

NURSING FOUNDATIONS

Placement: First year

Theory 265 hrs
Practical- 650hrs
(200 lab and 450 Clinical)

Course Description : This 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 the knowledge, understanding and skills in techniques of nursing and practice them in supervised clinical setting.

COURSE OBJECTIVEE : At the end of the course students will be able to develop:

- 1) Knowledge on concept of health, health-illness continuum and health care delivery system.
- 2) Knowledge on scope of nursing practice.
- 3) Knowledge on concept, theories and models of nursing practice.
- 4) Desirable attitude to ethics and professional conduct.
- 5) Skill in communicating effectively with patients and families and team members to maintain effective human relations.
- 6) Skill in health assessment and monitoring of patients.
- 7) Skill in carrying out basic nursing care procedures.
- 8) Skill in caring for patients with alterations in body functions.
- 9) Skill in applying steps of nursing process in the care of clients in the hospital and community.
- 10) Skill in applying scientific principles while performing nursing care.
- 11) Skill in documentation.
- 12) Skill in meeting basic psychosocial needs of the clients.
- 13) Knowledge on principles and techniques of infection control.
- 14) Confidence and competence in caring of terminally ill patients.

Theory Hours : 265

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|-------------|------------|--|--|---|---|
| I | 15 | <ul style="list-style-type: none"> Describe the concept of health, illness and health care agencies | <p>Introduction</p> <ul style="list-style-type: none"> Concept of Health : Health illness continuum Factors influencing health Causes and risk factors for Developing illness. Body defenses: 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 teams Types of health care agencies: Hospitals: Types, Organization and Functions Health Promotion and levels of disease Prevention Primary health care and its delivery: role of Nurse | <ul style="list-style-type: none"> Lecture discussion Visit to health care agencies | <ul style="list-style-type: none"> Essay type Short answers Objective type |
| II | 20 | <ul style="list-style-type: none"> Explain concept and scope of nursing Describe values, code of ethics and professional conduct for nurses in India | <p>Nursing as a profession</p> <ul style="list-style-type: none"> Definition and Characteristics of a profession Nursing :- <ul style="list-style-type: none"> Definition , Concepts, philosophy , objectives Characteristics, nature and scope of nursing practice Functions of nurse Qualities of a nurse | <ul style="list-style-type: none"> Lecture discussion Case discussion Role plays | <ul style="list-style-type: none"> Essay type Short answers Objective type |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|------|-----|---|---|--|---|
| | | | <ul style="list-style-type: none"> ○ Categories of nursing personnel ○ Nursing as a profession ○ History of Nursing in India ● Values : Definition, Types, Values Clarification and values in professional Nursing : Caring and Advocacy ● Ethics : <ul style="list-style-type: none"> ○ Definition and Ethical Principal ○ Code of ethics and professional conduct for nurses ○ Consumer rights ○ Patients Bill of rights | | |
| III | 4 | <ul style="list-style-type: none"> ● Explain the admission and discharge procedure ● Performs admission and discharge procedure | <p>Hospital admission and discharge</p> <ul style="list-style-type: none"> ● Admission to the hospital <ul style="list-style-type: none"> ○ Unit and its preparation admission bed ○ Admission procedure ○ Special considerations ○ Medico-legal issues ○ Roles and Responsibilities of the nurse ● Discharge from the hospital <ul style="list-style-type: none"> ○ Types: Planned discharge, LAMA and abscond, Referrals and transfers ○ Discharge Planning ○ Discharge procedure ○ Special considerations ○ Medico-legal issues ○ Roles and Responsibilities of the nurse ○ Care of the unit after | <ul style="list-style-type: none"> ● Lecture discussion ● Demonstration ● Lab Practice ● Supervise clinical practice | <ul style="list-style-type: none"> ● Essay type ● Short answers ● Objective type ● Assess skills with check list ● Clinical practical examination. |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|------|-----|---|--|---|---|
| | | | discharge | | |
| IV | 12 | <ul style="list-style-type: none"> Communicate effectively with patient, families and team members and maintain effective human relations (professional image) Appreciate the importance of patient teaching in nursing | <p>Communication and Nurse patient relationship</p> <ul style="list-style-type: none"> Communication : Levels , Elements, Types, Modes, Process, Factors influencing Communication <ul style="list-style-type: none"> Methods of effective Communication <ul style="list-style-type: none"> Attending skills Rapport building skills Empathy skills Barriers to effective communication Helping Relationships (NPR): Dimensions of ? Helping Relationships, Phases of a helping relationship Communication effectively with patient, families and team members and maintain effective human relations with special reference to communication 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 | <ul style="list-style-type: none"> Lecture discussion Role play and video film on the nurses interacting with the patient Practice session on patient teaching Supervised Clinical practice | <ul style="list-style-type: none"> Essay type Short answers Objective type |
| V | 20 | <ul style="list-style-type: none"> Explain the concept, uses, format and steps of nursing process Documents nursing process as per the format | <p>The Nursing Process</p> <ul style="list-style-type: none"> Critical Thinking and Nursing Judgment <ul style="list-style-type: none"> Critical Thinking: Thinking and Learning. Competencies , Attitudes for critical Thinking , Levels of critical thinking in Nursing | | |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|------|-----|--|--|---|---|
| | | | <ul style="list-style-type: none"> • Nursing Process Overview: Application in Practice <ul style="list-style-type: none"> ○ Nursing process format : INC current format ○ Assessment <ul style="list-style-type: none"> - Collection of Data: Types, Sources, Methods - Formulating Nursing judgment : Data interpretation ○ Nursing diagnosis <ul style="list-style-type: none"> - Identification of client problems ‘ - Nursing diagnosis statement - Difference between medical and nursing diagnosis ○ Planning <ul style="list-style-type: none"> - Establishing Priorities <ul style="list-style-type: none"> - Establishing Goals and Expected Outcomes, - Selection of interventions: Protocols and standing Orders - Writing the Nursing Care Plan ○ Implementation <ul style="list-style-type: none"> - Implementing the plan of care ○ Evaluation <ul style="list-style-type: none"> - Outcome of care - Review and Modify ○ Documentation and Reporting | | |
| VI | 4 | <ul style="list-style-type: none"> • Describe the purposes, types and techniques of recording and reporting | Documentation and Reporting <ul style="list-style-type: none"> • Documentation : Purpose of Recording and reporting • Communication within the Health Care Team, • Types of records; ward records, medical/nursing | <ul style="list-style-type: none"> •Lecture discussion •Demonstration •Practice Session •Supervised clinical practice | <ul style="list-style-type: none"> • Essay type • Short answers • Objective type |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|------|-----|--|---|---|---|
| | | | <ul style="list-style-type: none"> records, • Common Record-keeping forms, Computerized documentation • Guidelines for Reporting: Factual basis, Accuracy, completeness , Organization, confidentiality • Methods of recording • Reporting: Change –of shift reports, Incident reports • Minimizing legal Liability through effective record keeping | | |
| VII | 15 | <ul style="list-style-type: none"> • Describe principles and techniques of monitoring and maintaining vital signs • Monitor and maintain vital signs | <p>Vital signs</p> <ul style="list-style-type: none"> • Guidelines for taking vital signs: • Body temperature: <ul style="list-style-type: none"> • Physiology ,Regulation Factors affecting body temperature, • Assessment of body temperature: sites, equipments and techniques, special considerations • Temperature alterations: Hyperthermia, Heatstroke, Hypothermia • Hot and cold applications • Pulse: <ul style="list-style-type: none"> ○ Physiology and regulation, Characteristics of the pulse, Factors affecting pulse ○ Assessment of pulse : Sites, location , equipments and technique, special considerations | <ul style="list-style-type: none"> • Lecture discussion • Demonstration • Practice Session • Supervised clinical practice | <ul style="list-style-type: none"> • Essay type • Short answers • Objective type • Assess with check list Clinical practical examination |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|------|-----|--|---|---|---|
| | | | <ul style="list-style-type: none"> ○ 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, 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 | 25 | <ul style="list-style-type: none"> ● Describe purpose and process of health assessment ● Describe the health assessment of each body system ● Perform health assessment of each body system | <p>Health assessment</p> <ul style="list-style-type: none"> ● Purposes ● Process of Health assessment ○ Health history ○ Physical examination: <ul style="list-style-type: none"> - Methods-Inspection, palpation ,Percussion, Auscultation Olfaction - Preparation for examination : Patient and unit - General assessment - Assessment of each body system - Recording of health assessment | <ul style="list-style-type: none"> ●Lecture discussion ●Demonstration ●Practice Session ●Supervised Clinical practice | <ul style="list-style-type: none"> ● Essay type ●Short answers ●Objective type |
| IX | 5 | <ul style="list-style-type: none"> ● Identifies the various machinery | <p>Machinery ,Equipment and linen</p> <ul style="list-style-type: none"> ● Types: Disposables and | <ul style="list-style-type: none"> ●Lecture discussion ●Demonstration | <ul style="list-style-type: none"> ●Essay type ●Short |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|------|-----|--|--|---|--|
| | | equipment and linen and their care | Re-usables-Linen, rubber goods, glass ware, metal , plastics, furniture, machinery <ul style="list-style-type: none"> ● Introduction: <ul style="list-style-type: none"> ○ Indent ○ Maintenance ○ Inventory | | answers <ul style="list-style-type: none"> ●Objective type |
| X | 55 | <ul style="list-style-type: none"> ●Describe the basic, physiological and psychosocial needs of patient ●Describe the principles and techniques for meeting basic, Psychosocial and Psychosocial needs of patient ●Perform nursing assessment, plan, implement and evaluate the care for meeting basic, physiological and psychosocial needs of patient | Meeting needs of patient <ul style="list-style-type: none"> ● Basic needs (Activities of daily living) <ul style="list-style-type: none"> - Maslow’s hierarchy of Needs ○ Providing safe and clean Environment: <ul style="list-style-type: none"> - Physical-environment: Temperature, Humidity, Noise, Ventilation, light, Odor, pests control - Reduction of Physical hazards: fire, accidents - Safety devices: Restraints, side rails, airways, trapez etc. - Role of nurse in providing safe and clean environment ○ Hygiene: <ul style="list-style-type: none"> - Factors Influencing Hygienic Practice - Hygienic care : Care of the Skin-Bath and pressure points, feet and nail, Oral cavity, Hair care , Eyes, Ears and Nose <ul style="list-style-type: none"> ▪ Assessment , Principles Types, Equipments, Procedure, Special Considerations - Patient environment: Room Equipment and lines, making patient beds | <ul style="list-style-type: none"> ●Lecture discussion ●Demonstration ●Practice sessions ●Supervise ●Clinical practice | <ul style="list-style-type: none"> ● Essay type ● Short answers ● Objective type ● Assess with check list and clinical practical examination |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|------|-----|--------------------|--|------------------------------|--------------------|
| | | | <ul style="list-style-type: none"> ▪ Types of beds and bed making ○ Comfort: <ul style="list-style-type: none"> - Factors Influencing Comfort - Comfort devices •Physiological needs: <ul style="list-style-type: none"> ○ Sleep and Rest: <ul style="list-style-type: none"> - Physiology of sleep - Factors affecting sleep - Promoting Rest and sleep - Sleep Disorders ○ Nutrition: <ul style="list-style-type: none"> - Importance - Factors affecting nutritional needs - Assessment of nutritional needs: Variables - Meeting Nutritional needs: Principals, equipment procedure and special considerations ▪ Oral ▪ Enteral: Naso/Oro-gastric, gastrostomy ○ Urinary Elimination <ul style="list-style-type: none"> - 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 - Facilitation urine elimination: assessment, types, equipments, | | |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|------|-----|--------------------|---|------------------------------|--------------------|
| | | | <p>procedures and special considerations</p> <ul style="list-style-type: none"> ▪ Providing urinal/bed pan ▪ Condom drainage ▪ Perineal care <p>Bowel Elimination</p> <ul style="list-style-type: none"> - Review of Physiology of Bowel elimination , composition and characteristics of feces - Factors affecting Bowel elimination - Alteration in Bowel elimination - Type and Collection of specimen of feces: <p>Observation</p> <ul style="list-style-type: none"> - Facilitation bowel elimination: assessment, equipments procedures and special considerations <ul style="list-style-type: none"> ▪ Passing of Flatus tube ▪ Enemas ▪ Suppository ▪ Sitz bath ▪ Bowel wash <p>Mobility and Immobility</p> <ul style="list-style-type: none"> - 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 | | |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|------|-----|--------------------|--|------------------------------|--------------------|
| | | | <p>interventions for impaired Body Alignment and Mobility: Assessment, types, devices used method and special considerations. Rehabilitation aspects</p> <ul style="list-style-type: none"> ▪ Range of motion exercises ▪ Maintaining body alignment : Positions ▪ Moving ▪ Lifting ▪ Transferring ▪ Walking ▪ Restraints <p>○ Oxygenation</p> <ul style="list-style-type: none"> - Review of Cardiovascular and respiratory Physiology - Factors Affecting Oxygenation - Alteration in oxygenation - Nursing Intervention in oxygenation: assessment, types, equipment used, procedure and special considerations ▪ Maintenance of patent airway ▪ Oxygen administration ▪ Inhalations : Dry and moist ▪ Chest Physiotherapy and postural drainage ▪ Pulse oximetry ▪ CPR-Basic life support <p>○ Fluid, Electrolyte, and Acid Base Balances</p> <ul style="list-style-type: none"> - Review of Physiological Regulation of Fluid, electrolyte, and Acid | | |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|-----------|-----------|---|---|---|--------------------|
| | | | <p>Base Balance</p> <ul style="list-style-type: none"> - Factors Affecting Fluid Electrolyte, and Acid Base Balance - Nursing intervention in Fluid, Electrolyte and Acid - Base Imbalances : assessment, procedure and special considerations <ul style="list-style-type: none"> ▪ Measuring fluid intake and output ▪ Correcting Fluid Electrolyte imbalance : • Psychosocial Needs ○ Concepts of Cultural Diversity, Stress and adaptation, Self- Health, Coping with loss, death & grieving ○ Assessment of psychosocial needs ○ Nursing intervention for Psychosocial needs <ul style="list-style-type: none"> - Assist with coping and adaptation - creating therapeutic environment ○ Recreational and diversional therapies | | |
| XI | 20 | Describe principles and techniques for infection control and biomedical waste management in supervised Clinical setting | <p>Infection control in Clinical setting</p> <ul style="list-style-type: none"> • Infection control ○ Nature of infection ○ Chain of infection transmission ○ Defenses against infection : natural and acquired ○ Hospital acquired infection (Nosocomial infection) • Concept of asepsis: medical asepsis and surgical asepsis • Isolation precautions (Barrier nursing) ○ Hand washing: simple, | <ul style="list-style-type: none"> • Lecture discussion • Demonstration • Practice session • Supervised Clinical practice | |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|------------|-----------|--|---|---|--|
| | | | <p>hand antisepsis and surgical antisepsis (scrub)</p> <ul style="list-style-type: none"> ○ 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 | | |
| XII | 25 | <ul style="list-style-type: none"> • Explain the principles, routes, effects of administration of medications • Calculate conversions of drugs and dosages within and between systems of measurements • Administer drugs by the following routes-oral, inhalation | <p>Administration of Medications</p> <ul style="list-style-type: none"> • General Principles/Consideration <ul style="list-style-type: none"> ○ Purposes of Medication ○ Principles: 5 rights, Special considerations, Prescription 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 Reactions, Drug Tolerance, Drug Interactions, ○ Factors Influencing drug Actions, ○ Systems of Drug Measurement: Metric system, Apothecary system, Household Measurements, Solutions. ○ Converting | <ul style="list-style-type: none"> • Lecture • discussion • Demonstration • Practice session • Supervised • Clinical practice | <ul style="list-style-type: none"> • Essay type • Short answers • Objective type • Assess with check list and clinical practical examination |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|------|-----|--|--|--|--------------------|
| | | | <p>Measurements Units: conversion within one system, conversion between systems, Dosage Calculation.</p> <ul style="list-style-type: none"> ○ Terminologies and abbreviations used in prescriptions of medication ● Oral Drugs Administration: Oral , sublingual and Buccal : Equipment, procedure ● Topical Administration : Purposes, site equipment procedure special considerations for <ul style="list-style-type: none"> ○ 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 ● Inhalation : Nasal, oral, endo tracheal / tracheal (steam oxygen and medications) purposes, types, equipment procedure, special considerations ○ Recording and reporting of medications administered | | |
| XIII | 10 | <ul style="list-style-type: none"> ● Prepare post operative unit ● Apply Bandages Slings. ● Apply heat and cold | <ul style="list-style-type: none"> ○ Recovery Unit ○ Post operative unit ○ Postoperative care surgical asepsis ○ Application of Bandages, Binders, Splints, Slings ○ Heat and cold Therapy | <ul style="list-style-type: none"> ● Lecture ● Discussion ● Demonstration | |
| XIV | 15 | <ul style="list-style-type: none"> ● Explain care of patients | Meeting special needs of the patient | <ul style="list-style-type: none"> ● Lecture ● Discussion | |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|-----------|-----------|--|---|---|---|
| | | having alterations in body functioning | <ul style="list-style-type: none"> • Care of patients having alteration in <ul style="list-style-type: none"> ○ Temperature (hyper and hypothermia) : Types, Assessment, Management ○ Sensorium (Unconsciousness) : assessment, Management ○ Urinary Elimination (retention and unconsciousness)Assessment , Management ○ Functioning of sensory organs: (visual & hearing impairment) ○ assessment of self- Care ability ○ communication Methods and special considerations ○ Mobility (physical challenged, cast) 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, Factors influencing pain, coping ,Assessment; Management | Demonstration | |
| XV | 10 | <ul style="list-style-type: none"> • Explain care of terminally ill patient | Care of Terminally ill patient <ul style="list-style-type: none"> ○ Concepts of Loss, Grief grieving process ○ Signs of clinical death ○ Care of dying patient; | <ul style="list-style-type: none"> • Lecture • Discussion • Demonstrations • Case discussion/Role | <ul style="list-style-type: none"> • Essay type • Short Answers |

| Unit | Hrs | Learning Objective | Content | Teaching Learning Activities | Assessment Methods |
|------------|-----------|--|--|---|---------------------------------|
| | | | 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 | play ● Practice session ● Supervised ● Clinical practice | ● Objective type |
| XVI | 10 | ● 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 , Neumann's Roger's and Roy's ● Linking theories with nursing process ● Complimentary and alternate healing techniques. | ● Lecture Discussion | ● Essay type ● Short Answers |

NURSING FOUNDATIONS- PRACTICAL

Placement: First Year

Practical 650hours
(200 lab and 450 clinical)

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

| Areas | (Hrs) | Objective | Skills | Assignments | Assessment Methods |
|--|-------|--|--|--|--|
| Demonstration Lab General Medical and surgery ward | 10 | <ul style="list-style-type: none"> Performs admission and discharge procedure | Hospital admission and discharge (III) <ul style="list-style-type: none"> Admission Prepare Unit for new patient Performs admission procedure New patient Transfer in Prepare patient records Discharge/ Transfer out <ul style="list-style-type: none"> Gives discharge counseling Perform discharge procedure (Planned discharge, LAMA and abscond, Referrals and transfers) | <ul style="list-style-type: none"> Practice in Unit/ hospital | <ul style="list-style-type: none"> Evaluate with check list Assessment of clinical performance with rating scale Completion of Practical record |
| | 17 | | <ul style="list-style-type: none"> Prepare records of discharge/ transfer Dismantle, and disinfect unit and equipment after discharge / transfer Perform assessment: <ul style="list-style-type: none"> History taking, Nursing diagnosis, problem list, | <ul style="list-style-type: none"> Write nursing Process records of patient Simulated -1 Actual-1 | <ul style="list-style-type: none"> Assessment of nursing process records with checklist Assessment of actual care given with rating |

| Areas | (Hrs) | Objective | Skills | Assignments | Assessment Methods |
|-------|-------|---|--|--|---|
| | | | Prioritization, goals & Expected Outcomes, selection of interventions <ul style="list-style-type: none"> • Write Nursing care plan • Gives care as per the plan | | scale |
| | 10 | <ul style="list-style-type: none"> • Communicate effectively with patient, families and team members and • Maintain effective human relations | Communication <ul style="list-style-type: none"> • Use verbal and non verbal communication techniques | <ul style="list-style-type: none"> • Role – plays in simulated situations on communication | <ul style="list-style-type: none"> • Asses role plays with the checklist on communication techniques |
| | 20 | <ul style="list-style-type: none"> • Prepare patient reports • Presents Reports | Prepare a plan for patient teaching session Write patient report <ul style="list-style-type: none"> • Change pf shift reports Transfer reports, Incident reports etc. • Presents patient Report | <ul style="list-style-type: none"> • Write nurses notes and present the patient report of 2-3 assigned patient. | <ul style="list-style-type: none"> • Assessment of communication techniques by rating scale • Assessment of performance with rating scale |
| | 15 | <ul style="list-style-type: none"> • Monitor vital signs | Vital signs <ul style="list-style-type: none"> • Measure, Records and interpret alterations in body temperature , pulse respiration and blood pressure | <ul style="list-style-type: none"> • Lab practice • Measure vital signs of assigned patient | <ul style="list-style-type: none"> • Assessment of each skill with checklist |
| | | <ul style="list-style-type: none"> • Perform health assessment of each body system | Health assessment <ul style="list-style-type: none"> • Health history taking • Perform assessment: • General • Body systems • Use various methods of | <ul style="list-style-type: none"> • Measure vital signs of assigned patient | <ul style="list-style-type: none"> • Assessment of each skill with checklist • Completion of activity record |

| Areas | (Hrs) | Objective | Skills | Assignments | Assessment Methods |
|-------|-------|-----------|---|-------------|--------------------|
| | | | physical examination <ul style="list-style-type: none"> • Inspection, Palpation, Percussion, Auscultation, Olfaction • Identification of system wise deviations | | |

| Areas | (Hrs) | Objective | Skills | Assignments | Assessment Methods |
|-------|-------|--|---|---|---|
| | 10 | <ul style="list-style-type: none"> • Provide basic nursing care to patients | Prepare Patient's unit: <ul style="list-style-type: none"> • Prepare beds: <ul style="list-style-type: none"> ○ Open , closed , Occupied, operation , amputation, ○ Cardiac, fracture, burn, Divided, & Fowlers bed • Pain assessment and provision for comfort | <ul style="list-style-type: none"> • Practice in lab & hospital • Simulated exercise on CPR manikin | <ul style="list-style-type: none"> • Assessment of each skill with rating scale • Completion of activity record |
| | 14 | | Use comfort devices Hygienic care: <ul style="list-style-type: none"> • Oral hygiene: • Baths and care of pressure points • Hair wash, Pediculosis Treatment | | |
| | 7 | | Feeding : <ul style="list-style-type: none"> • Oral, Enteral, Naso Orogastirc. • Naso-gastric insertion, suction, and irrigation | | |
| | 5 | | Assisting patient in urinary elimination <ul style="list-style-type: none"> • Provides urinal/ bed pan • Condom drainage • Perineal care • Catheterization • Care of urinary drainage | | |
| | 6 | | Assisting bowel Elimination: <ul style="list-style-type: none"> • Insertion of flatus tube • Enemas | | |

| Areas | (Hrs) | Objective | Skills | Assignments | Assessment Methods |
|-------------|-------|-----------|--|-------------|--------------------|
| | 8 | | <ul style="list-style-type: none"> • Insertion of Suppository • Bowel wash <p>Body Alignment and Mobility:</p> <ul style="list-style-type: none"> ○ Range of motion exercises ○ Positioning: Recumbent, Lateral (rt/lt) , Fowlers, Sims, Lithotomy, Prone, Trendelenburg , position | | |
| | 8 | | <ul style="list-style-type: none"> ○ Assist patient in Moving, lifting transferring, walking ○ Restraints <p>Oxygen administration</p> <p>Chest physiotherapy and postural drainage</p> | | |
| | 5 | | <p>CPR- Basic life support</p> | | |
| | 5 | | <p>Collect/ assist for collection of specimens for investigations</p> <p>Urine, sputum, faces, 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) | | |
| Field visit | 8 | | <p>Hot and cold applications:</p> <p>local and general sitz bath</p> <p>Communicating and assisting with self care of visually & hearing impaired patients</p> | | |
| Field visit | | | <p>Communicating and assisting with self care of mentally challenged / disturbed patients</p> | | |
| | 1 | | <p>Recreational and diversional therapies</p> | | |
| | 3 | | <p>Caring of patient with alteration in sensorium</p> | | |

| Areas | (Hrs) | Objective | Skills | Assignments | Assessment Methods |
|-------|-------|---|--|-------------|--------------------|
| | | | medicated packing etc. • Inhalations: dry and moist | | |
| | 3 | • Provide care to dying and dead • Counsel and support relatives | Care of dying patient • Caring and packing of dead body • Counseling and supporting grieving relatives Terminal care of the unit | | |

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8. Bolander, fundamentals of nursing, Saunders 1994
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10. Carl Taylor Fundamental of Nursing, Carol Lillis et al Lippincot, 5th edition 2005.

Evaluation Scheme :

| Subject Nursing Foundation | Assessment | | | |
|-------------------------------|------------|----------|----------|-------|
| | Hours | Internal | External | Total |
| Theory | 3 | 25 | 75 | 100 |
| Practical & Viva Voce | | 100 | 100 | 200 |

Details as follows:

Internal Assessment (Theory): 25 Marks
Internal Assessment (Practicum): 100 Marks
 (Out of 125 Marks to be send to the University)

Details as follows:

Internal Assessment (Theory): 25 Marks
 Mid-Term: 50 Marks
 Prelim: 75 Marks
Total: 125 Marks

(125 Marks from mid-term & prelim (Theory) to be converted into 25 Marks)

Internal Assessment (Practicum): 100 Marks

| | | |
|---|------------------------------------|--------------------|
| Nursing Foundation Practical & Clinical Assignment | Clinical evaluation – 1 (Medical) | 100 Marks |
| | Clinical evaluation – 1 (Surgical) | 100 Marks |
| | Nursing care plan – 2 | 50 X 2 = 100 Marks |
| | Procedure evaluation | 50 Marks |

| | | |
|------------------------------------|-------------------------|------------------|
| Internal Practical | Midterm | 50 Marks |
| Examination & Viva voce | Pre - Final Examination | 75 Marks |
| | Total Marks | 475 Marks |

(475 Marks from practicum to be converted into 100 Marks)

| | |
|---------------------------------|------------------|
| External Assessment: | 175 Marks |
| (University Examination) | |
| Theory: | 075 Marks |
| Practical & Viva Voce: | 100 Marks |
| Total: | 175 Marks |

EVALUATION CRITERIA:

PRACTICAL EXAMINATION UNIVERSITY

Total marks 100

INTERNAL EXAMINER : 50

- Procedure evaluation : 30
- Viva voce : 20

EXTERNAL EXAMINER : 50

- Nursing Process : 30
- Viva voce : 20

GUIDELINES FOR CLINICAL / PRACTICAL EXPERIENCE
(FOUNDATIONS OF NURSING)

1] CONTENTS OF NURSING PROCEDUER BOOK

| I st year | Date | | Signature |
|---|------------|------|-----------|
| | Class room | Ward | |
| FUNAMENTALS OF NURSING | | | |
| A. Comfort Measures : | | | |
| 1. Bed making | | | |
| a. Open bed | | | |
| b. Occupied bed | | | |
| c. Post-operative bed | | | |
| 2. Nursing Positions: | | | |
| a. Lateral | | | |
| b. fowler's | | | |
| c. Sims, Recumbent | | | |
| 3. Changing the position of a helpless patient | | | |
| 4. Use of comfort devices | | | |
| a. Use of cardiac table | | | |
| b. Use of bed cradle | | | |
| | | | |
| B. Hygienic Needs: | | | |
| 1. Hand Washing | | | |
| 2. Bed bath | | | |
| 3. Care of nails and feet | | | |
| 4. Care of Pressure points | | | |
| 5. Oral Hygiene | | | |
| a. Helpless patient | | | |
| b. Unconscious patient | | | |
| 6. Care of hair | | | |
| a. Pediculosis treatment | | | |
| b. Bed shampoo | | | |
| | | | |
| C. Nutritional Needs: | | | |
| 1. Preparation and serving of Diet | | | |
| a. Fluid | | | |
| b. Soft solid | | | |
| 2. Maintenance of intake and output record | | | |
| 3. Feeding a helpless patient | | | |
| 4. Feeding by different methods | | | |
| a. Nasogastric feeding | | | |
| | | | |
| D. Elimination Needs: | | | |
| 1. Cleansing Enema | | | |
| 2. Bowel wash | | | |
| 3. Suppositories | | | |
| 4. Use of flatus tube | | | |
| 5. Bowel Irrigations | | | |

| I st year | Date | | Signature |
|---|------------|------|-----------|
| | Class room | Ward | |
| E. Specific Observational Skills: | | | |
| 1. Measuring & Recording of Vital Signs | | | |
| a. Temperature : I. Oral | | | |
| II. Rectal | | | |
| III. Axillary | | | |
| b. Pulse | | | |
| c. Respiration | | | |
| d. Blood Pressure | | | |
| 2. Physical examination | | | |
| Setting up & assisting for | | | |
| a. General examination | | | |
| b. Rectal examination | | | |
| | | | |
| F. Diagnostic Procedures: | | | |
| 1. Collection of specimens | | | |
| a. Farces | | | |
| b. Sputum | | | |
| c. Urine I. Routine | | | |
| II. 24 Hours | | | |
| III. Culture | | | |
| 2. Urine Testing | | | |
| a. Albumin | | | |
| b. Specific gravity | | | |
| c. Reaction | | | |
| d. Sugar | | | |
| e. Ketone | | | |
| | | | |
| A. Hot & Cold application & Therapeutic Measures | | | |
| 1. Hot water bag | | | |
| 2. Ice cap | | | |
| 3. Cold sponge | | | |
| 4. Cold compress | | | |
| 5. Simple fomentation | | | |
| | | | |
| H. Medication and Therapeutic Measures: | | | |
| 1. Oral medication | | | |
| 2. Steam Inhalation | | | |
| 3. Oxygen inhalation | | | |

| I year | Date | | Signature |
|--|------------|------------|-----------|
| | Class room | Ward | |
| I. General procedures: | | | |
| 1. Admission of a patient | | | |
| 2. Discharge of a patient | | | |
| 3. Transfer of a patient | | | |
| 4. Lifting and transporting patients | | | |
| a. By stretcher | | | |
| b. By Wheelchair | | | |
| 5. Active & Passive exercise | | | |
| 6. Deep Breathing exercise | | | |
| | | | |
| J. Nursing Process: | | | |
| 1. Simple history taking | | | |
| 2. General physical examination | | | |
| 3. Planning of care | | | |
| 4. Writing Nursing care plans | | | |
| | | | |
| K. Bandages: | | | |
| 1. Circular turn | | | |
| 2. Spiral turn | | | |
| 3. Spiral reverse | | | |
| 4. Figure of eight | | | |
| 5. Spica | | | |
| a. Shoulder, Hip, Ankle, Thumb, Finger, Caplin , Stump | | | |
| b. Bandaging of eye, Ear ,Jaw, Arm sling, Cuff and collar | | | |
| c. Triangular Bandage | | | |
| | | | |
| L. Binders | | | |
| 1. Abdominal Binder | | | |
| 2. Breast Binder | | | |
| | | | |
| M. Death care | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| Signature of Supervisor _____ | | Date _____ | |
| Signature of Principal _____ | | Date _____ | |

2] FORMAT FOR HISTORY TAKING (CLINICAL EXPERIENCE)

I DEMOGRAPHIC DATA

NAME :- AGE :- SEX

MARITAL STATUS : RELIGION

EDUCATION :

OCCUPATION INCOME :

ADDRESS :

II CHIEF COMPLAINTS / PRESENT MEDICAL HISTORY

III PAST MEDICAL HISTORY :-

IV PAST SURGICAL HISTORY :-

V MENSTRUAL HISTORY (FEMALES) :-

VI FAMILY HISTORY :-

| SN | Name of family Members | Age | Sex | Relation with patient | Occupation | Health status | Health habits |
|----|------------------------|-----|-----|-----------------------|------------|---------------|---------------|
| | | | | | | | |

VII DIETARY HISTORY :-

VIII HEALTH HABITS :-

X SOCIO ECONOMIC HISTORY :-

XI PHYSICAL ASSESSMENT :-
Head to foot assessment
- Interpretation of data.
- Nursing diagnosis.
- Proposed nursing care plan.

3] ADULT ASSESSMENT FORMAT

General information:

Name _____

Age _____ Sex _____

occupation _____ IP No. _____

Admission date _____ Time _____

Diagnosis _____

History of other illness/operation/ Allergy _____

General appearance: Body built (thin / Well / obese)

Posture : _____ grooming : _____

Habits : smoking/ alcohol/drug abuse/other

Behavior : Normal / Relaxed /Anxious/Distressed/Depressed/Withdrawn.

Level of Consciousness : Conscious/Confused/Semiconscious/Unconscious

Assessment of Daily Activities.

| ADL | Subjective data(report) | Objective data(exhibits) | Nursing diagnosis |
|---|---|---|--------------------------|
| A C T I V I T Y | Usual Activities Gait Limitations Sleep Body movement Deformities | Uses aids Coordinated / uncoordinated Immobile / Partial ambulatory Ambulatory Insomnia / Sleep apnea / other Purposeful movement / tremor Handicap Grasp / muscle strength and grade Deep tendon reflex Cutaneous reflex | |
| C O M M U N I C A T I O N | Eyes- vision loss Wears glasses / Aid Conjunctiva Corneal reflex Ears - Hearing loss Speech – Problems Skin Nose Pain | Color, vision acuity Visual fields / normal / limited Pale / yellow / Red / other Pupil reaction : present /absent Infection : present /absent Hearing Acuity Communication Verbal / nonverbal relevant / irrelevant Temperature, color / texture / turgor / Any other Response to touch (painful stimuli, hot / cold) Sense of smell Facial grimacing / guarding | |

| ADL | Subjective data(report) | Objective data(exhibits) | Nursing diagnosis |
|---|--|---|--------------------------|
| N U T R I T I O N | Usual diet Eating (Likes & dislikes) Drinking Anorexia Nausea/vomiting Swallowing | Weight height / BMI Recent changes Vomitus I.V. infusion NGT Gag reflex : present / absent | |
| E L I M I N A T I O N | Usual bowel pattern Bleeding/constipation Diarrhea Uses laxatives Urine Frequency Difficulty Menstruation(Female) | Bowel sounds/abdominal girth Feces Urine-amount/ color Drainage On CBD/condom I&O chart Bleeding Dysmenorrhoea LMP | |
| R E S P I R A T I O N | Cough Sputum Smoking | Dry / productive Respiratory rate Dyspnoea Cyanosis Sputum (color, consistency, amount) On Auscultation Breath sounds (Rales / Rhonchi / wheezes / pleural friction rub) Chest expansion (Equal / unequal) Oxygen saturation (optional) ABG (optional) use of Anesthetics | |
| C I R C U L A T I O N | Chest pain, numbness Tingling Extremities | Heart rate Edema Bleeding Wound BP..... HB..... Peripheral pulse... Color-temperature Nail beds Capillary refill Lesion Lymph nodes | |

| ADL | Subjective data(report) | Objective data(exhibits) | Nursing diagnosis |
|---------------------------------|--|--|--------------------------|
| H Y G I E N E | Skin- wound Mouth/teeth Dirty/odor/Teeth Hair, scalp | Clean / unclean / body odour Drainage / odour Dentures / Swallowing Halitosis / dental caries / any other Lice / dandruff / lesions / other | |
| EGO integrity | Clam. Anxious Sighs deeply | Calm / tensed / Anxious / relaxed Excited / dull / restless Fearful / nervous | |

Remarks : Interpretation of above data

- Proposed nursing care plan.
- Discharge plan :

Signature of Nurse.

Date :

3] FORMATE FOR NURSING CARE PLAN

Name of the Patient _____

Age _____

Sex _____

Dr's Unit _____

Reg. No. _____

Bed No. _____

Ward no _____

Date & Time

Of Admission

Diagnosis :

Surgery & Date of surgery

Marks : 50

| Assessment (12) | | Nursing Diagnosis (3) | Goal (2) | Outcome Criteria (2) | Nursing Intervention (15) | Rationale (3) | Evaluation (3) |
|--------------------|-----------|-----------------------------|-------------|----------------------------|---------------------------------|------------------|-------------------|
| Subjective | Objective | | | | | | |
| | | | | | | | |

Nurses notes / Progress report of the patient – (10)

Signature of Nurse.

Date :

GUIDELINE FOR CLINICAL ASSESSMENT OF STUDENT
(FOUNDATIONS OF NURSING)

CLINICAL ASSESSMENT FORM

Students Name :-

Hospital :-

Group / Year :-

Unit / Ward :-

Students Number :-

From _____ to _____

Max 100 marks

| SN | PERFORMANCE CRITERIA | (5) Excellent | (4) very Good | (3) Good | (2) Satisfactor y | (1) Poor | Remarks |
|------------|--|------------------|------------------|-------------|-------------------------|-------------|---------|
| | Nursing Process (75) | | | | | | |
| I | Assessment and Nursing Diagnosis (15) | | | | | | |
| 1.1 | Collects data accurately | | | | | | |
| 1.2 | Identifies & Categorizes basic Needs of Patients | | | | | | |
| 1.3 | Formulates Nursing Diagnosis | | | | | | |
| II | Planning (15) | | | | | | |
| 2.1 | Prioritizes patients needs | | | | | | |
| 2.2 | Plans nursing action for each of need | | | | | | |
| 2.3 | States rationale for nursing action | | | | | | |
| III | Implementation (20) | | | | | | |
| 3.1 | Implements nursing care Accurately and safely with in given time | | | | | | |
| 3.2 | Applies scientific Principles | | | | | | |
| 3.3 | Maintains safe and comfortable environment | | | | | | |
| 3.4 | Gives health teaching as per plan to the patients / family | | | | | | |
| IV | Evaluation (10) | | | | | | |
| 4.1 | Evaluate patient's response to nursing care | | | | | | |
| 4.2 | Reexamines & Modifies care plan | | | | | | |
| V | Documentation (15) | | | | | | |
| 5.1 | Records patient information accurately | | | | | | |
| 5.2 | Report patient information accurately | | | | | | |
| 5.3 | Maintains self up to date | | | | | | |

| SN | PERFORMANCE CRITERIA | (5) Excellent | (4) very Good | (3) Good | (2) Satisfactory | (1) Poor | Remarks |
|------------|---|---------------|---------------|----------|------------------|----------|---------|
| | Professional Conduct – (25) | | | | | | |
| VI | Uniform and Punctuality | | | | | | |
| 6.1 | Always well groomed, neat & conscious about professional appearance | | | | | | |
| 6.2 | Is always punctual in Clinical & completing assignments | | | | | | |
| 6.3 | Readily accepts responsibility for own behavior & has initiative | | | | | | |
| VII | Communication skills | | | | | | |
| 7.1 | Establishes & Maintains effective working / communication relationship with patients and family | | | | | | |
| 7.2 | Establishes good inter personal relationship with members of health team / supervisors / Teachers | | | | | | |
| | Total Marks | | | | | | |

Comment / Remarks by Teacher / Supervisor:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Total marks 100

Total marks obtained

Signature of Teacher

Date :

Evaluation is seen and discuss by the student

Signature of student

Date of Sign

FOUNDATIONS OF NURSING

GUIDELINES FOR UNIVERSITY PRACTICAL AND ORAL EXAMINATION

INTERNAL EXAMINER

Maximum 50 marks

| SN | NURSING PROCEDURE | Total marks | Marks allotted | Remarks |
|------------|--|-------------|----------------|---------|
| I | <i>Planning and Organizing</i> | 10 | | |
| | 1-Preparation – day | 06 | | |
| | 2-Environment | 02 | | |
| | 3-Preparation of patient | 02 | | |
| II | <i>Execution of Procedure</i> | 14 | | |
| | 1-Applies scientific principles | 06 | | |
| | 2-Proficiency in skill | 06 | | |
| | 3-Ensures sequential order | 02 | | |
| III | <i>Termination of procedure</i> | 06 | | |
| | 1-Makes patient comfortable | 02 | | |
| | 2-Reports & Records | 02 | | |
| | 3-After care of articles | 02 | | |
| | TOTAL | 30 | | |
| | VIVA | | | |
| | 1-Knowledge related to Principles | 06 | | |
| | 2-Equipment & Articles | 06 | | |
| | 3-Medical & Surgical asepsis | 04 | | |
| | 4-Bandaging | 04 | | |
| | TOTAL | 20 | | |

Date :-

Signature of the Internal Examiner

(Refer to examination section)

FOUNDATIONS OF NURSING
GUIDELINES FOR UNIVERSITY PRACTICAL AND ORAL EXAMINATION

EXTERNAL EXAMINER

Maximum 50 marks

| | NURSING PROCESS | Total marks | Marks allotted | Remarks |
|---|----------------------------------|-------------|----------------|---------|
| 1 | Assessment | 06 | | |
| 2 | Nursing Diagnosis | 04 | | |
| 3 | Goal | 02 | | |
| 4 | Outcome criteria | 02 | | |
| 5 | Nursing intervention | 06 | | |
| 6 | Rationale | 04 | | |
| 7 | Evaluation | 02 | | |
| 8 | Nurses notes | 04 | | |
| | TOTAL | 30 | | |
| | VIVA | | | |
| 1 | Knowledge of Drugs and Solutions | 04 | | |
| 2 | Assessment data | 06 | | |
| 3 | Dietary management | 04 | | |
| 4 | Health education | 06 | | |
| | TOTAL | 20 | | |

Date :-

Signature of the External Examiner

Refer – examination section

