

|                       |                              |
|-----------------------|------------------------------|
| <b>COURSE TITLE</b>   | <b>FOUNDATION OF NURSING</b> |
| <b>COURSE CODE</b>    | <b>20GN0103</b>              |
| <b>COURSE CREDITS</b> | <b>16</b>                    |

**Objective:**

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

**Course Outcomes:** After completion of this course, student will 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 Communicate effectively and establish good interpersonal relationship with the patients, their relatives and other health team members ,
- 4 Explain the concept of comprehensive nursing care , Describe the rules of first aid ,Demonstrate skills in rendering first aid in case of emergencies
- 5 Develop skills in assessment, planning, implementation and evaluation of the nursing care rendered to the patients.
- 6 Demonstrate skills in observation, recording and reporting , Recognize and utilize opportunities for planning and implementing need based health teaching programme (s) for individuals, groups, families and communities.

**Pre-requisite of course:**A basic knowledge about subjects such as human anatomy , psychology, sociology and language related to medical care.

**Teaching and Examination Scheme**

| <b>Theory Hours</b> | <b>Tutorial Hours</b> | <b>Practical Hours</b> | <b>ESE</b> | <b>IA</b> | <b>CSE</b> | <b>Viva</b> | <b>Term Work</b> |
|---------------------|-----------------------|------------------------|------------|-----------|------------|-------------|------------------|
| 5                   | 17                    | 5                      | 75         | 15        | 10         | 50          | 50               |

| Contents :<br>Unit | Topics  | Contact<br>Hours |
|--------------------|---|------------------|
| 1                  | <p><b>Introduction to Nursing</b><br/>Nursing – concept, meaning, definitions, scope and functions. , History of nursing in India, Nursing as a profession , Nursing professional – qualities and preparation, Ethics in Nursing-roles and responsibilities of a nurse, Health care agencies – hospital and community service – types and function of hospitals health team, Modern approaches to nursing care including holistic nursing care, Health and Disease - Definition of health, determinants of health status. , - Basic human needs , - Illness and its effects on individual.</p>  | 25               |
| 2                  | <p><b>Nursing care of the patient</b><br/>Patient Environment in the hospital: Patients unit, Therapeutic environment - Physical factors – lighting temperature, ventilation, humidity, noise, pestilence, - Safety needs, prevention of environmental hazard , - Psychosocial and aesthetic factors, 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 , Basic Nursing Skills- - Communication - Nursing interview - Recording and reporting , Nursing Process - Meaning and importance - Assessment, Nursing diagnosis Planning, Implementation and Evaluation - Nursing care plan</p>  | 6                |
| 3                  | <p><b>Meeting the Basic Needs of a patient</b><br/>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 , 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. , 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 urinary catheter, diapers. - Maintenance of intake and output records, 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., Psychological and spiritual needs - Importance - Nurse’s role -Diversional and Recreational therapy , 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 - Embalming</p> | 65               |

| <b>Contents :<br/>Unit</b> | <b>Topics</b>   | <b>Contact<br/>Hours</b> |
|----------------------------|---|--------------------------|
| 4                          | <p><b>Assessment of patient/client</b><br/>Physical Assessment - Importance, principles, methods of assessment - Height, Weight, posture - Head to toe examination.,<br/>Physiological Assessment - Vital signs, normal, abnormal Characteristics, factors influencing the variations, - Observation and collection of specimens-urine, stool, vomitus and sputum. ,<br/>Psychological Assessment - Mood, Intelligence, Emotions Normal and Abnormal behavior</p>   | 14                       |
| 5                          | <p><b>Infection control</b><br/>Infection control : - Nature of infection - Chain of infection transmission - Defence against infection: natural and acquired - Hospital acquired infection ( nosocomial infection) , 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, Bio-medical waste management - Importance - Types of hospital wastes - Hazards associated with hospital waste - Decontamination of hospital waste - Segregation and transportation - Disposal</p> | 20                       |
| 6                          | <p><b>Therapeutic Nursing Care</b><br/>Care of patients with respiratory problems/dyspnea - Deep breathing and coughing exercises - O<sub>2</sub> inhalation - Dry and moist inhalation - Oro nasal suctioning, Care of patient with altered body temperature- Hot and cold Applications, Care of patients with Fluid and Electrolyte imbalance, Care of unconscious patient, Care of the bed-ridden patient(traction, fractures etc.), Care of patient with pain , Care of patients with body elimination deviation</p>  | 30                       |

| Contents :<br>Unit | Topics  | Contact<br>Hours |
|--------------------|---|------------------|
| 7                  | <p><b>Introduction to clinical Pharmacology</b><br/>           Administration of medication: Administration of medication: a)<br/>           General Principles/Considerations - Purposes of medication -<br/>           Principles: Rights, special considerations, prescriptions, safety in<br/>           administering medications and medication errors - Drugs forms -<br/>           Routes of administration - Storage and maintenance of drugs and<br/>           nurses responsibility - Broad classification of drugs - Therapeutic<br/>           effect, side effect, toxic effect, allergic reaction, drug tolerance,<br/>           drug interactions - Factors influencing drug actions - Systems of<br/>           drug measurement: metric system, household measurements. -<br/>           Converting measurements units: conversion within one system,<br/>           between systems, dosage calculations. - Terminologies and<br/>           abbreviations used in prescription of medications. , Oral drug<br/>           administration: oral, sublingual, buccal : equipment and procedure,<br/>           Parental: - General principles - Types of parental therapies. -<br/>           Types of syringes, needles, canulas and infusion sets, - Protection<br/>           from needle stick injuries, giving medications with a safety syringe.<br/>           - Routes of parental therapies: - Purposes, site equipment,<br/>           procedure and special considerations in giving intradermal,<br/>           subcutaneous, intramuscular and intravenous medications. -<br/>           Advanced techniques : epidural, intrathecal, intraosseous,<br/>           intraperitoneal, intrapleural, intra arterial - Role of nurse, Topical<br/>           administration: purposes, site, equipment, procedure, special<br/>           considerations for applications to skin and mucous membrane. ,<br/>           Direct application: - Gargle, throat swab - Insertion of drug into<br/>           body cavities : nasal pack, suppositories / medicated packing into<br/>           rectum / vagina - Instillations: ear, eye, nasal, bladder and rectal. -<br/>           Irrigations: eye, ear, bladder, vaginal and rectal. Spray: nose and<br/>           throat, Inhalations: nasal, oral, endotracheal, tracheal (steam,<br/>           oxygen and medications) – purposes, types, equipment, procedure<br/>           and special considerations. , Recording and reporting of medications<br/>           administered</p> | 30               |
| 8                  | <p><b>Introduction : FIRST AID</b><br/>           Definition, Aims and Importance of first aid , Rules/ General<br/>           principles of First Aid, Concept of emergency</p>  | 2                |
| 9                  | <p><b>Procedures and Techniques in First Aid</b><br/>           Preparation of First Aid kit. , Dressing, bandaging and splinting<br/>           (spiral, reverse spiral, figure of 8 spica, shoulder, hip, ankle, thumb,<br/>           finger, stump, single and double eye, single and double ear, breast,<br/>           jaw, capelin), triangle bandage uses, abdominal binder and bandage,<br/>           breast binder, T and many tail bandage, knots reef, clove. ,<br/>           Transportation of the injured, CPR : Mouth to mouth, Sylvester,<br/>           Schafer, External cardiac massage</p>  | 8                |
| 10                 | <p><b>First Aid in emergencies</b><br/>           Asphyxia, drowning, shock , Wounds and Bleeding , Injuries to the<br/>           Bones, Joints and Muscle - fractures, sprains, strains, hanging, falls,<br/>           Burns and scalds , Poisoning – ingestion, inhalation, bites and<br/>           stings, Foreign body in eye, ear, nose and throat.</p>   | 6                |

| <b>Contents : Unit</b> | <b>Topics</b>   | <b>Contact Hours</b> |
|------------------------|---|----------------------|
| 11                     | <b>Community Emergencies &amp; Community Resources</b><br>Fire, explosion, floods, earth-quakes, famines etc , Role of nurses in disaster management, Rehabilitation, Community Resources - Police, Ambulance services - Voluntary agencies-local, state national and international | 4                    |
| <b>Total Hours</b>     |   | <b>210</b>           |

#### **Suggested List of Experiments:**

| <b>Contents : Unit</b> | <b>Topics</b>   | <b>Contact Hours</b> |
|------------------------|---|----------------------|
| 1                      | <b>Clinical Contact Hours</b><br>Clinical Posting in various hospital | 680                  |
| 2                      | <b>practical</b><br>Lab. Demonstration                                | 200                  |
| <b>Total Hours</b>     |   | <b>880</b>           |

#### **Textbook :**

- 1 Textbook Of Nursing Foundation, I Clement , Jaypee Brothers Medical Publishers, 2016
- 2 Foundations of Nursing I & II, SN Nanjunde Gowda (Author), Jyothi Nanjunde Gowda (Author), Jaypee Brothers Medical Publishers, 2023

#### **References:**

- 1 Nursing Foundation-I , Nursing Foundation-I , I Clement , Jaypee Brothers Medical Publishers, 2023
- 2 Nursing Foundation-II , Nursing Foundation-II , I Clement , Jaypee Brothers Medical Publishers, 2024

#### **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 |                   |              |                |                 |   |
|--|-------------------|--------------|----------------|-----------------|---|
| <b>Remember / Knowledge</b>                | <b>Understand</b> | <b>Apply</b> | <b>Analyze</b> | <b>Evaluate</b> | <b>Higher order Thinking / Creative</b> |
| 40.00                                      | 40.00             | 10.00        | 10.00          | 0.00            | 0.00                                    |

#### **Instructional Method:**

- 1 THEORY + PRACTICAL

#### **Supplementary Resources:**

- 1 NA