



Course Outline

2026-2027 Catalog

NSG 37 - Endocrine Disorders

Catalog Description

Transfer Status: CSU

Prerequisite: NSG 18, NSG 21, NSG 22, NSG 23, NSG 24, NSG 28

Corequisite: NSG 31, NSG 32, NSG 35, NSG 36

Unit(s): 2.00

Lecture: 34.00 Contact hours/68.00 Out of class hours/102.00 Total hours/2.00 Unit(s)

Total: 34.00 Contact hours/68.00 Out of class hours/102.00 Total hours/2.00 Unit(s)

Course Description: This course covers basic nursing process, basic physiology, pathophysiology, medical care, complications, and nursing care related to clients experiencing disorders of the endocrine system. Graded only.

Objectives

Upon successful completion of this course, the student should be able to:

1. Distinguish between the types of diabetes, their pathophysiology, causes, complications, medical treatment and nursing care.
2. Discuss the diagnostic test associated with endocrine disorders and nursing care related to them.
3. Apply the nursing process in the care of clients with endocrine disorders.
4. Compare and contrast disorders of the endocrine system.
5. Explain the types of medications used to treat endocrine disorders, their action and side effects.
6. Describe the precise location of endocrine glands in the human body, the function of the hormones they secrete, and their function, and the symptoms of hypoactivity and hyperactivity of these glands.
7. Utilize the nursing process, identify basic overt and covert needs of these clients, plan and initiate nursing measures to meet these needs, then evaluate the status of identified client needs and the effectiveness of care provided.
8. Apply teaching principles to clients with endocrine disorders and initiate health education (culture sensitive) for the client and his/her family and identify community health resources available to the client.

Course Content

Topic Titles / Suggested Time Topic

Lecture

<u>Topics</u>	<u>Lec Hrs</u>
Diabetes overview/pathophysiology	3.00
Diagnostic tests	2.00
Management of diabetes mellitus (diet, exercise, medications, client teaching)	8.00
Complications	2.00
Long term effects (complications)	2.00
Endocrine	4.00
Pituitary Disorders	3.00
Adrenal Disorders	3.00
Thyroid Disorders	3.00
Parathyroid, thymus, and pineal disorders	2.00
Putting it all Together	2.00
Total Hours:	34.00

Methods of Instruction

- A. Discussion
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Lecture
- D. Multimedia Presentations
- E. Team Projects
 - Self-directed learning projects
 - Case studies/research studies
 - Guest speaker with Industry Expertise

Methods of Evaluation

- A. Exams/Tests
- B. Oral Presentation
- C. Homework
- D. Written Assignments

Examples of Assignments

Reading Assignments

1. Read chapter on diabetes in your medical surgical book and be prepared to discuss the complications of diabetes in class.
2. Read an article on teaching diabetic clients and be prepared to share this information with your classmates.

Writing Assignments

1. Write a two page summary on the types of diabetes. Be prepared to discuss in small groups in class.
2. Compare and contrast hyperthyroidism and hypothyroidism, and be prepared to discuss in class.

Out-of-Class Assignments

1. Attend one free community diabetic teaching class. Discuss this educational opportunity with your classmates in class.
2. Research one well known personality who has an endocrine disorder and how it has impacted their life. Be prepared to discuss in class.

Recommended Materials of Instruction

- Frandsen. (2014). *Abram's Clinical Drug Therapy Rationales for Nursing Practice*. Philadelphia: Lippincott, Williams, and Wilkins, 10th.
- Vallerand, A. & Sanoski, C. (2017). *Davis's Drug Guide*. Philadelphia: F. A. Davis, 15th.
- Lewis, S., Heitkemper, M., & Dirksen, S. R. (2017). *Medical-Surgical Nursing: Assessment and Management of Clinical Problems*. St Louis: Mosby, 10th.
- Pagana, K., & Pagana, T. (2015). *Manual of Diagnostic and Laboratory Tests*. St Louis: Mosby, 13th.
- Thomas, C. (Ed.). (2017). *Taber's Cyclopedic Medical Dictionary*. Philadelphia: F. A. Davis, 23rd.
- Carpentino-Moyet, L. (2017). *Nursing Diagnosis, Application to Clinical Practice Pocket Guide*. Philadelphia: Lippincott, Williams and Wilkins, 15th.
- Lewis, et al. (2016). *Supplement to Med-Surg Textbook*. St Louis: Mosby, 10th.
- Treas, L. & Wilkinson, J. (2014). *Basic Nursing: Concepts, Skills, Reasoning*. Philadelphia: F. A. Davis, 1st.
- Olsen, J.L., Giangrasso, A.P., & Shrimptom, D. (2016). *Medical Dosage Calculations*. New Jersey: Pearson Prentice Hall, 11th.
- Smith-Temple, J. (2010). *Nurses Guide to Clinical Procedures*. Philadelphia: Lippincott, Williams, and Wilkins, 6th.

Other Learning Materials

Treas, W. *Fundamental of Nursing Skills Videos 3.0*. 2nd ed. 2010.

Minimum Qualifications

Licensed Vocational Nursing
Nursing (Masters Required)

Created/Revised by: Craig, Susan

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