This course supports the assessments for Care of Adults with Complex Illnesses, in conjunction with Clinical Learning for Complex Illnesses in Adults. The course covers 5 competencies and represents 3 competency units.

Introduction

Overview
How is chronic illness defined? Should a disease or condition be considered chronic because it lasts a certain period of time? Should a condition be labeled chronic if symptoms are intermittent?

You have already studied acute cardiac conditions related to underlying chronic problems such as high cholesterol or high blood pressure and acute neurological conditions that result in chronic problems. Now you are ready to learn about diseases and conditions that affect the neuromuscular system, the musculoskeletal system, the kidneys, and the pancreas; you will also learn about diseases such as cancer and impaired immunity, which affect every part of the body.

Getting Started
Welcome to Care of Adults with Complex Illnesses! This course is intended to be taken in conjunction with the simulation assessment in the learning lab and the clinical performance assessment, Clinical Learning for Complex Illnesses in Adults. You will need to ensure that you are enrolled in both courses and working on both simultaneously. In planning your work in this course, begin by going through the Welcome Video, the Learning Resources and the Pacing Guide sections. The Pacing Guide will help to outline the interplay between the two courses and where you return to the Clinical Learning for Complex Illnesses in Adults Course. You will need to refer to the clinical learning course for the list of activities to be completed within the blocks of learning for that companion course. This course will utilize four learning resources; an e-text to help you learn the content, ATI Tutorial Resources, Khan Academy videos to help you practice and visualize the concepts, and virtual simulations that are required prior to completing your learning lab work in the Clinical Learning for Complex Illnesses in Adults Course. The virtual simulation activities are not optional supports, but critical parts of your clinical experience. Proceed through the resources as outlined in the course and move between the two courses as directed in the pacing guide and course to gain competency. Learning in this course will be assessed by an objective assessment that must be completed prior to completing the clinical learning assessment in the clinical learning companion course. If questions arise, contact your course mentors for assistance.

Competencies
This course provides guidance to help you demonstrate the following 5 competencies:

- **Competency 3230.1.1: Care of the Adult with Alterations in Nutrition, Metabolism, & Elimination**
  The graduate applies cognitive knowledge and clinical reasoning to provide safe, quality, patient-centered care to adults experiencing chronic conditions resulting in alterations in
nutrition, metabolism, and elimination.

- **Competency 3230.1.2: Patient Centered Care of the Adult with Chronic Health Concerns**
  The graduate synthesizes cognitive knowledge and clinical evaluation to apply safe, quality nursing care in the health management of adults impacted by chronic diseases and/or injuries.

- **Competency 3230.1.3: Management of the Care Continuum**
  The graduate applies cognitive knowledge, clinical application and communication skills to adults, families, inter-professional and community partners when evaluating transition of care needs across the care continuum.

- **Competency 3230.1.4: Care of the Adult with Alterations in Physiologic Defense Mechanisms**
  The graduate synthesizes cognitive knowledge and clinical evaluation to apply safe, quality nursing care to adults impacted by trauma, pain and/or pathologic disease processes that alter the body's homeostasis.

- **Competency 3230.1.5: Use of Information Technology in Patient Centered Care**
  The graduate will incorporate nursing technologies to analyze, synthesize and communicate patient data to plan and coordinate care of adults impacted by chronic diseases/injuries.

For a complete list of competencies and the associated objectives, access the following link: [Competencies and Objectives](#)

**Nursing Dispositions Statement**
Please review the [Statement of Nursing Dispositions](#).

**Course Mentor Assistance**
As you prepare to demonstrate competency in this subject, remember that course mentors stand ready to help you reach your educational goals. As subject matter experts, mentors enjoy and take pride in helping students become reflective learners, problem solvers, and critical thinkers. Course mentors are excited to hear from you and eager to work with you.

Successful students report that working with a course mentor is the key to their success. Course mentors are able to share tips on approaches, tools, and skills that can help you apply the content you're studying. They also provide guidance in assessment preparation strategies and troubleshoot areas of deficiency. Even if things don’t work out on your first try, course mentors act as a support system to guide you through the revision process. You should expect to work with course mentors for the duration of your coursework, and you are encouraged to contact them as soon as you begin. Course mentors are fully committed to your success!

**Preparing for Success**

The information in this section is provided to detail the resources available for you to use as you complete this course.

**Learning Resources**
The learning resources listed in this section are required to complete the activities in this course.
For many resources, WGU has provided automatic access through the course. However, you may need to manually enroll in or independently acquire other resources. Read the full instructions provided to ensure that you have access to all of your resources in a timely manner.

**Manually Enrolled Resources**

Take a moment to enroll in the learning resources listed in this section. To enroll, navigate to the “Learning Resources” tab, click the “Sections” button, and then click the “Enroll Now” button for each resource. Once your mentor approves your enrollment in the resource, you will receive an e-mail with further access instructions. Contact your mentor if you have questions.

**Assessment Technologies Institute (ATI)**

This course utilizes learning modules from ATI.

You already have an account in ATI, and should have joined the Medical-Surgical section/class in CASAL II. You will remain in the Medical-Surgical section/class for this course: [Joining ATI Section/Class](#)

**ATI Skills Modules and Tutorials:** Throughout this course you will be asked to complete skills and pharmacology tutorials available on the ATI website. Please complete the tutorial lessons and the post-tests as assigned. You must pass the post-test with a cut score of level 2 or higher. The time you spend in the tutorials is tracked by the program. Although you can repeat the post-test multiple times, only the first two attempts will be considered as an indication of your having mastered the content. The system does not permit you to repeat a post-test for 48 to 72 hours, so plan accordingly. If you do not pass on your second attempt, contact your course mentor for instructions about how you can further your understanding of the material. Be prepared to demonstrate your newly acquired skills in future learning labs and clinicals.

- [How to Use Tutorials](#)

**Understanding ATI Practice Tests and Remediation:** The practice test will help prepare you for the ATI Medical Surgical exam that you need to pass at the end of this course. Practice tests should always be followed with the remediation exercises recommended by ATI. Plan on taking the practice test when recommended in the course of study; begin the remediation shortly after completing the test. Students who do not pass their proctored exams will be required to complete the remediation plan outlined in ATI before they can repeat the exam.

- [How to Take A Practice Assessment](#)
- [Remediation Instructions](#)

**CoursePoint Plus with vSim**

Links to the vSim resource will be setup throughout the course. You will need to be logged in, or login, to your CoursePoint account in order to access the resources. The vSims count towards the total number of learning lab hours and are a requirement to attend the learning lab.

**Automatically Enrolled Resources**

You can access the learning resources listed in this section by clicking on the links provided
throughout the course. You may be prompted to log in to the WGU student portal to access the resources.

**VitalSource E-Texts**
The following textbook is available to you as an e-text for this course. You will be directly linked to the specific readings required within the activities that follow.


*Note: This e-text is available to you as part of your program tuition and fees, but you may purchase hard copies at your own expense through a retailer of your choice. If you choose to do so, please use the ISBN listed to ensure that you receive the correct edition.*

**Clinical Skills**
Clinical Skills learning resources are listed on “Evolve” provided by Elsevier. You will be directly linked to the specific readings and videos in the course.

**Other Learning Resources**

You will use the following learning resource for this course.

Supplemental NCLEX Study Guide
To assist you in preparing for the NCLEX exam and to review content, the following book is available to you as an e-text. This e-text is supplemental and will not be linked specifically in any of the course activities. You will access this resource by clicking the linked title provided below:


This resource is strongly recommended to help you review content, assess your knowledge, and experience taking practice test questions. You may be asked to review sections of this resource in order to prepare for an objective assessment, or to remediate after failing to successfully pass an assessment or practice assessment.

Khan Academy Resources
Throughout the course you will be provided direct links to access tutorial videos and simulations through Khan Academy. These are free and open to the public and will require no special sign in or validation for access.

Nursing Standards
You will be able to access Nursing Professional Standards as they apply to your program through the WGU Library. Please access the documents at the following website: [Nursing Standards E-Reserves](#)

**Pacing Guide**
The pacing guide provides block of learning structure divided into weeks to pace your completion of learning activities. As this course is linked to the clinical learning course you must complete your work on schedule to match up with your other course. Follow the pacing guide carefully to ensure adequate progress through course materials.

Week 1: Welcome, Chronic Health Concerns, Medications

- Complete Readings, ATI Tutorial Activities and Khan Academy Resources
- Return to Clinical Learning Course to complete Week 1 Activities

Week 2: Nutrition and Gastrointestinal

- Complete Readings and ATI Tutorial Activities
- Prepare for Learning Lab – complete virtual simulations
- Return to Clinical Learning Course to complete Week 2 Activities

Week 3: Renal, Urinary, Liver and Endocrine

- Complete Readings, ATI Tutorials Activities, and Khan Academy Videos
- Prepare for Learning Lab – complete virtual simulations
- Take ATI Practice Assessments – Endocrine
- Return to Clinical Learning to complete Week 3 Activities

Week 4: Cardio, Pulmonary, Nervous System, Musculoskeletal

- Complete Readings, ATI Tutorials Activities, and Khan Academy Videos

Week 5: Autoimmune, Dermatology and Cancer

- Complete Readings, ATI Tutorial Activities, and Khan Academy Videos
- Return to Clinical Learning Course to complete Week 5 Activities

Week 6: Post-Op

- Read and Review ATI Tutorial Resources

Week 7: Prepare for Practice Assessment

- Take the ATI Practice Assessments

Week 8: Schedule OA, Prepare for Clinical

- Schedule and complete your final assessment as detailed in course
- Return to Clinical Learning Course to complete your clinical intensive

Note: This pacing guide does not replace the course. Please continue to refer to the course for
Care of Adults with Complex Illnesses

Complete the activities in the topics below to prepare for the assessment.

**Week 1: Welcome, Chronic Health Concerns, Medications**
These activities are to be completed during your first week in this course.

**Chronic Health Concerns and Medications**

Read the following in *Medical-Surgical Nursing*:

- chapter 8 ("Rehabilitation Concepts for Chronic and Disabling Health Problems")
- chapter 3 ("Common Health Problems of Older Adults")

**Complete: ATI Tutorial Activities**
Read, view, or interact with the following ATI tutorial resources using your ATI sign in:

- (VIDEO) Skills Module>>Physical Assessment (Adult)
- (VIDEO) NurseLogic 2.0>>Priority Setting Frameworks>>Additional Frameworks>>Acute vs. Chronic
- (VIDEOS) NurseLogic 2.0>>Nursing Concepts>>Begin Lesson>>Client Education
  - Client Education
  - Three Domains of Learning
  - Example
  - Educational Needs
  - Barriers to Learning
  - Elements of a Teaching Plan
  - Advanced Student Nurse

- (VIDEO) Skills Modules>>Medication Administration 3 and 4
  - Dosage Calculations: Ratio and Proportion
  - Dosage Calculations: Dimensional Analysis
  - Dosage Calculations: Desired over Have

**Watch:** Interact with the following Khan Academy resources:

- (VIDEO) Introduction to Lab Values and Normal Ranges

Now proceed to Clinical Learning for Complex Illnesses in Adults Course to complete requirements for week one.

**Week 2: Nutrition and Gastrointestinal**
These activities are to be completed during your second week in this course.

**Nutrition and Gastrointestinal**
Read the following in *Medical-Surgical Nursing*:

- chapter 56 ("Care of Patients with Oral Cavity Problems")
- chapter 57 ("Care of Patients with Esophageal Problems")
- chapter 58 ("Care of Patients with Stomach Disorders")
- chapter 59 ("Care of Patients with Noninflammatory Intestinal Disorders")
- chapter 60 ("Care of Patients with Inflammatory Intestinal Disorders")
- chapter 63 ("Care of Patients with Malnutrition and Obesity")

**Complete: ATI Tutorial Activities**

Read, view, or interact with the following ATI tutorial resources using your ATI sign in:

- *(VIDEO)* NurseLogic2.0>>Knowledge and Clinical Judgment>>Nursing Knowledge>>Nutrition Knowledge
- *(VIDEO)* Skills Module>>Nutrition, Feeding, and Eating
- *(VIDEO)* Skills Module>>Enteral Tube Feedings
- *(VIDEO)* Pharmacology Made Easy 3.0>>The Gastrointestinal System

**Prepare for Learning Lab**

Virtual Simulation help prepare students for their skills and simulation learning labs that will occur in the coming weeks. Students will get to practice skills on specific patient populations related to what they will continue to learn in their skills and simulation learning labs. Please note that there are five virtual simulations that must be completed PRIOR to the first Clinical Learning Lab day.

The five vSims below represent not only the disease processes being introduced in this course, but also represent a review of the disease processes learned in CASAL II.

- Complex: Acute Severe Asthma Jennifer Hoffman
- Complex: Acute Myocardial Infarction Carl Shapiro
- Complex: COPD/Spontaneous Pneumothorax Vincent Brody
- Complex: Diabetic/Hypoglycemia Skyler Hansen
- Complex: Postop Abdominal Hysterectomy/Opioid Intoxication Doris Bowman

In order to prepare for the first learning lab weekend, completion of the following vSims is required. Please refer back to CASAL II as needed while completing these virtual simulations and/or work ahead in the *Medical-Surgical Nursing* e-text to further your understanding of these conditions and to assist in completion of the vSims.

- **Complex: Acute Severe Asthma Jennifer Hoffman**
- **Complex: Acute Myocardial Infarction Carl Shapiro**
- **Complex: COPD/Spontaneous Pneumothorax Vincent Brody**

**NOTE:** All assigned virtual simulations (vSims) must be completed and passed with a score of at least 80% in order to attend Learning Lab day 1. The student must complete the virtual simulations three business days (72 hours before the start of Learning Lab day 1). Failure to
meet this deadline will prevent learning lab attendance, which will result in additional consequences, including Modified Progression. Your score will be directly sent to WGU.

Now proceed to Clinical Learning for Complex Illnesses in Adults Course to complete requirements for week two.

**Week 3: Renal, Urinary, Liver and Endocrine**

These activities are to be completed during your third week in this course.

**Renal and Urinary**

Read the following in *Medical-Surgical Nursing*:

- chapter 68 ("Assessment of the Renal/Urinary System")
- chapter 69 ("Care of Patients with Urinary Problems")
- chapter 70 ("Care of Patients with Renal Disorders")
- chapter 71 ("Care of Patients with Acute Kidney Injury and Chronic Kidney Disease")

**Complete: ATI Tutorial Activities**

Read, view, or interact with the following ATI tutorial resources using your ATI sign in:

- (VIDEO) ATI Pharmacology Made Easy 2.0: The Reproductive & Genitourinary System

**Watch:** Interact with the following resource:

- (VIDEO) "Seymore Jones and the Temple of Chronic Kidney Disease"

**Liver and Endocrine**

Read the following in *Medical-Surgical Nursing*:

- chapter 61 ("Care of Patients with Liver Problems")
- chapter 62 ("Care of Patients with Problems of the Biliary System and Pancreas")
- chapter 65 ("Care of Patients with Pituitary and Adrenal Gland Problems")
- chapter 66 ("Care of Patients with Problems of the Thyroid and Parathyroid Glands")
- chapter 67 ("Care of Patients with Diabetes Mellitus")

Read, view, or interact with the following ATI tutorial resources using your ATI sign in:

- (VIDEO) Skills Module>> Diabetes Management

Interact with the following Khan Academy resources:

- Endocrine System
- What is Diabetes Mellitus?

**Prepare for Learning Lab**

In order to prepare for the first learning lab weekend, completion of the following vSims is
required. Please refer back to CASAL II as needed while completing the virtual simulations and/or work ahead in the *Medical-Surgical Nursing* e-text to further your understanding of these conditions and to assist in completion of the vSims.

Interact with the following vSim exercise in preparation for the simulation/clinical course:

- **Complex: Diabetic/Hypoglycemia Skyler Hansen**
- **Complex: Postop Abdominal Hysterectomy/Opioid Intoxication Doris Bowman**

**NOTE:** All assigned virtual simulations (vSims) must be completed and passed with a score of at least 80% in order to attend Learning Lab day 1. The student must complete the virtual simulations three business days (72 hours before the start of Learning Lab day 1). Failure to meet this deadline will prevent learning lab attendance, which will result in additional consequences, including Modified Progression. Your score will be directly sent to WGU.

**Once complete, prepare for the simulation/clinical course by doing the following:**

Engage the following resources as you prepare for lab:

- Take the [ATI Tutorial Learning System RN Medical Surgical: Endocrine Practice Test](#)
- Take the [ATI Targeted Medical Surgical: Endocrine Practice Assessment](#)

**Now proceed to Clinical Learning for Complex Illnesses in Adults Course to complete requirements for week three.**

**Week 4: Cardio, Pulmonary, Nervous System, Musculoskeletal**

These activities are to be completed during your fourth week in this course.

**Cardio, Pulmonary, Nervous System, Musculoskeletal**

Read the following in *Medical-Surgical Nursing*:

- chapter 20 ("Care of Patients with Arthritis and Other Connective Tissue Diseases")
- chapter 44 ("Care of Patients with Problems of the Central Nervous System: The Brain")
- chapter 45 ("Care of Patients with Problems of the Central Nervous System: The Spinal Cord")
- chapter 46 ("Care of Patients with Problems of the Peripheral Nervous System")
- chapter 52 ("Assessment of the Musculoskeletal System")
- chapter 53 ("Care of Patients with Musculoskeletal Problems")
- chapter 54 ("Care of Patients with Musculoskeletal Trauma")

**Complete: ATI Tutorial Activities**

Read, view, or interact with the following ATI tutorial resources using your [ATI sign in](#):

- (VIDEO) NurseLogic 2.0>>Nursing Concepts>>Client-Centered Care>>Therapeutic Communication
- (VIDEO) NurseLogic2.0>>Knowledge and Clinical Judgment>>Nursing
Knowledge>>Effective Communication

- (VIDEO) NurseLogic 2.0>>Nursing Concepts>>
  - Interdisciplinary Collaboration
  - Collaboration
  - Team Meetings
  - Nurse’s Role
  - Referrals
  - Advanced Student Nurse
- (VIDEO) Skills Module>>HIPPA>>
- (VIDEO) Skills Module>>Physical Assessment (Adult)>>Step by Step Viewing>>Cardiac

Watch: Interact with the following Khan Academy resources:

- (VIDEO) Interpreting the PPD
- (VIDEO) Preventing TB Transmission
- (VIDEO) Stenosis, Ischemia, and Heart Failure
- (VIDEO) Respiratory System Diseases

There are NO activities in Clinical Learning for Complex Illnesses in Adults Course for week four.

**Week 5: Autoimmune, Dermatology and Cancer**

These activities are to be completed during your fifth week in this course.

**Autoimmune, Dermatology and Cancer**

Read the following in *Medical-Surgical Nursing*:

- chapter 21 (“Care of Patients with HIV Disease and Other Immune Deficiencies”)
- chapter 22 (“Care of Patients with Immune Function Excess: Hypersensitivity (Allergy) and Autoimmunity”)
- chapter 25 (“Care of Patients with Infection”)
- chapter 27 (“Care of Patients with Skin Problems”)
- chapter 28 (“Care of Patients with Burns”)
- chapter 24 (“Care of Patients with Cancer”)

Read, view, or interact with the following ATI tutorial resources using your ATI sign in:

- ATI Learning System RN Practice Test MedSurg: Immune & Infectious
- ATI Learning System RN Practice Test MedSurg: Dermatological

Interact with the following Khan Academy resources:

- (VIDEO) TB and HIV
- (VIDEO) Shock

Now proceed to Clinical Learning for Complex Illnesses in Adults Course to complete
requirements for week five.

**Week 6-7: Post-Op, Prepare for Practice Assessment**

These activities are to be completed during your sixth and seventh weeks in this course.

**Post-Op**

Read, view, or interact with the following ATI tutorial resources using your ATI sign in:

- **(VIDEO) Skills Module>>Pain management**
- **(VIDEO) Pharmacology Made Easy 3.0>>Pain and Inflammation**

**Review: Prepare for Practice Assessment**

There are two practice tests **available in ATI for Medical Surgical that we consider pre-assessments.**

1. ATI RN Medical Surgical Online Practice A. This is the “low stakes” practice pre-assessment.
2. ATI RN Medical Surgical Online Practice B. This is the “high stakes” pre-assessment and must be passed before sitting for the objective assessment.

**Directions for ATI RN Medical Surgical Practice A**

- The optimal time frame for taking the ATI RN Medical Surgical Online Practice A is 1 minute per question.
- You need to score at least 75% on the ATI RN Medical Surgical Online Practice A before attempting the pre-assessment.
- If you score less than 75% on the ATI RN Medical Surgical Online Practice A you will need to contact the course mentor before making a second attempt.
- The ATI RN Medical Surgical Online Practice A is available to help you prepare for the RN Medical Surgical Online Practice B. The rationales for the ATI RN Medical Surgical Online Practice A are turned on and are available to help you become competent in these concepts.

**Directions for ATI RN Medical Surgical Online Practice B**

- This is the “high stakes” pre-assessment and must be passed before sitting for the objective assessment.
- The ATI RN Medical Surgical Online Practice B must be treated as a “high stakes” test.
- You must notify the course mentor after the first attempt.
  - The time may not exceed 1 minute per question
  - You must score at least 75%
    - The course mentor will not approve you to take the objective assessment if your total time on ATI RN Medical Surgical Online Practice B is greater than one minute per question OR you score less than 75%.
  - No outside resources can be used
- After taking the ATI RN Medical Surgical Online Practice B, send your score and ATI
Individual Performance Profile to your course mentor.

- If you scored at least 75% and required no more than 1 minute per question on your pre-assessment your course mentor will approve you to schedule the Objective Assessment.
- If you scored less than 75% or required more than 1 minute per question on your pre-assessment your course mentor will help you prepare for a 2nd attempt at the ATI RN Medical Surgical Online Practice B (pre-assessment).

Creating a Remediation Plan.

There are NO activities in Clinical Learning for Complex Illnesses in Adults Course for weeks six and seven.

**Week 8: Schedule OA, Prepare for Clinical**

In week 8, you should schedule your assessment and prepare for your clinical experience.

**Complete: Schedule ATI Exam**

It can take up to two weeks to schedule your final assessment, the ATI Medical Surgical Proctored Assessment. If you have not already done so, now is a good time to go to your Degree Plan and request that your exam be scheduled. WGU considers the achievement of Level 2 to be the demonstration of competency for ATI exams, regardless of any numerical score representation. The achievement of a Level 2 or greater is necessary in order to demonstrate competency and thus, successfully pass the assessment.

**Additional Resources**

Because Medical-surgical nursing is the foundation of all nursing care, a large percentage of questions on the NCLEX-RN address medical-surgical nursing. Therefore, it is extremely important that you do everything you can to master content related to medical-surgical nursing. Also, remember that the ATI assessment exam for Care of Adults with Complex Illnesses covers what you have learned in CASAL II and in your beginning fundamentals courses.

**Final Steps**

Congratulations on completing the activities in this course! This course has prepared you to complete the assessments associated with this course. If you have not already been directed to complete the assessments, schedule and complete your assessments now.

Once you have completed this assessment, return to the Clinical Learning for Complex Illnesses in Adults Course and complete your clinical intensive experience as directed under competency five.

**ATI Exam**

**Accessing Outside Vendor Assessments**

Complete the following outside vendor assessment:

- ATI RN Medical Surgical
Refer for this exam through the "Assessment" tab in this course. WGU considers the achievement of Level 2 to be the demonstration of competency for ATI exams, regardless of any numerical score representation. The achievement of a Level 2 or greater is necessary in order to demonstrate competency and thus, successfully pass the assessment.

For directions on how to receive access to outside vendor assessments, see the “Accessing Objective and Outside Vendor Assessments” page.