

Subject Code: 1NR1010103	Subject Title: NURSING FOUNDATIONS
Pre-requisite	-----NA-----

Course Description

The course is designed to HELP the students to develop an understanding of the philosophy, objectives, theories and process of nursing in various Supervised Clinical settings. It is aimed at helping the students to acquire knowledge, understanding and skills in techniques of nursing and practice them in Supervised Clinical setting.

Teaching Scheme (Total Hours)				Evaluation Scheme (Marks)				
Lecture	Lab/Practical	Clinical Hours	Total Hours	Theory		Practical		Total
				University Assessment	Continuous Assessment	University Assessment	Continuous Assessment	
265	200	450	915	75	25	100	100	300

Course Content:

Unit	Time (Hrs)	Learning Objectives	Content	Teaching Learning Activities	Assessment methods
I	10	Describe the concept of health, illness and health care agencies	Introduction • Concept of Health: Health Illness continuum • Factors influencing health • Causes and risk factors for developing illness • Body defences : Immunity and immunization • Illness and illness Behavior: • Impact of illness on patient and family • Health Care Services: Health Promotion and Prevention, Primary Care, Diagnosis, Treatment, Rehabilitation and Continuing Care • Health Care Services: Health Promotion and Prevention, Primary Care, Diagnosis, Treatment, Rehabilitation and Continuing Care • Health Care teams • Types of health care agencies: • Hospitals: Types, Organization and Functions • Health Promotion and Levels of Disease Prevention • Primary health care and its	• Lecture discussion • Visit to health care agencies	• Essay type • Short answers • Objective type

			delivery: Role of nurse		
II	16	Explain concept and scope of nursing & values, code of ethics and professional conduct for nurses in India	Nursing as a profession • Definition and Characteristics of profession • Nursing: • Definition, Concepts, philosophy, objectives • Characteristics, nature and scope of nursing practice • Functions of nurse • Qualities of a nurse • Categories of nursing personnel • Nursing as a profession • History of nursing in India • Values Clarification and values in professional Nursing : Caring and Advocacy • Ethics: • Definition and Ethical Principles • Code of ethics and professional conduct for nurses	• Lecture discussion • Case discussion • Role plays	• Essay type • Short answers • Objective type
III	4	Explain the admission and discharge procedure Performs admission and discharge procedure	Hospital admission and discharge • Admission to the hospital • Unit and its preparation admission bed • Admission procedure • Special considerations • Medico – legal issues • Roles and Responsibilities of the nurse • Discharge from the hospital • Types : Planned discharge, LAMA and abscond, Referrals and transfer s • Discharge Planning • Discharge procedure • Special considerations • Medico – legal issues • Roles and Responsibilities of the nurse • Care of the unit after discharge	• Lecture discussion • Demonstration • Lab Practice • Supervised Clinical practice	• Essay type • Short answers • Objective type
IV	10	Communicate effectively with patient, families and team members and maintain effective human relations (projecting	Communication and Nurse patient relationship • Communication: Levels, Elements, Types, Modes Process, Factors influencing Communication • Methods of Effective Communication • Attending skills • Report building skills • Empathy skills	• Lecture discussion • Role play and video film on the nurses interacting with the patient • Practice	• Essay type • Short answers • Objective type

		professional image) Appreciate the importance of patient teaching in nursing	- Barriers to effective communication - Helping Relationships (NPR) : Dimensions of Helping Relationship - Communicating effectively with patient, families and team members and maintain effective human relations with special reference to communicating with vulnerable group(Children, women, physically and mentally challenged and elderly) - Patient Teaching: Importance, Purposes, Process, role of nurse and Integrating teaching in Nursing Process	session on patient teaching Supervised Clinical practice	
V	15	Explain the concept, uses, format and steps of nursing process Documents nursing process as per the format	The Nursing Process - Critical thinking and nursing Judgment - Competencies, Attitudes for Critical thinking, levels of critical thinking in nursing - Nursing process Over view: - Application in Practice - Nursing process format: INC current format - Assessment - Collection of Data : Types, sources, Methods - Formulating Nursing Judgment : Data - Interpretation - Nursing diagnosis - Identification of client problems - Nursing diagnosis statement - Difference between medical and nursing diagnosis - Planning - Establishing Priorities - Establishing Goals and Expected Outcomes - Selection of interventions: Protocols and standing Orders - Writing the Nursing Care Plan - Implementation - Implementing the plan of care - Evaluation - Outcome of care - Review and Modify	- Lecture discussion - Demonstration - Exercise - Supervised Clinical practice	- Essay type - Short answers - Objective type

			Documentation and Reporting		
VI	4	Describe the purposes, types and techniques of recording and reporting	Documentation and Reporting - Documentation: Purposes of Recording and reporting - Communication within the Health Care Team - Types of records; ward records. Medical/nursing records, - Common record – keeping forms, Computerized documentation - Guidelines for Reporting: Factual Basis, Accuracy, Completeness, currentness, Organization, confidentiality - Methods of Recording - Reporting : Change – of shift reports: Transfer reports, Incident reports - Minimizing legal Liability through effective record keeping	- Lecture discussion - Demonstration - Practice session - Supervised Clinical practice	- Essay type - Short answers - Objective type
VII	15	Describe principles and techniques of monitoring and maintaining vital signs Monitor and maintain vital signs	Vital signs - Guidelines for taking vital signs: - Body temperature: - Physiology, Regulation, Factors affecting body temperature - Assessment of body temperature : sites, equipments and technique, special considerations - Temperature alterations: Hyperthermia, Heatstroke, Hypothermia - Hot and cold applications - Pulse : - Physiology and Regulation, Characteristics of the pulse, Factors affecting pulse - Assessment of pulse: sites, location, equipments and technique, special consideration - Alterations in pulse : - Respiration: - Physiology and Regulation, Mechanics of breathing Characteristics of the respiration, Factors affecting respiration - Assessment of respirations : technique, special considerations - Alterations in respiration - Blood pressure: - Physiology and Regulation,	- Lecture discussion - Demonstration - Practice session - Supervised Clinical practice	- Essay type - Short answers - Objective type - Assess with check list and clinical practical examination

			Characteristics of the blood pressure, Factors affecting blood pressure • Assessment of blood pressure: sites, equipments and technique, special considerations • Alterations in blood pressure • Recording of vital signs		
VIII	30	Describe purpose and process of health assessment Describe the health assessment of each body system Perform health assessment of each body system	Health Assessment Purposes Process of Health assessment Health history Physical examination : Methods – Inspection, Palpation, Percussion, Auscultation, Olfaction Preparation for examination : patient and unit General assessment Assessment of each body system Recording of health assessment	• Lecture discussion • Demonstration • Practice session • Supervised Clinical practice	• Essay type • Short answers • Objective type
IX	5	Identify the various machinery, equipment and linen and their care	Machinery, Equipment and linen Types: Disposables and reusable – Linen, rubber goods, glass ware, metal, plastics, furniture, machinery Introduction Indent Maintenance Inventory	• Lecture discussion • Demonstration • Practice session • Supervised Clinical practice	• Essay type • Short answers • Objective type • Assess with check list and clinical practical examination
X	60	Describe the basic, physiological and psychosocial needs of patient Describe the principles and techniques for meeting basic, Physiological and psychosocial needs of patient Perform nursing	Meeting needs of patient • Basic needs (Activities of daily living) • Providing safe and clean • Environment : • Physical –environment : Temperature, Humidity, Noise, Ventilation, Light, Odour, pests control • Reduction of physical hazards: fire, accidents • Safety devices: Restraints, side rails, airway, trapez etc • Role of nurse in providing safe and clean environment • Hygiene : • Factors Influencing Hygienic	• Lecture discussion • Demonstration • Practice session • Supervised Clinical practice	• Essay type • Short answers • Objective type • Assess with check list and clinical practical examination

	assessment, Plan, implement and evaluate the care for meeting basic, psychosocial needs of patient	Practice • Hygienic care : Care of the skin- Bath and pressure points feet and nail, Oral cavity, Hair Care, Eyes, Ears and Nose • Assessment, Principles, Types, Equipments, Procedure, Special Considerations • Patient environment: Room Equipment and Linen, making patient beds • Types of beds and bed making • Comfort : • Factors Influencing • Comfort • Comfort devices • Physiological needs: • Sleep and Rest: • Physiology of sleep n • Factors affecting sleep • Promoting Rest and sleep • Sleep Disorders • Nutrition • Importance • Factors affecting nutritional needs • Assessment of nutritional needs: Variables • Meeting Nutritional needs: Principles, equipments procedure and special considerations • Oral • Enteral: Naso/ Orogastric, gastrostomy • Parenteral: • Urinary Elimination • Review of Physiology of Urine Elimination, • Review of Physiology of Urine Elimination, Composition and characteristics of urine • Factors Influencing Urination • Alteration in Urinary Elimination • Types and collection of urine specimen: • Observation Urine testing • Facilitating urine elimination : assessment, types, equipments, procedures and special considerations • Providing urinal/bed pan • Condom drainage		
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			• Perineal care • Catheterization • Care of urinary drainage • Bladder irrigation • Bowel Elimination • Review of physiology of Bowel Elimination, Composition and characteristics of faeces: Observation • Facilitating bowel elimination: assessment, equipments, procedures and special considerations • Passing of Flatus tube • Enemas • Suppository • Sitz bath • Bowel wash • Care of Ostomies • Mobility and Immobility • Principles of Body Mechanics • Maintenance of normal body Alignment and mobility • Factors affecting body Alignment and mobility • Hazards associated with immobility • Alteration in body Alignment and mobility • Nursing interventions for impaired Body Alignment and mobility: assessment types, devices used, method and special considerations, • Range of motion exercise • Maintaining body alignment: Positions • Moving • Lifting • Transferring • Walking • Restraints • Oxygenation • Review of Cardiovascular and respiratory Physiology • Factors Affecting oxygenation • Alteration in oxygenation • Nursing interventions in oxygenation: assessment, types, equipment used, procedure and special consideration		
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			• Maintenance of patent airway • Oxygen administration • Suction • Inhalations: dry and moist • Chest physiotherapy and postural drainage • Care of Chest drainage • Pulse oximetry • CPR – Basic life support • Fluid, Electrolyte, and Acid- Based Balances • Review of Physiological Regulation of Fluid, Electrolyte, and Acid-Base Balances • Factors Affecting Fluid, Electrolyte and Acid – Base Balances • Nursing interventions in Fluid, Electrolyte, and Acid • Base Imbalances: • Assessment, types, equipment ,procedure and special considerations • Measuring fluid intake and out put • Correcting Fluid • Electrolyte Imbalance: • Replacement of fluids: • Oral and Parenteral Venipuncture, regulating IV Flow rate, changing IV solutions and tubing, Changing IV dressing, • Administering Blood transfusion • Restriction of fluids • Psychosocial Needs • Concepts of Cultural Diversity, Stress and Adaptation, Self – concept, Sexuality, Spiritual Health, Coping with loss, death and grieving • Assessment of psychosocial needs • Nursing intervention for psychosocial needs • Assist with coping and adaptation • Creating therapeutic environment • Recreational and diversional therapies		
XI	20	Describe principles and techniques for infection control and biomedical	Infection control in Clinical settings • Infection control • Nature of infection transmission • Defenses against infection: natural and acquired • Hospital acquired infection (	• Lecture discussion • Demonstration	• Essay type • Short answers • Objective type

		waste management in supervised Clinical setting	Nosocomial infection) • Concept of asepsis: medical asepsis, and surgical asepsis • Isolation precautions (Barrier nursing) : • Hand washing : aimple, hand antisepsis and surgical antisepsis (scrub) • Isolation :source and protective • Personal protecting equipments: types, uses and technique of wearing and removing • Decontamination of equipment and unit • Transportation of infected patients • Standard safety precautions (Universal precautions) • Transmission based precautions • Biomedical waste management : • Importance • Types of hospital waste • Hazards associated with hospital waste • Segregation and Transportation and disposal	• Practic e session • Supervi sed Clinical practic e	
XII	40	Explain the principles, routes and effects of administration of medications Calculate conversions of drugs and dosages within and between systems of measurements Administer drugs by the following routes – oral Intradermal, Subcutaneous Intramuscular, Intra Venous topical, inhalation	Administration of Medications • General • Principles / Considerations • Purposes of Medication • Principles: 5 rights, Special Considerations, Prescriptions, Safety in Administering Medications and Medication Errors • Drug forms • Routes of administration • Storage and maintenance of drugs and Nurses responsibility • Broad classification of drugs • Therapeutic Effect, Side Effects, Toxic Effects, Idiosyncratic Reaction, Drug Tolerance, Drug Interactions • Factors Influencing drug Actions, • Systems of Drug Measurement : Metric System, Apothecary System, Household Measurements Solutions • Converting Measurements Units: Conversion within one system, Conversion between systems, Dosage Calculation	• Lecture discussi on • Demon stratio n • Practic e session • Supervi sed Clinical practic e	• Essay type • Short answers • Objective type • Assess with check list and clinical practical examinatio n

			• Terminologies and abbreviations used in prescription of medications • Oral Drugs Administration : Oral, sublingual and Buccal : Equipment, procedure • Parenteral • General principles: • Decontamination and disposal of syringes and needles • Types of parenteral therapies • Types of syringes, needles, canula, and infusion sets • Protection from Needlestick • Injuries: Giving Medications with a safety syringes • Routes of parenteral therapies • Intradermal: purpose, site, equipment, procedure special considerations • Intramuscular : purpose, site equipment, procedure special considerations • Intramuscular : purpose, site equipment, procedure special considerations • Intra Venous : purpose, site equipment, procedure special considerations • Advanced techniques: Epidural, intrathecal intraosseous, intraperitoneal, intraplural, intra-arterial Role of nurse • Topical Administration: purpose, site equipment, procedure special considerations • Application to skin • Application to mucous membrane • Direct application of liquids – Gargle and swabbing the throat • Insertion of Drug into body cavity: Suppository/ medicated packing in rectum/vagina • Instillations: Ear, Eye, Nasal, Bladder and Rectal • Irrigations : Ear, Eye, Nasal, Bladder and Rectal • Spraying: Nose and throat • Inhalation: Nasal, oral, end tracheal/ tracheal (steam, oxygen and medications) purpose, types, equipment, procedure special		
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			considerations Recording and reporting of medications administered		
XIII	10	Describe the pre and post operative care of patients Explain the process of wound healing Explain the principles and techniques of wound care Perform care of wounds	Meeting needs of preoperative - Definition and concept of preoperative Nursing - Preoperative Phase - Preparation of patient for surgery - Intraoperative - Operation theatre Set up and environment - Role of nurse - Postoperative Phase - Recovery unit - Post operative unit - Postoperative care - Wounds : types, classifications, wound Healing Process, Factors affecting Wound, Complications of Wound Healing - Surgical asepsis - Care of the wound: types, purpose, types, equipment, procedure special considerations - Dressings, Suture Care, - Care of Drainage' - Application of Bandages, Binders, Splints & Slings - Heat and Cold Therapy	- Lecture discussion - Demonstration - Practice session - Supervised Clinical practice	- Essay type - Short answers - Objective type
XIV	15	Explain care of patients having alterations in body functioning	Meeting special needs of the patient Care of patients having alteration in Temperature (hyper and hypothermia) ; types, assessment, management Sensorium (Unconsciousness); Assessment, management Urinary Elimination (retention and incontinence); Functioning of sensory organs: (Visual & hearing impairment) Assessment of self – Care ability: Communication Methods and special considerations Mental state (mentally challenged) assessment of Self – Care ability Communication Methods and special considerations Respiration (distress) Types, Assessment, Management Comfort – (Pain) – Nature, Types,	- Lecture discussion - Case discussion - Supervised Clinical practice	- Essay type - Short answers - Objective type

			Factors influencing Pain, Coping, Assessment, Management Treatments related to gastrointestinal system: nasogastric suction, gastric irrigation, gastric analysis		
XV	5	Explain care of terminally ill patient	Care of Terminally ill patient • Concepts of loss, grief, grieving Process • Signs of clinical death • Care of dying patient : special considerations • Advance directives: euthanasia, will, dying declaration, organ donation etc. • Medico – legal issues • Care of dead body: equipment, procedure and care of unit • Autopsy • Embalming	• Lecture discussion • Demonstration • Case discussion • Supervised Clinical practice	• Essay type • Short answers • Objective type
XVI	6	Explain the basic concepts of conceptual and theoretical models of nursing	• Professional Nursing concepts and practices • Conceptual and theoretical models of nursing practice: Introduction to models – holistic model, health belief model, health promotion model etc • Introduction to Theories in Nursing: Peplau's Henderson's, Orem's, Neuman's, Roger's, and Roy's • Linking theories with nursing process	• Lecture discussion	• Essay type • Short answers • Objective type

NURSING FOUNDATIONS - PRACTICAL

Course Description: The course is designed to HELP the students to develop an understanding of the philosophy, objectives, theories and process of nursing in various Supervised Clinical settings. It is aimed at helping the students to acquire knowledge, understanding and skills in techniques of nursing and practice them in Supervised Clinical setting.

Areas	Time (Hrs)	Objectives	Skills	Assignments	Assessment methods
Demonstration Lab General Medical and surgery ward	200 450 Minimum practice time in	Performs admission and discharge procedure	Hospital admission and discharge (III) • Admission Prepare Unit for new patient • Prepare admission bed • Performs admission • Procedure	Practice in Unit / Hospital	• Evaluate with checklist • Assessment of clinical performance with rating scale

	clinical area	Prepares nursing care plan as per the nursing process format Communicate effectively with patient families and team members and Maintain effective human relations Develops plan for patient teaching Prepare patient reports Presents reports	• New patient • Transfer in • Prepare patient records Discharge / Transfer out • Gives discharge counseling • Perform discharge procedure (Planned discharge, LAMA and abscond, Referrals and transfers) • Prepare records of Discharge / Transfer Dismantle, and disinfect unit and equipment after Discharge / Transfer Perform assessment : • History taking, nursing diagnosis, Problem list, Prioritization, Goals & Expected Outcomes, selection of interventions • Write Nursing Care Plan • Gives care as per the plan Communication • Use verbal and non verbal communication techniques Prepare a plan for patient teaching session Write patient report • Change – of shift reports, Transfer reports, Incident reports etc • Presents patient report	Write nursing process records of patient Simulated – I Actual – 1 Role-plays in simulated situations on communication techniques-1 Health talk- 1 Write nurses notes and present the report of 2-3 assigned patient	• Completion of Practical record • Assessment of nursing process records with checklist • Assessment of actual care given with rating scale s • Assessment role plays with the checklist on communication techniques • Assess health talk with the checklist • Assessment of communication techniques by rating scale • Assessment of performance with rating scale • Assessment of each skill with checklist • Completion of
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				Lab practice	activity record
		Monitor vital signs	Vital signs • Measure, Records and interpret alterations in body temperature, pulse respiration and blood pressure	Measure Vital signs of assigned patient	
		Perform health assessment of each body system	Health assessment • Health history taking • Perform assessment: • General • Body systems • Use various methods of physical examination • Inspection, Palpation, Percussion, Auscultation, Olfaction • Identification of system wise deviations Prepare Patient's unit: • Prepare beds: • Open, closed, occupied, operation, amputation • Cardiac, fracture, burn, Divided, & Fowlers bed • Pain assessment and provision for comfort		• Assessment of each skill with checklist • Completion of activity record
		Provide basic nursing care to patients	Use comfort devices Hygienic care: • Oral hygiene • Baths and care of pressure points • Hair wash, Pediculosis treatment • Feeding: • Oral, Enteral, Naso / Orogastric, gastrostomy and Parenteral feeding • Naso-gastric insertion, suction, and irrigation • Assisting patient in urinary elimination • Provides urinal/bed pan • Condom drainage • Perineal care	Practice in lab & hospital Simulated exercise on CPR manikin	

			• Catheterization • Care of urinary drainage • Bladder irrigation assisting bowel Elimination : • Insertion of Flatus tube • Enemas • Insertion of Suppository • Bowel wash Body Alignment and Mobility: • Range of motion exercises • Positioning: Recumbent • Lateral (rt/lt) Fowlers, Sims, Lithotomic, Prone, Trendelenburg , position • Assist patient in Moving, lifting, transferring, walking • Restraints Oxygen administration Suctioning: oropharyngeal, nasopharyngeal Chest physiotherapy and postural drainage Care of Chest drainage CPR- Basic life support Intravenous therapy Blood and blood component therapy Collect/assist for collection of specimens for investigations Urine, sputum, faces, vomits, blood and other body fluids Perform lab tests : • Urine: sugar, albumin, acetone • Blood: sugar (With strip/ gluco-meter) • Hot and cold applications: • Local and general Sitz bath Communicating and assisting with self-care of visually & hearing impaired patients Communicating and assisting with self-care of mentally		
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			challenged/disturbed patients Recreational therapies Caring of patient with alteration in sensorial Infection control • Perform following procedures: • Hand washing techniques • Simple, hand antiseptis • Prepare isolation unit in lab/ward • Practice technique of wearing and removing Personal protective equipment (PPE) • Practice Standard safety precautions (Universal precautions) Decontamination of equipment and unit: • Surgical asepsis: • Sterilization • Handling sterilize Equipment • Calculate strengths of lotions, • Prepare lotions • Care of articles • Pre and post operative care • Skin preparations for surgery: Local • Preparation of post operative unit • Pre & post operative teaching and counseling • Pre & post operative monitoring • Care of the wound • Dressings, Suture Care, care of Drainage, Application of Bandages, Binders, Splints & Slings • Bandaging of various body parts • Administration of medications • Administer Medications in different forms and routes • Oral, Sublingual and Buccal		
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			• Parenteral: Intramuscular etc. • Assist with Intra Venous medications • Drug measurements and dose calculations • Preparation of lotions and solutions • Administers topical applications • Insertion of drug into body cavity: Suppository & medicated packing etc. • Instillation of medicines and spray into Ear, Eye, Nose and throat • Irrigation s: Eye, Ear, Bladder, Vagina and Rectum • Inhalations: dry and moist • Care of dying patient • Caring and packing of dead body • Counseling and supporting grieving relatives • Terminal care of the unit		
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