

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

**Subject code: 3**

**Subject: Nursing Foundation**

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

Units	Topics	No.Of Lectures	Lectures serial no.
<b>X Administration of medication</b>	• General	2	2
	Principles/Consideration, Purposes of Medication		
	○ Principles: 5 rights, Special considerations, Prescription Safety in administering Medications and Medication errors	2	4
	○ Drug forms	1	5
	○ Routes of administration		
	○ Storage and maintenance of drugs and Nurses responsibility	2	7
	○ Broad classification of drugs		
	○ Therapeutic Effect, Side Effects, Toxic effects Idiosyncratic Reactions, Drug Tolerance, Drug Interactions,	2	9
	○ Factors Influencing drug Actions,	1	10
	○ Systems of Drug Measurement: Metric system, Apothecary system, Household Measurements, Solutions.	2	12
	○ Converting Measurements Units: conversion within one system, conversion between systems, Dosage Calculation.	2	14
	○ Terminologies and abbreviations used in prescriptions of medication	2	16
	*Oral Drugs Administration: Oral , sublingual and	2	18
	Buccal : Equipment, procedure	2	20
	○ Parenteral	2	22
	○ General principles: decontamination and disposal of syringes and needles		
○ Types of parenteral therapies			
○ Types of syringes, needles, cannula and infusion sets	2	24	
○ Protection from needle stick injuries: giving medications with a safety syringes			
○ Routes of parenteral therapies-	2	26	
Intradermal : purpose, site, equipment			
,procedure, special considerations	2	28	
Subcutaneous : purpose, site, equipment			
,procedure, special considerations			
Intramuscular : purpose, site, equipment			

	<p>Advanced techniques: epidural, intra-thecal, intra-osseous, intra-plural, intra-arterial</p> <p>Role of Nurse</p> <p>*Topical Administration : Purposes, site equipment procedure special considerations for</p> <p>○ Application to Skin</p> <p>○ Application to mucous membrane</p> <p>• Direct application of liquids – Gargle and swabbing the throat</p> <p>• Insertion of Drug into body cavity: Suppository / medicated packing in rectum / vagina</p> <p>• Inhalation : Nasal, oral, endo tracheal / tracheal (steam oxygen and medications) purposes, types, equipment procedure, special considerations</p> <p>Recording and reporting of medications administered</p>	2	30
		2	32
		2	34
		2	36
		2	38
		2	40
<b>XI Documentation and Reporting</b>	<ul style="list-style-type: none"> <li>• Documentation : Purpose of Recording and reporting, Communication within the Health Care Team,</li> </ul>	1	41
	<ul style="list-style-type: none"> <li>• Types of records; ward records, medical/nursing records, Common Record-keeping forms, Computerized documentation</li> </ul>	1	42
	<ul style="list-style-type: none"> <li>• Guidelines for Reporting: Factual basis, Accuracy, completeness, Organization, confidentiality</li> </ul>	1	43
	<ul style="list-style-type: none"> <li>• Methods of recording, Reporting: Change –of shift reports, Incident reports, minimizing legal liability through effective record keeping</li> </ul>	1	44
<b>XII Meeting needs of patient</b>	<ul style="list-style-type: none"> <li>• Physiological needs:</li> </ul> <p>Sleep and Rest:</p> <ul style="list-style-type: none"> <li>- Physiology of sleep</li> <li>- Factors affecting sleep</li> <li>- Promoting Rest and sleep</li> <li>- Sleep Disorders</li> </ul>	2	46
	<ul style="list-style-type: none"> <li>○ Nutrition:</li> <li>- Importance</li> <li>- Factors affecting nutritional needs</li> <li>- Assessment of nutritional needs: Variables</li> <li>- Meeting Nutritional needs: Principals, equipment procedure and special considerations</li> </ul>	2	48
	<p>Oral</p> <p>Enteral: Naso/Oro-gastric, gastrostomy</p>	2	50

	○ Urinary Elimination		
	- Review of Physiology of Urine	1	51
	- Elimination Composition and characteristics of urine, Factors Influencing Urination, Alteration in Urinary Elimination	2	53
	- Types and Collection of urine specimen: Observation, urine testing	2	55
	- Facilitation urine elimination, assessment, types, equipments procedures and special considerations		
	- Providing urinal/bed pan, Condom drainage	2	57
	- Perineal care, catheterization, care of urinary diversions, bladder irrigations		
	○ Bowel Elimination	1	58
	- Review of Physiology of Bowel elimination composition and characteristics of faces	1	59
	- Factors affecting Bowel elimination, Alteration in Bowel elimination	2	61
	- Type and Collection of specimen of faces: Observation - Facilitation bowel elimination assessment, equipments procedures and special considerations	1	62
	- Passing of Flatus tube	1	63
	- Enemas, Suppository	1	64
	- Sitz bath	1	65
	- Bowel wash	1	66
	○ Mobility and Immobility		67
	- Principles of Body Mechanics	1	
	- Maintenance of normal body Alignment and mobility	1	68
	- Factors affecting body Alignment and mobility		
	- Hazards associated with immobility	1	69
	- Alteration in body Alignment and Mobility		
	- Nursing interventions for impaired Body Alignment and Mobility: Assessment, types, devices used method and special considerations. Rehabilitation aspects	1	70
	- Range of motion exercises	1	71
	- Maintaining body alignment : Positions	1	72

	Moving	1	73
	Lifting, Transferring, Walking	1	74
	Restraints	1	75
	○ 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,	1	76
	- Measuring fluid intake and output, Correcting Fluid Electrolyte imbalance :	1	77
	Replacement of fluids- oral & parenteral, venipuncture, regulating IV flow rates, changing of Iv solutions & tubing, changing IV dressing, administering blood transfusion, restriction of fluids		
	• Psychosocial needs	1	78
	○ 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	1	79
	- creating therapeutic environment		
	Recreational and Diversional therapies		
<b>XI</b>			
<b>Infection control in clinical setting</b>	• Infection control	1	80
	○ Nature of infection, Chain of infection transmission		
	○ Defenses against infection : natural and acquired Hospital acquired infection (Nosocomial infection)	1	81
	• Concept of asepsis: medical asepsis and surgical asepsis, Isolation precautions (Barrier nursing)	3	84
	○ Hand washing: simple, hand antisepsis and surgical antisepsis (scrub)	3	87
	○ Isolation: source and protective	1	88
	○ Personal protecting equipments: types, uses and technique of wearing and removing	2	90
	○ Decontamination of equipment and unit	2	92
	○ Transportation of infected patient		
	○ Standard safety precautions(Universal precautions)	2	94

	Transmission based precautions	1	95
	*Biomedical waste management		
	Importance, types of hospital waste, hazards associated with hospital waste, decontamination of hospital waste, segregation , transportation & disposal	2	97
		2	99
<b>XIV Meeting needs of Peri- operative patients</b>	• Definition and concepts of per operative nursing	5	104
	• Pre operative phase -Preparation of patient for surgery		
	• Intra operative phase - operation theatre set up and environment - role of nurse		
	• Post operative phase ○ Recovery Unit ○ Post operative unit ○ Post operative care	2	106
	○ Wounds: types, classification, wound, healing process, factors affecting wound, complications of wound, healing	1	107
	• Surgical asepsis • Care of the wound: types, equipments, procedure and special considerations - Dressing , suture care - Care of drainage - Application of bandages, binders, splints & slings - Heat & cold therapy	1 1 1	108 109
<b>XV Meeting special needs of the patient</b>	• Care of patients having alteration in	1	110
	○ Temperature (hyper and hypothermia): Types, Assessment, Management	1	111
	○ Sensorium ( Unconsciousness) : assessment, management	1	112
	○ Urinary Elimination (retention and unconsciousness)Assessment , Management	1	113
	○ Functioning of sensory organs: (visual & hearing impairment) assessment of self- Care ability	1	114
	communication Methods and special considerations	1	115
	○ Mobility ( physical challenged, cast)	1	116

	<ul style="list-style-type: none"> <li>assessment of self-care ability: Communication Methods and special considerations</li> <li>○ Mental state (mentally challenged ) , assessment of Self-Care ability; Communication Methods and special considerations</li> <li>○ Respiration (distress); Types, Assessment, Management</li> <li>○ Comfort-(pain)Nature, Types, Factors influencing pain, coping ,Assessment; Management</li> <li>○ Treatment related to GI system, nasogastric suction, gastric suction, gastric irrigation, gastric analysis</li> </ul>	<p style="text-align: right;">1</p> <p style="text-align: right;">1</p> <p style="text-align: right;">1</p> <p style="text-align: right;">1</p> <p style="text-align: right;">1</p> <p style="text-align: right;">1</p>	<p style="text-align: right;">117</p> <p style="text-align: right;">118</p> <p style="text-align: right;">119</p> <p style="text-align: right;">120</p> <p style="text-align: right;">121</p> <p style="text-align: right;">122</p> <p style="text-align: right;">123</p> <p style="text-align: right;">124</p>
<b>XVI care of terminally ill patient</b>	<ul style="list-style-type: none"> <li>○ Concepts of Loss, Grief grieving process</li> <li>○ Signs of clinical death</li> <li>○ Care of dying patient; special considerations <ul style="list-style-type: none"> <li>- Advance directives:</li> <li>- euthanasia will dying</li> <li>- Declaration ,organ</li> <li>- Donation etc</li> </ul> </li> <li>○ Medico-legal issues</li> <li>○ Care of dead body:</li> <li>○ Equipment, procedure and care of unit</li> <li>○ Autopsy</li> <li>○ Embalming</li> </ul>	<p style="text-align: right;">2</p> <p style="text-align: right;">3</p>	<p style="text-align: right;">126</p> <p style="text-align: right;">129</p>
<b>XVII Professional Nursing concepts and practices</b>	<ul style="list-style-type: none"> <li>• Conceptual and theoretical models of nursing practice: <ul style="list-style-type: none"> <li>Introduction to models- Holistic model, health belief model , health promotion model etc</li> </ul> </li> <li>• Introduction to Theories in Nursing ; Peplau’s , Henderson’s Orem’s , Neumann’s Roger’s and Roy’s</li> <li>• Linking theories with nursing process</li> <li>• Complimentary and alternate healing techniques.</li> </ul>	<p style="text-align: right;">2</p> <p style="text-align: right;">2</p> <p style="text-align: right;">1</p> <p style="text-align: right;">1</p>	<p style="text-align: right;">131</p> <p style="text-align: right;">133</p> <p style="text-align: right;">134</p> <p style="text-align: right;">135</p>

**PRACTICUM:** demonstration and re-demonstration - 95 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

