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 Program Director:  
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Degree: A.S. - Registered Nursing  
 A.S. - LVN to RN Career Mobility  
 Certificates: Licensed Vocational Nurse (LVN) -  
 30-unit option  
 Department Certificates:  
 Certified Nurse Assistant  
 Home Health Aide

## DEGREES AND CERTIFICATES

### Registered Nursing Degree

**Major Code: 011199A01**

Nursing is a health care profession that draws on nursing science, natural physical and biological sciences, as well as the social sciences and humanities. The Nursing Program consists of general education and nursing courses designed to prepare an entry-level registered nurse, who can function effectively in the rapidly changing healthcare environment. Simulated and actual patient centered learning experiences provide for application of concepts. Each semester of education builds upon previous learning. The graduate of the Associate Degree Nursing program at American River College demonstrates entry-level competencies and meets the educational requirements necessary to take the National Council Licensure Examination (NCLEX-RN) to become licensed as a Registered Nurse and eligible for employment.

A grade of “C” or better is required in each nursing course for progression in the program. Clinical experiences may change with limited notice and occur morning, afternoon, evening, and weekends. Students are responsible for their own transportation. Students are required to pay for uniforms, necessary equipment, malpractice insurance, background checks, drug testing, and health requirements.

**Note:** The California Board of Registered Nursing (BRN) protects the public by screening applicants for licensure in order to identify potentially unsafe practitioners. The law provides for denial of licensure for crimes or acts, which are substantially related to nursing qualifications, functions, or duties. At time of licensure application, all convictions must be reported except for minor traffic violation. (Business and Professions Code §480 and Nurse Practice Act ARTICLE 3 §2761)

**Note:** Providing a Social Security Number (SSN) OR Individual Taxpayer Identification Number (ITIN): Pursuant to Business and Professions Code §30(c) the BRN will not process any application for licensure unless the applicant provides a SSN or ITIN. The Nursing Practice Act provides for a unified examination and licensing application. Once an applicant passes the examination, a license is automatically issued. Under these circumstances the BRN cannot accept applications for the examination and licensure without a SSN/ITIN.

### Student Learning Outcomes

*Upon completion of this program, the student will be able to:*

- use clinical reasoning and knowledge based on the nursing program of study, evidence based practice outcomes, and research based policies and procedures as the basis for decision-making and delivery of comprehensive, safe, patient centered care.
- use information and technology to communicate, manage knowledge, and mitigate error.
- participate in quality improvement activities to measure patient outcomes, identify hazards and errors, and to improve care.
- coordinate, collaborate, and communicate with diverse patients, families, and the interdisciplinary healthcare team to plan, deliver, and evaluate care that promotes quality of life.
- demonstrate delegation, management, and leadership skills that integrate systems thinking, communication, and change processes.
- demonstrate behavior that reflects the values of the nursing profession including self-awareness, a spirit of inquiry, leadership, ethical comportment, effective communication, clinical judgment and competence, and mentorship.
- adhere to standards of practice within legal, ethical, and regulatory frameworks of the professional nurse.

### Career Opportunities

“Employment of registered nurses is projected to grow 16 percent from 2014 to 2024, much faster than the average for all occupations. Growth will occur for a number of reasons, including an increased emphasis on preventive care; growing rates of chronic conditions, such as diabetes and obesity; and demand for healthcare services from the baby-boom population, as they live longer and more active lives” (Bureau of Labor Statistics, Dec. 2015. Job Outlook Registered Nurse.

Retrieved from:

[www.bls.gov/ooh/healthcare/registered-nurses.htm](http://www.bls.gov/ooh/healthcare/registered-nurses.htm)

### Enrollment Eligibility

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

- Graduation from an accredited high school or successful completion of General Education Development (GED) or California High School Proficiency Exam (CHSPE). Graduates from outside the United States must have transcripts evaluated by an approved independent agency. These requirements are defined by the Nurse Practice Act, California Code of Regulations, Title 16, Division 14, ARTICLE 1, §1412.
- A grade of “C” or better and 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 or ENGWR 480, NUTRI 300, and PSYC 300 or PSYC 480.
- Completion of the latest edition of the Test of Essential Academic Skills (TEAS), developed by the Assessment Technologies Institute, LLC (ATI). A minimum composite score is necessary to be eligible for application to the program.
- Note: In-progress grades are not accepted for prerequisite courses.
- Note: The Nursing Admissions Committee will determine acceptance of pre-nursing courses taken outside the Los Rios Community College District.

**Note:** The American River College Nursing Program reserves the right to make changes in the enrollment criteria, academic requirements, grading standards and other processes without notice at any time.

### Enrollment Process

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

- The Associate in Science Degree Registered Nursing Program at American River College uses a multi-criteria enrollment process. Students must reapply each semester. There is no waiting list.
- Detailed information about program requirements, enrollment criteria, enrollment applications and deadlines are available on the college website at [arc.losrios.edu](http://arc.losrios.edu)
- Applicants must obtain a Los Rios Community College District student identification number in order to access the online application.
- Applications for enrollment, OFFICIAL transcripts, and all other supporting documents must be submitted by the posted due date for the candidate’s application to be reviewed, and potentially placed into the pool for random selection. Only students who meet the educational and pre-nursing requirements and follow the enrollment procedures will be considered for the program. Meeting all these requirements does not guarantee acceptance into the program.
- Students wishing to transfer into the second, third, or fourth semester of the nursing program must contact the department office at (916) 484-8254. The office will provide a transfer packet and current information on space availability.

Requirements for Degree		71-72 units
Prerequisites for Nursing:		
BIOL 430	Anatomy and Physiology.....	5 <sup>1</sup>
BIOL 431	Anatomy and Physiology.....	5
BIOL 440	General Microbiology (4).....	4 - 5
or BIOL 442	General Microbiology and Public Health (5)	
ENGWR 300	College Composition (3).....	3
or ENGWR 480	Honors College Composition (3)	
NUTRI 300	Nutrition.....	3
PSYC 300	General Principles (3).....	3
or PSYC 480	Honors General Principles (3)	
<b>1st Semester:</b>		
NURSE 400	Nursing, Patient, and Healthcare Concepts I.....	10.5
SPEECH 301	Public Speaking.....	3 <sup>2</sup>
<b>2nd Semester:</b>		
NURSE 410	Nursing, Patient, and Healthcare Concepts II.....	10.5
ANTH 310	Cultural Anthropology (3).....	3 <sup>3</sup>
or ANTH 481	Honors Cultural Anthropology (3)	
or SOC 300	Introductory Sociology (3)	
or SOC 480	Introductory Sociology - Honors (3)	
<b>3rd Semester:</b>		

NURSE 420	Nursing, Patient, and Healthcare Concepts III.....	10.5
<b>4th Semester:</b>		
NURSE 430	Nursing, Patient, and Healthcare Concepts IV.....	10.5
<sup>1</sup> BIOL 430, 440, and 442 have prerequisites. Please check catalog course descriptions.		
<sup>2</sup> SPEECH 301 must be taken either prior to or concurrently with NURSE 400.		
<sup>3</sup> ANTH or SOC must be taken either prior to or concurrently with NURSE 410.		
<b>Associate Degree Requirements:</b> 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

**Major Code: 01X1200A01**

Nursing is a health care profession that draws on nursing science, natural physical and biological sciences, as well as the social sciences and humanities. The Nursing Program consists of general education and nursing courses designed to prepare an entry-level registered nurse, who can function effectively in the rapidly changing healthcare environment. Simulated and actual patient centered learning experiences provide for application of concepts. Each semester of education builds upon previous learning.

This degree is designed for the California Licensed Vocational Nurse (LVN) who is admitted for advanced placement into the second year of the Registered Nursing (Associate Degree) Program. The graduate of the Associate Degree Nursing program at American River College demonstrates entry-level competencies and meets the educational requirements necessary to take the National Council Licensure Examination (NCLEX-RN) to become licensed as a Registered Nurse and eligible for employment.

A grade of “C” or better is required in each nursing course for progression in the program. Clinical experiences may change with limited notice and occur morning, afternoon, evening, and weekends. Students are responsible for their own transportation. Students are required to pay for uniforms, necessary equipment, malpractice insurance, background checks, drug testing, and health requirements.

**Note:** The California Board of Registered Nursing (BRN) protects the public by screening applicants for licensure in order to identify potentially unsafe practitioners. The law provides for denial of licensure for crimes or acts, which are substantially related to nursing qualifications, functions, or duties. At time of licensure application, all convictions must be reported except for minor traffic violation. (Business and Professions Code §480 and Nurse Practice Act ARTICLE 3 §2761)

**Note:** Providing a Social Security Number (SSN) OR Individual Taxpayer Identification Number (ITIN): Pursuant to Business and Professions Code §30(c) the BRN will not process any application for licensure unless the applicant provides a SSN or ITIN. The Nursing Practice Act provides for a unified examination and licensing application. Once an applicant passes the examination, a license is automatically issued. Under these circumstances the BRN cannot accept applications for the examination and licensure without a SSN/ITIN.

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(LVN to RN Career Mobility Degree continued)

**Student Learning Outcomes**

Upon completion of this program, the student will be able to:

- use clinical reasoning and knowledge based on the nursing program of study, evidence based practice outcomes, and research based policies and procedures as the basis for decision-making and delivery of comprehensive, safe, patient centered care.
- use information and technology to communicate, manage knowledge, and mitigate error.
- participate in quality improvement activities to measure patient outcomes, identify hazards and errors, and to improve care.
- coordinate, collaborate, and communicate with diverse patients, families, and the interdisciplinary healthcare team to plan, deliver, and evaluate care that promotes quality of life.
- demonstrate delegation, management, and leadership skills that integrate systems thinking, communication, and change processes.
- demonstrate behavior that reflects the values of the nursing profession including self-awareness, a spirit of inquiry, leadership, ethical comportment, effective communication, clinical judgment and competence, and mentorship.
- adhere to standards of practice within legal, ethical, and regulatory frameworks of the professional nurse.

**Career Opportunities**

“Employment of registered nurses is projected to grow 16 percent from 2014 to 2024, much faster than the average for all occupations. Growth will occur for a number of reasons, including an increased emphasis on preventive care; growing rates of chronic conditions, such as diabetes and obesity; and demand for healthcare services from the baby-boom population, as they live longer and more active lives” (Bureau of Labor Statistics, Dec. 2015. Job Outlook Registered Nurse. Retrieved from [www.bls.gov/ooh/healthcare/registered-nurses.htm](http://www.bls.gov/ooh/healthcare/registered-nurses.htm)).

**Enrollment Eligibility**

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

- Possession of a current clear and active California Licensed Vocational Nurse (LVN) license at the time of application and through program completion.
- A grade of “C” or better and a cumulative G.P.A. of 3.0 in the following science prerequisites: BIOL 430, BIOL 431, and BIOL 440 or 442.
- A grade of “C” or better and a cumulative G.P.A. of 2.5 in the following prerequisite courses: ANTH 310, ANTH 481, SOC 300, or SOC 480; ENGWR 300 or ENGWR 480; NUTRI 300; PSYC 300 or PSYC 480; and SPEECH 301.
- Completion of the latest edition of the Test of Essential Academic Skills (TEAS), developed by the Assessment Technologies Institute, LLC (ATI). A minimum composite score is necessary to be eligible for application to the program. Additional information is available on the college website: [arc.losrios.edu](http://arc.losrios.edu)
- **Note:** In-progress grades are not accepted for prerequisite courses.
- **Note:** The Nursing Admissions Committee will determine acceptance of pre-nursing courses taken outside the Los Rios Community College District.
- **Note:** The American River College Nursing Program reserves the right to make changes in the enrollment criteria, academic requirements, grading standards and other processes without notice at any time.

**Enrollment Process**

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

- Applicants must obtain a Los Rios Community College District student identification number in order to access the online application.
- Detailed information about program requirements, enrollment criteria, enrollment applications and deadlines are available on the campus website at [arc.losrios.edu](http://arc.losrios.edu).
- Applications for enrollment, transcripts, and all other supporting documents must be submitted by the posted due date for the candidate’s application to be reviewed, and potentially placed into the pool for random selection. Only students who meet the educational and pre-nursing requirements and follow the enrollment procedures will be considered for the program. Meeting all these requirements does not guarantee acceptance into the program.
- 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.

**Requirements for Degree**

**76-77 Units**

**Prerequisites for LVN to RN Mobility Program:**

ANTH 310	Cultural Anthropology (3) .....	3
or ANTH 481	Honors Cultural Anthropology (3)	
or SOC 300	Introductory Sociology (3)	
or SOC 480	Introductory Sociology - Honors (3)	
BIOL 430	Anatomy and Physiology .....	5 <sup>1</sup>
BIOL 431	Anatomy and Physiology .....	5
BIOL 440	General Microbiology (4) .....	4 - 5
or BIOL 442	General Microbiology and Public Health (5)	
ENGWR 300	College Composition (3) .....	3
or ENGWR 480	Honors College Composition (3)	
NUTRI 300	Nutrition .....	3
PSYC 300	General Principles (3) .....	3
or PSYC 480	Honors General Principles (3)	
SPEECH 301	Public Speaking .....	3

**Positive Credit after LVN Transcript Evaluation:**

NURSE 400	Nursing, Patient, and Healthcare Concepts I .....	10.5 <sup>2</sup>
NURSE 410	Nursing, Patient, and Healthcare Concepts II .....	10.5 <sup>3</sup>

**1st Semester - Summer Session:**

NURSE 305	Transition to Nursing, Patient, and Healthcare Concepts for the Associate Degree Nurse .....	5
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**2nd Semester:**

NURSE 420	Nursing, Patient, and Healthcare Concepts III .....	10.5
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**3rd Semester:**

NURSE 430	Nursing, Patient, and Healthcare Concepts IV .....	10.5
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<sup>1</sup>BIOL 430, 440, and 442 have prerequisites. Please check catalog course descriptions.

<sup>2</sup>Credit for NURSE 400 will be given after evaluation of LVN program transcripts.

<sup>3</sup>Credit for NURSE 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.

## Licensed Vocational Nurse (LVN) 30-unit option Certificate

**Major Code: 011201C01**

The LVN 30-unit option program, which is required by the Board of Registered Nursing (California Code of Regulations §1429), provides the Licensed Vocational Nurse (LVN) the opportunity to take the National Council Licensure Examination (NCLEX-RN) once the registered nursing course requirements have been met and without meeting the degree requirements for the Associate in Science Degree. This option does not satisfy American River College's Nursing Program requirements nor lead to an Associate of Science Degree in Nursing.

A grade of "C" or better is required in each nursing course for progression in the program. Clinical experiences may change with limited notice and occur morning, afternoon, evening, and weekends. Students are responsible for their own transportation. Students are required to pay for uniforms, necessary equipment, malpractice insurance, background checks, drug testing, and health requirements.

**Note:** The California Board of Registered Nursing (BRN) protects the public by screening applicants for licensure in order to identify potentially unsafe practitioners. The law provides for denial of licensure for crimes or acts, which are substantially related to nursing qualifications, functions, or duties. At time of licensure application, all convictions must be reported except for minor traffic violation. (Business and Professions Code §480 and Nurse Practice Act ARTICLE 3 §2761).

**Note:** Providing a Social Security Number (SSN) OR Individual Taxpayer Identification Number (ITIN): Pursuant to Business and Professions Code §30(c) the BRN will not process any application for licensure unless the applicant provides a SSN or ITIN. The Nursing Practice Act provides for a unified examination and licensing application. Once an applicant passes the examination, a license is automatically issued. Under these circumstances the BRN cannot accept applications for the examination and licensure without a SSN/ITIN.

### Student Learning Outcomes

*Upon completion of this program, the student will be able to:*

- use clinical reasoning and knowledge based on the nursing program of study, evidence based practice outcomes, and research based policies and procedures as the basis for decision-making and delivery of comprehensive, safe, patient centered care.
- use information and technology to communicate, manage knowledge, and mitigate error.
- participate in quality improvement activities to measure patient outcomes, identify hazards and errors, and to improve care.
- coordinate, collaborate, and communicate with diverse patients, families, and the interdisciplinary healthcare team to plan, deliver, and evaluate care that promotes quality of life.
- demonstrate delegation, management, and leadership skills that integrate systems thinking, communication, and change processes.
- demonstrate behavior that reflects the values of the nursing profession including self-awareness, a spirit of inquiry, leadership, ethical comportment, effective communication, clinical judgment and competence, and mentorship.
- adhere to standards of practice within legal, ethical, and regulatory frameworks of the professional nurse.

### Career Opportunities

The State of California provides the LVN with an option to take the National Council Licensure Examination (NCLEX-RN) after completing 30 college semester units. The LVN seeking this path to RN licensure will not receive a degree and this may impact employment opportunities. Additionally, reciprocal RN licensure in other states may be affected. LVNs considering moving out-of-state are encouraged to consult with that state's board of nursing for RN licensure requirements before committing to the 30-unit option.

See [losrios.edu/gainful-emp-info/gedt.php?major=011201C01](http://losrios.edu/gainful-emp-info/gedt.php?major=011201C01) for Gainful Employment Disclosure.

### Enrollment Eligibility

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

- Possession of a current clear and active California Licensed Vocational Nurse (LVN) license at the time of application and through program completion.
- Completion of a minimum of six months recent LVN work experience.
- A grade of "C" or better and a cumulative G.P.A. of 3.0 in the following science prerequisites: BIOL 430, BIOL 431, and BIOL 440 or BIOL 442.
- Note: In-progress grades are not accepted for prerequisite courses.
- Note: The Nursing Admissions Committee will determine acceptance of pre-nursing courses taken outside the Los Rios Community College District.

**Note:** The American River College Nursing Program reserves the right to make changes in the enrollment criteria, academic requirements, grading standards and other processes without notice at any time.

### Enrollment Process

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

- Contact the Nursing Department at (916) 484-8254 for an appointment with the Program Director. Objective counseling of this option and individual evaluation will occur at the appointment.
- Provide unofficial transcripts and course descriptions of physiology, microbiology, and previous LVN program at the appointment.
- Meeting these requirements does not guarantee acceptance into the program. Entry is subject to space availability.

Requirements for Certificate		30 Units
<b>Semester 1:</b>		
BIOL 431	Anatomy and Physiology.....	5
BIOL 440	General Microbiology .....	4 <sup>1</sup>
<b>Semester 2:</b>		
NURSE 420	Nursing, Patient, and Healthcare Concepts III .....	10.5
<b>Semester 3:</b>		
NURSE 430	Nursing, Patient, and Healthcare Concepts IV .....	10.5 <sup>1</sup>

<sup>1</sup>BIOL 430, 440, and 442 have prerequisites. Please check catalog course descriptions.

## DEPARTMENT CERTIFICATES

### 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 receive a certificate of course completion and become eligible to take the California state exam to become a certified nurse assistant.

#### Student Learning Outcomes

*Upon completion of this program, the student will be able to:*

- explain the California Administrative Code, Title XXII, Section 72527, as it relates to the role and responsibilities of the Certified Nursing Assistant regarding professionalism, ethics, and confidentiality.
- discuss resident rights, appropriate interaction with residents, families, and other members of the health care team.
- discuss and demonstrate rehabilitation and restorative care with proper and safe body mechanics.
- explain what constitutes an emergency and the basics of emergency care required of a Certified Nurse Assistant.
- discuss and practice basic restraint use and associated safety measures and alternatives to restraints.
- differentiate common therapeutic diets.
- discuss and demonstrate basic care procedures required of a Certified Nurse Assistant.
- state and demonstrate protective measures to prevent the spread of infection.

#### Career Opportunities

Certified Nurse Assistants have a wide variety of work opportunities. The most common work placement is in long-term care facilities. Additionally, the work may be found in acute care settings, assisted care facilities, and rehabilitation care centers.

#### Enrollment Eligibility

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

- The program reserves the right to make changes in the enrollment criteria, academic requirements, grading standards, and other processes without notice at any time.
- Student must go to the ARC Nursing website to read the NURSE 100 application process and follow the directions.
- Student will be required to submit a negative TB skin test completed within six months prior to class entrance or a negative chest x-ray completed within one year prior to class entrance.
- Spring semester student must submit proof of having a current influenza vaccine to participate in clinical experiences. Fall semester student must obtain an influenza vaccine when the vaccine becomes available.
- Student must submit a completed health history and physical exam completed within 90-days prior to class entrance. Physical exam must clear student to fully participate in clinical labs. Student must use and submit the ARC Nurse Assistant Medical Form.

- Student must have successfully completed the English pre-requisite. Required English classes: ESLW 50, ESLR 50, and ESLL 50; or ENGWR 50 and ENGRD 15; or ENGWR/ENGRD 56; or English assessment to the equivalent by ARC Assessment Center. Or, provide proof of A.A. degree or higher degree from an accredited college in the United States.
- Student must meet the California Department of Public Health (CDPH) regulation that requires the student be able to listen, comprehend, and respond appropriately, both verbally and in action, to the English language at a minimum sixth grade level.
- CNA student-applicants must pass a criminal screening prior to acceptance into the course. Certain Penal Codes violations may automatically disqualify an individual for certification through the CDPH. A list of these Penal Codes can be found on the CDPH website.
- Student cannot apply and be admitted to NURSE 100 more than twice.

#### Enrollment Process

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

- Read the application process located at the ARC Nursing Department website and follow the directions.
- Admission to the course is by department consent only and determined after review of the applications.

Requirements for Certificate	7 Units
NURSE 100 Nurse Assistant .....	7

### 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 from the instructor. The State of California will certify the CNA as a Home Health Aide after successful course completion and without further testing.

**Note:** More information is available about NURSE 101 at the ARC nursing website in the NURSE 101 course information packet.

#### Student Learning Outcomes

*Upon completion of this program, the student will be able to:*

- explain and discuss the roles and responsibilities of the Home Health Aide (HHA).
- discuss and demonstrate documentation requirements of the HHA.
- describe how culture, religious/spiritual needs, lifestyle, and life experiences of the client and family can influence care provided by the HHA.
- describe and discuss the signs and symptoms of common diseases and disorders of the homebound client.
- provide basic personal care needs and a clean, safe, and healthy environment for the homebound client.

#### Career Opportunities

The Home Health Aide may expand on the CNA work experiences and settings to include the homebound client.

## Enrollment Eligibility

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

- Student must submit one of the following items prior to the start of class: (A.) A copy of Certified Nurse Assistant (CNA) course completion certificate from a California Department of Public Health approved CNA program. Certificate must be signed and dated by the course instructor; OR (B.) A copy of unofficial program or college transcript denoting CNA course and date of completion; OR (C.) A copy of active status, California CNA certificate.
- Student must meet the English prerequisite: (A.) A student who received a CA state CNA certificate prior to 2005 must complete and submit the NURSE 101 English prerequisite. The English prerequisite is ESLW 50, ESLR 50, and ESLL 50; OR ENGWR 51 and ENGRD 15; OR evaluation through assessment at the ARC assessment center. Further information about the English prerequisite and the ARC assessment center can be found at the ARC Nursing website in the NURSE 101 course information packet; OR (B.) A student who received a CA state certified nurse assistant certificate in 2005, or after 2005, has already met the California state English requirement. It was required prior to entering a CNA program. Therefore, no English prerequisite submission is needed for NURSE 101.
- Student must submit completed health history and physical exam done within the last one year prior to the start of class. The health history and physical exam must be signed by the student and the health care provider. Physical exam must clear student to fully participate in clinical labs. Student must use the ARC Nurse Assistant Medical form provided in the NURSE 101 online information packet.
- Student must submit Tuberculin [TB] skin clearance test within the past six months prior to start of class. Or student must submit a TB clearance chest x-ray within one year prior to start of class.
- Student must submit proof of current influenza vaccine.
- Student must review the list of penal codes that determine automatic HHA certification denial. If student has been convicted of any crime on the list that student can not be enrolled in the NURSE 101 class. The California Department of Public Health (CDPH) automatic denial penal code list can be found at the ARC Nursing website in the NURSE 101 course information packet. If student has been convicted of any crime that is not listed on the automatic denial penal code list, the student must submit to CDPH the required forms for criminal clearance review. The student must have proof of criminal clearance before entering the NURSE 101 class. Information about conviction review and required review forms can be found at the ARC Nursing web site in the NURSE 101 information packet.

## Enrollment Process

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

- Student must submit completed, time-sensitive prerequisites. Student must refer to the ARC Nursing Program website, NURSE 101 information packet, for complete information about course prerequisites and prerequisite submission deadline.

## Requirements for Certificate

**2 Units**

NURSE 101	Home Health Aide .....	2
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## Allied Health

### AH 110 Medical Language for Health-Care Providers

**3 Units**

Hours: 54 hours LEC

This course is an orientation to medical language. It covers the basic structure of medical terms and their components: prefixes, suffixes, roots, and combining forms with emphasis on meaning, spelling, and pronunciation. This course also builds a medical vocabulary applicable to the specialties of medicine, the systems of the body, names of major diseases, and terms used in physical examination, diagnosis, and treatment.

### AH 112 Strategies for Student Success in Health Occupations

**3 Units**

Advisory: ENGWR 101 with a grade of "C" or better

Hours: 54 hours LEC

This course provides realistic and useful strategies to enhance success in reaching career goals associated with health occupations. It covers the necessary skills to determine a career path based on a realistic understanding of specific health occupations and associated aptitudes. Field trips may be required.

## Nursing

### NURSE 100 Nurse Assistant

**7 Units**

Prerequisite: AH 110 with a grade of "C" or better

Enrollment Limitation: Prior to the first class the following requirements must be submitted for review: (1) Proof of physical exam no older than three months. (2) Proof of negative tuberculin (TB) skin test no older than three months. (3) If TB skin test result is positive, proof of inactive TB chest x-ray no older than three months. (4) Spring semester student must submit proof of having a current season influenza vaccine. Fall semester student must submit proof of current season influenza vaccine when the vaccine becomes available. (5) Course candidate must submit the Nurse Assistant initial application (CDPH 283B) that will include disclosure of prior or current criminal convictions. There is no automatic denial to take the course however, the California Department of Public Health can determine that the candidate is not eligible to be in the clinical setting or to take the state certification based on the criminal offense. (6) Unofficial transcript demonstrating AH 110 prerequisite.

Hours: 86 hours LEC; 120 hours LAB

This course leads to the nurse assistant certification exam. It emphasizes the gerontological nursing assistant's role and responsibilities as a healthcare team member. It also covers principles of asepsis, infection control, resident care skills, and emotional, social, and spiritual needs of the resident.

### NURSE 101 Home Health Aide

**2 Units**

Prerequisite: Proof of having completed a CA approved nurse assistant course or proof of current California nurse assistant certification

Hours: 27 hours LEC; 27 hours LAB

This course focuses on home health nurse 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 101 course information packet is available online at the ARC Nursing Program website.

**NURSE 305 Transition to Nursing, Patient, and Healthcare Concepts for the Associate Degree Nurse 5 Units**

*Enrollment Limitation: Acceptance into the career mobility track of the Associate Degree Nursing Program.*

*Course Transferable to CSU*

*Hours: 54 hours LEC; 108 hours LAB*

This bridge course is designed for the California Licensed Vocational Nurse (LVN) who is admitted for advanced placement into the second year of the Associate Degree Nursing (Registered Nursing) Program. It introduces the concept based curriculum and the knowledge, skills, and attitudes essential to nursing. It focuses on nursing management of the patient's response to health alterations as well as health promotion through the application of nursing knowledge, nursing process, and evidence based practice. The clinical laboratory experience is designed to facilitate the development of the core competencies of clinical practice: communication, leadership, patient centered care, professionalism, safety, teamwork and collaboration, evidence based practice, informatics and technology, and quality improvement. Emphasis is placed on health assessment across the lifespan, family communication, patient education, teamwork and collaboration, role transition, clinical judgment, and management of care.

**NURSE 310 Pharmacology and Implications for Health Care Practitioners 3 Units**

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course presents the principles of drug therapy as they apply to treating disease and maintaining health. It covers the metabolism and action of drugs, absorption, duration of action, distribution in the body, and adverse drug reactions. Major drug classes are included, as well as their related implications for people receiving these drugs. How these drugs affect the body systems are also covered. Administration of the medications according to nursing professional standards and health care professionals are discussed.

**NURSE 320 Medical Dosage Calculations 1.5 Units**

*Advisory: MATH 25 and 41*

*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. Three systems of measurement and conversion are practiced. This course also provides experience in understanding drug orders and drug labels. Calculation accuracy is emphasized by clinical scenarios and case study assignments.

**NURSE 341 Introduction to the Childbirth Support Profession: A DONA-Approved Birth Doula Workshop 1.5 Units**

*Course Transferable to CSU*

*Hours: 27 hours LEC*

This course prepares individuals to become professional labor support providers (birth doulas) and meets the didactic requirements for certification as a birth doula through DONA (Doulas of North America) International. Course content is also beneficial for current healthcare providers and those preparing for professions in the perinatal field. This course provides a foundation in reproductive anatomy and physiology, fetal development, perinatal care practices, and clinical terminology. It covers professional standards and ethics, business practices, values clarification, and communication skills. It introduces techniques for providing comfort, examines methods for facilitating the labor process and supporting the mother-baby dyad, and focuses on the emotional and psychological aspects of the birth experience with its significance for women's future self-concept and self-efficacy.

**NURSE 370 Focused Learning in the First Year of the ARC Nursing Program 1.5 Units**

*Corequisite: NURSE 400 or 410*

*Course Transferable to CSU*

*Hours: 27 hours LEC*

This course offers strategies to enhance student success in the first year of the Associate Degree Nursing (ADN) program. It provides an assessment of personal aptitudes, learning styles, strengths, and weaknesses in written and verbal communication, and potential barriers to successful completion of the nursing program. It also provides the development of personal and professional support systems and development of a purposeful analytic process that supports reasoned decisions and judgments as a health care professional. Pass/No Pass only.

**NURSE 372 Focused Learning in the Second Year of the ARC Nursing Program 1.5 Units**

*Corequisite: NURSE 420 or 430*

*Course Transferable to CSU*

*Hours: 27 hours LEC*

This course offers strategies to enhance student success in the second year of the Associate Degree Nursing (ADN) program. This course reviews personal aptitudes, learning styles, strengths, and weaknesses in written and verbal communication as well as potential barriers to completion of the nursing program. Course content addresses the specific theory and clinical needs of NURSE 420 and NURSE 430 while focusing on the development of critical thinking skills used when managing a group of patients in the clinical setting. Pass/No Pass only.

**NURSE 391 Supporting the Mother-Baby Connection: Evidence-Based Practices for Perinatal Care 1 Unit**

*Same As: HLA CT 301*

*Course Transferable to CSU*

*Hours: 18 hours LEC*

This course is designed for practicing health care professionals as well as students preparing to enter the fields of nursing, nutrition, health education, or early childhood development. It focuses on the physiology of attachment, bonding, and breastfeeding and the short- and long-term impacts of perinatal care practices on the mother-baby dyad. It grapples with the challenges of applying best-practice guidelines and model hospital policies to alleviate barriers for mothers choosing exclusive breastfeeding and creating environments that support maternal-infant biology and the newborn's natural capabilities, allowing improved outcomes with less time and effort. This course meets Board of Registered Nursing continuing education requirements and, when combined with requisite supervised clinical experience, fulfills all criteria for staff education as set by the Baby Friendly Hospital Initiative. This course is not open to students who have completed HLA CT 301.

**NURSE 400 Nursing, Patient,  
and Healthcare Concepts I 10.5 Units**

*Corequisite: SPEECH 301*

*Enrollment Limitation: Acceptance into the Associate Degree Nursing Program*

*Course Transferable to CSU*

*Hours: 81 hours LEC; 324 hours LAB*

This course introduces essential concepts of safe and effective nursing care for patients across the lifespan, utilizing the nursing process and evidence based practice. It focuses on the introduction of the wellness/illness continuum and the core competencies of clinical practice. The competencies include communication, leadership, patient centered care, professionalism, safety, teamwork and collaboration, evidence based practice, informatics and technology, and quality improvement. The clinical laboratory experience is designed to facilitate the fundamental acquisition of the core competencies of clinical practice. Emphasis is placed on health assessment across the lifespan, recognition of alterations from the norm, safety for patients and providers of care, interpersonal communication, patient centered care, ethics, and safe, evidence based technical skill interventions.

**NURSE 410 Nursing, Patient,  
and Healthcare Concepts II 10.5 Units**

*Prerequisite: NURSE 400 and SPEECH 301 with grades of "C" or better*

*Corequisite: ANTH 310, ANTH 481, SOC 300, or SOC 480*

*Course Transferable to CSU*

*Hours: 81 hours LEC; 324 hours LAB*

This course applies concepts of safe and effective nursing care for children, adults, and families, concentrating on healthcare needs on the wellness/illness continuum across the lifespan. It focuses on nursing management of the patient's response to health alterations as well as health promotion for childbearing and childrearing families through the application of nursing knowledge, nursing process, and evidence based practice. The clinical laboratory experience is designed to facilitate the development of the core competencies of clinical practice: communication, leadership, patient centered care, professionalism, safety, teamwork and collaboration, evidence based practice, informatics and technology, and quality improvement. Emphasis is placed on family communication, patient education, teamwork and collaboration, clinical judgment, and management of care.

**NURSE 420 Nursing, Patient,  
and Healthcare Concepts III 10.5 Units**

*Prerequisite: NURSE 410 with a grade of "C" or better; SOC 300 or SOC 480, or ANTH 310 or ANTH 481, with a grade of "C" or better.*

*Course Transferable to CSU*

*Hours: 81 hours LEC; 324 hours LAB*

This course adapts concepts of safe and effective nursing care for adults experiencing acute and chronic alterations across the wellness/illness continuum. It focuses on nursing management of the adult patient's response to physical and mental health alterations through the application of nursing knowledge, nursing process, and evidence-based practice. The clinical laboratory experience is designed to facilitate the development of the core competencies of clinical practice: communication, leadership, patient-centered care, professionalism, safety, teamwork and collaboration, evidence-based practice, informatics and technology, and quality improvement. Emphasis is placed on clinical judgment, inter-professional communication, patient-centered care, safety, and team collaboration.

**NURSE 430 Nursing, Patient,  
and Healthcare Concepts 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*

This course integrates concepts of safe and effective nursing care for individuals and groups of patients across the lifespan. It is designed to facilitate integration of knowledge, evidence based practice, and clinical judgment in the management of patients with complex healthcare needs, and to facilitate the student's transition into the profession of nursing. Clinical judgment skills are enhanced through advanced clinical experiences and role transition opportunities. The clinical laboratory experience is designed to facilitate the development and demonstration of the core competencies of clinical practice: communication, leadership, patient centered care, professionalism, safety, teamwork and collaboration, evidence based practice, informatics and technology, and quality improvement. Emphasis is placed on evidence based practice, quality improvement, team collaboration concepts, managing care for groups of patients, the role of the nurse in a systems based practice, inter-professional collaboration, legal precepts, and health policy.