

LESSON PLAN
BASIC B.Sc. NUSING I YEAR
FIRST SEMESTER

Subject code: 3

Subject: Nursing Foundation (Theory)

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Units	Topics	No.Of lectures	Lectures serial no.
I Introduction To Fundamental Of Nursing.	• Concept of Health : Health illness continuum	1	1
	• Factors influencing health	1	2
	• Causes and risk factors for developing illness.	1	3
	• Body defenses: Immunity and immunization	1	4
	• Illness and illness Behavior	1	5
	• Impact of illness on patient and family	1	6
	• Health care services:	1	7
	• Health Promotion and Prevention,	1	8
	Primary care , Diagnosis, Treatment, Rehabilitation and Continuing care, Health care teams	1	9
	• Types of health care agencies: Hospitals: Types, Organization and Functions	1	10
II Nursing as a profession	• Definition and Characteristics of a profession	2	12
	• Nursing :-	2	14
	○ Definition , Concepts, philosophy , objectives	2	16
	○ Characteristics, nature and scope of nursing practice	2	18
	○ Functions of nurse	2	20
	○ Qualities of a nurse	2	22
	○ Categories of nursing personnel	2	24
	○ Nursing as a profession	2	24
	○ History of Nursing in India	2	24
	• Values : Definition, Types, Values Clarification and values in professional Nursing : Caring and Advocacy	2	24
• Ethics :	○ Definition and Ethical Principal	2	24
	○ Code of ethics and professional conduct for nurses	2	24

	<ul style="list-style-type: none"> ○ Consumer rights ○ Patient's Bill of rights 	2	26
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	28
	<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 	2	30
IV Communication and Nurse patient relationship	<ul style="list-style-type: none"> • Communication : Levels , Elements, Types, Modes, Process, Factors influencing Communication 	2	32
	○ Methods of effective Communication	1	33
	○ Attending skills	1	34
	○ Rapport building skills	1	35
	○ Empathy skills	1	36
	○ Barriers to effective communication	1	37
	○ Helping Relationships (NPR): Dimensions of Helping Relationships, Phases of a helping relationship	1	38
	○ Communicating 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)	1	39
○ Patient Teaching: Importance, Purposes, Process, Role of nurse and Integrating teaching in Nursing process	1	40	
V Nursing process	<ul style="list-style-type: none"> • Critical Thinking and Nursing Judgment 	1	41
	○ Critical Thinking: Thinking and Learning.	1	42
	○ Competencies , Attitudes for critical Thinking , Levels of critical thinking in Nursing	1	43
	○ Nursing Process Overview: Application in Practice	1	44
	○ Nursing process format : INC current format	1	45
	○ Assessment	1	46
	- Collection of Data: Types, Sources, Methods		
	- Formulating Nursing judgment : Data interpretation <ul style="list-style-type: none"> ○ Nursing diagnosis <ul style="list-style-type: none"> - Identification of client problems 	2	48

	<ul style="list-style-type: none"> - Nursing diagnosis statement - Difference between medical and nursing diagnosis ○ Planning <ul style="list-style-type: none"> - Establishing Priorities - 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 	2	50
		2	52
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		1	55
VI Vital signs	<ul style="list-style-type: none"> • Body temperature: -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: Physiology and regulation, Characteristics of the pulse, Factors affecting pulse • Assessment of pulse : Sites, location , equipments and technique, special consideration • Alterations in pulse: ○ Physiology and Regulation, Mechanics of breathing Characteristics of the respiration, factors affecting respiration • Assessment of respirations: technique, special consideration • 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 consideration • Alterations in blood pressure -Recording of vital signs 	1	56
		2	58
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VII Health assessment	Purposes	2	73
	-Process of Health assessment	2	75
	• Health history	2	77
		2	79
		2	81

	Inspection,palpation,	2	83
	Percussion,Auscultation,Olfaction	4	87
	• Preparation for examination :	2	89
	• Patient and unit	2	91
	• General assessment	2	93
	• Assessment of each body system	4	97
	Recording of health assessment	1	98
		2	100
VIII			
Meeting needs of patient	• Basic needs (Activities of daily living)	1	101
	- Maslow's hierarchy of Needs	1	102
	○ Providing safe and clean Environment:	1	103
	- Physical-environment: Temperature, Humidity, Noise, Ventilation, light, Odor, pests control		
	- Reduction of Physical hazards: fire, accidents		
	- Safety devices: Restraints, side rails, airways, Trapeze etc. Role of nurse in providing safe and clean environment		
	○ Hygiene:	2	105
	- Factors Influencing Hygienic Practice		
	- Hygienic care : Care of the Skin-Bath and pressure points,		
	- feet and nail,		
	- Oral cavity,		
	- Hair care ,	2	107
	- Eyes, Ears and Nose Assessment , Principles Types, Equipments, Procedure, Special Consideration	2	109
	- Patient environment: Room Equipment and linen, making patient beds, Types of beds and bed making	1	110
	○ Comfort:		
	- Factors Influencing Comfort, Comfort devices	2	112
	○ Oxygenation	2	114
	- Review of Cardiovascular and respiratory physiology	2	116
	- Factors Affecting Oxygenation	1	117
	- Alteration in oxygenation	1	118
	- Nursing Intervention in oxygenation: assessment, types, equipment used, procedure and special considerations	1	119
	Maintenance of patent airway	1	120
	Oxygen administration	1	121
	Inhalations : Dry and moist	1	122
	Chest Physiotherapy and postural drainage	1	123
	Pulse oxymeter	1	124
	CPR-Basic life support	1	125

IX Machinery, Equipment & Linen	Introduction:	2	127
	Indent, Maintenance, Inventory	1	128
	• Types: Disposables and Re-usable-Linen, rubber goods, glass ware, metal , plastics, furniture, machinery	2	130

PRACTICUM: demonstration and re-demonstration - 105 Hrs.

REFERENCES

1. Kozier B, Erb, G & Oliver, R : Fundamentals of Nursing ;4th ed. California, Addison Wesley., 1991
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 Witler 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

