

COURSE TITLE	NURSING FOUNDATION I & II INCLUDING HEALTH ASSESSMENT MODULE
COURSE CODE	20BN1202
COURSE CREDITS	23

Objective:

- 1 Develop understanding about the concept of health, illness and scope of nursing within health care services. Apply values, code of ethics and professional conduct in professional life. Apply the principles and methods of effective communication in establishing communication links with patients, families and other health team members. Develop skill in recording and reporting.
- 2 Demonstrate competency in monitoring and documenting vital signs. Describe the fundamental principles and techniques of infection control and biomedical waste management. Identify and meet the comfort needs of the patients. Perform admission, transfer, and discharge of a patient under supervision applying the knowledge.
- 3 Demonstrate understanding and application of knowledge in caring for patients with restricted mobility. Perform first aid measures during emergencies. Identify the educational needs of patients and demonstrate basic skills of patient education.
- 4 Develop understanding about fundamentals of health assessment and perform health assessment in supervised clinical settings, Demonstrate fundamental skills of assessment, planning, implementation and evaluation of nursing care using Nursing process approach in supervised clinical settings , Assess the Nutritional needs of patients and provide relevant care under supervision, Identify and meet the hygienic needs of patients Identify and meet the elimination needs of patient, Interpret findings of specimen testing applying the knowledge of normal values , Promote oxygenation based on identified oxygenation needs of patients under supervision , Review the concept of fluid, electrolyte balance integrating the knowledge of applied physiology , Apply the knowledge of the principles, routes, effects of administration of medications in administering medication
- 5 Calculate conversions of drugs and dosages within and between systems of measurements . Demonstrate knowledge and understanding in caring for patients with altered functioning of sense organs and unconsciousness ,,Explain loss, death and grief , Describe sexual development and sexuality
- 6 Identify stressors and stress adaptation modes , Integrate the knowledge of culture and cultural differences in meeting the spiritual needs . Explain the introductory concepts relevant to models of health and illness in patient care

Course Outcomes: After completion of this course, student will be able to:

- 1 Describe the concept of health and illness, Describe the levels of illness prevention and care, health care services, Trace the history of Nursing, Explain the concept, nature and scope of nursing , Describe values, code of ethics and professional conduct for nurses in India

Course Outcomes: After completion of this course, student will be able to:

- 2 Describe the process, principles, and types of communication , Explain therapeutic, non-therapeutic and professional communication, Communicate effectively with patients, their families and team members, Describe the purposes, types and techniques of recording and reporting , Maintain records and reports accurately, Describe principles and techniques of monitoring and maintaining vital signs, Assess and record vital signs accurately, Maintain equipment and linen,
- 3 Describe the basic principles and techniques of infection control and biomedical waste management, Identify and meet the comfort needs of the patients, Describe the concept of patient environment, Explain and perform admission, transfer, and discharge of a patient, Demonstrate skill in caring for patients with restricted mobility, Describe the principles and practice of patient education, Explain and apply principles of First Aid during emergencies.
- 4 Describe the purpose and process of health assessment and perform assessment under supervised clinical practice, Describe assessment, planning, implementation and evaluation of nursing care using Nursing process approach, Identify and meet the Nutritional needs of patients, Identify and meet the hygienic needs of patients, Identify and meet the elimination needs of patient
- 5 Explain various types of specimens and identify normal values of tests , Develop skill in specimen collection, handling and transport, Assess patients for oxygenation needs, promote oxygenation and provide care during oxygen therapy, Describe the concept of fluid, electrolyte balance,
- 6 Explain the principles, routes, effects of administration of medications , Calculate conversions of drugs and dosages within and between systems of measurements , Administer oral and topical medication and document accurately under supervision, Provide care to patients with altered functioning of sense organs and unconsciousness in supervised clinical practice, Explain loss, death and grief, Develop basic understanding of self-concept, Describe sexual development and sexuality, Describe stress and adaptation, Explain culture and cultural norms, Integrate cultural differences and spiritual needs in providing care to patients under supervision, Explain the significance of nursing theories

Pre-requisite of course: This course is designed to help novice nursing students develop knowledge and competencies required to provide evidence-based, comprehensive basic nursing care for adult patients, using nursing process approach.

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
12	24	10	75	15	10	50	50

Contents : Unit	Topics	Contact Hours
1	Introduction to health and illness Concept of Health – Definitions (WHO), Dimensions Maslow’s hierarchy of needs Health – Illness continuum Factors influencing health , Causes and risk factors for developing illnesses Illness – Types, illness behavior Impact of illness on patient and family	5

Contents : Unit	Topics	Contact Hours
2	Health Care Delivery Systems Levels of Illness Prevention – Primary (Health Promotion), Secondary and Tertiary , Levels of Care – Primary, Secondary and Tertiary , Types of health care agencies/ services – Hospitals, clinics, Hospice, rehabilitation centres, extended care facilities, Hospitals – Types, Organization and Functions, Health care teams in hospitals – members and their role	5
3	History of Nursing and Nursing as a profession History of Nursing, History of Nursing in India , Contributions of Florence Nightingale , Nursing – Definition – Nurse, Nursing, Concepts, philosophy, objectives, Characteristics, nature and Scope of Nursing/ Nursing practice, Functions of nurse, Qualities of a nurse, Categories of nursing personnel , Nursing as a profession – definition and characteristics/criteria of profession, Values – Introduction – meaning and importance , Code of ethics and professional conduct for nurses – Introduction	12
4	Communication and Nurse Patient Relationship Communication – Levels, Elements and Process, Types, Modes, Factors influencing communication , Methods of effective communication/therapeutic communication techniques, Barriers to effective communication/non therapeutic communication techniques, Professional communication , Helping Relationships (Nurse Patient Relationship) – Purposes and Phases, Communicating effectively with patient, families and team members , Maintaining effective human relations and communication with vulnerable groups (children, women, physically and mentally challenged and elderly)	8
5	Documentation and Reporting Documentation – Purposes of Reports and Records , Confidentiality , Types of Client records/Common Record keeping forms , Methods/Systems of documentation/Recording, Guidelines for documentation , Do's and Don'ts of documentation/Legal guidelines for Documentation/Recording, Reporting – Change of shift reports, Transfer reports, Incident reports	4

Contents : Unit	Topics	Contact Hours
6	<p>Vital signs Guidelines for taking vital signs, Body temperature – o Definition, Physiology, Regulation, Factors affecting body temperature o Assessment of body temperature – sites, equipment and technique o Temperature alterations – Hyperthermia, Heat Cramps, Heat Exhaustion, Heatstroke, Hypothermia o Fever/Pyrexia – Definition, Causes, Stages, Types , Nursing Management o Hot and Cold applications, Pulse: o Definition, Physiology and Regulation, Characteristics, Factors affecting pulse o Assessment of pulse – sites, equipment and technique o Alterations in pulse, Respiration: o Definition, Physiology and Regulation, Mechanics of breathing, Characteristics, Factors affecting respiration o Assessment of respirations – technique o Arterial Oxygen saturation o Alterations in respiration , Blood pressure: o Definition, Physiology and Regulation, Characteristics, Factors affecting BP o Assessment of BP – sites, equipment and technique, Common Errors in BP Assessment o Alterations in Blood Pressure, Documenting Vital Signs</p>	15
7	<p>Equipment and Linen Types – Disposables and reusable o Linen, rubber goods, glassware, metal, plastics, furniture , Introduction – Indent, maintenance, Inventory</p>	3
8	<p>Introduction to Infection Control in Clinical setting Infection Nature of infection , Chain of infection, Types of infection , Stages of infection , Factors increasing susceptibility to infection, Body defenses against infection – Inflammatory response & Immune response, Health care associated infection (Nosocomial infection) , Introductory concept of Asepsis – Medical & Surgical asepsis , Precautions ? Hand Hygiene ? (Hand washing and use of hand Rub) ? Use of Personal Protective Equipment (PPE) ? Standard precautions , Biomedical Waste management ? Types of hospital waste, waste segregation and hazards – Introduction</p>	10
9	<p>Comfort, Rest & Sleep and Pain Comfort o Factors Influencing Comfort o Types of beds including latest beds, purposes & bed making o Therapeutic positions o Comfort devices, Sleep and Rest o Physiology of sleep o Factors affecting sleep o Promoting Rest and sleep o Sleep Disorders , Pain (Discomfort) o Physiology o Common cause of pain o Types o Assessment – pain scales and narcotic scales, Pharmacological and Non- pharmacological pain relieving measures – Use of narcotics, TENS devices, PCA , Invasive techniques of pain management, Any other newer measures , CAM (Complementary & Alternative healing Modalities)</p>	15

Contents : Unit	Topics	Contact Hours
10	Promoting Safety in Health Care Environment Physical environment – Temperature, Humidity, Noise, Ventilation, Light, Odor, Pest control, Reduction of Physical hazards – fire, accidents, Fall Risk Assessment, Role of nurse in providing safe and clean environment , Safety devices – o Restraints – Types, Purposes, Indications, Legal Implications and Consent, Application of Restraints- Skill and Practice guidelines, Other Safety Devices – Side rails, Grab bars, Ambu alarms, non-skid slippers etc.	5
11	Hospital Admission and discharge Admission to the hospital Unit and preparation of unit o Admission bed o Admission procedure o Medico-legal issues o Roles and Responsibilities of the nurse, Discharge from the hospital o Types – Planned discharge, LAMA and Abscond, Referrals and transfers o Discharge Planning o Discharge procedure o Medico-legal issues o Roles and Responsibilities of the nurse o Care of the unit after discharge	6
12	Mobility and Immobility Elements of Normal Movement, Alignment & Posture, Joint Mobility, Balance, Coordinated Movement , Principles of body mechanics , Factors affecting Body Alignment and activity, Exercise – Types and benefits , Effects of Immobility , Maintenance of normal Body Alignment and Activity, Alteration in Body Alignment and mobility, Nursing interventions for impaired Body Alignment and Mobility – assessment, types, devices used, method o Range of motion exercises o Muscle strengthening exercises o Maintaining body alignment – positions o Moving o Lifting o Transferring o Walking , Assisting clients with ambulation , Care of patients with Immobility using Nursing process approach , Care of patients with casts and splints	8
13	Patient education Patient Teaching – Importance, Purposes, Process, Integrating nursing process in patient teaching	4
14	First Aid Definition, Basic Principles, Scope & Rules , First Aid Management o Wounds, Hemorrhage & Shock o Musculoskeletal Injuries – Fractures, Dislocation, Muscle injuries o Transportation of Injured persons o Respiratory Emergencies & Basic CPR o Unconsciousness o Foreign Bodies – Skin, Eye, Ear, Nose, Throat & Stomach o Burns & Scalds o Poisoning, Bites & Stings o Frostbite & Effects of Heat o Community Emergencies	20
15	Health Assessment (N.F.-II) Interview techniques , Observation techniques, Purposes of health assessment, Process of Health assessment o Health history , Physical examination: Methods: Inspection, Palpation, Percussion, Auscultation, Olfaction , Preparation for examination: patient and unit , General assessment , Assessment of each body system , Documenting health assessment findings	20

Contents : Unit	Topics	Contact Hours
16	<p>The Nursing Process Critical Thinking Competencies, Attitudes for Critical Thinking, Levels of critical thinking in Nursing , Nursing Process Overview- Assessment (Collection of Data: Types, Sources, Methods, Organizing Data , Validating Data, Documenting Data), Nursing Diagnosis, Identification of client problems, risks and strengths, Nursing diagnosis statement – parts, Types, Formulating, Guidelines for formulating Nursing Diagnosis, NANDA approved diagnoses, Difference between medical and nursing diagnosis , Planning - Types of planning, Establishing Priorities, Establishing Goals and Expected Outcomes – Purposes, types, guidelines, Components of goals and outcome statements, Types of Nursing Interventions, Selecting interventions: Protocols and Standing Orders , Introduction to Nursing Intervention Classification and Nursing Outcome Classification, Guidelines for writing care plan , Implementation, Process of Implementing the plan of care, Types of care – Direct and Indirect, Evaluation - Evaluation Process, Documentation and Reporting</p>	13
17	<p>Nutritional needs Importance, Factors affecting nutritional needs, Assessment of nutritional status , Review: special diets – Solid, Liquid, Soft, Review on therapeutic diets , Care of patient with Dysphagia, Anorexia, Nausea, Vomiting , Meeting Nutritional needs: Principles, equipment, procedure, indications - Oral , Enteral: Nasogastric/ Orogastric, Introduction to other enteral feeds – types, indications, Gastrostomy, Jejunostomy, Parenteral – TPN (Total Parenteral Nutrition)</p>	5
18	<p>Hygiene Factors Influencing Hygienic Practice, Hygienic care: Indications and purposes, effects of neglected care, Care of the Skin – (Bath, feet and nail, Hair Care) o Care of pressure points o Assessment of Pressure Ulcers using Braden Scale and Norton Scale o Pressure ulcers – causes, stages and manifestations, care and prevention o Perineal care/Meatal care o Oral care, Care of Eyes, Ears and Nose including assistive devices (eye glasses, contact lens, dentures, hearing aid)</p>	5

Contents : Unit	Topics	Contact Hours
19	<p>Elimination needs</p> <p>Urinary Elimination o Review of Physiology of Urine Elimination, Composition and characteristics of urine , o Factors Influencing Urination o Alteration in Urinary Elimination o Facilitating urine elimination: assessment, types, equipment, procedures and special considerations , Providing urinal/bed pan o Care of patients with , Care of patients with, Condom drainage, Intermittent Catheterization, Indwelling Urinary catheter and urinary drainage, Urinary diversions , Bladder irrigation , Bowel Elimination, Review of Physiology of Bowel Elimination, Composition and characteristics of feces , Factors affecting Bowel elimination, Alteration in Bowel Elimination , Facilitating bowel elimination: Assessment, equipment, procedures, Enemas , Suppository, Bowel wash, Digital Evacuation of impacted feces , Care of patients with Ostomies (Bowel Diversion Procedures)</p>	10
20	<p>Diagnostic testing</p> <p>Phases of diagnostic testing (pre-test, intra-test & post-test) in Common investigations and clinical implications, o Complete Blood Count o Serum Electrolytes o LFT o Lipid/Lipoprotein profile o Serum Glucose – AC, PC, HbA1c o Monitoring Capillary Blood Glucose (Glucometer Random Blood Sugar – GRBS) , o Stool Routine Examination o Urine Testing – Albumin, Acetone, pH, Specific Gravity o Urine Culture, Routine, Timed Urine Specimen o Sputum culture o Overview of Radiologic & Endoscopic Procedures</p>	3
21	<p>Oxygenation needs</p> <p>Review of Cardiovascular and Respiratory Physiology, Factors affecting respiratory functioning , Alterations in Respiratory Functioning , Conditions affecting o Airway o Movement of air , Diffusion o Oxygen transport , Alterations in oxygenation , Nursing interventions to promote oxygenation: assessment, types, equipment used & procedure o Maintenance of patent airway o Oxygen administration o Suctioning – oral, tracheal, Chest physiotherapy – Percussion, Vibration & Postural drainage o Care of Chest drainage – principles & purposes , Pulse Oximetry – Factors affecting measurement of oxygen saturation using pulse oximeter, Interpretation , Restorative & continuing care o Hydration o Humidification o Coughing techniques o Breathing exercises o Incentive spirometry</p>	11
22	<p>Fluid, Electrolyte, and Acid – Base Balances</p> <p>Review of Physiological Regulation of Fluid, Electrolyte and Acid-Base Balances, Factors Affecting Fluid, Electrolyte and Acid-Base Balances, Disturbances in fluid volume: Deficit Hypovolemia Dehydration, Excess Fluid overload Edema, Electrolyte imbalances (hypo and hyper) , Acid-base imbalances Metabolic – acidosis & alkalosis Respiratory – acidosis & alkalosis, Intravenous therapy, Peripheral venipuncture sites Types of IV fluids Calculation for making IV fluid plan , Complications of IV fluid therapy Measuring fluid intake and output Administering Blood and Blood components , Restricting fluid intake, Enhancing Fluid intake</p>	5

Contents : Unit	Topics	Contact Hours
23	<p>Administration of Medications</p> <p>Introduction – Definition of Medication, Administration of Medication, Drug Nomenclature, Effects of Drugs, Forms of Medications, Purposes, Pharmacodynamics and Pharmacokinetics, Factors influencing Medication Action, Medication orders and Prescriptions , Systems of measurement, Medication dose calculation, Principles, 10 rights of Medication Administration , Errors in Medication administration Routes of administration , Storage and maintenance of drugs and Nurses responsibility, Terminologies and abbreviations used in prescriptions and medications orders , Developmental considerations , Oral, Sublingual and Buccal routes: Equipment, procedure , Introduction to Parenteral Administration of Drugs – Intramuscular, Intravenous, Subcutaneous, Intradermal: Location of site, Advantages and disadvantages of the specific sites, Indication and contraindications for the different routes and sites. , Equipment – Syringes & needles, cannulas, Infusion sets – parts, types, sizes, Types of vials and ampoules, Preparing Injectable medicines from vials and ampoules o Care of equipment: decontamination and disposal of syringes, needles, infusion sets , Prevention of Needle-Stick Injuries, Topical Administration: Types, purposes, site, equipment, procedure o Application to skin & mucous membrane o Direct application of liquids, Gargle and swabbing the throat o Insertion of Drug into body cavity: Suppository/ medicated packing in rectum/vagina o Instillations: Ear, Eye, Nasal, Bladder, and Rectal o Irrigations: Eye, Ear, Bladder, Vaginal and Rectal o Spraying: Nose and throat , Inhalation: Nasal, oral, endotracheal/tracheal (steam, oxygen and medications) – purposes, types, equipment, procedure, recording and reporting of medications administered , Other Parenteral Routes: Meaning of epidural, intrathecal, intraosseous, intraperitoneal, intra-pleural, intra arterial</p>	20
24	<p>Sensory needs</p> <p>Introduction ? Components of sensory experience – Reception, Perception & Reaction , Arousal Mechanism, Factors affecting sensory function, Assessment of Sensory alterations – sensory deficit, deprivation, overload & sensory poverty , Management o Promoting meaningful communication (patients with Aphasia, artificial airway & Visual and Hearing impairment) , Care of Unconscious Patients, Unconsciousness: Definition, causes & risk factors, pathophysiology, stages of Unconsciousness, Clinical Manifestations, Assessment and nursing management of patient with unconsciousness, complications</p>	5

Contents : Unit	Topics	Contact Hours
25	Care of Terminally ill, death and dying Loss – Types Grief, Bereavement & Mourning Types of Grief responses Manifestations of Grief , Factors influencing Loss & Grief Responses , Theories of Grief & Loss – Kubler Ross , 5 Stages of Dying, The R Process model (Rando's), Death – Definition, Meaning, Types (Brain & Circulatory Deaths), Signs of Impending Death, Dying patient's Bill of Rights, care of dying patient , Physiological changes occurring after Death Death Declaration, Certification Autopsy Embalming Last office/Death Care , Counseling & supporting grieving relatives Placing body in the Mortuary Releasing body from Mortuary Overview – Medico-legal Cases, Advance directives, DNI/DNR, Organ Donation, Euthanasia	4
26	A. Self-concept Introduction , Components (Personal Identity, Body Image, Role Performance, Self Esteem) , , Factors affecting Self Concept , Nursing Management	3
27	B. Sexuality Sexual development throughout life, Sexual health , Sexual orientation , Factors affecting sexuality , Prevention of STIs, unwanted pregnancy, avoiding sexual harassment and abuse , Dealing with inappropriate sexual behavior	2
28	C. Stress and Adaptation – Introductory concepts Introduction, Sources, Effects, Indicators & Types of Stress , Types of stressors, Stress Adaptation – General Adaptation Syndrome (GAS), Local Adaptation Syndrome (LAS) , Manifestation of stress – Physical & psychological, Coping strategies/ Mechanisms Stress Management, Assist with coping and adaptation o Creating therapeutic environment , Recreational and diversion therapies	2
29	D. Concepts of Cultural Diversity and Spirituality Cultural diversity o Cultural Concepts – Culture, Subculture, Multicultural, Diversity, Race, Acculturation, Assimilation o Transcultural Nursing o Cultural Competence, Providing Culturally Responsive Care, Spirituality o Concepts – Faith, Hope, Religion, Spirituality, Spiritual Wellbeing o Factors affecting Spirituality o Spiritual Problems in Acute, Chronic, Terminal illnesses & Near-Death Experience o Dealing with Spiritual Distress/Problems	6
30	Nursing Theories: Introduction Meaning & Definition, Purposes, Types of theories with examples, Overview of selected nursing theories – Nightingale, Orem, Roy , Use of theories in nursing practice	6
Total Hours		240

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	Clinical Contact Hours CLINICAL POSTING IN VARIOUS WARDS AT DIFFERENT HOSPITALS	480
2	PRACTICAL PROCEDURE DEMONSTRATION AT NURSING FOUNDATION LAB Therapeutic Communication and Documentation , Vital signs , Medical and Surgical Asepsis , Pain Assessment , Comfort Devices, Therapeutic Positions , Physical Restraints and Side rails, ROM Exercises, Ambulation , Moving and Turning patients in bed , Changing position of helpless patients , Transferring patients bed to stretcher/wheel chair , Admission, Transfer, Discharge & Health Teaching, Health Assessment , Nutritional Assessment, Sponge bath, oral hygiene, perineal care, Nasogastric tube feeding , Providing bed pan & urinal , Catheter care , Bowel wash, enema, insertion of suppository, Oxygen administration – face mask, venture mask, nasal prongs , Administration of medication through Parenteral route – IM, SC, ID, IV , Last Office	200
Total Hours		680

Textbook :

- 1 Nursing Foundation-I, Clement I, JAYPEE MEDICAL PUBLISHERS , 2022
- 2 Nursing Foundation-II, Clement I, JAYPEE MEDICAL PUBLISHERS, 2022

References:

- 1 TEXTBOOK OF NURSING FOUNDATION, TEXTBOOK OF NURSING FOUNDATION, Jyoti Kathwal, VISION HEALTH SCIENCE PUBLISHERS , 2022
- 2 Textbook of Nursing Foundations for Bsc Nursing Students Based on Inc 2021-2022 I & II Semester, Textbook of Nursing Foundations for Bsc Nursing Students Based on Inc 2021-2022 I & II Semester, Harindarjeet Goyal, CBS Publishers & Distributors, 2022

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
0.00	0.00	35.00	35.00	30.00	0.00

Instructional Method:

- 1 LECTURE CUM DISCUSSION

Supplementary Resources:

1 NA