Nursing is a health care profession which requires knowledge of biological, behavioral and physical sciences. Registered nurses are licensed by the state to perform a variety of health care functions. They observe, assess, plan, implement and evaluate patient care as well as administer therapeutics, assist in patient rehabilitation and instruct patients in health care.

Career Opportunities

Employment in the field for registered nurses is excellent locally and nationally. The registered nurse enjoys a well compensated, rewarding, highly flexible career which should continue in the future. This field is expanding, and growth in the job market for registered nurses is projected.

The ARC Nursing Program

The Nursing Program consists of a combination of general education and nursing courses with related laboratory experience in local health agencies. Successful completion of the program qualifies the student to take the National Licensing Examination to become registered as a nurse and eligible for employment. A grade of “C” or better is required in each nursing course for progression in the program and for an Associate Degree in Nursing. The nursing curriculum is a two-year program offered in four sequential semesters. There are two application periods per year and students are accepted for the spring and fall semesters. There are morning, afternoon, evening, and weekend clinical experiences required with limited notice.

Start-up costs are approximately $1,200. The student is responsible for providing uniforms, laboratory fees, malpractice insurance, necessary equipment, and transportation to off-campus laboratory locations. Fourth semester students are required to take a pre-licensure simulation/assessment examination. The cost is approximately $35.00. Upon completion of the Nursing program, students should expect fees of approximately $350.00 to take the R.N. licensure exam.

All costs/fees are subject to change.

NOTE: In accordance with Regulation 480 of the State Board of Registered Nursing, a person convicted of any offense other than a minor traffic violation, may not qualify to be licensed as a registered nurse. If there are any questions regarding this matter, please contact the State Board of Registered Nursing, or visit their website at www.rn.ca.gov.

Requirements for Pre-enrollment to the Program

1. Graduation from an accredited high school in the United States, or successful completion of GED or CHSPE
2. A cumulative G.P.A. of 3.0 in the following science prerequisites: BIOL 430, BIOL 431, BIOL 440 or BIOL 442
   NOTE: A seven-year recency requirement is in effect for the biological science courses.
3. A grade of “C” or better and a cumulative college GPA of 2.5 in the following courses: ENGWR 300, NUTRI 300, PSYC 300, SPEECH 301 or SPEECH 331, SOC 300 or ANTH 310
4. Eligibility for ENGRD 310 or 312
5. Current curriculum planning sheet (within the semester in which the pre-enrollment packet is being submitted)

Pre-enrollment Deadlines

Pre-enrollment applications are available from the Admissions and Records office, the Allied Health office, the Counseling department or on the ARC website at www.arc.losrios.edu. Applications for Spring admission are available the last week of August and due in Admissions and Records the last Friday in October. Fall admission applications will be available the last week of January and must be received in Admissions and Records by the last Friday in April.

Selection Process

1. Selection is based on a computerized random selection process from among the qualified applicants.
2. Only students who meet the educational and pre-nursing requirements and follow the pre-enrollment procedures will be considered for the program. Meeting all these requirements does not guarantee acceptance into the program.
3. Acceptance of pre-nursing courses taken outside the Los Rios Community College District will be determined by the Allied Health admissions committee.
4. The student accepted into the Nursing program is required to have a physical examination, inoculations, and drug screen prior to the start of the semester.
Requirements for Degree Major

<table>
<thead>
<tr>
<th>Course Sequence for Degree Major</th>
<th>71 units</th>
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<tbody>
<tr>
<td>BIOL 430; BIOL 431; BIOL 440 or BIOL 442; ENGWR 300; NUTRI 300; PSYC 300; SOC 300 or ANTH 310; SPEECH 301 or SPEECH 331; NURSE 400, 410, 420, 430. <strong>NOTE:</strong> BIOL 430, 440, and 442 have a prerequisite of an introductory college chemistry course with a grade of “C” or better. Please check catalog course descriptions.</td>
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<td><strong>Course Sequence for Degree Major</strong></td>
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<td>NURSE 400 (Semester 1)</td>
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<td>NURSE 410 (Semester 2)</td>
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<td>NURSE 420 (Semester 3)</td>
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<td>NURSE 430 (Semester 4)</td>
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<td>SPEECH 301 or 331: Must be taken concurrently with NURSE 400, if not previously taken. SOC 300 or ANTH 310: Must be taken concurrently with NURSE 410, if not previously taken.</td>
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<td><strong>Additional Graduation Requirements</strong></td>
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<td>Humanities</td>
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<td><strong>LVN Career Mobility (for LVNs only)</strong></td>
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<td>The Nursing Program for Licensed Vocational Nurses (LVNs) consists of a combination of general education and nursing courses with related laboratory experience in local health agencies. Successful completion of the program qualifies the student to take the National Licensing Examination to become registered as a nurse and eligible for employment. A grade of “C” or better is required in each nursing course for progression in the program and for an Associate Degree in Nursing. The nursing curriculum is a two-year program offered in four sequential semesters. There are two application periods per year and students are accepted for the spring and fall semesters. There are morning, afternoon, evening, and weekend clinical experiences required with limited notice. Start-up costs are approximately $1,200. The student is responsible for providing uniforms, laboratory fees, malpractice insurance, necessary equipment, and transportation to off-campus laboratory locations. Fourth semester students are required to take a pre-licensure simulation/assessment examination. The cost is approximately $35.00. Upon completion of the Nursing program, students should expect fees of approximately $550.00 to take the R.N. licensure exam. All costs/fees are subject to change. <strong>NOTE:</strong> In accordance with Regulation 480 of the State Board of Registered Nursing, a person convicted of any offense other than a minor traffic violation, may not qualify to be licensed as a registered nurse. If there are any questions regarding this matter, please contact the State Board of Registered Nursing, or visit their website at <a href="http://www.rbca.org">www.rbca.org</a>.</td>
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<td><strong>Requirements for Pre-enrollment to the Program</strong></td>
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<td>1. Possession of a current California Vocational Nurse license at the time of application</td>
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<td>2. Completion of a minimum of six months of recent LVN work experience, preferably in the medical-surgical area.</td>
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<td>3. A cumulative G.P.A. of 3.0 in the following science prerequisites: BIOL 430, BIOL 431, BIOL 440 or (BIOL 442 ARC only) <strong>NOTE:</strong> A seven-year recency requirement is in effect for the biological science courses.</td>
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<td>4. A grade of “C” or better and a cumulative G.P.A. of 2.5 in the following prerequisite courses: <strong>ARC:</strong> ENGWR 300, NUTRI 300, PSYC 300, SPEECH 301 or SPEECH 331, SOC 300 or ANTH 310.</td>
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<td><strong>Scc:</strong> COMM 301 or 351, ENGWR 300, FCS 324, FCS 340, PSYC 300, SOC 300 or ANTH 310.</td>
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<td>Pre-enrollment applications for the LVN-to-RN Career Mobility Program for the Summer session are available from the Allied Health offices at either ARC or SCC. Pre-enrollment applications must be received in the Allied Health office by the last Friday in April. Applications received after that date will not be processed.</td>
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<td><strong>Transfer-In Policy</strong></td>
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<td>Send a letter requesting transfer addressed to American River College, Allied Health Department, ATTN: Nursing Director, 4700 College Oak Drive, Sacramento, CA 95841-4286. The letter must contain the following information:</td>
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<tr>
<td>1. Semester you are seeking admittance</td>
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<td>2. Transcripts from all colleges attended (does not need to be official)</td>
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<td>3. For coursework completed outside of the Los Rios Community College District, provide all course descriptions. <strong>NOTE:</strong> Transfer students must meet all program entry requirements. Request for transfer into the Nursing program is subject to space availability.</td>
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</table>
American River College 2004-2005

Course Sequence for Degree Major

NURSE 300 (Summer Session)
NURSE 420 (Fall Semester)
NURSE 430 (Spring Semester)

Additional Graduation Requirements

Humanities
Social Sciences
Living Skills
Ethnic/Multicultural Studies

Competency in Reading and Math (Strongly recommended that math competency be met prior to entering the Nursing program).
+ Credit for:
NURSE 400
NURSE 410

Credit by Examination Policy for Associate Degree Program of Nursing

Transfer-In Policy

Send a letter requesting transfer addressed to American River College, Allied Health Department, ATTN: Nursing Director, 4700 College Oak Drive, Sacramento, CA 95841-4286. The letter must contain the following information:
1. Semester you are seeking admittance
2. Transcripts from all colleges attended (does not need to be official)
3. For coursework completed outside of the Los Rios Community College District, provide all course descriptions

NOTE: Transfer students must meet all program entry requirements. Request for transfer into the Nursing program is subject to space availability.

Licensed Vocational Nurse (LVN) 30 unit option

(The following is quoted from the) Board of Registered Nursing, Rules and Regulations Section 1429 — Preparation Required for Licensed Vocational Nurses.

a. An applicant who is licensed in California as a vocational nurse is eligible to apply for licensure as a registered nurse if such applicant has successfully completed the courses prescribed below and meets all the other requirements set forth in Section 2736 of the code. Such applicant shall submit evidence to the board, including a transcript, of successful completion of the requirements set forth in subsection (c) and of successful completion or challenge of courses in physiology and microbiology comparable to such courses required for licensure as a registered nurse.

b. The school shall offer objective counseling of this option and evaluate each licensed vocational nurse applicant for admission to its registered nursing program on an individual basis. A school's determination of the prerequisite courses required of a licensed vocational nurse applicant shall be based on an analysis of each applicant's academic deficiencies, irrespective of the time such courses were taken.

c. The additional education required of licensed vocational nurse applicants shall not exceed a maximum of thirty (30) semester or forth-five (45) quarter units. Courses required for vocational nurse licensure do not count toward fulfillment of the additional education requirement. However, other courses comparable to those required for licensure as a registered nurse, as specified in Section 1426, may be counted toward fulfillment of the additional education requirement.

Nursing courses shall be taken in an accredited school and shall be beyond courses equivalent to the first year of professional nursing courses. The nursing content shall include nursing intervention in acute, preventive, remedial, supportive, rehabilitative and teaching aspects of nursing. Theory and courses with concurrent clinical practice shall include advanced medical-surgical, mental health, psychiatric nursing and geriatric nursing. The nursing content shall include the basic standards for competent performance prescribed in Section 1443.5 of these regulations.


NOTE: This option is available to all LVNs entering the American River College Nursing Program. Persons electing this 30-unit option will be eligible to write the BRN State Board Examination but will not be a graduate of the American River College Nursing Program.

Requirements

1. Applicant must hold a valid California Licensed Vocational Nurse license.
2. Completion of a BIOL 431 or its equivalent with a grade of “B” or better prior to enrollment in the nursing courses.
3. Completion of microbiology or equivalent (4 units) with a grade of “B” or better prior to enrollment in the nursing courses.
4. Completion of the following courses (theory and clinical with a grade of “C” or better in each): *NURSE 420 and NURSE 430
5. Placement into the second year nursing courses is on a space available basis. For further information, contact the Nursing Department, Allied Health Building, phone 484-8876.

Nursing

Baccalaureate Degree

Since the various Schools of Nursing are constantly changing prerequisite and admissions procedures, it is important that nursing students who are contemplating transfer to a four year institution consult with a counselor as early as possible.

Diploma RN Pursuing Associate Degree

Graduates of hospital schools of nursing who are currently licensed in California and who wish to earn an Associate Degree at American River College must first make an appointment with a counselor in the ARC counseling center.

Acute Care Certified Nurse Assistant

Requirements for Certificate

NURSE 100 5
NURSE 102 2

Home Health Aide

Requirements for Certificate

NURSE 100 5
NURSE 101 1.5

Nurse Assistant

Requirements for Certificate

NURSE 100 5
NURSE 100  Nurse Assistant  5 Units  
Formerly: NURSE 50A  
Prerequisite: Must have proof of having a physical exam within one year, TB test within six months or a chest x-ray within one year. ESLW 40, ESLR 40, and ESLL 40; or ENGRD 51 and ENGRD 15; or placement through assessment.  
Hours: 54 hours LEC, 110 hours LAB  
This course leads to the Nurse Assistant Certification from the California State Department of Health Services. Emphasis is on the gerontological nursing assistant role and responsibilities as a health care team member. Other key components in this course are principles of asepsis, infection control, patient care skills, and emotional, social and spiritual needs of the patient.

NURSE 101  Home Health Aide  1.5 Units  
Formerly: NURSE 50B  
Prerequisite: NURSE 100 with a grade of “C” or better or current Nurse Assistant Certification.  
Hours: 20 hours LEC, 20 hours LAB  
This course focuses on home health aide responsibilities; personal and rehabilitation nursing care in the home, skills of maintaining a safe home environment, meal planning and preparation, emotional care of the homebound and home emergency procedures.

NURSE 102  Acute Care Certified Nursing Assistant  2 Units  
Prerequisite: NURSE 100 with a grade of “C” or better or current Nurse Assistant Certification.  
Hours: 27 hours LEC, 27 hours LAB  
This course is designed as a supplemental educational program for Certified Nursing Assistants (CNAs) to meet current industry demands for employment as an Acute Care Nursing Assistant (ACNA). The course will present the expanded scope of practice of the CNA with emphasis on safe and competent nursing and personal care skills and service in accordance with the needs description provided by the acute care facilities.

NURSE 110  Physical Assessment for Health Care Providers  2 Units  
Prerequisite: NURSE 400 or higher (or equivalent); RN or LVN licensure; or CNA certification.  
Hours: 36 hours LEC  
This course is designed for health care professionals and Allied Health students desiring to expand their physical assessment skills. Advanced physical assessment of all major body systems will be included across the life span. Additional topics include nutritional, psychosocial, cognitive, and activity assessment. This course fulfills BRN continuing education requirements.

NURSE 111  Basic Electrocardiography (ECG) Interpretation  1 Unit  
Prerequisite: None  
Advisory: NURSE 420 with a grade of “C” or better, or RN or LVN licensure.  
Hours: 18 hours LEC  
This course covers basic electrocardiography (ECG) interpretation. Topics include atrial functional and ventricular rhythm recognition. This course also fulfills Board of Registered Nursing (BRN) and Emergency Medical Services (EMS) requirements for continuing education.

NURSE 112  Bedside Cardiac Assessment  1 Unit  
Formerly: NURSE 60C  
Prerequisite: None  
Advisory: Completion of NURSE 420 or LVN or RN licensure.  
Hours: 18 hours LEC  
This class is designed for health care professionals and students who wish to improve their cardiac assessment skills. Topics include heart sounds, chest pain assessment, risk factor identification, physical finds, and anatomy and physiology overview. This course will satisfy BRN continuing education requirements.

NURSE 113  Laboratory Value Interpretation and Diagnostic Studies  1 Unit  
Formerly: NURSE 60D  
Prerequisite: None  
Advisory: Completion of NURSE 400 or RN or LVN Licensure or CNA certificate.  
Hours: 18 hours LEC  
This class is designed for health care professionals and students who wish to update and improve their knowledge of current lab values and diagnostic testing. This course will satisfy BRN continuing education requirements.

NURSE 122  Clinical Success Strategies  1 Unit  
Prerequisite: None  
Corequisite: Acceptance into ARC Nursing Program or current enrollment in NURSE 400.  
Hours: 18 hours LEC  
This course explores strategies for success in the clinical setting. Topics include RN responsibilities, Kardex review, medical terminology, shift workflow, worksheet formulation and utilization, and discussion of required clinical paperwork. Credit/No Credit only.

NURSE 300  Transition/Associate Degree Nursing  5 Units  
Formerly: NURSE 23  
Prerequisite: LVN.  
Course Transferable to CSU  
Hours: 54 hours LEC, 108 hours LAB  
The course is designed to be a bridging course for the California Licensed Vocational Nurse to enter the Associate Degree third semester level of nursing at American River College. Emphasis on the nursing process, role transition, growth and development, cultural and ethnic diversity, communications skills, obstetrics, pediatrics and the senior adult. Concurrent laboratory experience will take place in an acute care hospital where the emphasis will be on problem solving, critical thinking and decision making as the student applies nursing theory to practice.

NURSE 310  Pharmacology and Implications for Health Care Practitioners  2 Units  
Formerly: NURSE 11A  
Prerequisite: None  
Advisory: Health related occupations.  
Course Transferable to CSU  
Hours: 36 hours LEC  
This course will detail the principles of drug therapy as it applies to its effect in treating disease. The course will also study the metabolism and action of drugs with an emphasis on absorption, duration of action, distribution in the body and adverse drug reactions. The major drug classes and related implications for people receiving drugs that affect the body systems, prevent and treat pain, infections and malignant neoplasms will be discussed. Drugs that alter psychogenic behavior and sleep patterns will be included.

NURSE 320  Medical Dosage Calculations  1.5 Units  
Prerequisite: None  
Advisory: Math 25 or higher.  
Course Transferable to CSU  
Hours: 27 hours LEC  
This course prepares health professionals to calculate oral and parenteral drug dosages with a focus on safety and accuracy. It also presents three systems of measurements and conversion of one system. Calculation accuracy is emphasized by clinical scenarios that apply critical thinking skills.

NURSE 360  Physical Therapy Aide (Same as Gerontology 350)  3 Units  
Formerly: NURSE 45  
Prerequisite: None  
Advisory: ENGRD 116 or ESLR 320; and ENGRD 102 or 103, or ESLR 320; or placement through the assessment process. 
Course Transferable to CSU  
Hours: 54 hours LEC
This course is designed to prepare students for the responsibilities of Physical Therapy Aide and to provide a general introduction to the physical therapy field. Basic skills of range of motion, exercise, positioning, transfers, and ambulation with assistive devices are covered through lecture and hands-on experiences. The course presents basic anatomy, terminology, and medical issues associated with the field of physical therapy.

**NURSE 400  Fundamentals of Medical-Surgical Nursing I**  
Formerly: NURSE 1  
Prerequisite: Acceptance into the Associate Degree Nursing Program.  
Corequisite: SPEE 301 or 331.  
Course Transferable to CSU  
Hours: 81 hours LEC; 324 hours LAB  
In this course the concepts of self-care are introduced. Theory and practice related to providing patient care with an emphasis on basic nursing skills and the nursing process. Life cycle concepts and their impact on self-care and health are included, with particular emphasis on the senior adult. Professional role development and ethical issues are introduced. Concurrent laboratory experience will take place in the appropriate setting. Field trips are required.

**NURSE 410  Maternal/Child and Medical-Surgical Nursing II**  
Formerly: NURSE 2  
Prerequisite: NURSE 400 with a grade of “C” or better.  
Corequisite: SOC 300 or ANTH 310.  
Course Transferable to CSU  
Hours: 81 hours LEC; 324 hours LAB  
In this course, concepts of self-care are applied to care of the newborn, child, middle and senior adult. Pathophysiological and pathopsychological factors creating health deviations are emphasized. Guidance is provided in utilization of the nursing process. Concurrent laboratory experience will take place in medical-surgical and maternal/child health settings. Legal issues relevant to health care and their implications are studied. Field trips are required.

**NURSE 420  Psychiatric and Medical-Surgical Nursing III**  
Formerly: NURSE 3  
Prerequisite: NURSE 410 with a grade of “C” or better.  
Corequisite: SOC 300 or ANTH 310.  
Course Transferable to CSU  
Hours: 81 hours LEC; 324 hours LAB  
Concepts of self-care are applied to the psychiatric and medical-surgical patient. Pathophysiological and pathopsychological factors are integrated. Independence is encouraged in the use of the nursing process. Related laboratory experience will take place in the psychiatric, and medical-surgical settings. Legal-ethical issues and community resources relevant to health care and their implications are studied. Field trips are required.

**NURSE 430  Management of Multiple Patients and Medical-Surgical Nursing IV**  
Formerly: NURSE 4  
Prerequisite: NURSE 420 with a grade of “C” or better.  
Course Transferable to CSU  
Hours: 81 hours LEC; 324 hours LAB  
Concepts of self-care are applied to care of the middle and senior adult. Focus is on nursing management of a group of complex patients and participation in the health care team in the acute areas. Pathophysiological and pathopsychological factors creating health deviations are emphasized. Priorities are given to the utilization of the nursing process in making and evaluating decisions. Concurrent laboratory experience will take place in the appropriate laboratory setting. The transition from student to graduate nurse is explored through studying the Nurse Practice Act and discussion of the problems, responsibilities, and challenges confronting the registered nurse.

**AH 110  Medical Language for Health-Care Providers**  
Formerly: AH 54  
Prerequisite: None  
Hours: 54 hours LEC  
This course is an orientation to medical language; basic structure of medical terms and their components—prefixes, suffixes, roots, and combining forms—with emphasis on analyzation, meaning, spelling and pronunciation. The course builds a medical vocabulary applicable to the specialties of medicine, the system of the body, names of major diseases, and terms used in physical examination, diagnosis, and treatment.

American River College 2004-2005