**BATCH** : F.Y. GNM

**T0TAL HOURS** : 210Hrs

**SHRI H N SHUKLA NURSING INSTITUTE**

**Affiliated By Saurashtra University, Permitted By I.N.C. & G.N.C. And Recognized By G.O.G.** Shree H. N. Shukla College Campus, B/H. Marketing Yard, Nr. Lalpari Lake, Rajkot -360003 E-mail :- HNSNURSING@GMAIL.COM Web. :- [www.hnsgroupofcollege.org](http://www.hnsgroupofcollege.org/)

**NURSING FOUNDATIONS**

**FUNDAMENTALS OF NURSINGS**

**CENTRAL OBJECTIVES:** This course is designed to help students develop an ability to meet the basic health need of the patients with regard to nursing care and develop skill in the competencies required for rendering effective patient care.

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| UNIT/Total hours | LEARNING OBJECTIVE | CONTENT | TEACHINGLEARNING ACTIVITY | A.V. AIDS | EVALUATION |
| I (25) | Define nursing and explain its nature, meaning, scope,ethics and principles in nursing.Identify the qualities of a professionalnurse health care agencies and its | **Introduction to Nursing**1. Nursing – concept, meaning, definitions,scope and functions.
2. History of nursing in India
3. Nursing as a profession
4. Nursing professional – qualities and preparation.
5. Ethics in Nursing-roles and responsibilities of a nurse.
6. Health care agencies – hospital and community service – types and
 | * Lecture cum discussion
* Group Discussion
 | * Black board
* Charts
 | * Short answer question
* Short answer question and objective type question
* Evaluation of Group Discussion
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|  | functions. Describe the holistic approach to nursing and the determinants of health and the effects of illness. | function of hospitals health team.1. Modern approaches to nursing care including holistic nursing care
2. Health and Disease
* Definition of health, determinants of health status.
* Basic human needs
* Illness and its effects on individual
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| II(2) | Describe nursing care of the patient/client in hospital using nursing process. Demonstrate skill in the admission and discharge process, maintenance of safe environment and records and reports | **Nursing care of the patient**1. Patient Environment in the hospital:

Patients unit1. Therapeutic environment
* Physical factors – lighting temperature,

ventilation, humidity, noise, pestilence.* Safety needs, prevention of environmental hazard
* Psychosocial and aesthetic factors.

c) Patient’s Adjustment to the Hospital.* Understanding the patient as a person, socio-economic, and cultural background, health status etc.
* Effect of hospitalization on patient and

family.* Admission, transfer, discharge procedures

d) Basic Nursing Skills-* Communication
* Nursing interview
* Recording and reporting

e) Nursing Process* Meaning and importance
* Assessment, Nursing diagnosis Planning, Implementation and
 | * Lecture cum discussion
* Explain with use Different Skeletal.
* Lecture cum discussion
* Lecture cum discussion
 | * Transparency
* Skeletal and torso.
* Black board.
 | * Short answer question
* Short answer question
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|  |  | Evaluation- Nursing care plan. |  |  |  |
| III(65) | Describe basic needs of the patientDemonstrate skill in meeting basic care of the patient | **Meeting the Basic Needs of a patient**a) Physical needs-* Comfort, rest, sleep and exercise

–Importance and its promotion* Body mechanics –moving, lifting, transferring
* Position and posture maintenance
* Comfort devices
* Beds and bed making – Principles of bed making, types and care of bed linen
* Safety devices, restraints and splints
* Exercises – Active and Passive

b) Hygienic needs* Personal and environmental hygiene personal
* Nurses note in maintaining personal and environmental hygiene.
* Care of eyes, nose, ears, hands and feet.
* Care of mouth, skin, hair and genitalia
* Care of pressure areas, bed sores.

c) Elimination needs* Health and sickness
* Problems – constipation and diarrhea, retention and incontinence of urine.
* Nurse’s role in meeting elimination needs.
* Offering bed-pan and urinal,
* Observing and recording abnormalities.
* Preparation and giving of laxative, suppositories, enemas, bowel wash, flatus tube.
* Perineal care, care of patient with
 | * `1
 | * LCD
* Demonstrate Muscular movement
* Black board
 | * Essay type question
* Short answer question
* objective type question
* Essay type question
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|  |  | urinary catheter, diapers.- Maintenance of intake and output recordsd) Nutritional needs* Diet in health and disease
* Factors affecting nutrition in illness,
* Nurse’s role in meeting patients nutritional needs.
* Modification of diet in illness.
* Diet planning and serving.
* Feeding helpless patients including artificial methods of feeding.
1. Psychological and spiritual needse) Attitudes - meaning, development changes in attitude, effects of attitudes on

behavior, importance of positive attitudefor the nurse.1. Habits-meaning and formation.
2. Breaking of bad habits, importance of

good habit formation for the nurse. |  |  |  |
|  |  | Importance- Nurse’s role -Diversional and Recreational therapyf) Care of terminally ill and dying patient* Dying patient’s signs and symptoms needs of dying patient and family,
* Nursing care of dying-: special considerations; advance directives, euthanasia, will, dying declaration, organ donation etc.
* Medico legal issues
* Care of the dead body
* Care of unit
* Autopsy
 | * Lecture come discussion

Explain with use of Specimen.* Power point presentation
* Lecture come discussion
 | * Transparency
* Brain, Spinal cord , cranial nerves , spinal nerves.
* LCD
* Black board
 | * Short answer question
* objective type question
* Essay type question
* Short answer question
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|  |  | - Embalming |  |  |  |
| IV(14) | Describe the principles of assessment demonstrate skills in assessing thepatient | **Assessment of patient/client**a) Physical Assessment* Importance, principles, methods of assessment
* Height, Weight, posture
* Head to toe examination.

b) Physiological Assessment* Vital signs, normal, abnormal Characteristics, factors influencing the variations,
* Observation and collection of specimens-urine, stool, vomitus and sputum.

c) Psychological Assessment- Mood, Intelligence, Emotions Normal and Abnormal behaviorchild adolescent, adult and agedd) Will and character. 6 Lecture cum discussions.Role play Psychometric assessment Short answer Objective type Essay typeVI. Discuss the nature and measurement of intelligence. | * Lecture
* & Explain with use of microscopic slides
* Lecture come discussion
* Power point presentation
* Lecture come discussion
* Lecture come discussion
 | * Black Board
* Blood Slides

Transparency* LCD
* Black Board
 | * Short note
* Short answer question
* objective type question
* Lecture
* Essay type question
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|  |  |  | * Black Board
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| V(20) | Describe the | **Infection control** | * Power point
 | Transparency |  |
|  | infection control,methods in the | a) Infection control :- Nature of infection | presentation |  | * Short note
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|  | clinical setting. | - Chain of infection transmission |  |  |  |
|  | Demonstrate | - Defence against infection: natural and |  |  |  |



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|  | infection control practices | acquired- Hospital acquired infection ( nosocomial infection)b) Concept of asepsis:* Medical and surgical asepsis
* Isolation precautions , barrier nursing
* Hand washing : simple, hand asepsis, surgical asepsis (scrub)
* Isolation – source and protection
* Personal protective equipments types, uses and techniques of wearing and removing

Decontamination of unit and equipment* Transportation of infected patient

-. Standard safety precaution* Transmission based precautions

c) Bio-medical waste management* Importance
* Types of hospital wastes
* Hazards associated with hospital waste
* Decontamination of hospital waste
* Segregation and transportation
* Disposal
 | * Lecture come discussion
* Lecture come discussion
 | * LCD
* Black Board

Black Board | * Short answer question
* objective type question
* Lecture
* Essay type question
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| VI(30) | Describe therapeutic nursing care | **Therapeutic Nursing Care**a) Care of patients with respiratory problems/dyspnea* Deep breathing and coughing exercises
* O2 inhalation
* Dry and moist inhalation
* Oro nasal suctioning
1. Care of patient with altered body temperature-Hot and cold Applications
2. Care of patients with Fluid and Electrolyte imbalance
3. Care of unconscious patient
 | * Power point presentation
* Lecture come discussion
* Lecture come
 | Transparency* LCD
* Black Board
 | * Short note
* Short answer question
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|  |  | 1. Care of the bed-ridden patient(traction, fractures etc.)
2. Care of patient with pain
3. Care of patients with body elimination

deviation | discussion | Black Board | * objective type question
* Lecture
* Essay type question
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| VIII(3 0) | Explain the principles, routes, effects of administration of medications | **Introduction to clinical Pharmacology** Administrationof medication:a) General Principles/Considerations* Purposes of medication
* Principles: Rights, special considerations, prescriptions, safety in administering medications and medication errors
* Drugs forms
* Routes of administration
* Storage and maintenance of drugs and nurses responsibility
* Broad classification of drugs
* Therapeutic effect, side effect, toxic effect, allergic reaction, drug tolerance, drug interactions
* Factors influencing drug actions
* Systems of drug measurement: metric system, household measurements Converting measurements units: conversion within one system, between
 | * Power point presentation
* Lecture come discussion
* Lecture come discussion
 | Transparency* LCD
* Black Board

Black Board | * Short note
* Short answer question
* objective type question
* Lecture
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|  |  | systems, dosage calculations.- Terminologies and abbreviations used in prescription of medications.1. Oral drug administration: oral, sublingual, buccal : equipment and procedure.
2. Parentral:
* General principles
* Types of parentral therapies.
* Types of syringes, needles, canulas and

infusion sets,* Protection from needle stick injuries, giving medications with a safety syringe.
* Routes of parentral therapies:
* Purposes, site equipment, procedure and special considerations in

giving intradermal, subcutaneous, intramuscular and intravenous medications.* Advanced techniques : epidural, intrathecal, intraosseous, intraperitoneal, intrapleural, intra arterial
* Role of nurse
1. Topical administration: purposes, site, equipment, procedure, special considerations for applications to skin and mucous membrane.
2. Direct application:
* Gargle, throat swab
* Insertion of drug into body cavities : nasal pack, suppositories / medicated packing into rectum / vagina
* Instillations: ear, eye, nasal, bladder and

rectal. |  |  | * Essay type question
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|  |  | - Irrigations: eye, ear, bladder, vaginal and rectal. Spray: nose and throat1. Inhalations: nasal, oral, endotracheal, tracheal (steam, oxygen and medications) – purposes, types, equipment, procedure and special considerations.
2. Recording and reporting of medications

administered |  |  |  |

