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. There are morning, afternoon, evening, and weekend clinical experiences required that may change with limited notice.

Overall program 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 may be 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
3. A grade of "C" or better and a cumulative college GPA of 2.5 in the following courses: ENGRD 300, NUTRI 300, PSYC 300
4. Eligibility for ENGRD 310 or 312
5. Current curriculum planning summary sheet (within the semester in which the pre-enrollment packet is being submitted)

NOTE: In-progress grades will not be accepted for prerequisite courses

Pre-enrollment Deadlines

Pre-enrollment applications are available from the Admissions and Records office, the Allied Health office or on the ARC website at www.arc.losrios.edu/edhealth/nursing.html. Applications for Fall admission will be available the last week of August and are due in Admissions and Records no later than 5:00 p.m., Friday, October 14. Applications for the Spring semester will be available the last week of January and are due in Admissions and Records no later than 5:00 p.m., Friday, April 14. Due dates may vary slightly in subsequent years. Please check the latest Nursing Information Sheet or website for exact dates.

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, drug screen, background check, and malpractice insurance prior to the start of the semester.
Students should expect fees of approximately $350.00 to take the course. Upon completion of the Nursing program, students are required to take a pre-licensure simulation/assessment examination. The cost is $35.00. Overall program 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 may be 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. Possession of a current California Vocational Nurse license at the time of application.
2. Completion of a minimum of six months of recent LVN work experience, preferably in the medical-surgical area.
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)
4. A grade of "C" or better and a cumulative G.P.A. of 2.5 in the following prerequisite courses:
   - ARC: ENGWR 300, NUTRI 300, PSYC 300, SPEECH 301 or SPEECH 331, SOC 300 or ANTH 310
   - SCC: COMM 301 or 331, ENGWR 300, FCS 324, FCS 340, PSYC 300, SOC 300 or ANTH 310
5. Eligibility for ENGRD 310 or 312.
6. Current curriculum planning summary sheet (within the semester in which the pre-enrollment packet is being submitted)

Pre-enrollment Deadlines
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 Friday, April 14. Applications received after that date will not be processed.

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, drug screen, background check, and malpractice insurance prior to the start of the semester.

Requirements for Degree Major 71-72 units
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
*NOTE: 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.

Courses Required for the Associate Degree in Nursing

Pre-enrollment Courses
BIOL 430
BIOL 431
BIOL 440 or 442
ENGWR 300
NUTRI 300
PSYC 300

Course Sequence for Degree Major
NURSE 400 (Semester 1)
NURSE 410 (Semester 2)
NURSE 420 (Semester 3)
NURSE 430 (Semester 4)
SPEECH 301 or 331: Must be taken concurrently with NURSE 400, if previously completed. SOC 300 or ANTH 310: Must be taken concurrently with NURSE 410, if not previously completed.

General Education Graduation Requirements: In addition to completing the degree requirements, students must also complete the general education graduation requirements for an A.A./A.S. degree. See ARC graduation requirements.

Transfer-In Policy
Send a letter requesting transfer addressed to American River College, Allied Health Department, ATTN: Director of Nursing, 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.

LVN Career Mobility (for LVNs only)
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. The LVN Career Mobility program is offered in conjunction with Sacramento City College (SCC). 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. There are morning, afternoon, evening, and weekend clinical experiences required that may change with limited notice.

Overall program 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 may be 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. Possession of a current California Vocational Nurse license at the time of application
2. Completion of a minimum of six months of recent LVN work experience, preferably in the medical-surgical area
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)
4. A grade of "C" or better and a cumulative G.P.A. of 2.5 in the following prerequisite courses:
   - ARC: ENGWR 300, NUTRI 300, PSYC 300, SPEECH 301 or SPEECH 331, SOC 300 or ANTH 310
   - SCC: COMM 301 or 331, ENGWR 300, FCS 324, FCS 340, PSYC 300, SOC 300 or ANTH 310
5. Eligibility for ENGRD 310 or 312
6. Current curriculum planning summary sheet (within the semester in which the pre-enrollment packet is being submitted)

Pre-enrollment Deadlines
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 Friday, April 14. Applications received after that date will not be processed.

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, drug screen, background check, and malpractice insurance prior to the start of the semester

Requirements for Degree Major 71-72 units
BIOL 430; BIOL 431; BIOL 440 or BIOL 442; ENGWR 300; PSYC 300; SOC 300 or ANTH 310; SPEECH 301 or SPEECH 331; credit for NURSE 400 and NURSE 410*, NURSE 305, NURSE 420, NURSE 430
*Credit for NURSE 400 and 410 will be given after evaluation of LVN program transcripts

NOTE: 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.

Courses Required for the Associate Degree in Nursing

Pre-enrollment Courses
BIOL 430
BIOL 431
BIOL 440 or 442
ENGWR 300
NUTRI 300
PSYC 300
SPEECH 301 or 331
SOC 300 or ANTH 310

*Must be completed before entering NURSE 420
Course Sequence for Degree Major

<table>
<thead>
<tr>
<th>Course</th>
<th>Term</th>
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<tbody>
<tr>
<td>NURSE 305</td>
<td>Summer</td>
</tr>
<tr>
<td>NURSE 420</td>
<td>Fall</td>
</tr>
<tr>
<td>NURSE 430</td>
<td>Spring</td>
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</tbody>
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General Education Graduation Requirements: In addition to completing the degree requirements, students must also complete the general education graduation requirements for an A.A./A.S. degree. See ARC graduation requirements.

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 with a grade of “C” or better: 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 484-8254.

Credit by Examination Policy for Associate Degree Program of Nursing

1. Credit by examination is available to anyone who feels they have the knowledge and skills comparable to the nursing course they wish to challenge (to a maximum of 15 units). Applicants from allied health fields (medical corpsmen, licensed psychiatric technicians, and others) who feel they have comparable knowledge may challenge.

2. All persons applying for advanced placement in the nursing major must meet the entrance requirements of the college, the college challenge policy, and the nursing entrance requirements. Advanced placement is subject to space availability.

3. All prerequisites and concurrent course requirements (science and general education) must be completed up to the nursing course for which the student desires advanced placement.

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. Please call 484-8268 for further information.

Certificates of Completion Offered by the Department

Nurse Assistant

Requirements for Certificate 5.5 Units

NURSE 100 5.5

Home Health Aide

Requirements for Certificate 7 Units

NURSE 100 5.5
NURSE 101 1.5

Acute Care Certified Nurse Assistant

Requirements for Certificate 7.5 Units

NURSE 100 5.5
NURSE 102 2

Information on certificates of completion can be found at the nursing website, www.arc.losrios.edu/edhealth/nursing.html.
NURSE 100  Nurse Assistant  5.5 Units
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.  ESLL 40, ESLR 40, and
ESLW 40; OR ENGRD 15 and ENGLR 51 with a grade of "C" or better;
OR placement through assessment.
Hours: 63 hours LEC; 110 hours LAB
This course is required preparation for the State of California Department of
Health Services exam for Nurse Assistant Certification. Emphasis is on the
gerontological nurse assistant role and responsibilities as a health care team
member. Other key components in this course are principles of asepsis,
infection control, and patient care skills, as well as emotional, social, and
spiritual needs of the resident in non-acute care settings.

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 junctional 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  Strategies for Clinical Success  1 Unit
Prerequisite: None
Enrollment Limitation: Acceptance into ARC nursing program.
Hours: 18 hours LEC
This course is designed for incoming NURSE 400 nursing students who have
little or no familiarity with hospital based nursing and are unaware of all the
responsibilities a nurse has in a medical-surgical hospital unit. The focus of the
course is achieving clinical success. Topics include Registered Nurse (RN)
responsibilities, Kardex review, medical terminology, shift workflow and
organization, worksheet formulation and utilization, and discussion of common
laboratory and diagnostic tests.

NURSE 305  Transition To Associate Degree Nursing  4 Units
Formerly: NURSE 300
Prerequisite: Acceptance into the Career Mobility Program.
Course Transferable to CSU
Hours: 54 hours LEC; 54 hours LAB
This bridge course is designed for the Licensed Vocational Nurse (LVN) who
is admitted for advanced placement into the second year of the Associate
Degree Nursing Program. Critical thinking skills necessary for successful role
transition are emphasized throughout the course. Topics include care of adult
and geriatric clients with specific medical-surgical nursing disorders, assessment
skills, pharmacology, nursing process, theory-based nursing practice, legal/
ethical issues, cultural and ethnic diversity, and the educator role of the RN.
Concurrent acute care hospital laboratory experience emphasizes critical
thinking, problem solving, and decision-making implementing 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
treatment disease, 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 ENGL 320, or ENGRD 116 or ESLR 320, or placement through the assessment process.
Course Transferrable 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  10.5 Units
Prerequisite: None
Corequisite: SPEECH 301 or 331.
Enrollment Limitation: Acceptance into the Associate Degree Nursing program.
Course Transferrable to CSU
Hours: 81 hours LEC; 324 hours LAB
This course provides an introduction to nursing utilizing Orem's model, 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 experiences take place in subacute and acute care settings.

NURSE 410  Maternal/Child and Medical-Surgical Nursing II  10.5 Units
Prerequisite: NURSE 400 with a grade of "C" or better.
Corequisite: ANTH 310 or SOC 300.
Enrollment Limitation: SPEECH 301 or 331.
Course Transferrable to CSU
Hours: 81 hours LEC; 324 hours LAB
This course applies the concepts of Orem's model of self-care that are applied to care of the newborn, child, middle and senior adult. Pathophysiological and pathopsychological factors creating health deviations are emphasized. Supervision is provided in the utilization of the nursing process. Legal issues relevant to health care and their implications are studied. Concurrent laboratory experience takes place in medical-surgical and maternal/child health settings. Field trips are required.

NURSE 420  Psychiatric and Medical-Surgical Nursing III  10.5 Units
Prerequisite: NURSE 410 with a grade of "C" or better.
Course Transferrable to CSU
Hours: 81 hours LEC; 324 hours LAB
In this course, concepts of Orem's nursing model of self-care theory are applied to the psychiatric and medical-surgical patient. Pathophysiological and pathopsychological factors creating health deviations are emphasized. Independence is encouraged and supported in the utilization of the nursing process. Introductory concepts of nursing leadership and management are explored. Community resources and experiences relevant to the course of study are included. Concurrent laboratory experiences take place in the psychiatric and medical-surgical settings. Field trips are required.

NURSE 430  Management of Multiple Patients and Medical-Surgical Nursing IV  10.5 Units
Prerequisite: NURSE 420 with a grade of "C" or better.
Course Transferrable to CSU
Hours: 81 hours LEC; 324 hours LAB
In this course, concepts of Orem's nursing model of self-care theory are applied to care of the middle and senior adult. Focus is on nursing management of a group of acutely ill patients and participation in the health care team.