

NURSING FOUNDATIONS

Placement- FIRST YEAR

Time- 210 hours

Fundamentals of Nursing- 190 hours

First- Aid- 20 hours

FUNDAMENTALS OF NURSINGS

Course Description

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.

General Objectives

Upon completion of the course, the students shall be able to:

- 1 Describe the physical, mental and social adjustment required of a sick individual and his family.
- 2 Carry out basic nursing techniques and care with the application of sound scientific principle.
- 3 Explain the concept of comprehensive nursing care.
- 4 Develop skills in assessment, planning, implementation and evaluation of the nursing care rendered to the patients.
- 5 Communicate effectively and establish good interpersonal relationship with the patients, their relatives and other health team members.
- 6 Demonstrate skills in observation, recording and reporting.
- 7 Recognize and utilize opportunities for planning and implementing need based health teaching programme (s) for individuals, groups, families and communities.

Total Hours - 190

Unit. No.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
I	Define nursing and explain its nature, meaning, scope, ethics and principles in nursing. Identify the qualities of	Introduction to Nursing a) Nursing – concept, meaning, definitions, scope and functions. b) History of nursing in India c) Nursing as a profession d) Nursing professional – qualities and preparation.	25	Lecture cum discussions	Short answer Objective type Essay type

Unit. No.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
	<p>a professional nurse health care agencies and its functions.</p> <p>Describe the holistic approach to nursing and the determinants of health and the effects of illness.</p>	<ul style="list-style-type: none"> e) Ethics in Nursing-roles and responsibilities of a nurse. f) Health care agencies – hospital and community service – types and function of hospitals health team. g) Modern approaches to nursing care including holistic nursing care h) Health and Disease <ul style="list-style-type: none"> - Definition of health, determinants of health status. - Basic human needs - Illness and its effects on individual 			
II	<p>Describe nursing care of the patient/client in hospital using nursing process.</p> <p>Demonstrate skill in the admission and discharge process, maintenance of safe environment and records and reports</p>	<p>Nursing care of the patient</p> <ul style="list-style-type: none"> a) Patient Environment in the hospital: Patients unit b) Therapeutic environment <ul style="list-style-type: none"> - 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. <ul style="list-style-type: none"> - 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- <ul style="list-style-type: none"> - Communication - Nursing interview - Recording and reporting e) Nursing Process <ul style="list-style-type: none"> - Meaning and importance - Assessment, Nursing diagnosis Planning, Implementation and Evaluation - Nursing care plan. 	6	<p>Lecture cum discussions.</p> <p>Demonstration of maintaining the records and reports</p> <p>Role Play</p>	<p>Short answer</p> <p>Objective type</p> <p>Essay type</p> <p>Return demonstration</p>

Unit. No.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
III	<p>Describe basic needs of the patient</p> <p>Demonstrate skill in meeting basic care of the patient</p>	<p>Meeting the Basic Needs of a patient</p> <p>a) Physical needs-</p> <ul style="list-style-type: none"> - 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 <p>b) Hygienic needs</p> <ul style="list-style-type: none"> - 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. <p>c) Elimination needs</p> <ul style="list-style-type: none"> - 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 urinary catheter, diapers. - Maintenance of intake and output records <p>d) Nutritional needs</p> <ul style="list-style-type: none"> - 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. <p>e) Psychological and spiritual needs</p>	65	<p>Lecture cum discussion</p> <p>Demonstration</p>	<p>Short answer</p> <p>Objective type</p> <p>Essay type</p> <p>Return demonstration</p> <p>Assessment using checklist</p>

Unit. No.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
		<ul style="list-style-type: none"> - Importance - Nurse's role -Diversional and Recreational therapy f) Care of terminally ill and dying patient <ul style="list-style-type: none"> - 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 - Embalming 			
IV	Describe the principles of assessment demonstrate skills in assessing the patient	<p>Assessment of patient/client</p> <ul style="list-style-type: none"> a) Physical Assessment <ul style="list-style-type: none"> - Importance, principles, methods of assessment - Height, Weight, posture - Head to toe examination. b) Physiological Assessment <ul style="list-style-type: none"> - Vital signs, normal, abnormal Characteristics, factors influencing the variations, - Observation and collection of specimens-urine, stool, vomitus and sputum. c) Psychological Assessment <ul style="list-style-type: none"> - Mood, Intelligence, Emotions Normal and Abnormal behavior. 	14	Lecture cum discussions Demonstration	Short answer Objective type Essay type Return demonstration Assessment using checklist
V	Describe the infection control, methods in the clinical setting. Demonstrate infection control practices	<p>Infection control</p> <ul style="list-style-type: none"> a) Infection control : <ul style="list-style-type: none"> - Nature of infection - Chain of infection transmission - Defence against infection: natural and acquired - Hospital acquired infection (nosocomial infection) b) Concept of asepsis: <ul style="list-style-type: none"> - 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 		Lecture cum discussion Demonstration Explain using manual of biomedical waste management of Government of India Demonstration Videos Simulation exercises	Short answers Essay type Objective type

Unit. No.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
		<ul style="list-style-type: none"> - Decontamination of unit and equipment - Transportation of infected patient - Standard safety precaution - Transmission based precautions <p>c) Bio-medical waste management</p> <ul style="list-style-type: none"> - Importance - Types of hospital wastes - Hazards associated with hospital waste - Decontamination of hospital waste - Segregation and transportation - Disposal 	20		
VI	Describe therapeutic nursing care	<p>Therapeutic Nursing Care</p> <p>a) Care of patients with respiratory problems/dyspnea</p> <ul style="list-style-type: none"> - Deep breathing and coughing exercises - O2 inhalation - Dry and moist inhalation - Oro nasal suctioning <p>b) Care of patient with altered body temperature-Hot and cold Applications</p> <p>c) Care of patients with Fluid and Electrolyte imbalance</p> <p>d) Care of unconscious patient</p> <p>e) Care of the bed-ridden patient(traction, fractures etc.)</p> <p>f) Care of patient with pain</p> <p>g) Care of patients with body elimination deviation</p>	30	<p>Lecture cum discussions.</p> <p>Demonstration</p>	<p>Short answer</p> <p>Objective type</p> <p>Essay type</p> <p>Return demonstration</p> <p>Assessment using checklist</p>
VIII	Explain the principles, routes, effects of administration of medications	<p>Introduction to clinical Pharmacology</p> <p>Administration of medication:</p> <p>a) General Principles/Considerations</p> <ul style="list-style-type: none"> - 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. 	30	<p>Lecture cum discussions.</p> <p>Demonstration</p>	<p>Short answer</p> <p>Objective type</p> <p>Essay type</p> <p>Return demonstration</p> <p>Assessment using checklist</p>

Unit. No.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
		<ul style="list-style-type: none"> - Converting measurements units: conversion within one system, between systems, dosage calculations. - Terminologies and abbreviations used in prescription of medications. b) Oral drug administration: oral, sublingual, buccal : equipment and procedure. c) Parenteral: <ul style="list-style-type: none"> - General principles - Types of parenteral therapies. - Types of syringes, needles, canulas and infusion sets, - Protection from needle stick injuries, giving medications with a safety syringe. - Routes of parenteral 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 d) Topical administration: purposes, site, equipment, procedure, special considerations for applications to skin and mucous membrane. e) Direct application: <ul style="list-style-type: none"> - Gargle, throat swab - Insertion of drug into body cavities : nasal pack, suppositories / medicated packing into rectum / vagina - Instillations: ear, eye, nasal, bladder and rectal. - Irrigations: eye, ear, bladder, vaginal and rectal. Spray: nose and throat f) Inhalations: nasal, oral, endotracheal, tracheal (steam, oxygen and medications) – purposes, types, equipment, procedure and special considerations. g) Recording and reporting of medications administered. 			

FIRST AID

Course Description

This course is designed to help students develop and understanding of community emergencies and be able to render first aid services as and when need arises.

General Objectives

Upon completion of this course, the students shall be able to:

1. Describe the rules of first aid.
2. Demonstrate skills in rendering first aid in case of emergencies.

Total Hours - 20

Unit	Learning Objectives	Content	Hr.	Teaching learning activities	Assessment methods
I	Describe the importance and principle of first aid	Introduction a) Definition, Aims and Importance of first aid b) Rules/ General principles of First Aid c) Concept of emergency	2	Lecture cum discussions	Short answer Objective type
II	Demonstrate skill in first aid techniques	Procedures and Techniques in First Aid a) Preparation of First Aid kit. b) Dressing, bandaging and splinting(spiral, reverse spiral, figure of 8 spica, shoulder, hip, ankle, thumb, finger, stump, single and double eye, single and double ear, breast, jaw, capelin), triangle bandage uses, abdominal binder and bandage, breast binder, T and many tail bandage, knots reef, clove. c) Transportation of the injured d) CPR : Mouth to mouth, Sylvester, Schafer, External cardiac massage	8	Lecture cum discussions Demonstration Videos Simulation exercises.	Short answer Objective type Return demonstration
III	Describe first aid in common emergencies	First Aid in emergencies a) Asphyxia, drowning, shock b) Wounds and Bleeding c) Injuries to the Bones, Joints and Muscle - fractures, sprains, strains, hanging, falls	6	Lecture cum discussions. Videos Demonstration	Short answer Objective type Return demonstration

Unit	Learning Objectives	Content	Hr.	Teaching learning activities	Assessment methods
		d) Burns and scalds e) Poisoning – ingestion, inhalation, bites and stings f) Foreign body in eye, ear, nose and throat.			
IV	List various community emergencies and community resources.	Community Emergencies & Community Resources a) Fire, explosion, floods, earth-quakes, famines etc b) Role of nurses in disaster management c) Rehabilitation d) Community Resources - Police, Ambulance services - Voluntary agencies-local, state national and international	4	Lecture cum discussions. Videos Mock drill Simulation exercise Videos Field visit to voluntary agencies.	Short answer Objective type Essay type

NUSING FOUNDATIONS- PRACTICAL

Placement: FIRST YEAR

Time: Practical – 880 hours

Lab - 200 hours

Clinical – 680 hours

Course Description: This course is designed to help the students to acquire knowledge, attitude and skills in techniques of nursing and practice them in clinical settings

The nurse on completion of this course will be able to:

- Demonstrate appropriate attitudes and skills in providing comprehensive nursing care to patients based on nursing process.
 - Assess the nursing needs of the clients by collecting complete data, making relevant observation and analyze the data collected.
 - Plan for appropriate nursing care by prioritizing the needs and executing competent nursing actions.
 - Implement effective nursing care by integrating scientific principles for maintaining health optimum
 - Promote the health of the individual and the community by giving appropriate health teaching.
 - Evaluate the patients response to nursing care provided.
 - Apply the theoretical knowledge to the appropriate clinical nursing practice.
 - Demonstrate skill in the use of problem solving methods in nursing practice.
 - Contribute for promotion of health prevention of illness & restoration of health of people by working with other health team members.
 - Gain knowledge of health resources in the community and the country.
 - Demonstrate leadership skills in working with health team, community and others in the provision of health care.
 - Recognize the need for continuing education for professional development.
 - Demonstrate use of ethical values in their personal and professional life.
 - Assist in research activities.

Areas	Time (Hours)	Objectives	Skills	Assignments	Assessment methods
Supervised practice in Lab General Medical and surgery wards	200 680 (Minimum practice time in clinical area)	<ul style="list-style-type: none"> • Performs admission and discharge procedure • Prepares nursing care plan as per the nursing process format • Communicates effectively with patient, families and team members and • Maintains effective human relations 	<p>Hospital admission and discharge</p> <p>a) Admission:</p> <ul style="list-style-type: none"> • Prepare Unit for new patient • Prepare admission bed • Perform admission procedure • New patient • Transfer in • Prepare patient records <p>b) Discharge/Transfer out</p> <ul style="list-style-type: none"> • 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 <p>Perform assessment:</p> <ul style="list-style-type: none"> • History taking, Nursing diagnosis, problem list, Prioritization, Goals & Expected Outcomes, selection of interventions • Write Nursing Care Plan • Gives care as per the plan <p>Communication</p> <ul style="list-style-type: none"> • Use verbal and non verbal communication techniques <p>Prepare a plan for patient teaching session</p>	<ul style="list-style-type: none"> • Practice in Unit/ hospital 	<ul style="list-style-type: none"> • Evaluate with checklist • Assessment of clinical performance with rating scale • Completion of Practical record <ul style="list-style-type: none"> • Write nursing process records of patient • Simulated -1 • Actual - 1 <ul style="list-style-type: none"> • Role-plays in simulated situations on communication techniques-1 • Health talk-1

Areas	Time (Hours)	Objectives	Skills	Assignments	Assessment methods
		<ul style="list-style-type: none"> Develops plan for patient teaching Prepares patient reports Presents reports Monitors vital signs Performs health assessment of each body system Provides basic nursing care to patients 	<p>Write patient report</p> <ul style="list-style-type: none"> Change-of shift reports, Transfer reports, Incident reports etc. Present patient report <p>Vital signs</p> <ul style="list-style-type: none"> Measure, records and interpret alterations in body temperature, pulse, respiration and blood pressure <p>Health assessment</p> <ul style="list-style-type: none"> Health history taking Perform assessment: General Body systems Use various methods of physical examination Inspection, Palpation, Percussion, Auscultation, Olfaction Identification of system wise deviations <p>Prepare Patient's unit:</p> <ul style="list-style-type: none"> Prepare beds: Open, closed, occupied, operation, amputation, Cardiac, fracture, burn, Divided, & Fowler's bed Pain assessment and provision for comfort <p>Use comfort devices Hygienic care:</p> <ul style="list-style-type: none"> Oral hygiene: Baths and care of pressure points Hair wash, Pediculosis treatment 	<ul style="list-style-type: none"> Write nurses notes and present the patient report of 2-3 assigned patients Lab practice Measure Vital signs of assigned patient 	<ul style="list-style-type: none"> Assessment of performance with rating scale Assessment of each skill with checklist Completion of activity record

Areas	Time (Hours)	Objectives	Skills	Assignments	Assessment methods
			<p>Feeding:</p> <ul style="list-style-type: none"> • Oral/ Enteral,Naso/Orogastric, gastrostomy and Parenteral feeding • Naso-gastric tube insertion, suction, and irrigation <p>Assisting patient in urinary elimination</p> <ul style="list-style-type: none"> • Provide urinal/bed pan • Condom drainage • Perineal care • Catheterization • Care of urinary drainage <p>Bladder irrigation Assisting bowel Elimination:</p> <ul style="list-style-type: none"> • Insertion of Flatus tube • Enemas • Insertion of Suppository <p>Bowel wash Body Alignment and Mobility:</p> <ul style="list-style-type: none"> • Range of motion exercises • Positioning: Recumbent, Lateral, Fowlers, Sims, Lithotomy, Prone, Trendelenburg positon- • Assist patient in Moving, lifting, transferring, walking • Restraints <p>Oxygen administration</p> <ul style="list-style-type: none"> • Mask • Prongs • Tent • Catheters <p>Suctioning: oropharyngeal, nasopharyngeal</p> <p>Chest physiotherapy and postural drainage</p> <p>Care of Chest drainage</p> <p>CPR- Basic life support</p> <p>Observation of Intravenous therapy</p>	<ul style="list-style-type: none"> • Simulated exercise on CPR manikin 	

Areas	Time (Hours)	Objectives	Skills	Assignments	Assessment methods
		<ul style="list-style-type: none"> • Performs infection control procedures 	<p>Blood and blood component therapy</p> <p>Collect/assist for collection of specimens for investigations Urine, sputum, faeces, vomitus, blood and other body fluids</p> <p>Perform lab tests:</p> <ul style="list-style-type: none"> • Urine: sugar, albumin, acetone • Blood: sugar (with strip/ gluco-meter) <p>Application of hot and cold therapies:</p> <ul style="list-style-type: none"> • Local and general • Dry and moist <p>Communicating and assisting with self-care of visually & hearing impaired patients</p> <p>Communicating and assisting with self-care of mentally challenged/disturbed patients</p> <p>Recreational and diversional therapies</p> <p>Caring of patient with alteration in sensorium</p> <p>Infection control</p> <ul style="list-style-type: none"> • Perform following procedures: • Hand washing techniques • Simple, hand antisepsis and surgical antisepsis (scrub) • Prepare isolation unit in lab/ ward 	<ul style="list-style-type: none"> • Observation study -2 • Department of Infection control & CSSD • Visits CSSD write observation report 1 	<ul style="list-style-type: none"> • Assess observation study with checklist • Evaluate all procedures with checklist

Areas	Time (Hours)	Objectives	Skills	Assignments	Assessment methods
		<ul style="list-style-type: none"> Provide care to pre and post-operative patients Perform procedures for care of wounds <p>Administers drugs</p>	<ul style="list-style-type: none"> Practice technique of wearing and removing Personal protective equipment (PPE) Practice Standard safety precautions (Universal precautions) <p>Decontamination of equipment and unit:</p> <ul style="list-style-type: none"> Surgical asepsis: Sterilization Handling sterilized equipment <ul style="list-style-type: none"> Calculate strengths of solutions, Prepare solutions Care of articles <p>Pre and post-operative care:</p> <ul style="list-style-type: none"> Skin preparations for surgery: Local Preparation of Post-operative unit Pre & post- operative teaching and counselling. Pre and post-operative monitoring Care of the wound: Dressings of minor wounds, care of Drainage / Application of Binders, Splints & Slings Bandaging of various body parts <p>Administration of medications</p> <ul style="list-style-type: none"> Administer Medications in different forms and routes Oral, Sublingual and Buccal Parenteral : Intradermal, subcutaneous, Intramuscular etc. Assist with Intravenous medications 	<ul style="list-style-type: none"> Collection of samples for culture Do clinical posting in infection control department and write report Practice in lab/ward 	

			<ul style="list-style-type: none"> • Drug measurements and dose calculations • Preparation of lotions and solutions • Administer topical applications • Insertion of drug into body cavity: Suppository & medicated packing etc. • Instillation of medicines into Ear, Eye, Nose and throat • Irrigations: Eye, Ear, bladder, Vagina and Rectum • Inhalations: dry and moist • Medicated/Nebulization • Identification of spurious drugs. • Record date, time, medication, dose, route And sign immediately after administration <p>Care of dying patient</p> <ul style="list-style-type: none"> • Provide care for the terminally ill • Caring and packing of dead Body • Counseling and supporting grieving relatives • Handing over the body & valuables • Transferring to mortuary with proper identification • Terminal care of the unit 		
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