Study Plan

Essentials of Nursing Care: Health Safety

Starting Essentials of Nursing Care: Health Safety: You should begin by preparing yourself to read and review the material. Gather all necessary and important tools (highlighters, pens, post-its, note cards, etc.) that you will need to have at your disposal.

This study plan is designed to provide structure and planning for the module. Since all learners are different, feel free to adjust the study plan to fit your schedule and study needs. To be successful with Essentials of Nursing Care: Health Safety, you must know and understand the key terms. Creating flashcards may help you to review the terms or you can print the defined key terms online.

After you complete each chapter, you will want to take the corresponding chapter quiz before progressing. Please understand the quizzes are designed to test your understanding of the content and your ability to apply the information in the appropriate settings. You will have five attempts per chapter quiz. You will not be provided the correct answers as all of the answers can be found within the module content itself. However, your quiz results will show you the percentage of questions you answered correctly and a list of the questions you missed. If you do not score a 90% or higher, we suggest you return to the content that is related to the items you missed before you move on to the next chapter, which may build on the concepts you have not mastered. It is imperative that you understand the content in order to be successful on your exams.

Scheduling your study sessions with a calendar or a day planner can be very beneficial and can help with time management. For additional study suggestions for reading the modules, please refer to the section in the Academic Guidance Planner titled “Successful Mastery of Content.” If you do not have this section in your Academic Guidance Planner hardcopy, you can access it online through Printable Resources in The College Network Resource Center. We also recommend that you view the content located in the Center for Learning Empowerment section of the Resource Center for additional study strategies and learning information.
**Week 1: Chapters 1–2**

**Day 1: Chapter 1-The Nursing Process as a Clinical Framework (pages 1–18)**
- Read chapter objectives.
- Read chapter selection.
- Create flashcards for key terms.

**Day 2: Chapter 1-The Nursing Process as a Clinical Framework (pages 19–33)**
- Review chapter objectives and key terms from first half of chapter.
- Finish reading the chapter.
- Create flashcards for key terms.
- Answer the end-of-chapter study questions as best as you can from memory.
- Answer the chapter objectives as best as you can from memory.
- Complete Chapter 1 quiz. Review chapter information again if a 90% is not achieved and retake the quiz.

**Day 3: Review**
- Review key terms, chapter objectives, and end-of-chapter study questions for chapter 1.

**Day 4: Chapter 2-Nursing Care Related to the Nursing Process as a Clinical Framework**
- Review the end-of-chapter study questions for Chapter 1.
- Read chapter objectives.
- Read chapter.
- Answer the end-of-chapter study questions as best as you can from memory.
- Answer the chapter objectives as best as you can from memory.
- Complete Chapter 2 quiz. Review chapter information again if a 90% is not achieved and retake the quiz.

**Day 5: Review**
- Review key terms, chapter objectives, and end-of-chapter study questions for chapters 1 and 2. Retake any quizzes where a 90% was not achieved.

**Week 2: Chapters 3–4**

**Day 6: Chapter 3-Theoretical Models of Health, Wellness, and Illness and the Nursing Process (pages 61–79)**
- Review the end-of-chapter study questions for Chapter 2.
- Read chapter objectives.
- Read chapter selection.
- Create flashcards for key terms.
Day 7: Chapter 3-Theoretical Models of Health, Wellness, and Illness and the Nursing Process (pages 80–98)
- Review chapter objectives and key terms.
- Read chapter selection.
- Create flashcards for key terms.

Day 8: Chapter 3-Theoretical Models of Health, Wellness, and Illness and the Nursing Process (pages 99–108)
- Review chapter objectives and key terms.
- Finish reading the chapter.
- Create flashcards for key terms.
- Answer the end-of-chapter study questions as best as you can from memory.
- Answer the chapter objectives as best as you can from memory.
- Complete Chapter 3 quiz. Review chapter information again if a 90% is not achieved and retake the quiz.

Day 9: Chapter 4-The Nursing Process in Health, Wellness, and Illness
- Review the end-of-chapter study questions for Chapter 3.
- Read chapter objectives.
- Read chapter.
- Answer the end-of-chapter study questions as best as you can from memory.
- Answer the chapter objectives as best as you can from memory.
- Complete Chapter 4 quiz. Review chapter information again if a 90% is not achieved and retake the quiz.

Day 10: Review
- Review key terms, objectives, and end-of-chapter study questions for chapters 3 and 4.

Week 3: Chapters 5–6

Day 11: Chapter 5-Theoretical Frameworks Used as the Basis of Care to Ensure Environmental Safety (pages 139–155)
- Review the end-of-chapter study questions for Chapter 4.
- Read chapter objectives.
- Read chapter selection.
- Create flashcards for key terms.
Day 12: Chapter 5-Theoretical Frameworks Used as the Basis of Care to Ensure Environmental Safety (pages 156–187)

- Review chapter objectives and key terms from first half of chapter.
- Finish reading the chapter.
- Create flashcards for key terms.
- Answer the end-of-chapter study questions as best as you can from memory.
- Answer the chapter objectives as best as you can from memory.
- Complete Chapter 5 quiz. Review chapter information again if a 90% is not achieved and retake the quiz.

Day 13: Review

- Review key terms, objectives, and end-of-chapter questions for Chapter 5.

Day 14: Chapter 6-The Nursing Process Related to Injury Prevention

- Review the end-of-chapter study questions for Chapter 5.
- Read chapter objectives.
- Read chapter.
- Answer the end-of-chapter study questions as best as you can from memory.
- Answer the chapter objectives as best as you can from memory.
- Complete Chapter 6 quiz. Review chapter information again if a 90% is not achieved and retake the quiz.

Day 15: Review

- Review key terms, objectives, and end-of-chapter questions for chapters 5 & 6. Retake any quizzes where a 90% was not achieved.

Week 4: Chapters 7–8

Day 16: Chapter 7-Theoretical Framework Underlying Principles of Biological Safety (pages 213–234)

- Review the end-of-chapter study questions for Chapter 6.
- Read chapter objectives.
- Read chapter selection.
- Create flashcards for key terms.
Day 17: Chapter 7-Theoretical Framework Underlying Principles of Biological Safety (pages 235–252)

- Review chapter objectives and key terms from first half of chapter.
- Finish reading the chapter.
- Create flashcards for key terms.
- Answer the end-of-chapter study questions as best as you can from memory.
- Answer the chapter objectives as best as you can from memory.
- Complete Chapter 7 quiz. Review chapter information again if a 90% is not achieved and retake the quiz.

Day 18: Review

- Review key terms, objectives, and end-of-chapter study questions for Chapter 7.

Day 19: Chapter 8-The Nursing Process and Biological Safety

- Review the end-of-chapter study questions for Chapter 7.
- Read chapter objectives.
- Read chapter.
- Answer the end-of-chapter study questions as best as you can from memory.
- Answer the chapter objectives as best as you can from memory.
- Complete Chapter 8 quiz. Review chapter information again if a 90% is not achieved and retake the quiz.

Day 20: Review

- Review key terms, objectives, and end-of-chapter study questions for chapters 7 and 8. Retake any quizzes where a 90% was not achieved.

Week 5: Chapters 9–10


- Review the end of chapter study questions for Chapter 8.
- Review chapter objectives.
- Read chapter selection.
- Create flashcards for key terms.
- Review the key terms from first half of the chapter.
- Review chapter objectives.
- Finish reading the chapter.
- Create flashcards for key terms.
- Answer the end-of-chapter study questions as best as you can from memory.
- Answer the chapter objectives as best as you can from memory.
- Complete Chapter 9 quiz. Review chapter information again if a 90% is not achieved and retake the quiz.

Day 23: Chapter 10-Nursing Care Related to Pharmacologic Interventions and the Nursing Process (pages 327–342)
- Review the end-of-chapter study questions for Chapter 9.
- Review chapter objectives.
- Read chapter selection.

Day 24: Chapter 10-Nursing Care Related to Pharmacologic Interventions and the Nursing Process (pages 343–359)
- Review chapter objectives.
- Finish reading the chapter.
- Answer the end-of-chapter questions as best as you can from memory.
- Answer the chapter objectives as best as you can from memory.
- Complete Chapter 10 quiz. Review chapter information again if a 90% is not achieved and retake the quiz.

Day 25: Review
- Review key terms, objectives, and end-of-chapter study questions for chapters 9 and 10. Retake any quizzes where a 90% was not achieved.

Week 6: Chapters 11–12

Day 26: Chapter 11-Theoretical Communication and Teaching and Learning Frameworks
- Review the end-of-chapter study questions for Chapter 10.
- Read chapter objectives.
- Read chapter.
- Create flashcards for key terms.
- Answer the end-of-chapter study questions as best as you can from memory.
- Answer the chapter objectives as best as you can from memory.
- Complete chapter 11 quiz. Review chapter information again if a 90% is not achieved and retake the quiz.
Day 27: Chapter 12-Psychological Safety and the Nursing Process
- Review the end-of-chapter study questions for Chapter 11.
- Read chapter objectives.
- Read chapter.
- Answer the end-of-chapter study questions as best as you can from memory.
- Answer the chapter objectives as best as you can from memory.
- Complete Chapter 12 quiz. Review chapter information again if a 90% is not achieved and retake the quiz.

Day 28: Review
- Review key terms, objectives, and end-of-chapter study questions for chapters 11 and 12. Retake any quizzes where a 90% was not achieved.

Day 29: Review
- Review the end-of-chapter study questions for chapters 1–6.
- Review chapter objectives for chapters 1–6.
- Review key terms for chapters 1, 3, 5.

Day 30: Review
- Review the end-of-chapter study questions for chapters 6–12.
- Review chapter objectives for chapters 6–12.
- Review key terms for chapters 7, 9, 11.

Week 7: Review

Day 31: Take Practice Exam A in the Resource Center
- Review any questions missed on the practice exam.
- Continue reviewing key terms.

Day 32: Review
- Review any questions missed on the practice exam.
- Continue reviewing key terms.

Day 33: Take Practice Exam B in the Resource Center
- Review any questions missed on the practice exam.
- If needed, still continue to review key terms, objectives, and end-of-chapter study questions.

Please refer to your Academic Guidance Planner for instructions on how to schedule your Essentials of Nursing Care: Health Safety exam.