



CA State Chico, Online RN Refresher Course

Syllabus

COURSE DESCRIPTION:

This course prepares actively licensed registered nurses returning to practice to care for adult medical-surgical patients in hospital and clinical settings through a review of current nursing standards, including the nursing process, pharmacology, and professional practice. Nurses returning to practice after an extended time away from clinical care are welcome in this program.

The course is delivered in a hybrid format combining self-paced online learning with a one-day in-person Skills and Simulation Session at the Rural Northern California Simulation Center. Upon successful completion, participants receive 52 hours of continuing education. The program does not confer academic credit and does not replace employer-based orientation or competency validation required by healthcare facilities.

CRITERIA FOR ADMISSION:

- A valid California RN license, or license in progress
- Current BLS/CPR card
- Access to high-speed internet
- Clinical experience in the past 5-7 years (recommended)
- Adult patient care experience (preferred)

COURSE OBJECTIVES:

The student will be given the tools to meet the following objectives:

1. Complete the online program using a self-paced approach to learning.
2. Review the principles of the nursing process.
3. Relate current practices in the care of the medical-surgical patient as evidenced by successful completion of the online modules and practical experiences at the Simulation Center.
4. Strengthen understanding of pharmacology and medication administration principles that support safe clinical practice.
5. Demonstrate current knowledge through study of the online modules and self-administered testing.
6. Apply clinical judgment and critical thinking during patient simulation experiences using high-fidelity manikins.

7. Practice clinical skills in a simulation-based learning environment with one-on-one guidance from clinical experts.
8. Develop increased confidence in applying current nursing knowledge and skills in preparation for returning to clinical practice.

TIME ALLOTMENT:

Nurses are enrolled in this course for one 16-week session. The course is delivered in a hybrid format and includes a scheduled one-day visit to the Rural Northern California Simulation Center in Chico, CA.

Participants complete the online educational components at their own pace during the session, with faculty oversight of students' progress. The course concludes with participation in an in-person Skills and Simulation Day designed to apply nursing knowledge, strengthen clinical judgment, and support confidence in returning to nursing practice.

COURSE CONTENT:

The program consists of online learning modules and skills assessments completed independently, guided by the assignment worksheet. We recommend following the suggested schedule as closely as possible to prevent falling behind. In addition to the comprehensive text and audio portions of each lesson, the e-learning modules consist of a variety of learning supports such as videos, skills checklists, photos, diagrams, tips for documentation, and clinical judgment questions to strengthen understanding and reinforce practical skills.

Assignments may be completed on a self-paced schedule during the course; however, all assignments must be completed before attending the Skills and Simulation Day. Faculty are available throughout the course to provide guidance, assist with course-related questions, monitor progress, and track assignment completion.

EVALUATION METHODS:

The assigned course modules include sections that will evaluate knowledge gained through a defined process consisting of:

1. Pre-testing
2. Study the lesson content
3. Post-testing

Each module requires a minimum post-test score of **75% or greater**. Students are expected to review the lesson content associated with each module, as the post-test questions are drawn directly from the lesson material and reflect current nursing practice standards. Suggested remediation review of the material is available through the *RN Adult Medical-Surgical e-book*, with directed learning and additional areas of study presented as an option.

TEXTBOOK / MATERIALS:

The RN Adult Medical-Surgical e-text is accessed through the course in the same manner as the modules. We do not offer hard copies to ensure that the information we provide is the most up-to-date.

SKILLS & SIMULATION SESSION (In-Person):

The online program is considered Phase 1. Approximately one week after completing Phase 1, Phase 2 (Skills/Sim Day) will be held at the Rural Northern California Simulation Center in Chico, CA. Students are expected to attend this session after successful completion of all online modules. Skills review practice is held in the morning, followed by an afternoon of simulated patient care scenarios. There is no testing on Simulation Day. There is no direct patient care for this course. Clinical simulation activities in this course use manikins and simulated patient scenarios exclusively.

Skills review and simulation activities are designed to support the demonstration and reinforcement of current safe nursing practice and include practice in:

- IV initiation and management
- Blood administration
- Asepsis (gowns and gloves)
- Peripheral IV medication administration
- Dosage calculation and medication safety review
- Medication dispensing, preparation, and administration
- Foley catheter insertion and care
- Nasogastric tube placement
- Head-to-toe physical assessment
- Cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) use.
- Documentation and clinical communication, including SBAR reporting.

OFFICE HOURS: Please use email, and we will reply at the earliest opportunity.

Course Instructor: Gema Knipe - gknipe@csuchico.edu

For phone assistance, please email gknipe@csuchico.edu and leave a message for a call back.

Faculty

- **Gema Knipe, MSN, RN**
RN Refresher Course Director and Instructor
CSU, Chico School of Nursing Faculty

- **Olsa Hahn, MSN, RN, MICN, CFRN**
RN Refresher Medical Director and Instructor
CSU, Chico School of Nursing Faculty