

2006-2007

Pre-Nursing

**Courses Offered at the
University of Oregon**

Prepared by:

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Dear Student,

UO does not have a nursing major. The course plan in this pamphlet is designed to meet prerequisites for OHSU entrance requirements. It is your responsibility to contact the nursing schools you would like to attend for specific info to be sure you meet all necessary requirements.

What is Nursing?

Today's registered nurses (RNs) work to promote health, prevent disease, help patients and their families cope with illness, emergencies and long-term disease and save lives. A nurse combines science and technology with people skills like communication, problem solving, teaching, and compassion. Nurses touch people's lives at a time when they need help. Nursing is one of the most respected professions in the United States.

What is an RN?

After graduating from a nursing program at either a community college or a four-year college, you must take an examination to become a licensed registered nurse. The exam is called the NCLEX examination. NCLEX stands for National Council Licensure Examination.

What is the job outlook for Nursing?

According to the American Association of Colleges of Nursing (AACN), "By 2020, 808,416 jobs for full-time equivalent RNs are expected to go unfilled nationwide." With the world population living longer and needing more care, the healthcare field is one of the best places to get a job, and will likely stay that way for many years to come.

Aside from hospitals, where do nurses work?

Long-term care centers (rehabilitation, nursing homes, hospice), community health clinics, freestanding outpatient and surgery centers, medical offices (eye doctors, dentists, obstetricians, surgeons, and others), home care (visiting nurses, private duty nurses), nursing schools (as professors), corporate health centers (occupational safety, consultants, educators), insurance and managed care companies, other companies (pharmaceutical, medical technology, biotech, and others), research centers (research nursing), schools (including K-12, university clinics), military, Peace Corps and international service organizations, and as hospital regulators (conducting surveys, inspections).

What are the occupational options for nurses?

Occupational Health Nurse, Public Health Nurse, Travel Nurse, School Nurses, Study/Research Coordinators, Home Health Care, Legal Nurse Consultants, Clinical Researchers, Forensics Nurses, Military Nurses, Certified Nurse Midwives, and Psychiatric Nurse Practitioners.

What is the salary for nurses?

According to the U.S. Department of Labor, median annual earnings of registered nurses were \$52,330 in May 2004. Median annual earnings in the industries employing the largest numbers of registered nurses in May 2004 were as follows: employment services (\$63,170), general medical and surgical hospitals (\$53,450), home health care services (\$48,990), physicians' offices (\$48,250), and nursing care facilities (\$48,220). Income varies depending on the nurse's education level, position and setting.

What are the educational programs available for nursing education?

Two primary types of nursing education programs enable you to take the State Board of Nursing Licensure Examination. The programs are the associate degree in nursing and the baccalaureate degree in nursing. **Associate Degree in Nursing (ADN or ASN)** programs are generally available at community colleges. The ADN program balances content with general studies and nursing education. The program offers a wide variety of clinical nursing experiences and prepares graduates to deliver direct care to patients. Once the nursing prerequisites are completed, it is common for the student to complete the nursing course requirements in two years. Many ADN programs are designed to be "articulated" (serve as a bridge to) baccalaureate degree programs or RN to masters completion programs. The student should ask what arrangements have been made between the ADN program and bachelor's or master's programs.

Bachelor of Science in Nursing (BSN) degree programs are generally four academic years in length and are located in senior colleges or universities. The AACN states that they and other leading nursing organizations, "recognize the BSN degree as the minimum educational requirement for professional nursing practice." The course of study combines the theory and the practice of nursing, with general education in the humanities and behavioral, biological, and physical sciences. These serve as a core for the development of the nursing major. The BSN program offers students experience in major settings where health care is delivered. Baccalaureate education prepares graduates for entrance into graduate study at the master's degree level, a minimum requirement for teaching, administration, clinical specialization, and nursing research.

Degree Routes to Careers in Nursing

There are two traditional routes to a Bachelor of Science in Nursing:

- 1) Complete the degree at a 4-year school offering the BSN, such as Linfield College or the University of Portland.
- 2) Complete the prerequisite courses at a community college or a four-year school and transfer to an accredited school of nursing, such as Oregon Health Sciences University School of Nursing (OHSU), Linfield College, or University of Portland.

There are various non-traditional routes to BSNs and higher degrees. All require completion of a bachelor's degree in a non-nursing field and completing specific courses in the sciences and other disciplines. One route leads to a second bachelor's degree, one leads to a master's degree, and one to the Ph.D/ND, such as Case Western Reserve. The time to completion varies significantly depending on the degree sought. Most accelerated BSNs require 12-18 months.

Although prerequisites vary from program to program, there is a set of courses, that is very like the requirements of the traditional routes. The following are almost universally required:

- General Chemistry (~90% of the schools require chemistry)
- Human Anatomy and Physiology
- Microbiology
- Statistics
- General Psychology and Developmental Psychology
- Nutrition (required or strongly recommended)

The internet site [http:// www.allnursingschools.com/faq](http://www.allnursingschools.com/faq) provides easy access to many, but not all, of the major programs. Or 'accelerated BSN' as a topic for a search engine will produce many important sites and considerable information on the profession of nursing.

Specialties

The specialties listed below typically require a Master of Science in Nursing (MSN) degree or higher:

Nurse Practitioners Among their clinical roles, nurse practitioners (NPs) conduct physical exams; diagnose and treat common acute illnesses and injuries; provide immunizations; manage high blood pressure, diabetes, and other chronic problems; order and interpret X-rays and other lab tests; and counsel patients on adopting healthy lifestyles and health care options. In addition to practicing in clinics and hospitals in metropolitan areas, the nation's estimated 71,000 nurse practitioners also deliver care in rural sites, inner cities, and other locations not adequately served by physicians, as well as to other populations, such as children in schools and the elderly. Many NPs work in pediatrics, family health, women's health, and other specialties, and some have private practices. Nurse practitioners can prescribe medications in all states and the District of Columbia.

Clinical Nurse Specialists (CNSs) provide care in a range of specialty areas, such as cardiac, oncology, neonatal, and obstetric/gynecological nursing, as well as pediatrics, neurological nursing, and psychiatric/mental health. Working in hospitals and other clinical sites, CNSs provide acute care and mental health services, develop quality assurance procedures, and serve as educators and consultants.

Nurse Midwives The nation's approximately 6,500 certified nurse-midwives (CNMs) provide prenatal and gynecological care to normal healthy women; deliver babies in hospitals, private homes, and birthing centers; and continue with follow-up postpartum care. CNMs attend over 10% of the births in the U.S. 96% of these births are in hospitals.

Nurse Anesthetists More than 30,000 certified registered nurse anesthetists (CRNAs) administer more than 65 percent of all anesthetics given to patients each year. Of the 24 million anesthetics given annually, about 20 percent are administered by CRNAs practicing independently and 50 percent by CRNAs in collaboration with physician anesthesiologists, says AANA. Working in the oldest of the advanced nursing specialties, CRNAs administer anesthesia for all types of surgery in settings ranging from operating rooms and dental offices to outpatient surgical centers.

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SAMPLE PLAN FOR OHSU/OCNE ONLY*

Fall Term Winter Term Spring Term Summer Term

WR 121 CH 111(pre-req MATH 95) SOC 204 ELECTIVE ¹ (14 - 16)	WR 122 BI 211 MATH 243 ² ELECTIVE ¹	WR 123 ² BI 212 ELECTIVE ¹ ELECTIVE ¹ (16)	HPHY 199 (nutrition) OR Take FN 225 @ LCC (3 - 4)
ANAT 311 ANAT 314 HPHY 313 HPHY 316 PSY 201 (14)	ANAT 312 ANAT 315 HPHY 314 HPHY 317 PSY 215 or 235 ³ (@LCC)	ELECTIVE ³ ELECTIVE ELECTIVE (12)	

TOTAL CREDITS = 87-91 CREDITS

*This plan represents the MINIMUM requirements necessary to apply for OHSU/OCNE programs and is merely a SAMPLE plan. It is wise to consider taking courses above and beyond the minimum requirements to improve your chances for admission. Students should maintain a B+/A-average (particularly in science courses) to be considered a competitive applicant. Students planning to prepare for other programs in addition to OHSU/OCNE (i.e. Linfield and University of Portland) should see Lori for a more specific course plan.

FOOTNOTES

¹At least 8 credits of elective courses should come from the Arts & Letters group. Other electives can be P.E., seminars, or additional Arts and Letters or Social Science group courses.

²MATH 243 and WR 123 are NOT required for admission, however they are required to earn the BSN in the OHSU/OCNE program.

³UO does not offer lifespan development. LCC has one course that covers lifespan (PSY 215) OR students may opt to take a two-course sequence (PSY 235 in winter and PSY 236 in spring).

For More Information about Nursing and
Nursing Education,
go to the following websites:

Johnson and Johnson Discover Nursing
www.discovernursing.com

Linfield College
www.linfield.edu/portland/nursing/index.html

Oregon Health Sciences University School of Nursing
www.ohsu.edu/son

University of Portland
www.up.edu

All Nursing Schools
www.allnursingschools.com

American Association of Colleges of Nursing
www.aacn.nche.edu

American Academy of Nurse Practitioners
www.aanp.org

Oregon State Board of Nursing
www.osbn.state.or.us

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