating state and national accrediting boards. These additional policies and requirements are in the handbooks for the individual programs.

Department Offices

Division: Health/Human Services
Health Technologies Office (A-218, ext. 2366)
Application Secretary: Lorraine Michalak
(A-218, ext. 2366)
CNA Testing: Anna Menchaca (ext. 2783)
Department Chair: Jane Metiu (A-274, ext. 2463)
Dean: Betty Pazich (A-218, ext. 3044)

Faculty and Offices

Mary Webber, *Instructor, Director* (A-276, ext. 3027)

Michelle Lehne, *Instructor* (A-276, ext. 5138)

Admission to the Program
Application Procedures

1. Submit a CNA/HHA application to the Health Technologies Office. Applications are available from the Health Technologies Office, A-218.

2. (Optional) information meetings are held to assist with the application process. These open information meetings will be held at 4:00 pm in room A-214 on September 2, October 7, November 4, December 2, February 3, March 2, April 6 and May 4. Contact the Health Technologies Office (A-218), (805) 965-0581, ext. 2366, for additional information.

3 File an SBCC general application with the Admissions and Records Office.

4. Submit verification of eligibility for ENG 70 and 80 to the Health Technologies Office. Eligibility is shown by submission of SBCC Assessment results or submission of SBCC or other college transcripts showing completion of the required English courses.

5. The prerequisite for the HHA course is satisfactory completion of the CNA course, and/or previous certification as a CNA.

If there are more applicants than can be accepted, admission will be based on earliest date of completion and submission of application and required materials. Applicants who do not get into the class will be given priority entry for the next class, but must reapply.

Acceptance Procedures

After acceptance and before enrolling in the CNA/HHA Program students are required to:

1. Submit the required physical examination (on the SBCC form) with all up to date immunizations to the Health Technologies Office.

2. Submit current CPR card for Health Care Provider or Professional Rescuer certification.

3. Provide Social Security card, a requirement of the California Department of Social Services. A copy will be made by a Health Technologies Department staff member.

NOTICE: Nurse Assistants and Home Health Aides may NOT be certified by the State of California if convicted of a Penal Code violation. Additional information will be given at the scheduled information meeting. Fingerprinting is required. Fingerprinting will be done during the first week of class and will be paid for by a donor.

Expenses

Currently, required SBCC fees, fingerprinting fees, textbooks, uniform and California State Certification Exam fees are being paid through the generous gift of a donor. Tuition for out-of-state and international students is not covered.

Skills Competency Award: CNA

Department Requirements:

CNA 101 — Certified Nursing Assistant 6

Grades

Each required department course must be completed with a grade of "C" or higher. Pass/No Pass grading is not permitted in a department requirement course.

Skills Competency Award: Acute Care CNA

Department Requirements:

CNA 103 — Acute Care Skills for the CNA........................1.5

Successful completion of CNA requirements or current CNA certification required.

Students must complete the above courses with a grade of "C" or higher or credit in all courses.

Skills Competency Award: Home Health Aide

Department Requirements:

CNA 102 — Home Health Aide...1.8

Successful completion of CNA requirements or current CNA certification required.

Students must complete the above courses with a grade of "C" or higher or credit in all courses.

Course Descriptions

CNA 101 — Certified Nursing Assistant (6.0)

Skills Advisories: Eligibility for ENG 70 and ENG 80. Limitation on Enrollment: Must pass physical exam and have current CPR card specifying "For Health Care Provider," current immunizations and a copy of Social Security card.
Hours: 193 (66 lecture, 27 lab)

On completion of this course, the student meets California State requirements to become a Certified Nursing Assistant. Basic nursing theory and nursing skills are taught in the classroom/lab, and students are supervised in giving care to residents in a long-term care facility. Content follows the California State-approved CNA curriculum.

CNA 102 — Home Health Aide (1.8)

Corequisites: Prior or concurrent enrollment in CNA 101
Skills Advisories: Eligibility for ENG 70 and ENG 80
Limitation on Enrollment: Up-to-date physical exam, immunizations, and CPR card specifying "For Health Care Provider" and a Social Security card
Hours: 51 (22 lecture, 29 lab)

On completion of this course, the CNA meets California State requirements to be a Home Health Aide (HHA). Content builds on the nursing basics taught in the CNA course. The focus is on care of the client in the home, nutrition, food preparation and all State of California requirements. Supervised home care experience included.

CNA 103 — Acute-Care Skills for the CNA (1.5)

Corequisites: Prior or concurrent enrollment in CNA 101
Limitation on Enrollment: Must pass physical exam and hold current CPR card specifying "For Health Care Provider" and a Social Security card
Hours: 45.5 (18 lecture, 27.5 lab)

The long-term care skills of the CNA are expanded to include basic nursing skills used in an acute-hospital setting. Classroom lecture and supervised experience in an acute-care hospital included.

Gerontology

Program Awards

Skills Competency Award: Skills for Healthy Aging Resources and Programs (SHARP)

Department Requirements for SCA in SHARP (12 units)

GERO 101 — Introduction to Healthy Aging 3
GERO 102 — Health Promotion: Behavior Change ' Theories and Practice...3
GERO 103 — Health Promotion: Program Implementation .3
GERO 104 — Heatlh Promotion: Fieldwork Practicum 2
GERO 290 — Work Experiencee in Gerontology.................1

Course Descriptions

GERO 101 — Introduction to Healthy Aging
(3) - CSU
Concurrent Corequisites: GERO 102 and GERO 103 and GERO 104 and GERO 290
Hours: 54 lecture

Introductory course of Skills for Healthy Aging Resources and Programs (SHARP) Certificate Program. Examines the biological, psychological, and social issues associated with the aging process and reviews aspects of healthy aging among adults.

GERO 102 — Health Promotion: Behavior Change Theories and Practice
(3) - CSU
Concurrent Corequisites: GERO 101 and GERO 103 and GERO 104 and GERO 290
Hours: 54 lecture

Second course required for Skills for Healthy Aging Resources and Programs (SHARP) Certificate. Examines behavior change, processes and motivational theories, as well as negotiation and motivational interview techniques, group dynamics, and communication skills among older adults.

GERO 103 — Health Promotion: Program Implementation
(3) - CSU
Concurrent Corequisites: GERO 101 and GERO 102 and GERO 104 and GERO 290
Hours: 54 lecture

Third required course for Skills for Healthy Aging Resources and Programs (SHARP) Certificate. Introduces Evidence-Based Health Promotion (EBHP) programs for older adults that address the issues of chronic disease self-management, physical activity, falls prevention, depression care management, and medication management, while discussing program instruction and administration.

GERO 104 — Health Promotion: Fieldwork Practicum
(2) - CSU
Concurrent Corequisites: GERO 101 and GERO 102 and GERO 103 and GERO 290
Hours: 36 lecture

Capstone course for the Skills for Healthy Aging Resources and Programs (SHARP) Certificate Program. Examines Evidenced-Based Health Promotion (EBHP) techniques and strategies by employing fieldwork methodology and program skills for older adults.

GERO 290 —Work Experience in Gerontology
(1) - CSU
Concurrent Corequisites: GERO 104
Hours: 75 lab

Provides Gerontology students opportunities to work in Evidenced-Based Health Promotion programs and programs specifically for health promotion for older adults. Work/Internship opportunities for Gerontology students enrolled in the SHARP Certificate of Completion Program.