

**LESSON PLAN**  
**BASIC B.Sc. NUSING I YEAR**  
**SECOND SEMESTER**

**Subject code: 3**

**Subject: Nursing Foundation (practical II)**

**Faculty: Mrs. D.Priya, Mrs. Jasmin, Mrs. Dhanashree K, Mrs. Leena M, Mrs. Heera. B, Mr.Sanjay. S and jayashree**

Units	Topics	No.Of lectures	Lectures serial no.
<b>Feeding :</b>	<b>Feeding :</b>	2	2
	Oral, Enteral feeding	2	4
	Naso Orogastric.	2	6
	Naso-gastric insertion, suction, and irrigation		
<b>Assisting patient in urinary elimination</b>	<b>Assisting patient in urinary elimination</b>	1	7
	• Provides urinal/ bed pan	1	8
	• Condom drainage	1	9
	• Perineal care	1	10
	• Catheterization	1	11
	• Care of urinary drainage	1	12
<b>Assisting bowel Elimination:</b>	<b>Assisting bowel Elimination:</b>	2	14
	• Insertion of flatus tube	1	15
	• Enemas	1	16
	• Insertion of Suppository	1	17
	• Bowel wash	1	18
<b>Body Alignment and Mobility:</b>	<b>Body Alignment and Mobility:</b>	1	19
	○ Range of motion exercises	1	20
	○ Positioning:	1	21
	Recumbent, Lateral (rt/lt),Fowlers, Sims,	1	22
	Lithotomy, Prone, Trendelenburg	1	23
<b>Lifting and Moving Patients</b>		2	
	<b>Lifting and Moving Patients</b>	2	25
	○ Assist patient in Moving, lifting transferring, walking	2	27
	○ Restraints	2	29

<b>Collect/ assist for collection of specimens</b>	<b>Collect/ assist for collection of specimens</b>	2	31
	for investigations Urine, sputum, faces, vomitus blood and other body fluids	2	33
<b>Perform lab tests:</b>	<b>Perform lab tests:</b>	2	35
	• Urine: Sugar, albumin, acetone Blood: sugar (with strip/ glucometer)	2	37
<b>Hot and cold applications</b>	<b>Hot and cold applications:</b>	2	39
	local and general sitz bath	1	40
<b>Communicating</b>	<b>Communicating and assisting with self-care of visually &amp; hearing impaired patients</b>		
	Communicating and assisting with self-care of mentally	1	41
	challenged/disturbed patients	1	42
		1	43
		1	44
<b>Intravenous therapy</b>	<b>Intravenous therapy</b>		
	<b>Blood and Blood component therapy</b>	1	45
<b>Infection control</b>	<b>Recreational and diversional therapies</b>		
	<b>Caring of patient with alteration in sensorium</b>	1	46
<b>Infection control</b>	<b>Infection control</b>		
	• Perform following procedures:		
	○ Hand washing	1	47
	techniques (Simple, hand	1	48
	antisepsis and surgical	1	49
	antisepsis (scrub)	1	50
	○ Prepare isolation unit	1	51
	in lab/ ward	1	52
	○ Practice technique of	1	53
	wearing and removing	1	54
	personal protective	1	55
equipment ( PPE)	1	56	
○ Practice standard safety precautions ( Universal precautions)			

<b>Decontamination of equipment and unit:</b>	<b>Decontamination of equipment and unit:</b>		
	• Surgical asepsis;	1	57
	Sterilization	1	58
	Handling sterilized equipment	1	59
	Calculate strengths of lotions, Prepare lotions	1	60
	Care of articles	1	61
<b>Preoperative care &amp; Postoperative care</b>	<b>Preoperative care &amp; Postoperative care</b>		
	• Skin preparation for surgery: local	2	63
	• Preparation of post operative unit	2	65
	• Pre and post operative teaching and counseling	2	67
	• Pre and post-operative monitoring	2	69
	Care of wound:  dressings, suture care, care of drainage	2	71
<b>Application of Bandages,</b>	<b>Application of Bandages,</b>	2	73
	Binders,	2	75
	splints & slings.	2	77
	Bandaging of various body parts	4	81
<b>Care of dying patient</b>	<b>Care of dying patient</b>		
	• Caring and packing of dead body	1	82
	• Counseling and supporting grieving relatives Terminal care of the uni	1	83
○ <b>Administration of medications</b>	• Administer medications in different forms and routes		
	• Oral, Sub lingual and Buccal		
	• Parenteral Intra-dermal, subcutaneous, Intramuscular etc.	1	84
	• Assist with Intra Venous medications	1	85
	• Drug measurements and dose calculations	1	86
	• Preparation of lotions and solutions	1	87
	• Administers topical applications	1	88
	• Administers topical applications	1	89
	• Insertion of drug into body cavity: Suppository & medicated packing etc.	1	90
	• Instillation of medicines and spray	1	91
	• into Ear, Eye, Nose and throat	1	92
	• Irrigations: Eye, Ear, Bladder, Vagina and Rectum	1	93
	• Inhalations: dry and moist	2	95

## REFERENCES

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