Counselors are available to assist parents and students with course selections and career planning. Parents may arrange to meet with the counselor by calling the school's guidance department.

Family and Consumer Sciences programs facilitate student progress toward a set of unifying goals in the areas of academic achievement, cultural and environmental issues, health and safety, individual and family relations, leadership and workplace ethics, and application of technology. The mission of Family and Consumer Sciences is to prepare students for family life, work life, and careers in the field by providing opportunities to develop the knowledge, skills, attitudes, and behaviors needed to become responsible, successful adults.

COURSE DESCRIPTION
The Practical Nursing program offers an eighteen-month course of study that begins in Grade 12 and includes one year of post-graduate training. Practical Nursing I introduces students to basic nursing skills through classroom, laboratory, and clinical settings. High school seniors receive three credits for the successful completion of the course. Practical Nursing II, taken after graduation, offers subject matter concurrent with nursing care assignments in local hospitals, clinics, nursing homes, and home health care agencies.

CERTIFICATION
Certified Nursing Aide

STUDENT ORGANIZATION
HOSA – Future Health Professionals
The mission of HOSA is to enhance the delivery of compassionate, quality health care by providing opportunities for knowledge, skill and leadership development of all health occupations education students, therefore, helping the students to meet the needs of the health care industry.

PREREQUISITES
Algebra I (parts 1 and 2) or Geometry
Overall 2.3 GPA

OPTIONS FOR NEXT COURSE
Post-graduation PNII

REQUIRED STUDENT TEXTBOOK
Memmler’s Structure and Function for the Human Body, 2012
Fundamental Concepts and Skills for Nursing, 2009
Taber’s Cyclopedic Medical Dictionary, 2009
Introduction to Medical-Surgical Nursing, 2012
The competencies for Practical Nursing I are as follows:

**Demonstrating Workplace Readiness Skills: Personal Qualities and People Skills**
1. Demonstrate positive work ethic.
2. Demonstrate integrity.
3. Demonstrate teamwork skills.
4. Demonstrate self-representation skills.
5. Demonstrate diversity awareness.
6. Demonstrate conflict-resolution skills.
7. Demonstrate creativity and resourcefulness.

**Demonstrating Workplace Readiness Skills: Professional Knowledge and Skills**
8. Demonstrate effective speaking and listening skills.
9. Demonstrate effective reading and writing skills.
10. Demonstrate critical-thinking and problem-solving skills.
11. Demonstrate healthy behaviors and safety skills.
12. Demonstrate an understanding of workplace organizations, systems, and climates.
13. Demonstrate lifelong-learning skills.
14. Demonstrate job-acquisition and advancement skills.
15. Demonstrate time-, task-, and resource-management skills.
16. Demonstrate job-specific mathematics skills.
17. Demonstrate customer-service skills.

**Demonstrating Workplace Readiness Skills: Technology Knowledge and Skills**
18. Demonstrate proficiency with technologies common to a specific occupation.
19. Demonstrate information technology skills.
20. Demonstrate an understanding of Internet use and security issues.
21. Demonstrate telecommunications skills.

**Examining All Aspects of an Industry**
22. Examine aspects of planning within an industry/organization.
23. Examine aspects of management within an industry/organization.
24. Examine aspects of financial responsibility within an industry/organization.
25. Examine technical and production skills required of workers within an industry/organization.
26. Examine principles of technology that underlie an industry/organization.
27. Examine labor issues related to an industry/organization.
28. Examine community issues related to an industry/organization.
29. Examine health, safety, and environmental issues related to an industry/organization.

**Addressing Elements of Student Life**
30. Identify the purposes and goals of the student organization.
31. Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.
32. Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.
33. Identify Internet safety issues and procedures for complying with acceptable use standards.

**Describing Fundamental Concepts of Nursing**
34. Describe the role of the practical nursing student.
35. Relate personal aptitudes and interests to the concept of nursing.
36. Identify significant historical factors in the evolution of nursing care.
37. Describe the differences among the methods of providing nursing care.
38. Describe the roles of healthcare team members.
39. Describe the development of professional socialization of the practical nurse that includes working in interdisciplinary teams.
Describe the cultural and psychosocial aspects of healthcare in a changing society.

**Understanding the Nursing Process**
41 Describe the six phases of the nursing process.
42 Explain the relationship of the nursing process to nursing practice.
43 Design a plan of care using the nursing process.

**Communicating Effectively**
44 Explain the principles of effective verbal and nonverbal communication.
45 Explain the principles of communication when establishing therapeutic relationships.
46 Identify principles of conflict resolution with clients and co-workers.
47 Report information relating to the client.
48 Describe principles of documentation.
49 Demonstrate techniques of client education.

**Describing Legal, Ethical, and Professional Responsibilities in Clinical Practice**
50 Explain the legalities governing the scope of practical nursing as defined in the Board of Nursing Law and Regulation.
51 Identify the rights of clients.
52 Explain respect for client rights.
53 Describe client’s rights to be free from abuse, mistreatment, neglect, and abandonment.
54 Explain the concept of ethics as related to the nursing practice.
55 Explain nursing standards of care.
56 Describe the influence of various agencies on the delivery of healthcare.
57 Describe organizations that enhance the development of nursing.

**Explaining Principles of Anatomy and Physiology**
58 Explain the basic structural levels of body organization, anatomical structure, and body cavities.
59 Explain chemical components of the body.
60 Explain structures and functions of the cell.
61 Explain structures and functions of tissues, membranes, and glands.
62 Explain structures and functions of the integumentary system.
63 Explain structures and functions of the skeletal system.
64 Explain structures and functions of the muscular system.
65 Explain structures and functions of blood.
66 Explain structures and functions of the heart.
67 Explain structures and functions of the cardiovascular system.
68 Explain structures and functions of the lymphatic system, including immunity.
69 Explain structures and functions of the respiratory system.
70 Explain structures and functions of the gastrointestinal system.
71 Explain structures and functions of the endocrine system.
72 Explain structures and functions of the reproductive system.
73 Explain structures and functions of the nervous system.
74 Explain structures and functions of the urinary system.
75 Explain structures and functions of the sensory system.

**Identifying Concepts of Nutrition**
76 Identify dietary patterns relating to ethnic, religious, cultural, and personal preferences.
77 Identify nutrients essential for optimal health and wellness.
78 Describe the digestion and metabolism of food.
79 Describe dietary guidelines recommended for health promotion.
80 Identify principles of food management and safety.
81 Explain basic dietary management techniques.
82 Provide nourishment.

**Examining Concepts of Wellness and Illness**
83 Identify principles of wellness and the promotion of healthy lifestyles for clients and populations.
84 Define Complementary and Alternative Medicine (CAM) / Integrative Healing Arts (IHA).
Explain range and rationale for usage of CAM/IHA in healthcare.
Dr. Aaron C. Spence, Superintendent
Virginia Beach City Public Schools
2512 George Mason Drive, Virginia Beach, VA 23456-0038

Produced by the Department of Media and Communications for the Department of Teaching and Learning.
For further information please call (757) 263-1070.

Notice of Non-Discrimination Policy
Virginia Beach City Public Schools does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. School Board policies and regulations (including but not limited to, Policies 2-33, 4-4, 4-43, 5-7, 5-44, 6-7, 7-48, 7-49 and Regulations 5-44.1, 7-11.1, 7-57.1) provide equal access to courses, programs, counseling services, physical education and athletic, vocational education, instructional materials, and extracurricular activities.

To seek resolution of grievances resulting from alleged discrimination or to report violations of these policies, please contact the Title IX Coordinator/Director of Student Leadership at (757) 263-2020, 1415 Laskin Road, Virginia Beach, Virginia 23451 (for student complaints) or the Section 504/ADA Coordinator/Chief Human Resources Officer at (757) 263-1133, 2512 George Mason Drive, Municipal Center, Building 6, Virginia Beach, Virginia 23456 (for employees or other citizens). Concerns about the application of Section 504 of the Rehabilitation Act should be addressed to the Section 504 Coordinator/Director of Guidance Services and Student Records at (757) 263-1980, 2512 George Mason Drive, Virginia Beach, Virginia 23456 or the Section 504 Coordinator at the student’s school.

Alternative formats of this publication which may include taped, Braille, or large print materials are available upon request for individuals with disabilities. Call or write The Department of Teaching and Learning, Virginia Beach City Public Schools, 2512 George Mason Drive, P.O. Box 6038, Virginia Beach, VA 23456-0038. Telephone 263-1070 (voice), fax 263-1424, 263-1240 (TDD) or email at Kathleen.Vitone@vbschools.com.

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