

Degree: A.S. - LVN to RN Career Mobility
A.S. - Registered Nursing
Certificates: Acute Care Certified Nurse Assistant
Certified Nurse Assistant
Home Health Aide

Area: Health & Education
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Registered Nursing Degree

Nursing is a health care profession that requires knowledge of biological, behavioral and physical sciences. The Nursing Program consists of a combination of general education and nursing courses with related laboratory experiences. Successful completion of the program qualifies the student to take the National Council Licensure Examination (NCLEX-RN) 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 Science - Nursing. There are required morning, afternoon, evening, and weekend clinical experiences that may change with limited notice. The student is responsible for providing uniforms, laboratory fees, malpractice insurance, necessary equipment, and transportation to off-campus laboratory locations.

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.

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; growth in the job market is projected.

Enrollment Eligibility

To be eligible for enrollment in the program, the student must meet the following criteria:

- Graduation from an accredited high school (graduates from outside the United States must have transcripts evaluated by an approved independent agency), or successful completion of General Education Development (GED) or California High School Proficiency Exam (CHSPE). These requirements are defined by the current Nurse Practice Act, Title 16, California Code of Regulations, Section 1412.
- A cumulative G.P.A. of 3.0 in the following science prerequisites: BIOL 430, BIOL 431, and BIOL 440 or BIOL 442.
- A grade of "C" or better and a cumulative college GPA of 2.5 in the following courses: ENGWR 300, NUTRI 300, and PSYC 300.
- Eligibility for ENGRD 310 or 312.
- Current curriculum planning summary sheet (within the semester in which the pre-enrollment packet is being submitted).
- In-progress grades will not be accepted for prerequisite courses.
- Transfer-In Policy: Send a letter requesting transfer addressed to, American River College, Nursing Department, attention: Director of

Nursing, 4700 College Oak Drive, Sacramento, CA 95841. The letter must contain the following information: 1.) Semester you are seeking admittance. 2.) Transcripts from all colleges attended (need not be official). 3.) Course description of course work completed outside of the Los Rios College District. 4.) Skills list from previous nursing courses. Note: Transfer students must meet all program entry requirements. Requests for transfer into the nursing program is subject to space available.

Enrollment Process

Eligible students are selected for the program according to the following steps:

- Pre-enrollment applications and deadlines are available from the Admissions and Records office, Nursing Department, or the ARC website at www.arc.losrios.edu/edhealth/nursing.html.
- Selection is based on a computerized random selection process from among the qualified applicants.
- 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.
- Acceptance of pre-nursing courses taken outside the Los Rios Community College District will be determined by the Nursing admissions committee.
- The student accepted into the Nursing program is required to have a physical examination, inoculations, drug screen, background check, current CPR card and malpractice insurance prior to the start of the semester.

Requirements for Degree Major		71-72 units
ANTH 310	Cultural Anthropology (3)	3 ³
BIOL 430	Anatomy and Physiology	5 ¹
BIOL 431	Anatomy and Physiology	5
BIOL 440	General Microbiology (4)	4 - 5
or BIOL 442	General Bacteriology (5)	
ENGWR 300	College Composition	3
NURSE 400	Fundamentals of Medical-Surgical Nursing I	10.5
or SOC 300	Introductory Sociology (3)	
NURSE 410	Maternal/Child and Medical-Surgical Nursing II	10.5
NURSE 420	Psychiatric and Medical-Surgical Nursing III	10.5
NURSE 430	Management of Multiple Patients & Medical - Surgical Nursing IV	10.5
NUTRI 300	Nutrition	3
PSYC 300	General Principles	3
SPEECH 301	Public Speaking (3)	3 ²
or SPEECH 331	Group Discussion (3)	

¹BIOL 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.

²SPEECH 301 or 331 must be taken either prior to or concurrently with NURSE 400.

³SOC 300 or ANTH 310 must be taken either prior to or concurrently with NURSE 410.

Associate Degree Requirements: The Registered Nursing Associate in Science (A.S.) Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

LVN to RN Career Mobility Degree

The Career Mobility Program for the Licensed Vocational Nurse (LVN) consists of a combination of general education and nursing courses with related laboratory experiences. 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 Science - Nursing. There are required morning, afternoon, evening, and weekend clinical experiences that may change with limited notice. The student is responsible for providing uniforms, laboratory fees, malpractice insurance, necessary equipment, and transportation to off-campus laboratory locations.

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.

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; growth in the job market is projected.

Enrollment Eligibility

To be eligible for enrollment in the program, the student must meet the following criteria:

- Possession of a current California Vocational Nurse (LVN) license at the time of application.
- Completion of a minimum of six months of recent LVN work experience, preferably in the medical-surgical area.
- A cumulative G.P.A. of 3.0 in the following science prerequisites: BIOL 430, BIOL 431, and BIOL 440 or BIOL 442.
- A grade of “C” or better and a cumulative G.P.A. of 2.5 in the following ARC prerequisite courses: ENGWR 300, NUTRI 300, PSYC 300, SPEECH 301 or SPEECH 331, and SOC 300 or ANTH 310; or in the following SCC prerequisite courses: COMM 301 or 331, ENGWR 300, FCS 324, FCS 340, PSYC 300, and SOC 300 or ANTH 310.
- Eligibility for ENGRD 310 or 312.
- Current curriculum planning summary sheet within the semester in which the pre-enrollment packet is being submitted.

Enrollment Process

Eligible students are selected for the program according to the following steps:

- Pre-enrollment applications and deadlines for the LVN-to-RN Career Mobility Program are available from the Nursing Department at either ARC or SCC.
- Selection is based on a computerized random selection process from among the qualified applicants and is subject to space availability.
- 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.
- Acceptance of pre-nursing courses taken outside the Los Rios Community College District will be determined by the Nursing admissions committee.

- The student accepted into the Nursing program is required to have a physical examination, inoculations, drug screen, background check, current CPR card and malpractice insurance prior to the start of the semester.

Requirements for Degree Major		75-76 units
BIOL 430	Anatomy and Physiology	5 ¹
BIOL 431	Anatomy and Physiology	5
BIOL 440	General Microbiology (4)	4 - 5
or BIOL 442	General Bacteriology (5)	
ENGWR 300	College Composition	3
NURSE 400	Fundamentals of Medical-Surgical Nursing I	10.5 ³
NURSE 410	Maternal/Child and Medical-Surgical Nursing II	10.5
NURSE 305	Transition to Associate Degree Nursing	4
NURSE 420	Psychiatric and Medical-Surgical Nursing III	10.5
NURSE 430	Management of Multiple Patients & Medical-Surgical Nursing IV	10.5
NUTRI 300	Nutrition	3
PSYC 300	General Principles	3
SOC 300	Introductory Sociology (3)	3 ²
or ANTH 310	Cultural Anthropology (3)	
SPEECH 301	Public Speaking (3)	3
or SPEECH 331	Group Discussion (3)	

¹BIOL 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.

²ANTH 310, SOC 300, SPEECH 301 and SPEECH 331 may be taken after enrollment in the program, but must be completed before taking NURSE 420.

³Credit for NURSE 400 and 410 will be given after evaluation of LVN program transcripts.

Associate Degree Requirements: The LVN to RN Career Mobility Associate in Science (A.S.) Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

Acute Care Certified Nurse Assistant Certificate

This certificate expands on previously learned Certified Nurse Assistant (CNA) theory to incorporate the holistic care and health needs of the adult patient in the acute care setting. This program introduces the student to the roles and responsibilities of the acute care nurse assistant. Students who successfully complete the course will receive a Certificate of Completion.

Note: Successful completion of Nurse 102 requires attendance at all class and clinical experiences to meet DHS minimum hour requirements.

Enrollment Eligibility

To be eligible for enrollment in the program, the student must meet the following criteria:

- Proof of successful completion of a Department of Health Services (DHS) approved Certified Nurse Assistant (CNA) course or copy of current, active status CNA certificate.
- TB test within the last six months or a chest x-ray within one year prior to entrance into nurse 102.
- Physical exam within one year prior to entrance into NURSE 102.

Requirements for Certificate		7.5 Units
NURSE 100	Nurse Assistant	5.5
NURSE 102	Acute Care Certified Nursing Assistant	2

Certified Nurse Assistant Certificate

The Certified Nurse Assistant (CNA) certificate program provides instruction in the holistic care and health needs of people over 65 years of age, who live in long-term care facilities. Students who successfully complete the program will receive a Certificate of Completion. The program will also prepare the student to take the State of California competency examination for certification as a nurse assistant.

Note: Successful completion of Nurse 100 requires attendance at all class and clinical experiences to meet Department of Health Services minimum hour requirements.

Career Opportunities

Certified Nurse Assistants (CNA) have a wide variety of work opportunities. The most common work placement is in long term care facilities. Additionally, the CNA may find work in acute care settings, medical offices, and walk-in medical clinics.

Enrollment Eligibility

To be eligible for enrollment in the program, the student must meet the following criteria:

- TB test within the last six months or a chest x-ray within one year prior to entrance.
- Physical exam within one year prior to entrance.
- ESLW 40, ESLR 40, and ESLL 40; or ENGWR 51 and ENGRD 15; or placement by ARC Assessment Center.

Enrollment Process

Eligible students are selected for the program according to the following steps:

- Attendance at a mandatory orientation session prior to the first class. Students unable to attend must contact the Nursing department before the orientation session.
- Submission of "Live-Scan" electronic fingerprinting (processing fee required); obtain after class registration, but prior to first class. Bring receipt copy to nursing department before the first class.
- Submission of a money order for \$15.00 made out to the Department of Health Services (DHS). This is a Nurse Assistant application fee. No cash or personal checks accepted. Submit with "Live-Scan" receipt to the nursing department prior to the first class.

Requirements for Certificate		5.5 Units
NURSE 100	Nurse Assistant	5.5

Home Health Aide Certificate

This certificate expands on previously learned Certified Nurse Assistant (CNA) theory to incorporate the holistic care and health needs of the elderly homebound person. This program introduces the student to the roles and responsibilities of the home health aide. Students who successfully complete the course will receive a Certificate of Completion. The State of California will certify the CNA as a Home Health Aide after successful course completion and without further testing.

Note: Successful completion of the Nurse 101 requires attendance at all class and clinical experiences to meet DHS minimum hour requirements.

Career Opportunities

The Home Health Aide may expand on the CNA work setting to include the homebound client.

Enrollment Eligibility

To be eligible for enrollment in the program, the student must meet the following criteria:

- Proof of successful completion of a Department of Health Services (DHS) approved Certified Nurse Assistant (CNA) course or copy of current, active status CNA certificate.
- TB test within the past six months or a chest x-ray within one year prior to entrance into NURSE 101.
- Physical exam within one year prior to entrance into NURSE 101.

Requirements for Certificate		7.5 Units
NURSE 100	Nurse Assistant	5.5
NURSE 101	Home Health Aide	2

Nursing

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 ENGWR 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 2 Units

Prerequisite: NURSE 100 with a grade of "C" or better or current California Nurse Assistant Certification.

Hours: 27 hours LEC; 27 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

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

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

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

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 3 Units

Same As: GERON 350.

Prerequisite: None

Advisory: ENGRD 116 or ESLR 320; and ENGWR 102 or 103, or ESLW 320; or placement through the assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is designed to prepare student 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 Transferable 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 experience takes 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 Transferable 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 Transferable 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 Transferable 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. Pathophysiological and pathopsychological factors creating health deviations are emphasized. Priorities are given to the utilization of the nursing process in making and evaluating decisions. Related laboratory experience take place in the medical-surgical and home health settings. The transition from student to graduate nurse is explored through study of the Nurse Practice Act and discussion of the problems, responsibilities, and challenges confronting the registered nurse. Concurrent laboratory experiences take place in acute care and home health setting. Field trips are required.

NURSE 1000 NCLEX-RN Review 1 Unit

Prerequisite: NURSE 420 with a grade of "C" or better.

Corequisite: NURSE 430.

Hours: 18 hours LEC

This course prepares the student to take the NCLEX-RN (National Council Licensure Examination-Registered Nurse) by application of computer test-taking skills, identifying knowledge deficits and implementing strategies for reducing knowledge deficits in a self-directed learning environment. This course may be taken twice. Credit/No Credit only.

Allied Health

AH 110 Medical Language for Health-Care Providers **3 Units**

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.