

## **Bachelor of Nursing Programme**

This is a four-year full-time undergraduate nursing degree programme. Graduates of this programme will be prepared for registration as General Nurse in accordance with the regulations of the Nursing Council of Hong Kong.

### **Course List**

<i>Code</i>	<i>Course Title</i>
<b>Required Courses</b>	
NRS 1050, 1060	Nursing IA, IB
NRS 1200, 1210	Clinical Practice IA, IB
NRS 1220	Clinical Practice Block I
*NRS 1300	Behavioural Science I
*NRS 1310	Behavioural Science II
NRS 1320	Introduction to Behavioural and Social Sciences
NRS 1400, 1410	Anatomy I, II
NRS 1600, 1610	Physiology I, II
NRS 2010, 2020	Nursing IIA, IIB
NRS 2200, 2210	Clinical Practice IIA, IIB
NRS 2220	Clinical Practice Block II
NRS 2300	Health Psychology
NRS 2320	Health Education
NRS 2400	Microbiology
NRS 2600	Pathophysiology
NRS 2610	Pharmacology - Therapeutics
NRS 2700	Clinical Microbiology
NRS 3010, 3020	Nursing IIIA, IIIB
NRS 3200, 3210	Clinical Practice IIIA, IIIB
NRS 3220	Clinical Practice Block III
NRS 3300	Mental Health Nursing
NRS 3500	Ethical and Legal Issues in Nursing
NRS 3510	Nursing Information Technology
NRS 3560	Professional Nursing Issues
NRS 4010, 4020	Nursing IVA, IVB
NRS 4200, 4210	Clinical Practice IVA, IVB
NRS 4310	Sociology and Health Care
NRS 4400	Nursing Research I
NRS 4420	Nursing Research II
NRS 4600	Coordinating Nursing Practice
<b>Elective Courses (The running of these courses is subject to student numbers.)</b>	
NRS 3530	Human Relationships and Nursing
NRS 3540	Healthy Aging
NRS 3550	Palliative Care

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\* Courses offered in 2000-01 and before.

## Course Description

NRS 1050, 1060

Nursing IA, IB

4 Lect. 3 Tut.

These two courses take a lifespan approach to explore health and nursing from conception to death. Development of communication skills will be emphasized and will provide the basis for studying the promotion and maintenance of bio-psycho-social and spiritual health from a primary health perspective. In addition to major biological factors influencing health, life-style and patterns of behaviour will be emphasized. How patterns of behaviour become identified as consumer needs in the delivery of health care services will also be discussed. Opportunities to apply beginning knowledge in simulated clinical areas which is fundamental to professional nursing will be provided. Communication as well as a problem-solving approach will be emphasized through the application of relevant principles. Experience will take place in workshops and the nursing skills laboratory. Emphasis will be on the acquisition of assessment and clinical skills fundamental to nursing across the lifespan.

NRS 1200, 1210

Clinical Practice IA, IB

4 Field; 1st term; 8 Field; 2nd term

Clinical experience in the first year aims to provide students with a range of small group experiences in different types of health care settings and will focus on communication and bio-psycho-social assessment of the well client. Students will also be involved in facilitating health promotion of individuals and groups across the lifespan.

NRS 1220

Clinical Practice Block I

40 Field

This first-year block of clinical practice will be used for students to consolidate the knowledge, skill and experience gained throughout the preceding academic year. Student placements will be in a range of settings which will provide them with opportunities to increase their level of competence in promoting health across the lifespan.

NRS 1320

Introduction to Behavioural and Social Sciences

2 Lect. 1 Tut.

This course aims to provide students with an introduction to behavioural and social science concepts relevant to nursing and/or health care. It forms the foundation for understanding self, individuals, society and culture. Students will be introduced to the different approaches to the study of human behaviour including lifespan development, learning, cognition, personality and motivation. In addition, students will be introduced to the concepts of society and culture, including socialization, social change, social inequality, religion, education, family and gender. The main theoretical perspectives in behavioural and social sciences will be used to explain these concepts. The course also provides the basis for the later applied courses of NRS 2300 and 4310.

NRS 1400, 1410

Anatomy I, II

1 Lect. 1 Prac.

The aim of this course is to provide students with a basic knowledge of human topographical anatomy with particular emphasis on those aspects of special significance in nursing practice. This course will run concurrently with that in physiology and the syllabus will be integrated so that students will be able to correlate structure and function.

NRS 1600, 1610

Physiology I, II

1 Lect. 1 Prac.

The aim of this course is to enhance the students' knowledge and understanding of how the body adapts physiologically to internal and external environmental changes. There will be a focus on the physiological principles of normal cells, tissue and system functioning which will form the basis for studying health promotion, pathology and nursing care. The course content will be integrated with that offered in anatomy.

NRS 2010, 2020

Nursing IIA, IIB

3 Lect. 3 Tut.

These two courses provide the theoretical basis for comprehensive nursing care to clients with mild to moderate bio-psycho-social-spiritual health-related problems across the life span, including the care of the mother and newborn. The emphasis will be on the identification and nursing management of these problems while taking account of the influencing factors, conditions, and diseases. Principles of general nursing interventions and specific techniques for assisting clients to reduce the effects or overcome these health-related problems will be addressed. Students will be required to practise these skills in the clinical laboratory prior to their use in clinical practice.

NRS 2200, 2210

Clinical Practice IIA, IIB

12 Field

The clinical practice running throughout the second year provides students with the experience in caring for patients with mild to moderate health problems in both hospital and community health-care settings. Students will, under supervision, gain experience in using interventions and techniques to reduce the effects or overcome the health problems for clients across the lifespan.

NRS 2220

Clinical Practice Block II

40 Field

This second-year block of clinical practice will be used for students to consolidate the knowledge, skill and experience gained throughout the preceding academic year. Student placements will be in a range of settings which will provide them with opportunities to increase their level of competence in caring for persons with mild to moderate changes in health.

NRS 2300

Health Psychology

2 Lect. 1 Tut.

The focus of this course is to draw upon the foundations of psychology from a health-illness perspective. The consequences of illness and the impact of hospitalization for families and society will be examined and support systems identified. The influence of stress and the mechanisms of adaptation will also be studied.

NRS 2320

Health Education

2 Lect. 1 Tut.

This course is designed to facilitate students' understanding and appreciation of the nurse's role as a teacher in the promotion of individual, group and family health in hospital and community settings. The development of the students' skill in health teaching will be facilitated by the use of the video to record, appraise and modify their approach.

NRS 2400

Microbiology

1.5 Lect.

This course aims to provide students with an understanding of the characteristics of major groups of micro-organisms including bacteria, fungi, viruses and parasites and an insight into their nursing and medical significance. An introduction to host-parasite relationships and the interaction of micro-organisms to the environment will equip nurses with principles guiding nursing intervention and the control of infection.

NRS 2600

Pathophysiology

NRS 2610

Pharmacology - Therapeutics

2.5 Lect.

These two courses will be combined and conducted over both terms. The aim of the pathophysiology component is to outline fundamental pathological processes as a basis for understanding disease mechanisms. Major pathophysiological disturbances will be addressed in relation to how these impinge on the delivery of nursing care. The aim of the pharmacology component is to provide students with a solid foundation in the pharmacological basis of therapeutics. It also addresses some important drug-related social and clinical issues of particular relevance to nurses.

NRS 2700

Clinical Microbiology

1.5 Lect.

This course aims to provide students with an understanding of the diseases in humans caused by different microbial pathogens. Emphasis will be placed on clinical and nursing aspects including diagnosis and treatment, epidemiology and prevention strategies, methods of surveillance, development of control of infection policies and the clinical impact of infection control teams in the hospital and community.

NRS 3010, 3020

Nursing IIIA, IIIB

4 Lect. 2 Tut.

These courses teach the theory, knowledge and skill required to provide safe, comprehensive and high quality nursing care to clients of all ages with moderate to severe health problems of medical and/or surgical nature. Emphasis will be given to the use of nursing skills as well as the development and use of standards of care for client management in the acute care setting. Competence in performing nursing interventions as well as nursing skills will be increased after these courses.

NRS 3200, 3210

Clinical Practice IIIA, IIIB

14 Field

These clinical practice courses aim to develop students' skills and the application of a problem-solving approach in the care of clients across the life-span with moderate to severe changes in biophysical and mental health status in a variety of health-care settings. The main focus will be in providing knowledge and skills needed for the care of clients with medical, surgical and psychiatric health problems in different developmental stages, and in the refinement of counselling skills.

NRS 3220

Clinical Practice Block III

48 Field

This third-year block of clinical practice will be used for students to consolidate the knowledge, skill and experience gained throughout the preceding academic year. Student placements will be in a range of settings which will provide them with opportunities to increase their level of competence in caring for persons with moderate to severe changes in biophysical and mental health.

NRS 3300

Mental Health Nursing

2 Lect. 1 Tut.

The aim of this course is to provide the knowledge and skills required to care for clients with mental health problems within the acute care setting and community setting. The main focus will be on the promotion of mental health, principles of mental health nursing, care of clients who require hospitalization with acute and chronic mental health problems and community mental health care. This course will build on knowledge of behavioural sciences obtained in Years 1 and 2 of the programme.

NRS 3500

Ethical and Legal Issues in Nursing

2 Lect.

This course develops the students' understanding of law and ethics as they apply to nursing. It will focus on: 1) legal principles governing professional practice in Hong Kong including torts, contract, confidentiality, informed consent and related ordinances; 2) basic ethical principles and theories as they relate to nursing practice; and 3) ethical issues and dilemmas encountered in practice.

NRS 3510

Nursing Information Technology

2 Lect.

The aim of this course is to prepare students for the use of computers in the processing of information for nursing practice and research. The main areas for study will be the systems available for hospital information, client monitoring, decision support, client education, client classification, scheduling and quality assurance.

NRS 3530

Human Relationships and Nursing

2 Lect.

Personal relationships play an important role in shaping our life experience. This course will examine interpersonal, social and professional relationships using a psychosocial perspective. The life-span approach will be used to examine issues surrounding the development of sexuality, marriage and the family. Therapeutic relationships will be explored especially in relation to "challenging" patients. The provision of services in Hong Kong for those experiencing relationship/sexual difficulties will be discussed as well as possible ways of promoting sexual health.

NRS 3540

Healthy Aging

2 Lect.

This course aims to develop students' understanding and knowledge to promote wellness of elderly people both in the hospitals and in the community. Emphasis will be given to an inter-disciplinary approach to promotion of quality of life and independent living. Topics

to be covered include theories of aging, age-related change in late adulthood, epidemiology and needs assessment, continuum of health care, health-related behaviours, concepts of aging in place, and family and social support.

NRS 3550  
Palliative Care  
2 Lect.

This course aims to enable students to explore the wider philosophy of palliative care and develop awareness into personal and cultural attitudes and practices related to the provision of such care. Topics to be covered include models of palliative care, death awareness, loss and grief, bereavement counselling, symptom control, family care and spirituality. Emphasis will be focused on developing palliative care as the right of every person with life-limited health conditions.

NRS 3560  
Professional Nursing Issues  
2 Lect.

This course is complementary to clinical practice and enables students to integrate their knowledge and skills about professional issues and quality assurance from the previous years into a comprehensive understanding of health care. In addition, this course enhances educational and professional self direction.

NRS 4010, 4020  
Nursing IVA, IVB  
2 Lect. 1 Tut.

This course integrates practice with theory and be comprised of the nature of caring for individuals and families across developmental stages who are at risk or who have complex changes in health status. This course enables students to explore the factors which contribute to the complexity of changes in health: cultural differences, socioeconomic resources, high risk groups, level of biopsychosocial disability, severity of illness and adaptation ability. Students will consolidate knowledge and skills acquired in the delivery of holistic, family centred care with a client by working with one family throughout this course. Emphasis will be on the provision of comprehensive nursing care and health promotion for individuals and families with complex health problems.

NRS 4200, 4210  
Clinical Practice IVA, IVB  
24 Field

Clinical practice in Year 4 provides opportunities for students to identify and analyse the effect of complex changes in health and the impact of multiple health agency use on clients and their families. Students will be expected to consolidate competence in the delivery of total patient care for clients with numerous and interacting health problems and to promote health across life-span. Additionally students need to demonstrate responsibility for their own actions in decision making about nursing interventions, evaluating practice and managing care for a group of patients, under supervision of experienced nurses. Students will be expected to apply knowledge and skills acquired in the delivery of holistic and family centred care with a client by working with one family throughout this course. Students will attend clinical conferences and seminars during practicum.

NRS 4310

Sociology and Health Care

2 Lect. 1 Tut.

This course is designed to provide students with a critical sociological perspective on health and illness which is applicable to nursing practice in Hong Kong. From this perspective they will examine the social forces which promote health and illness in society.

NRS 4400

Nursing Research I

2 Lect. 1 Tut.

This course provides students with an understanding of the principles of nursing research. Emphasis will be on introducing students to the use of qualitative and quantitative research methods, research design, and research questions in practice.

NRS 4420

Nursing Research II

2 Lect.

This course aims to further develop students' understanding of research design to enable them to participate in future research projects. The main areas of the course will be reviewing research reports, research methods, inferential statistics, the analysis of qualitative data, and developing a research proposal.

NRS 4600

Coordinating Nursing Practice

2 Lect. 1 Tut.

This course enables students to extend their theoretical and skill based knowledge in coordinating individual clinical situations to organize the care groups of clients in both hospital and community settings. Emphasis will be on leadership skills and the importance of multidisciplinary teamwork.

## Study Scheme

### I. Major Programme

#### A. Applicable to students admitted in 2001-02 and thereafter

##### *First Year of Attendance*

1st term : NRS 1050, 1200, 1320, 1400, 1600

2nd term : NRS 1060, 1210, 1410, 1610

At the end of 2nd term: NRS 1220

##### *Second Year of Attendance*

1st term : NRS 2010, 2200, 2300, 2400, 2600

2nd term : NRS 2020, 2210, 2320, 2610, 2700

At the end of 2nd term: NRS 2220

##### *Third Year of Attendance*

1st term : NRS 3010, 3200, 3300, 3500, 3510

2nd term : NRS 3020, 3210, 3560

plus one of the following elective courses:

NRS 3530, 3540, 3550

At the end of 2nd term: NRS 3220

##### *Fourth Year of Attendance*

1st term : NRS 4010, 4200, 4400, 4600

2nd term : NRS 4020, 4210, 4310, 4420

**B. Applicable to students admitted in 2000-01**

*First Year of Attendance*

1st term : NRS 1050, 1200, 1300, 1400, 1600

2nd term : NRS 1060, 1210, 1310, 1410, 1610

At the end of 2nd term: NRS 1220

*Second Year of Attendance*

1st term : NRS 2010, 2200, 2300, 2400, 2600

2nd term : NRS 2020, 2210, 2320, 2610, 2700

At the end of 2nd term: NRS 2220

*Third Year of Attendance*

1st term : NRS 3010, 3200, 3300, 3500, 3510

2nd term : NRS 3020, 3210, 3560

plus one of the following elective courses:

NRS 3530, 3540, 3550

At the end of 2nd term: NRS 3220

*Fourth Year of Attendance*

1st term : NRS 4010, 4200, 4400, 4600

2nd term : NRS 4020, 4210, 4310, 4420

**Requirement for Graduation**

Graduation from the Bachelor of Nursing programme requires that students successfully complete:

- (i) required Nursing courses (or alternative courses for those granted exemptions), and
- (ii) 1 elective Nursing course, and
- (iii) 12 units of General Education courses, and
- (iv) 2 units of Physical Education courses, and
- (v) pass all clinical assessments.

2. *Faculty Language Requirement*

English

Nursing Programme students with Grade "E" in "Use of English" of HKALE\* (AS Level) are required to complete one of the following courses in their first year of attendance:

ELT 1107 English Improvement Strategies for Listening and Speaking

ELT 1108 English Improvement Strategies for Reading and Writing

Chinese

Nursing Programme students with Grade "E" in "Chinese Language and Culture" of HKALE\* (AS Level) are required to complete one of the following courses in their first year of attendance:

CHI 1410 Chinese for Faculty of Medicine

\*CHI 1650 Chinese Communication for Faculty of Medicine

\* *Only applicable to students admitted on the strength of HKALE results. The HKALE results to be deemed necessary for the Faculty language requirement must be obtained in that particular sitting of HKALE which the University has used to assess the admission qualification of the student concerned.*

+ *Course offered in 2002-03 and before.*