



Basic B.Sc. Nursing First Year

Subject code: 3

Subject: Nursing Foundation

Faculty: Mrs. Sadhana Adhyapak, Mrs. Monika Baghchi

Units	Topics	No. of lectures	Lectures serial no.
I Introduction To Fundamental Of Nursing.	<ul style="list-style-type: none">• Concept of Health : Health illness continuum	1	1
	<ul style="list-style-type: none">• Factors influencing health	1	2
	<ul style="list-style-type: none">• Causes and risk factors for developing illness.	1	3
	<ul style="list-style-type: none">• Body defenses: Immunity and immunization	1	4
	<ul style="list-style-type: none">• Illness and illness Behavior	1	5
	<ul style="list-style-type: none">• Impact of illness on patient and family	1	6
	<ul style="list-style-type: none">• Health care services:	1	7
	<ul style="list-style-type: none">• Health Promotion and Prevention, Primary care , Diagnosis, Treatment, Rehabilitation and Continuing care, Health care teams	1	8
	<ul style="list-style-type: none">• Types of health care agencies: Hospitals: Types, Organization and Functions	1	9
	<ul style="list-style-type: none">• Health Promotion and levels of disease Prevention Primary health care and its delivery: role of Nurse	1	10
II Nursing as a profession	<ul style="list-style-type: none">• Definition and Characteristics of a profession	2	11-12
	<ul style="list-style-type: none">• 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○ Categories of nursing personnel○ Nursing as a professionHistory of Nursing in India	6	13-16
	<ul style="list-style-type: none">• Values : Definition, Types, Values Clarification and	4	17-20

	values in professional Nursing : Caring and Advocacy		
	<ul style="list-style-type: none"> • 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 	4	21-24
III Hospital admission and discharge	<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 	2	25-26
	<ul style="list-style-type: none"> *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 discharge 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 discharge 	2	27-28
IV Communication and Nurse patient relationship	<ul style="list-style-type: none"> • Communication : Levels , Elements, Types, Modes, Process, Factors influencing Communication 	2	29-30
	<ul style="list-style-type: none"> ○ Methods of effective Communication 	1	31
	<ul style="list-style-type: none"> ○ Attending skills 	1	32
	<ul style="list-style-type: none"> ○ Rapport building skills 	1	33
	<ul style="list-style-type: none"> ○ Empathy skills 	1	34
	<ul style="list-style-type: none"> ○ Barriers to effective communication 	1	35
	<ul style="list-style-type: none"> ○ Helping Relationships (NPR): Dimensions of Helping Relationships, Phases of a helping relationship 	1	36

	<ul style="list-style-type: none"> ○ 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) 	2	37-38
V Nursing process	<ul style="list-style-type: none"> • Critical Thinking and Nursing Judgment 	1	39
	<ul style="list-style-type: none"> ○ Critical Thinking: Thinking and Learning. 	1	40
	<ul style="list-style-type: none"> ○ Competencies , Attitudes for critical Thinking , Levels of critical thinking in Nursing 	1	41
	<ul style="list-style-type: none"> ○ Nursing Process Overview: Application in Practice 	1	42
	<ul style="list-style-type: none"> ○ Nursing process format : INC current format 	1	43
	<ul style="list-style-type: none"> ○ Assessment 	1	44
	- Collection of Data: Types, Sources, Methods	1	45
	- Formulating Nursing judgment : Data interpretation <ul style="list-style-type: none"> ○ Nursing diagnosis <ul style="list-style-type: none"> - Identification of client problems ` - Nursing diagnosis statement - Difference between medical and nursing diagnosis 	2	46-47
	<ul style="list-style-type: none"> ○ Planning - 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 	2	48-49
	<ul style="list-style-type: none"> ○ Implementation <ul style="list-style-type: none"> - Implementing the plan of care 	2	50-51
	<ul style="list-style-type: none"> - Evaluation <ul style="list-style-type: none"> - Outcome of care - Review and Modify 	2	52-53
	<ul style="list-style-type: none"> ○ Documentation and Reporting 	1	54

VI Documentation and reporting	<ul style="list-style-type: none"> Documentation : Purpose of Recording and reporting,Communication within the Health Care Team, 	1	55
	<ul style="list-style-type: none"> Types of records; ward records, medical/nursing records,Common Record-keeping forms, Computerized documentation 	1	56
	<ul style="list-style-type: none"> Guidelines for Reporting: Factual basis,Accuracy,completeness,Organization,confidentiality 	1	57
	<ul style="list-style-type: none"> Methods of recording, Reporting: Change –of shift reports, Incident reports Minimizing legal Liability through effective record keeping 	1	58
VII Vital signs	Guidelines for taking vital signs: <ul style="list-style-type: none"> Body temperature: <ul style="list-style-type: none"> -Physiology &Regulation Factors affecting body temperature, 	1	59
	<ul style="list-style-type: none"> Assessment of body temperature: sites, equipments and techniques, special considerations -Temperature alterations: Hyperthermia, Heatstroke, Hypothermia 	2	60-61
	<ul style="list-style-type: none"> Hot and cold applications 	2	62-63
	<ul style="list-style-type: none"> Pulse: <ul style="list-style-type: none"> Physiology and regulation,Characteristics of the pulse, Factors affecting pulse 	1	64
	<ul style="list-style-type: none"> Assessment of pulse : Sites, location , equipments and technique, special consideration 	2	65-66
	<ul style="list-style-type: none"> Alterations in pulse 	1	67
	<ul style="list-style-type: none"> Physiology and Regulation, Mechanics of breathing <ul style="list-style-type: none"> Characteristics of the respiration, factors affecting respiration 	1	68
	<ul style="list-style-type: none"> Assessment of respirations: technique, special consideration 	1	69
	<ul style="list-style-type: none"> Alterations in respiration 	1	70
	<ul style="list-style-type: none"> Blood pressure: 	1	71

	Physiology and Regulation, Characteristics of the blood pressure, Factors affecting blood pressure		
	<ul style="list-style-type: none"> Assessment of blood pressure: sites, equipments and technique, special consideration 	1	72
	<ul style="list-style-type: none"> Alterations in blood pressure -Recording of vital signs	1	73
VIII Health assessment	Purposes Process of Health assessment	1	74
	<ul style="list-style-type: none"> Health history Physical examination 	4	75-79
	- Methods- Inspection,palpation,Percussion,Auscultation,Olfaction	6	80-85
	<ul style="list-style-type: none"> Preparation for examination : Patient and unit	6	86-90
	<ul style="list-style-type: none"> General assessment 	6	91-96
	<ul style="list-style-type: none"> Assessment of each body system 	6	97-102
	<ul style="list-style-type: none"> Recording of health assessment 	1	103
IX Machinery, Equipment & Linen	<ul style="list-style-type: none"> Types: Disposables and Re-usables-Linen, rubber goods, glass ware, metal , plastics, furniture, machinery 	2	104-105
	<ul style="list-style-type: none"> Introduction: Indent, Maintenance, Inventory 	3	106-108
X Meeting needs of patient	<ul style="list-style-type: none"> Basic needs (Activities of daily living) - Maslow's hierarchy of Needs	1	109
	<ul style="list-style-type: none"> Providing safe and clean Environment: - Physical-environment: Temperature, Humidity, Noise, Ventilation, light, Odor, pests control	1	110
	<ul style="list-style-type: none"> Reduction of Physical hazards: fire, accidents Safety devices: Restraints, side rails, airways, trapez etc.Role of nurse in providing safe and clean environment	1	111

○ Hygiene:			
- Factors Influencing Hygienic Practice			
- Hygienic care : Care of the Skin-Bath and pressure points,	2		112-113
○ feet and nail,	2		114-115
○ Oral cavity,	2		116-117
○ Hair care ,	2		118-119
○ Eyes, Ears and Nose Assessment , Principles Types, Equipments, Procedure, Special Consideration	2		120-121
○ Patient environment: Room Equipment and lines, making patient beds, Types of beds and bed making	2		122-123
○ Comfort:			
- Factors Influencing Comfort, Comfort devices	2		124-125
• Physiological needs:			
Sleep and Rest:			
- Physiology of sleep			
- Factors affecting sleep			
- Promoting Rest and sleep			
- Sleep Disorders	2		126-127
○ Nutrition:			
- Importance			
- Factors affecting nutritional needs			
- Assessment of nutritional needs: Variables			
Meeting Nutritional needs: Principals, equipment procedure and special considerations	2		128-129
▪ Oral	1		130
▪ Enteral: Naso/Oro-gastric, gastrostomy	2		131-132
○ Urinary Elimination			
○ Review of Physiology of Urine			
Elimination Composition and characteristics of urine , Factors Influencing Urination, Alteration in Urinary Elimination	2		133-134
- Types and Collection of urine specimen:	2		135-136

Observation, urine testing Facilitation urine elimination, assessment, types, equipments procedures and special considerations		
- Providing urinal/bed pan, Condom drainage	1	137
▪ Perineal care	1	138
○ Bowel Elimination - Review of Physiology of Bowel elimination composition and characteristics of faces - Factors affecting Bowel elimination, Alteration in Bowel elimination	2	139-140
- Type and Collection of specimen of faces: Observation Facilitation bowel elimination assessment, equipments procedures and special considerations	1	141
- Passing of Flatus tube	1	142
- Enemas, Suppository	1	143
- Sitz bath	1	144
- Bowel wash	1	145
- Mobility and Immobility Principles of Body Mechanics	1	146
Maintenance of normal body Alignment and mobility	1	147
Factors affecting body Alignment and mobility	1	148
Hazards associated with immobility	1	149
Alteration in body Alignment and Mobility	1	150
Nursing interventions for impaired Body Alignment and Mobility: Assessment, types, devices used method and special considerations. Rehabilitation aspects	1	151
▪ Range of motion exercises	1	152
▪ Maintaining body alignment : Positions	1	153

▪ Moving Lifting, Transferring, Walking	1	154	
▪ Restraints	1	155	
○ Oxygenation - Review of Cardiovascular and respiratory Physiology	1	156	
○ Factors Affecting Oxygenation	1	157	
Alteration in oxygenation	1	158	
- Nursing Intervention in oxygenation: assessment, types, equipment used,	1	159	
procedure and special considerations	1	160	
▪ Maintenance of patent airway	1	161	
▪ Oxygen administration	1	162	
▪ Inhalations : Dry and moist	1	163	
▪ Chest Physiotherapy and postural drainage	1	164	
▪ Pulse oximetry	1	165	
▪ CPR-Basic life support	1	166	
○ Fluid, Electrolyte, Acid Base Balances - Review of Physiological Regulation of Fluid, electrolyte, and Acid Base Balance, Factors Affecting Fluid Electrolyte, and Acid Base Balance, Nursing intervention in Fluid, Electrolyte and Acid, Base Imbalances assessment, procedure and special considerations, - Measuring fluid intake and output, Correcting Fluid Electrolyte imbalance :	1	167	
• 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 - Assist with coping and adaptation - creating therapeutic environment ○ Recreational and diversional therapies	1	168	

XI Infection control in clinical setting	<ul style="list-style-type: none"> ▪ Infection control <ul style="list-style-type: none"> • Nature of infection, Chain of infection transmission 	1	169
	<ul style="list-style-type: none"> ○ Defenses against infection : natural and acquired Hospital acquired infection (Nosocomial infection) 	1	170
	<ul style="list-style-type: none"> ○ Concept of asepsis: medical asepsis and surgical asepsis, Isolation precautions (Barrier nursing) 	3	171-173
	<ul style="list-style-type: none"> ○ Hand washing: simple, hand antisepsis and surgical antisepsis (scrub) 	3	174-176
	<ul style="list-style-type: none"> ○ Isolation: source and protective 	1	177
	<ul style="list-style-type: none"> ○ Personal protecting equipments: types, uses and technique of wearing and removing 	2	178-179
	<ul style="list-style-type: none"> ○ Decontamination of equipment and unit 	2	180-181
	<ul style="list-style-type: none"> ○ Transportation of infected patient 	2	182-183
	<ul style="list-style-type: none"> ○ Standard safety precautions (Universal precautions) 	1	184
	Transmission based precautions	2	185-186
	Biomedical waste management	2	187-189
XII Administration of medication	<ul style="list-style-type: none"> • General Principles/Consideration, Purposes of Medication 	1	190
	<ul style="list-style-type: none"> • Principles: 5 rights, Special considerations, Prescription Safety in administering Medications and Medication errors 	1	191
	<ul style="list-style-type: none"> • Drug forms 	2	192-193
	<ul style="list-style-type: none"> ○ Routes of administration 	2	194-195
	<ul style="list-style-type: none"> ○ Storage and maintenance of drugs and Nurses responsibility 	2	196-197
	<ul style="list-style-type: none"> ○ Broad classification of drugs 	2	198-199
<ul style="list-style-type: none"> ○ Therapeutic Effect, Side Effects, Toxic effects Idiosyncratic Reactions, Drug Tolerance, Drug Interactions, 	2	200-201	

	○ Factors Influencing drug Actions	2	202-203
	○ Systems of Drug Measurement: Metric system, Apothecary system, Household Measurements, Solutions.	2	204-205
	○ Converting Measurements Units: conversion within one system, conversion between systems, Dosage Calculation	2	206-207
	○ Terminologies and abbreviations used in prescriptions of medication	2	208-209
	Oral Drugs Administration: Oral , sublingual and Buccal : Equipment, procedure	2	210-211
	Topical Administration : Purposes, site equipment procedure special considerations for	2	212-213
	○ Application to Skin	2	214-215
	○ Application to mucous membrane	2	216-217
	○ Direct application of liquids – Gargle and swabbing the throat	2	218-219
	○ Insertion of Drug into body cavity: Suppository / medicated packing in rectum / vagina	2	220-221
	Inhalation : Nasal, oral, endo tracheal / tracheal (steam oxygen and medications) purposes, types, equipment procedure, special considerations	5	222-226
	Recording and reporting of medications administered	2	227-228
XIII Meeting needs of Pre operative Patients	• Definition and concepts	1	229
	• Pre operative phase	1	230
	• Intra operative phase	1	231
	○ Recovery Unit	1	232
	○ Post operative unit	1	233
	○ Wounds	1	234

	○ Care of drainage	1	235
	○ Postoperative care surgical asepsis	1	236
	○ Application of Bandages, Binders, Splints, Slings	1	237
	○ Heat and cold Therapy	1	238
XIV Meeting special needs of the patient	• Care of patients having alteration in ○ Temperature (hyper and hypothermia): Types, Assessment, Management	1	239
	○ Sensorium (Unconsciousness) : assessment, Management	1	240
	○ Urinary Elimination (retention and unconsciousness)Assessment , Management	1	241
	○ Functioning of sensory organs: (visual & hearing impairment)	1	242
	○ assessment of self- Care ability	1	243
	○ communication Methods and special considerations	1	244
	○ Mobility (physical challenged, cast)	1	245
	assessment of self-care ability:Communication Methods and special considerations	1	246
	○ Mental state (mentally challenged) , assessment of Self-Care ability;	1	247
	○ Communication Methods and special considerations	1	248
	○ Respiration (distress); Types, Assessment, Management	2	249-250
	Comfort-(pain)Nature,Types, Factors influencing pain, coping ,Assessment; Management	3	251-253
XV care of terminally ill patient	○ Concepts of Loss, Grief grieving process	1	254
	○ Signs of clinical death	1	255
	○ Care of dying patient; special considerations	1	256

	-Advance directives: euthanasia will dying declaration ,organ donation etc		
	o Medico-legal issues	1	257
	o Care of dead body:Equipment, procedure and care of unit,Autopsy, Embalming	1	258
XVI Professional Nursing concepts and practices	• Conceptual and theoretical models of nursing practice: Introduction to models- holistic model, health belief model , health promotion model etc	2	259-260
	• Introduction to Theories in Nursing ; Peplau's , Henderson's Orem's , Neumann's Roger's and Roy's	2	261-263
	• Linking theories with nursing process	1	264
	• Complimentary and alternate healing techniques.	1	265

PRACTICUM: demonstration and re-demonstration - 200 Hrs.

Nursing process application.

- Select two patients and write nursing care plan. 450 Hrs.

EVALUATION:

Paper -3, Subject -Nursing Foundation, Duration -3HRS

SR NO	EXAMINATION	MARKS	TOTAL
1.	Unit test I	25	150
2.	Unit test II	25	
3.	Prelim	75	
4.	Assingments	25	
5.	External Assessment (Theory) (University Examination)	75	

6.	Internal Assessment	25	100
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2. Perry, A.G. & Potter, P.A.: Basic nursing essentials of practice; 5th ed. St. Louis, Mosby, 2003
3. Potter, P.A. & Perry, A.G.: Fundamentals of nursing; 5th ed. Mosby Harcott (India) Pvt. Ltd.
4. Beverly Witley Dugas : Introduction to patient care ; 4th ed., Saunders, 2002
5. White, Lois: Foundations of nursing caring for the whole person; U.S.A. Delmer Thompson Learning,
6. Luckmann, J & Sorensen, K.C.: Basic nursing: a psychophysiologic approach ; 3rd ed., W. B. Saunders, 2002
7. Park, J.E. :Text book of preventive and social medicine ; 17th ed., Banarasidas Bhanot, 2003