



UNIVERSITY OF PERPETUAL HELP SYSTEM
DR. JOSE G. TAMAYO MEDICAL UNIVERSITY
Sto. Niño, Biñan, Laguna

BACHELOR OF SCIENCE IN NURSING

COURSE OUTLINE

SUBJECTS	UNITS	THEORETICAL HOURS	CLINICAL HOURS
GENERAL EDUCATION SUBJECTS			
LANGUAGE AND HUMANITIES			
ENGLISH 1 – Communication Skills 1 Basic skills of listening, speaking, reading and writing.	3	54	0
ENGLISH 2 – Communication Skills 2 Prerequisite English 1. Intermediate skills of listening, speaking, reading and writing.	3	54	0
ENGLISH 3 – Speech and Oral Communication The use of voice as a basic approach to self-expression and communication. Emphasis is on the quality and effectiveness of the student's oral communication and the development of skills in creating effective messages.	3	54	0
FILIPINO 1 – Komunikasyon sa Akademikong Filipino Sa bias ng CHED memorandum Order (CMO) bilang 54 S. 2007 ang Filipino ay isang metalinggwistik na pag-aaral ng Wikang Filipino. Nakatuon ito sa istraktura, gamit, katangian at kahalagahan ng wikang Filipino sa akademikong larangan. Sa lapit multidisiplinaryo at paraang interaktibo, inaasahang matutukoy at matatalakay ang mga pangunahing kaalaman sa wikang ito. Malilinigang ditto ang mga kasanayan sa paggamit ng wikang Filipino tungo sa lalong mataas na Komunikasyon at sa kritikal na pagdidiskurso.	3	54	0
FILIPINO 2 – Pagbasa at Pagsulat sa Ibat't-ibang Disiplina Liliniangin sa mag-aaral ang kaalaman at kakayahan sa wastong pakikinig at mabisang pagpapahayag, sa pagbasang may mataas na pang-uunawa, pagpapahalaga at wastong pagpapakahulugan, wastong pagsulat at kaalaman sa mga tuntunin nga ortograpiyang Pilipino; kaalaman at kasanayan sa gamiting Pilipino.	3	54	0

<p>PHILOSOPHY OF MAN</p> <p>An inquiry into man as a person and his existence in this world with emphasis on the Filipino in the content of his culture and society.</p>	3	54	0
<p>LOGIC AND CRITICAL THINKING</p> <p>A systematic study of definition and division of concepts, the formulation of judgments, immediate inferences through inductive and deductive reasoning.</p>	3	54	0
<u>Mathematics, Natural Sciences and Information Technology</u>			
<p>MATH 1 – College Algebra</p> <p>Linear equations, algebraic and graphical solutions of the quadratic equations, exponents and radicals, complex numbers, binomial expansion, determinants, progressions, theory of equations.</p>	3	54	0
<p>BIOSTATISTICS</p> <p>This course is designed to meet the introductory statistical needs of students in the health related disciplines. The study includes topics on collection and presentation of the different statistical data used in health administration, frequency, distribution, measures of central tendencies, measures of variability, normal distribution and hypothesis testing.</p>	3	54	0
<p>GENERAL CHEMISTRY 1 (Inorganic and organic)</p> <p>The impact of chemistry on man and the environments, its relevance to everyday life and current issues that lend themselves to discussion. Description of the atomic, ionic and molecular structure of matter, chemical bonding, chemicals in food and agriculture, medicinal use of chemicals, drug and drug abuse, poisons and pollution and consumer products.</p>	5	LEC 3- 54	LAB 2- 102
<p>BIOCHEMISTRY</p> <p>Deals with the chemical composition of the living cells. Embraces the study of the chemistry of carbohydrates, lipids and protein, nucleic acid and enzymes and their metabolism when taken as food by man.</p>	5	LEC 3- 54	LAB 2- 102
<p>PHYSICS 1 (lec 2 units, lab 1 unit)</p> <p>Selected topics in classical and modern physics including kinetics and Newton's law of motion, electric and magnetic fields, fundamental laws of electromagnetic waves, ideas of quantum physics. This course does not require calculus.</p>	3	LEC 2- 36	LAB 1 - 51

<p>INFORMATICS</p> <p>This course deals with the use of information technology system and data standards based on nursing informatics principles/theories. It further deals with the utilization of clinical information systems in the management and decision-making of patient care. A laboratory session shall be provided for practice application.</p>	3	LEC 2 – 36	LAB 1 - 51
<u>Health Sciences</u>			
<p>ANATOMY AND PHYSIOLOGY</p> <p>This course deals with the physiologic concepts, principles and basic anatomical structure.</p>	5	LEC 3 – 54	LAB 2 – 102
<p>MICROBIOLOGY AND PARASITOLOGY</p> <p>This course is designed to assist students in the study of important microorganisms and parasites. It explains the physiology and pathogenic properties of bacteria, fungi and viruses as an introduction to disease causation, their biology, the infections they cause, host response to these infections and their mode of transmission, prevention, treatment and nursing responsibilities.</p>	4	LEC 3 – 54	LAB 1 - 51
<u>Social Sciences</u>			
<p>PSYCHOLOGY 1</p> <p>Contemporary approaches to analysis and treatment of complex human behavior.</p>	3	54	0
<p>SOCIOLOGY AND ANTHROPOLOGY</p> <p>An introduction to the basic concepts of man's interrelationship with other men and his environment. The nature human society and culture, social structure and non-literate societies particularly with respect to their kinship systems.</p>	3	54	0
<p>HUMANITIES (World Civilization & Literature</p> <p>This course deals with the world development and their contributions to the civilization and literature of the different Global sub-regions. As such, it is designed to introduce the students to the different world civilization and literature and to relate this knowledge to man's dramatic Epic – his emergence on earth, his march along different civilizations from the early stone age to the present nuclear age. This leads the students to appreciate and have understanding of the past that plays a great impact to our present failures and achievements.</p>	3	54	0

ECONOMICS WITH TAXATION AND LAND REFORM This course is an introduction to economics, the basic concepts of microeconomics, money and banking, economic growth and development and international economics and its implication to nursing. Also discussed are the basic concepts of taxation and land reform.	3	54	0
BIOETHICS This course deals with the application of ethico-moral and legal concepts and principles to issues that affect the practice of nursing. These provide the basis for appropriate decision making given varied situations, to prepare the learner to render effective, efficient and safe nursing care. Furthermore, related learning experiences provide opportunities to concretize commitment to nursing. The critical thinking process shall be used in the unit with the objective of developing the intellectual capacity to conceptualize and contextualize what students know about particular ethico-moral and legal issues.	3	54	0
<u>Mandated Subjects</u>			
RIZAL AND HIS WRITINGS Biography of Dr. Jose Rizal; a critical view of the social order in which he lived through an analysis of his works and letters, his opinions on nationalism, government, religion, education, philosophy of living and the relevance of these ideas to the contemporary Philippine scene.	3	54	0
PHILIPPINE HISTORY A comprehensive cultural and socioeconomic history of the Philippines from the pre-Hispanic period to the present.	3	54	0
PHILIPPINE GOVERNMENT AND CONSTITUTION Trends of the growth, organization, functions and workings of the government of the Republic of the Philippines with emphasis on Philippine Constitution, including its comparative analysis	3	54	0
<u>Physical Education</u>			
PE 1 - Self-Testing Activities and Gymnastics	2	36	0
PE 2 – Individual and Dual Sports	2	36	0

PE 3 – Rhythmic and Aquatics	2	36	0
PE 4 – Team Sports	2	36	0
<u>NSTP/LTS/CWTS</u>			
LTS – Literacy Training Service Designed to teach literacy and numeracy skills to school children, out-of-school youth and other segment of society in need of their services.	3	54	0
CWTS – Civic Welfare Training Service Program component of activities contributory to the general welfare and the betterment of life for the community or the enhancement of its facilities especially devoted to improving health, education, environment, entrepreneurship, safety, recreation, and moral of the citizenry and other social services.	3	54	0
CWTS-EENSTP-CWTS Component dealing with environmental education (EE) – this will allow environmental literacy among NSTP-CWTS students, focus on the basic concept and principles of environmental education, carry out environmental education projects.	3	54	0
CWTS-IFE- NSTP component consists of CWTS for improving family environment (IFE). It deals with clarifying values of Family Management recognizing their importance and putting them into practice. It will also focus on learning and applying the basic principles in organizing community towards development.	3	54	0
<u>Institutional Requirement</u>			
FCL 1 (Filipino Christian Living 1) - is the introductory course in the UPHSL & Filipino Christian Living Program. It defines and explains. The Catholic faith inspiration of the Founders, which became the pillars of the philosophy, vision, and mission of the institution. The discussions include the Eight Perpetualite Values, the Logo, the Perpetualite Hymn and the Perpetualite Pledge. The first part covers the identity of the University and the second part covers the identity of the Perpetualite. It also introduces the students to the Initiation Sacraments of Baptism. Confirmation, and Holy Eucharist. The experiential methodology is highlighted in the discussion on Filipino good manners and right conduct.	2	36	0

<p>FCL 2 (Filipino Christian Living 2)</p> <p>- focuses on the nature of man's relationship to God and to his fellowmen. It deals with Salvation History and the importance of love as the basic element in being a man of God. It highlights the basic principles of morality and the celebration of the Sacraments of Healing such as the Reconciliation/Penance and Anointing of the Sick.</p>	2	36	0
<p>FCL 3 (Filipino Christian Living 3)</p> <p>- is about the Perpetualite as an achiever. The highest quality of performance is developed in him as a way of life. Thus, his achievement starts here at school in his academic life to be continued later in his professional life, and in everything that he will do in life. It includes areas of Perfection, Love, Marriage and Family, Communion Sacraments and Good Manners and Right Conduct.</p>	2	36	0
<p>FCL 4 (Filipino Christian Living 4)</p> <p>- works on the premise that the Perpetualite is basically a social being. He lives in a society of which he is very much a part. That society is basically here in his country. But this country is a part of greater whole, the community of nations. Thus, a Perpetualite should love his country, yet he should also be concerned of the realities outside of it. Furthermore, it highlights the nature of man's relationship to God through his fellowmen. It discusses man's role in the Church especially in responding to the call of love and service for others. Includes Social Doctrine, Solidarity, Good Governance, Peace, Good Manners and Right Conduct.</p>	2	36	0
<p>FCL 5 (Filipino Christian Living 5)</p> <p>- This course is a continuation of the discussion and commitment building to the UPHS Perpetualite Values. Specifically, its focus is on how the value of Filipino Christian Leadership could help develop the Perpetualite become a Christian leader. Emphasis is also given to the "leadership character of the Perpetualite as it helps him in nation building.</p>	2	36	0
<p>FCL 6 (Filipino Christian Living 6)</p> <p>- A Perpetualite is basically a lover of life. He has to promote life realizing that it is a gift from God. Thus a true and authentic Perpetualite is also a Minister of Life, hence, he should possess the virtues of care, love, and respect for all living things.</p>			

<p>FCL 7 (Filipino Christian Living 7)</p> <p>- Leads to a realization that a Perpetualite is basically a character and nation builder. But before he becomes a nation builder, he should build should first himself. Thus, he should have a thorough understanding of himself and of his identity. Furthermore, he should possess and should possess and practice the values that are ingredients to nation building such as the values of peace and development, love, solidarity, and social justice.</p>	2	36	0
<p>FCL 8 (Filipino Christian Living 8)</p> <p>- Is the fulfillment of all the FCL program. It moves the Perpetualite to actualize virtues/ values to be acquired by loving and helping others. As Helper of God, he should be a living witness of total service to others. He should possess the characters of a true Helper of God such as humility, obedience, love and dedication to help others especially the lost and the least in the community.</p>	2	36	0
<u>OUTLINE AND UNITS OF PROFESSIONAL COURSES</u>			
<p>T F N – Theoretical Foundation in Nursing</p> <p>This course deals with the meta concepts of a person, health, environment and nursing as viewed by the different theorists. Likewise, it includes non-nursing theories such as systems, developmental and change theories. It presents how these concepts and theories serve as guide to nursing practice. It further deals with health as a multifactorial phenomenon and the necessary core competencies that the nurse needs to develop.</p>	3	54	0
<p>H A – Health Assessment</p> <p>The course deals with concepts, principles & techniques of history taking using various tools, physical examination (head to toe), psychosocial assessment and interpretation of laboratory findings to arrive at a nursing diagnosis on the client across the lifespan in community and hospital settings.</p>	3	LEC 2 – 36	LAB 1 - 51
<p>CHN – Community Health Nursing</p> <p>This course focuses on the care of population groups and community as clients utilizing concepts and principles in community health development. It also describes problems, trends and issues in the Philippine and global health care systems affecting community health nursing practice.</p>	5	LEC 3 – 54	LAB 2 - 102

<p>NuDiet – Nutrition and Diet Therapy</p> <p>This course deals with the study of food in relation to health. It covers nutrients and other substances and their action, and interaction and balance in relation to health and diseases and the process by which organism ingests, digests, absorbs, transports, utilizes and excretes food substances. It will also focus in the therapeutic and food service aspects of the delivery of nutritional services in hospitals and other healthcare institutions.</p>	4	LEC 3 – 54	LAB 1 - 51
<p>HealthEd – Health Education</p> <p>The course includes discussions on health education concepts, principles, theories and strategies as they apply in the clinical and classroom situations.</p>	3	54	0
<p>Pharma – Pharmacology</p> <p>This course deals with pharmacodynamics, pharmacokinetics, clinical/therapeutic uses and toxicology of drugs. Emphasis is given on how a drug works to anticipate when giving a drug to a patient are of paramount importance since nursing responsibilities include administering drugs, assessing drug effects, intervening to make a drug more tolerable, and providing teaching about drugs and the drug regimen.</p>	3	54	0
<p>NResI – Nursing Research 1</p> <p>This is an introductory course intended to equip the nursing students with concepts, principles in research starting from an overview of the major phases of the research process. The course will include discussions from formulation to dissemination of research findings, focus on the formulation of a research problem to the selection of the research design, planning and choosing the appropriate research tools for data gathering. This course will require the student of group to present a research proposal in a colloquium with the application of knowledge and demonstration of skills and attitude in the conceptual, design and planning phases of the research process.</p>	3	LEC 2 – 36	LAB 1 - 51

<p>NResII – Nursing Research 2</p> <p>This course is a continuation of Nursing Research 1 which includes collection of data, analysis, interpretation, summary and conclusion and recommendation. Advising is done throughout the practicum sessions</p>	2	0	LAB 2 - 153
<p>CA 1 – Competency Appraisal 1</p> <p>This course deals with the application of the concepts, principles and processes basic to the practice of nursing with emphasis on health promotion, health maintenance, preventive, risk reduction, curative and rehabilitative aspects of care of sick individual with alterations in Metabolism, inflammatory and immunologic response, perception and coordination, and Maternal and Child care in various setting. It includes the utilization of the nursing process and the core competencies under the eleven (11) key areas of responsibility.</p>	3	54	0
<p>CA 2 – Competency Appraisal 2</p> <p>Continuation - This course deals with the application of the concepts, principles and processes basic to the practice of nursing with emphasis on health promotion, health maintenance, preventive, risk reduction, curative and rehabilitative aspects of care of sick individual with alterations in cellular aberrations, adjustment problems and maladaptive patterns of behavior, acute biologic crisis, disaster and emergency. It includes the utilization of the nursing process and the core competencies under the eleven (11) key areas of responsibility.</p>	3	54	0
<p>Elec 1 – Elective 1 (2 units) Parent Child Nursing</p> <p>Nursing interventions/strategies for the prevention and/or management of behavioral problems of children arising from parent-child relationships.</p>	2	36	0
<p>Elec II – Elective 2 (2 units) Care of the Chronically and the Older Person</p> <p>It deals with the concepts, principles and techniques of nursing care management of those with chronic illness and the older persons.</p>	2	36	0

<p>NCM 100 – Fundamentals of Nursing Practice</p> <p>This course provides the students with the overview of nursing as a science, an art and a profession. It deals with the concept of man as a holistic being comprised of bio-psycho-socio and spiritual dimensions. It includes a discussion on the different roles of a nurse emphasizing health promotion, maintenance of health as well as prevention of illness utilizing the nursing process. It includes the basic nursing skills needed in the care of individual clients.</p>	5	LEC 3 – 54	RLE 2 - 102
<p>NCM 101 – Care of Mother, Child and Family</p> <p>Principles and techniques of caring for the normal mothers, infants, children and family and the application of principles and concepts on family and family health nursing process.</p>	8	LEC 4 – 72	RLE 4 - 204
<p>NCM 102 – Care of Mother, Child, Family and Population group At-Risk or with Problems.</p> <p>This course deals with the concept of disturbances & pre-existing health problems of pregnant women and the pathologic changes during intrapartum and post partum periods. This course further deals with the common problems occurring during infancy to adolescence stage.</p>	11	LEC 5 – 90	RLE 6 - 306
<p>NCM 103 – Care of Clients with Problems in Oxygenation, Fluid and Electrolyte Balance, Nutrition and Metabolism and Endocrine.</p> <p>This course deals with the principles and techniques of nursing care management of sick clients across lifespan with emphasis on the adult and the older person, population group in any setting with alterations/problems in oxygenation, fluid and electrolyte balance, nutrition and metabolism and endocrine function.</p>	14	LEC 8 – 144	RLE 6 - 306
<p>NCM 104 – Care of Clients with Problems in Inflammatory and Immunologic Response and Perception and Coordination.</p> <p>This course deals with the concepts, principles and theories of human behavior and the care of the sick client across the lifespan with emphasis on the adult and the older person, population group experiencing alterations in inflammatory and Immunologic Response and Perception and coordination in varied settings.</p>	9	LEC 5 – 90	RLE 4 - 204

<p>NCM 105 – Care of Clients with Maladaptive Patterns of Behavior (4 units lecture, 2 units RLE)</p> <p>The course is designed to focus on health and illness across the lifespan of clients, population groups with acute and chronic psychosocial difficulties and psychiatric illnesses.</p>	6	LEC 4 – 72	RLE 2 - 102
<p>NCM 106 – Care of Clients with Problems in Cellular Aberrations, Acute Biologic Crisis, Emergency and Disaster Nursing.</p> <p>It deals with the principles and techniques of nursing care management of sick clients across the lifespan with emphasis on the adult and older person with alteration/problems in cellular aberration, acute biologic crisis, including emergency and disaster nursing and IV Therapy.</p>	11	LEC 6 – 108	RLE 5 - 255
<p>NCM 107 - A - Nursing Leadership and Management</p> <p>This course deals with the concepts, principles, theories and methods of developing nursing leaders and managers in the hospital and community-based settings. It also includes ethico-moral/legal aspects of health care and nursing practice and the nurses' responsibilities for personal and professional growth.</p>	4	LEC 4 – 72	0
<p>NCM 107 – B – Nursing Leadership and Management (RLE)</p> <p>This course deals with the application of the concepts, principles, theories and methods of developing nursing leaders and managers in the hospital and community-based settings. It also includes ethico-moral/legal aspects of health care and nursing practice and the nurses' responsibilities for personal and professional growth.</p>	3	0	RLE 3 - 153
<p>INP – Intensive Nursing Practicum (8 units)</p> <p>Actual application of the theories, principles and concepts of clinical nursing practice to groups of clients in varied settings to refine nursing skills in the different basic nursing services including community. Emphasis is placed on integrating the multiple roles of professional nursing as a vehicle to enhance critical thinking and communication skills.</p>	8	0	RLE 8 - 408

RELATED LEARNING EXPERIENCES HOURS

COURSES	SKILLS LAB	CLINICAL	RLE Contact Hours (1 credit unit = 51 hours)
Health Assessment	1	0	51
Community Health Nursing	.5	1.5	102
Nursing Research I	1	0	51
Nursing Research II	2	0	102
Nursing Care Management 100	2	0	102
Nursing Care Management 101	1	3	204
Nursing Care Management 102	1	5	306
Nursing Care Management 103	1	5	306
Nursing Care Management 104	1	3	204
Nursing Care Management 105	0	2	102
Nursing Care Management 106	2	3	255
Nursing Care Management 107	0	3	153
Intensive Nursing Practicum	0	8	408
TOTAL	12.5	33.5	2,346 hours
	46 RLE Units		

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Valid only when sealed and signed