



Practical Nursing Program Rockbridge Area



**Program Information
2012—2013**

Dabney S. Lancaster Community College
Practical Nursing Program – Rockbridge Area
Information Packet
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Institutional Policy for Equal Opportunity

It is the policy of Dabney S. Lancaster Community College to promote equal opportunity in educational programs and activities, admission and employment without regard to race, creed, gender, national origin, disability or any other non-merit factor. For more information, contact the office of the Vice President for Instruction, Student Services and Research at 540-863-2850.

Overview of the Practical Nursing Program

Licensed Practical Nursing as a Career-Is Practical Nursing in the picture for you?

Can you picture yourself feeding and bathing newborn infants, providing emergency care to accident victims or helping elderly patients with treatments and medications? These are just a few of the many jobs that a practical nurse might be called on to perform within a hospital setting.

Outside the hospital, practical nurses work in doctors' offices, in nursing homes, in health clinics and in larger businesses and industries. Wherever you work, practical nurses are an important part of the overall nursing team. Practical nurses work under the supervision of a registered nurse or a licensed physician and are often referred to as a L. P .N. or Licensed Practical Nurse.

The Practical Nursing Program

Students learn the basic principles of practical nursing and focus on the hands-on experience needed to work in healthcare. Graduates are eligible to take the Virginia State Board Examination for Practical Nurse licensure, resulting in a rewarding career in nursing for the graduate.

Completion of this certificate program; however, does NOT allow the student to automatically be enrolled in the DSLCC program leading to an associate degree in nursing (ADN) which is a program based on the main campus. Students who have completed the Certificate and wish to pursue additional nursing credentials MUST apply to the ADN program and be accepted.

Program Content

Students, while in the classroom, will study:

- ☆ Trends in Nursing
- ☆ Normal Nutrition
- ☆ Body Structure and Function
- ☆ Foundations of Nursing I and II
- ☆ Geriatrics, Pediatrics, Obstetrics
- ☆ Mental Health Nursing
- ☆ Basic Occupational Communication
- ☆ Orientation to Health Sciences
- ☆ Medical – Surgical Nursing

Students, while in the clinical area, will gain experience in:

- ☆ Medical/Surgical Nursing
- ☆ Pediatrics and Obstetrics
- ☆ Geriatrics

Schedule

The three semester course begins in the summer usually with pre-nursing courses. Hours may vary each year.

Fall and Spring semester classes are typically Monday-Friday from 8:30am-3:30pm. Students may be required to report earlier during clinical rotations.

Practical Nursing Program Curriculum (Rockbridge Area Program)

The Practical Nursing Program offered in the Rockbridge area includes some general education courses, pre-clinical classes and program-specific courses. Instructors cover the basic knowledge and skill sets that a student must have to successfully complete the program, earn a Certificate in Practical Nursing from Dabney S. Lancaster Community College, and prepare to sit for Virginia's state examination to become a Licensed Practical Nurse. Advisors are available to discuss the program in depth with prospective students.

Courses currently include the following:

- Basic Occupational Communication
- Nutrition and Diet Therapy
- Introduction to Computers
- Trends in Practical Nursing
- Practical Nursing Health and Diseases I
- Practical Nursing Health & Diseases II
- Nursing Skills I
- Nursing Skills II
- Body Structure and Function
- Mental Health & Psychiatric Nursing
- Clinical Experience I
- Clinical Experience II
- Maternal & Child Health Nursing
- Orientation to Health Sciences

Practical Nursing Program Course Descriptions

ENG 100 Basic Occupational Communication – Develops ability to communicate in occupational situations. Involves writing, reading, speaking and listening. Builds practical skills such as handling customer complaints, writing various types of letters, and preparing for a job interview.

HLT 130 Nutrition and Diet Therapy - Studies nutrients, sources, functions and requirements. Introduces diet therapy.

ITE 101 Introduction to Computers - Examines concepts and terminology related to microcomputers and introduces specific uses of microcomputers.

PNE 110 Practical Nursing Health and Disease I - Studies the pathophysiology, signs and symptoms prescribed medical and surgical treatments, and appropriate nursing care for the patient with selected disorders. Part I of II

PNE 111 Practical Nursing Health and Disease II - Studies the pathophysiology, signs and symptoms, prescribed medical and surgical treatments, and appropriate nursing care for patients with selected disorders. Part II of II

PNE 135 Maternal and Child Health Nursing - Examines pregnancy, childbirth, post-partum and newborn care from a family centered approach. Covers complications related to childbearing. Emphasizes growth and development and exploration of common childhood disorders at various stages.

PNE 141 Nursing Skills I - Studies principles and procedures essential to the basic nursing care of patients. Part I of II

PNE 142 Nursing Skills II - Studies principles and procedures essential to the basic nursing care of patients. Part II of II

PNE 145 Trends in Practical Nursing - Studies the role of the LPN. Covers legal aspects, organizations, and opportunities in practical nursing. Assists students in preparation for employment.

PNE 155 Body Structure and Function - Studies the structure and function of the body.

PNE 158 Mental Health and Psychiatric Nursing - Recognizes emotional needs of patients. Provides knowledge of the role that emotions play. Enables students to understand their own behavior as well as patient behavior.

PNE 181 - Clinical Experience I - Provides guided nursing experiences in the hospital setting. Practices skills and applies principles of nursing in basic areas. Includes supervision in administration of medicines. Encourages students to develop basic skills in analyzing patient needs and making nursing decisions. Part I of II.

PNE 182 - Clinical Experience II - Provides guided nursing experiences in the hospital setting. Practices skills and applies principles of nursing in basic areas. Includes supervision in administration of medicines. Encourages students to develop basic skills in analyzing patient needs and making nursing decisions. Part II of II.

SDV 101 – Orientation (Licensed Practical Nursing) - Assists students with the transition to college and the realization of academic and occupational success. Introduces college's student programs and services and provides an overview of the discipline in which they are enrolled. Covers topics such as library resources, career planning and job placement assistance, financial planning and budgeting, advising, student support services, navigation of student information system, student activities, use of course management software, and topical areas applicable to the healthcare industry.

Admission Requirements

Admission to the College - You must be admitted to DSLCC before you can be considered for admission to the practical nursing program. Please note: **ADMISSION TO THE COLLEGE DOES NOT GUARANTEE ADMISSION TO THE PRACTICAL NURSING PROGRAM.**

Graduation from High School or Earning a GED Certificate - Students must have either graduated from high school or have completed their GED. High schools seniors may apply for admission to the program and may be admitted pending their graduation.

Transcripts - You must provide transcripts from your high school and from any other college that you have attended. Contact these schools and ask that an official copy of your transcript be sent to: ***Dabney S. Lancaster Community College, Practical Nursing Program, Rockbridge Regional Center, 35 Vista Links Drive, Buena Vista, VA 24416***

Placement Test Scores – You will need to take placement testing to determine your skill level in reading, writing, and mathematics. If remedial work is required, it must be completed before you will be considered for the nursing program.

Nursing Entrance Exam – Upon completion of all academic placement testing and remedial requirements an aptitude test for practical nursing is administered to all applicants. The fee for this test is the responsibility of the individual and must be paid prior to taking the exam. Applicants must have an average score ranking of 50th percentile or higher in order to be considered for admission into the program.

Health Form - Once you have met other admission requirements for the nursing program, you will need to complete a health assessment. It will include immunization requirements. The PPD (TB test) and drug screen are required yearly. A drug screen may be required randomly at anytime during the school year.

Urine Drug Screen - Once the applicant has received contingent admission to the nursing program the urine drug screen must be completed. The cost of this test is the responsibility of the applicant.

Criminal Background Check - After contingent admission has been granted you must pass a criminal background check. The cost of this is the responsibility of the applicant. Individual agencies may require additional background checks.

CPR – Each student is required to provide proof of current Cardiopulmonary Resuscitation (CPR) certification in the areas of Basic Life Support (BLS) and Automatic External Defibrillator (AED) for the Professional prior to the first clinical rotation of the fall semester. The certification must either be by the American Heart Association or the American Red Cross.

Each student is required to attend a DSLCC new student orientation session (held on the Clifton Forge campus) prior to the beginning of the fall semester.

Please note this important message to applicants about denial of license.

Code of Virginia #54-367.32: the Nursing Board shall have the power to deny (a nursing license)....upon proof that the person:

- a. Is guilty of fraud or deceit in procuring or attempting to procure a license;
- b. Is guilty of a felony or of a crime involving moral turpitude;
- c. Is unfit or incompetent by reason of negligence, habits or other causes;
- d. Is addicted to the use of alcohol or habit-forming drugs;
- e. Is mentally or physically incompetent; or
- f. Is guilty of unprofessional conduct.

AGE – Students may enter the Practical Nursing Program at the age of 17; the age requirement for taking the state board exam is 18.

Information for Program Applicants

In order to be accepted into the Practical Nursing Program the following criteria must be met:

1. The completed application and all related materials must be returned prior to the stated deadline.
2. The applicant must take the required pre-entrance examination which is scheduled to be offered three times: January 7, February 9, and March 8, 2012. The fee is \$40.00 and is non-refundable. Applicants need to bring a photo ID (driver's license) the day of the exam. Applicants must have an average score ranking of 50th percentile or higher in order to be considered for admission.

The test is online and will be given at the Rockbridge Regional Center.

3. Applicants who qualify by scoring in the 50th percentile or higher will be contacted for a personal interview with the Coordinator of the Practical Nursing Program. Please be sure you have a current daytime phone number or email address (email preferred) on file. Applicants who cannot be contacted (for whatever reason), or, fail to keep the interview appointment, will not be considered for the program.
4. After all interviews are completed, the application materials will be reviewed and **contingent** admission will be granted.
5. Final acceptance is based on the applicant passing the Health Assessment Screening, Urine Drug Screen and the Criminal Background Check.
6. It is the applicant's responsibility to have the health screenings and to follow up with their own primary care physician (at the applicant's expense) if needed. Applicants are expected to provide proof of current immunizations. Applicants must be able to perform the "Essential Functional Abilities" skills that are in the application packet. The applicant is responsible for paying for the required urine-drug screening test (approximately \$50.00). Failure to pass the health screening and/or drug test will result in denial of admission to the nursing program. Failure to submit to the drug test will result in denial of admission to the nursing program.
7. The last step in the process is the performance of the Criminal Background Check which is a requirement of the Virginia State Board of Nursing in order for students to practice clinical nursing in a hospital or nursing home. The cost is approximately \$50.00. Applicants who have a criminal background check that would result in their not being eligible to be employed as a health care worker, will be denied admission into the nursing school. See the information in this packet about *Code of Virginia* regulations.

Applicants will be notified by regular mail of their final acceptance into the PNP. The letter will include a "**Letter of Intent**" that the applicant must sign and return. Tuition and fees must be paid by the deadlines set by DSLCC.

Physical Examination Guidelines

After the applicant has been notified of “contingent admission” to the nursing program, a **physical examination** must be completed at the site of your choice and at your own expense.

You will also need to have a **PPD (tuberculosis) skin test**. In the event that your PPD is positive, or, if you have had a positive test in the past, you will need to have a chest x-ray. If you have been PPD positive in the past and have had a chest x-ray within the past five years, please bring the Director a copy of the x-ray or the report from the x-ray. You must provide proof of current immunization status. Any update of immunizations is the responsibility of the applicant.

You will also need to have a **urine drug screen**. Refusal to submit to the urine drug screen will result in not being accepted into the nursing program.

You will be offered information regarding the **Hepatitis B vaccine series**. If you have already received a hepatitis B vaccine in the past, please bring a copy of your record with you.

PPD and urine drug screens are mandatory. The Hepatitis B vaccine is not mandatory, but is highly encouraged.

ESSENTIAL FUNCTIONAL ABILITIES

The National Council of State Boards of Nursing, Inc. has determined the following categories of functional abilities are essential for licensure and job performance of the practical nurse. A brief description and examples of representative activities/attributes are included.

CATEGORY	DESCRIPTION
Gross Motor Skills	Gross motor skills sufficient to provide the full range of safe and effective nursing care activities, such as moving within confined spaces, reaching above shoulders, reaching below waist, standing, and maintaining balance
Fine Motor Skills	Fine motor skills sufficient to perform psychomotor skills, such as grasping small objects with hands, keying/typing, pinching, picking, twisting, and squeezing with fingers
Physical Endurance	Physical stamina sufficient to perform client care activities for entire length of work role such as standing during surgical or therapeutic procedure, or performing CPR
Physical Strength	Physical strength sufficient to perform a full range of motion and client activities such as pulling and pushing 25 pounds, supporting and lifting up to 25 pounds, moving objects weighing up to 50 pounds and squeezing with hands to operate
Mobility	Physical abilities sufficient to move from place to place in a quick manner and to maneuver by twisting, squatting, climbing, and walking
Hearing	Auditory ability sufficient for physical monitoring and assessment of client health needs, which includes hearing faint body sounds, faint voices, hearing situations when not able to see lips, and hearing auditory alarms
Visual	Visual ability sufficient for accurate observation and performance of nursing care, which includes seeing objects up to 20 inches away and 20 feet away, depth perception, peripheral vision, and ability to distinguish color and color intensity
Tactile	Tactile ability sufficient for physical monitoring and assessment of health care needs which include feeling vibrations, detecting temperature and feeling differences in surface characteristics, sizes, and shapes
Smell	Olfactory ability sufficient to detect significant environmental and client odors

Reading	Reading ability sufficient to comprehend the written word at a minimum of 10 th grade level
Arithmetic	Arithmetic ability sufficient to do computations at a minimum of an 8 th grade level which includes reading and understanding columns of writing, reading graphic printouts and digital displays, calibrating equipment, converting numbers to and/or from the metric system, measuring time, counting rates, using measurement tools, reading measurement marks, computing fractions, and using a calculator
Emotional stability	Emotional stability sufficient to assume responsibility/accountability for actions, which includes establishing therapeutic boundaries, dealing with the unexpected, adapting to changing environment/stress, focusing attention on a task, performing multiple responsibilities concurrently, and handling strong emotions
Analytical thinking	Reasoning skills sufficient to perform deductive and inductive thinking for nursing decisions, which includes transferring knowledge from one situation to another, processing information, problem solving, evaluating outcomes, prioritizing tasks, and using short term and long term memory
Critical thinking skills	Critical thinking skills sufficient to exercise sound nursing judgment which includes identifying cause-effect relationships, planning/controlling activities for others, synthesizing knowledge and skills, and sequenced information
Interpersonal skills	Interpersonal abilities sufficient to interact with individuals, families, and groups respecting social, cultural and spiritual diversity
Communication skills	Communication abilities sufficient for interaction with others in written and oral form, which includes teaching, explaining procedures, giving oral reports, and conveying information through writing

Psychological Services Bureau Aptitude for Practical Nursing Examination

www.psbtests.com

Part I - Academic Aptitude

Academic aptitude as measured by the total (combined subtests), might be thought of as a type of ability to learn. The test content is specifically adapted for appraising the combination of innate and acquired abilities that are needed for work of an academic nature. The academic aptitude total emphasizes familiar experiences and concepts while requiring careful reasoning and the capacity to comprehend and draw conclusions.

Verbal: The verbal aspect consists of 30 vocabulary-related test questions. Empirical evidence has shown this type of test item to be highly related to academic success.

Arithmetic: The numerical aspect consists of 30 items drawing largely from arithmetic. To some degree, it involves skill with arithmetical concepts along with computational speed. The content of the numerical items is that to which practically all eighth grade students have been exposed.

Nonverbal: The nonverbal aspect consists of 30 test items calling for a comprehension of form relationships. Measurement is in terms of the ability to manipulate "things" mentally, to reason out differences in pictured objects, and to deal with concrete materials through visualization. Recognition of relationships and of differences has been shown by research to be basic to learning aptitude.

Part II – Spelling

The spelling test measures skill with a tool essential to written expression or communication. It also reflects educational achievement in basic tools of learning.

Part III - Information In The Natural Sciences

Measurement with this test concerns accumulation of information in the natural sciences, i.e., biology, chemistry, health, safety, etc., at a fundamental level. The relationship of knowledge in the area of the natural sciences to the course of study of the nursing or allied health educational program is an obvious one.

Part IV - Judgment and Comprehension In Practical Nursing Situations

This test is concerned with the measurement of the exercise of judgment in the working relationships experienced by the nurse as a student and as a practitioner.

Part V - Vocational Adjustment Index

The person's characteristic life style is reflected in his or her distinctive educational and occupational adjustment. Feelings, attitudes, opinions, and other personality characteristics and behavioral traits, which may be quite acceptable in many situations, may not be those desirable for the prospective nurse either as a student or as a practitioner.

Pre-Admission Examination Test-Taking Tips

The use of psychological testing in the selection process for this career education program is intended to be constructive and beneficial to both the applicant and Practical Nursing Program.

Tests are designed to assist in selecting and placing people in situations where assets are maximized. The results obtained from psychological tests may be used as a tool or device to help determine unique individual potential. Acceptance and positive utilization of this information can lead to a happy, productive, and satisfying training, and subsequent work experience. If a program of study for which one may be reasonably suited does not make full use of unique qualities and proficiencies, those abilities and talents will not be properly or satisfactorily developed. An individual's education, training, and experience may not be congruent with that required by a specific program, but found quite harmonious with many other education programs or vocations.

GENERAL TIPS:

1. The lack of adequate rest the night before will affect test-taking efficiency.
2. Relax, too much worry and anxiety is neither necessary nor helpful.
3. Mobilize your self-confidence; be positive your attitude is important.
4. Take care of any personal needs before the testing begins.

SPECIFIC TIPS:

1. Listen carefully to the oral directions that are being given to you.
2. Read the general instructions carefully and follow them exactly.
3. Instructions for each part of the examination must be read and interpreted within the given time limits.
4. The directions are simple and should be read quickly but be sure you understand how to proceed within the particular section.
5. Plan for maximum use of the time allotted for each part of the exam.
6. Read the questions carefully. Work rapidly, answer as many questions as possible.
7. Do not waste time puzzling over a difficult question. While the test questions are arranged in approximate order of difficulty, some earlier questions may be more difficult for you than later ones.
8. When you have finished the easier questions, if there is time left, go back to any question you may have skipped in that part of the exam.
9. Indiscriminate guessing does not pay off. An educated, reasoned guess may be worthwhile, however, random guessing is not recommended.
10. If you change an answer to a question be sure the change is justified.

You may view a sample examination by going to www.psbtests.com and clicking on information for the PSB Aptitude for Practical Nursing Examination

Costs, Financial Aid and Scholarship Information

Costs

DSLCC offers quality programs at affordable rates for tuition and fees. The rate for tuition per credit hour is set by the State Board for Community Colleges and is subject to change. Students may contact the college for the most current rate.

The Practical Nursing Program requires the completion of 41 credits. Students may use this format as a general guide for their budget, tuition and fees for the program. Payment is due when the student registers for the upcoming semester/session.

Students should be aware that in addition to tuition and fees, they are responsible for the cost of textbooks, supplies and other items required by the instructor; examples include uniforms, white shoes, watch with a sweep second hand and stockings (if applicable.) More information about requirements is included elsewhere in this packet.

Other costs of which applicants should be aware include required testing and health checks, such as medical/drug testing; for example, a urine drug screen is approximately \$50.00. There is also a criminal background check that must be performed on all applicants; the fee is approximately \$50.00. **Please note that final acceptance into the program is pending until the background check and drug screen are complete.**

Financial Aid

DSLCC offers financial aid programs funded by the federal government, the Commonwealth of Virginia, the college itself, organizations, clubs, businesses and private citizens. Assistance is offered in the form of loans, grants, scholarships and work-study opportunities. Students are strongly encouraged to file for financial aid. The process begins by visiting www.fafsa.ed.gov.

Scholarship Information

The DSLCC Educational Foundation awards thousands of dollars in scholarships each year to deserving students. Visit www.dslcc.edu/foundation for detailed information and deadlines to apply.

“Please note that costs for items such as supplies, equipment, uniforms, etc. are provided for the convenience of students who may wish to develop a budget for program-related expenses. The figures are only estimates and are subject to change without notice. DSLCC is not responsible for any increases in the figures listed.”

**Dabney S. Lancaster Community College
Practical Nursing Program
Estimated Required Fees – Student Purchases**

PRE-ENTRANCE	ESTIMATED COST
Nursing Aptitude Examination Fee	\$40.00
Urine Drug Screen	50.00
Criminal Background Check	50.00
Total Pre-Entrance	\$140.00

ITEMS FOR PROGRAM	COST	QUANTITY	TOTAL
NLN Achievement Tests	\$125.00	1	\$125.00
Textbooks	500.00		500.00
White uniform	60.00	2	120.00
White shoes	50.00	1	50.00
Lab coat (recommended)	45.00	1	45.00
Hose/socks	5.00	3	15.00
Red/black pens	5.00	4	20.00
Name pin	5.00	1	5.00
School patches	7.00	2	14.00
Blue Skills lab uniform	60.00	2	120.00
First Semester Skills Lab Kit	100.00	1	100.00
Second Semester Skills Lab Kit	100.00	1	100.00
Hepatitis B Vaccine series (recommended)			110.00
Watch with second hand	30.00	1	30.00
Total for Program			\$1,354.00

POST-GRADUATION	ESTIMATED COST
Licensure Fee	\$130.00
NCLEX-PN Examination	200.00
Total Post Graduation	\$330.00

Approximate total cost, in addition to tuition and fees \$1,804.00

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Important Contact Information

DSLCC Main Campus

Transcripts
Lorrie Wilhelm Ferguson
Registrar
540-863-2823

Bookstore
540-863-2908

Student Services
540-863-2815

Financial Aid Office
540-863-2821

Library
540-863-2864

DSLCC Rockbridge Regional Center

35 Vista Links Drive
Buena Vista VA 24416
540-261-1211

Penny Fauber, Director
Practical Nursing Program
Carilion Stonewall Jackson Hospital
One Health Circle
Lexington, VA 24450
540-458-3299

Gloria Smitka, Faculty
Rockbridge Regional Center
35 Vista Links Drive
Buena Vista, VA 24416

***All application materials including the nursing school application, DSLCC application, references, and transcripts should be sent to the RRC address to the attention of: Penny Fauber