

NURSING FOUNDATIONS

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

Placement : First Year

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.

Specific objectives – 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	Contents	Teaching / Learning / Activities	Assessment Methods
I	10	<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	16	<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 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 	<ul style="list-style-type: none"> Lecture discussion Case discussion Role plays 	<ul style="list-style-type: none"> Essay type Short answers Objective type

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"> o Unit and its preparation o Admission bed o Admission procedure o Special considerations o Medico-legal issues o Roles and Responsibilities of the nurse • Discharge from the hospital <ul style="list-style-type: none"> o Types: Planned discharge, LAMA and abscond, Referrals and transfers o Discharge Planning o Discharge planning o Special considerations o Medico-legal issues o Roles and Responsibilities of the nurse o Care of the unit after discharge 	<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.
IV	10	<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"> o Methods of effective Communication <ul style="list-style-type: none"> - Attending skills - Rapport building skills o Empathy skills o 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	15	<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"> o Critical Thinking: Thinking and Learning. o Competencies, Attitudes for critical Thinking , Levels of critical thinking in Nursing • Nursing Process Overview: Application in Practice <ul style="list-style-type: none"> o Nursing process format : INC current format o Assessment <ul style="list-style-type: none"> - Collection of Data: Types, Sources, Methods - Formulating Nursing judgment : Data interpretation o Nursing diagnosis <ul style="list-style-type: none"> - Identification of client problems ‘ - Nursing diagnosis statement - Difference between medical and nursing diagnosis o 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 o Implementation <ul style="list-style-type: none"> - Implementing the plan of care o Evaluation <ul style="list-style-type: none"> - Outcome of care - Review and Modify o Documentation and Reporting 		
VI	4	<ul style="list-style-type: none"> • Describe the purposes, types and techniques of recording and reporting 	<p>Documentation and Reporting</p> <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 records, • Common Recordkeeping forms, • Computerized documentation • Guidelines for Reporting: Factual basis, Accuracy, completeness, Organization, confidentiality • Methods of recording • Reporting: Change –of shift reports, Transfer reports , Incident reports • Minimizing legal Liability through effective record keeping 	<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

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: 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 Alterations in pulse: Respiration: <ul style="list-style-type: none"> Physiology and Regulation, Mechanics of breathing Characteristics of the respiration, factors affecting respiration Assessment of respirations: technique, special considerations Alterations in respiration Blood pressure: <ul style="list-style-type: none"> 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 	<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
VIII	30	<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 <ul style="list-style-type: none"> 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 Lecture discussion Demonstration Practice Simulators Supervised Clinical practice 	<ul style="list-style-type: none"> Essay type Essay type Short answers Objective type

IX	5	<ul style="list-style-type: none"> Identifies the various machinery equipment and linen and their care 	<p>Machinery ,Equipment and linen</p> <ul style="list-style-type: none"> Types: Disposables and Reusables-Linen, rubber goods, glass ware, metal, plastics, furniture, machinery Introduction: <ul style="list-style-type: none"> o Indent o Maintenance o Inventory 	<ul style="list-style-type: none"> Lecture discussion Demonstration 	<ul style="list-style-type: none"> Essay type Short answers Objective type
X	60	<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 	<p>Meeting needs of patient</p> <ul style="list-style-type: none"> Basic needs (Activities of daily living) <ul style="list-style-type: none"> - Maslow's hierarchy of Needs o 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 o 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 □ Assessment, Principles Types, Equipments, Procedure, Special Considerations - Patient environment: Room Equipment and lines, making patient beds □ Types of beds and bed making o Comfort: <ul style="list-style-type: none"> - Factors Influencing Comfort - Comfort devices • Physiological needs: <ul style="list-style-type: none"> o Sleep and Rest: <ul style="list-style-type: none"> - Physiology of sleep - Factors affecting sleep - Promoting Rest and sleep - Sleep Disorders o 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/ Orogastric, 	<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

			<ul style="list-style-type: none"> gastrostomy <input type="checkbox"/> Parenteral o 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, procedures and special considerations <input type="checkbox"/> Providing urinal/bed pan <input type="checkbox"/> Condom drainage <ul style="list-style-type: none"> <input type="checkbox"/> Perineal care <input type="checkbox"/> catheterization <input type="checkbox"/> care of urinary drainage <input type="checkbox"/> care of urinary diversion • Bowel Elimination <ul style="list-style-type: none"> - Review of Physiology of Bowel elimination, composition and characteristics of faces - Factors affecting Bowel elimination - Alteration in Bowel elimination - Type and Collection of specimen of faces: Observation - Facilitation bowel elimination: assessment, equipments procedures and special considerations <input type="checkbox"/> Passing of Flatus tube <input type="checkbox"/> Enemas <input type="checkbox"/> Suppository <input type="checkbox"/> Sitz bath <input type="checkbox"/> Bowel wash <input type="checkbox"/> care of ostomies • Mobility and Immobility <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 interventions for impaired Body Alignment and Mobility: Assessment, types, devices used method and special considerations. Rehabilitation aspects <input type="checkbox"/> Range of motion exercises <input type="checkbox"/> Maintaining body alignment: Positions <input type="checkbox"/> Moving 	
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			<ul style="list-style-type: none"> <input type="checkbox"/> Lifting <input type="checkbox"/> Transferring <input type="checkbox"/> Walking <input type="checkbox"/> Restraints • Oxygenation <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 <input type="checkbox"/> Maintenance of patent airway <input type="checkbox"/> Oxygen administration <input type="checkbox"/> Suction <input type="checkbox"/> Inhalations : Dry and moist <input type="checkbox"/> Chest Physiotherapy and postural drainage <input type="checkbox"/> Pulse oximetry <input type="checkbox"/> CPR-Basic life support • Fluid, Electrolyte, and Acid Base Balances <ul style="list-style-type: none"> - Review of Physiological Regulation of Fluid, electrolyte, and Acid Base Balance - Factors Affecting Fluid Electrolyte, and Acid Base Balance - Alteration in fluid-electrolyte and acid-base balance - Nursing intervention in Fluid, Electrolyte and Acid - Base Imbalances : assessment,types,equipment, procedure and special considerations <input type="checkbox"/> Measuring fluid intake and output <input type="checkbox"/> Correcting Fluid Electrolyte imbalance : • Psychosocial Needs <ul style="list-style-type: none"> o Concepts of Cultural Diversity, Stress and adaptation, Self-concept, sexuality, spiritual health, Coping with loss, death & grieving o Assessment of psychosocial needs o Nursing intervention for Psychosocial needs <ul style="list-style-type: none"> - Assist with coping and adaptation - Creating therapeutic environment o Recreational and diversional therapies 		
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<p>XI</p>	<p>20</p>	<p>Describe principles and techniques for infection control and biomedical waste management in supervised Clinical setting</p>	<p>Infection control in Clinical setting</p> <ul style="list-style-type: none"> • Infection control <ul style="list-style-type: none"> o Nature of infection o Chain of infection transmission o Defenses against infection : natural and acquired o Hospital acquired infection (Nosocomial infection) • Concept of asepsis: medical asepsis and surgical asepsis • Isolation precautions (Barrier nursing) <ul style="list-style-type: none"> o Hand washing: simple, hand antisepsis and surgical antisepsis (scrub) o Isolation: source and protective o Personal protecting equipments: types, uses and technique of wearing and removing o Decontamination of equipment and unit o Transportation of infected patients o Standard safety precautions(Universal precautions) o Transmission based precautions •Biomedical waste management <ul style="list-style-type: none"> o Importance o Types of hospital waste o Hazards associated with hospital waste o Decontaminati-on of hospital waste o Segregation and transportation and disposal 	<ul style="list-style-type: none"> • Lecture discussion • Demonstration • Practice session • Supervised Clinical practice 	<ul style="list-style-type: none"> •
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XII	40	<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 intradermal, subcutaneous, • intramuscular inhalation, topical 	<p>Administration of Medications</p> <ul style="list-style-type: none"> • General Principles/ Consideration- <ul style="list-style-type: none"> o Purposes of Medication o Principles: 5 rights, Special considerations, Prescription Safety in administering Medications and Medication errors o Drug forms o Routes of administration o Storage and maintenance of drugs and Nurses responsibility o Broad classification of drugs o Therapeutic Effect, Side Effects, Toxic effects Idiosyncratic Reactions, allergic reaction, Drug Tolerance, Drug Interactions, o Factors Influencing drug Actions, o Systems of Drug Measurement: Metric system, Apothecary system, Household Measurements, Solutions. o Converting Measurements Units: conversion within one system, conversion between systems, Dosage Calculation. o Terminologies and abbreviations used in prescriptions of medication • Oral Drugs Administration: Oral, sublingual and Buccal: Equipment, procedure • Parenteral: <ul style="list-style-type: none"> □ General principles □ Decontamination and disposal of syringes and needles □ Types of parenteral therapies □ Types of syringes, needles, canula and infusion sets □ Protection from needle stick injuries: Giving medication with safety syringes □ Routes of parenteral therapies - Intradermal: Purpose, site, equipments, procedure, special consideration - Intramuscular: Purpose, site, equipments, procedure, special consideration 	<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
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			<ul style="list-style-type: none"> - Intravenous: Purpose, site, equipments, procedure, special consideration - Advance techniques <ul style="list-style-type: none"> Epidural intrathecal Intraosseous Intraperitoneal Intrapleural Intraarterial <p style="text-align: center;">Role of nurse</p> <ul style="list-style-type: none"> • Topical Administration: Purposes, site equipment procedure special considerations for <ul style="list-style-type: none"> ○ Application to Skin ○ Application to mucous membrane <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>-Instillation: Ear, Eye, Nasal, Bladder and Rectal</p> <p>-Irrigation: Ear, Eye, Nasal, Bladder and Rectal Vaginal</p> <p>- Spraying: Nose and Throat</p> <p>-Inhalation: Nasal, oral, endotracheal / tracheal (steam oxygen and medications) purposes, types, equipment procedure, special considerations <ul style="list-style-type: none"> ○ Recording and reporting of medications administered </p>		
XIII	10	<ul style="list-style-type: none"> • Describe the pre and post operative care of patient • Explain the process of wound healing • Explain the principles and techniques of wound care • Perform care of wounds • Apply bandages, Binders, Splints and slings. 	<p>Meeting Needs of Preoperative Patient</p> <ul style="list-style-type: none"> ○ Definition, and concepts of peri operative nursing <ul style="list-style-type: none"> • Pre operative phase <ul style="list-style-type: none"> □ Preparation of patient for surgery • Intra operative phase <ul style="list-style-type: none"> □ Operation theater setup and environment Role of nurse <ul style="list-style-type: none"> • Post operative Phase <ul style="list-style-type: none"> □ Recovery unit □ Post operative unit □ Post operative care • Wounds: Types <ul style="list-style-type: none"> Classification, Wound healing Process, Factor affecting wound complication of wound healing • Surgical asepsis • Care of the wound: Application of Bandages, Binders, Splints, Slings <ul style="list-style-type: none"> • 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 having alterations in body functioning 	<p>Meeting special needs of the patient</p> <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 Treatments related to gastro-intestinal system: Nasogastric suction, gastric irrigation, gastric analysis 	<ul style="list-style-type: none"> Lecture Discussion Demonstration 	<ul style="list-style-type: none">
XV	5	<ul style="list-style-type: none"> Explain care of terminally ill patient 	<p>Care of Terminally ill patient</p> <ul style="list-style-type: none"> Concepts of Loss, Grief grieving process Signs of clinical death Care of dying patient; 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 o Embalming 	<ul style="list-style-type: none"> Lecture Discussion Demonstrations Case discussion/ Role Play Practice session Supervised Clinical practice 	<ul style="list-style-type: none"> Essay type Short answers Objective type

XVI	6	<ul style="list-style-type: none"> • Explain the basic concepts of conceptual and theoretical models of nursing 	<p>Professional Nursing concepts and practices</p> <ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Lecture Discussion 	<ul style="list-style-type: none"> • Essay type • Short Answers
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NURSING FOUNDATIONS

**Practical- 650hrs
(200 lab and 450 Clinical)**

Placement : First Year

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	Objective	Skills	Assignment	Assessment Methods
Demonstration Lab General Medical and Surgery ward	<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) 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, Prioritization, goals & Expected Outcomes, selection of interventions Write Nursing care plan Gives care as per the plan 	<ul style="list-style-type: none"> Practice in Unit/ hospital Write nursing Process records of patient Simulated -1 Actual-1 	<ul style="list-style-type: none"> Evaluate with check list Assessment of clinical performance with rating scale Completion of Practical record Assessment of nursing process records with checklist Assessment of actual care given with rating scale
	<ul style="list-style-type: none"> Communicate effectively with patient, families and team members and Maintain effective human relations Prepare patient reports Presents Reports Monitor vital signs Perform health assessment of each body system 	Communication <ul style="list-style-type: none"> Use verbal and non verbal communication techniques Prepare a plan for patient teaching session Write patient report <ul style="list-style-type: none"> Change of shift reports Transfer reports, Incident reports etc. Presents patient Report 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"> Role – plays in simulated situations on communication Write nurses notes and present the patient report of 2-3 assigned patient. Lab practice Measure vital signs of assigned patient 	<ul style="list-style-type: none"> Asses role plays with the checklist on communication techniques Assessment of communication techniques by rating scale Assessment of performance with rating scale Assessment of each skill with checklist Completion of activity record

		<p>Health assessment</p> <ul style="list-style-type: none"> • Health history taking • Perform assessment: • General • Body systems • Use various methods of physical examination • Inspection, Palpation, Percussion, Auscultation, Olfaction • Identification of system wise deviations 		
	<ul style="list-style-type: none"> • Provide basic nursing care to patients 	<p>Prepare Patient's unit:</p> <ul style="list-style-type: none"> • Prepare beds: <ul style="list-style-type: none"> o Open , closed, Occupied, operation, amputation, o Cardiac, fracture, burn, Divided, & Fowlers bed • Pain assessment and provision for comfort <p>Use comfort devices</p> <p>Hygienic care:</p> <ul style="list-style-type: none"> • Oral hygiene: • Baths and care of pressure points • Hairwash, Pediculosis Treatment <p>Feeding :</p> <ul style="list-style-type: none"> • Oral, Enteral, Naso Orogastirc. • Naso-gastric insertion, suction, and irrigation <p>Assisting patient in urinary elimination</p> <ul style="list-style-type: none"> • Provides urinal/ bed pan • Condom drainage • Perineal care • Catheterization • Care of urinary drainage <p>Assisting bowel Elimination:</p> <ul style="list-style-type: none"> • Insertion of flatus tube • Enemas • Insertion of Suppository • Bowel wash <p>Body Alignment and Mobility:</p> <ul style="list-style-type: none"> o Range of motion exercises o Positioning: Recumbent, Lateral (rt/lt) , Fowlers, Sims, Lithotomy, Prone, Trendelenburg, position 	<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

Field visit		<ul style="list-style-type: none"> o Assist patient in Moving, lifting transferring, walking o Restraints 	•	•
Field visit		<p>Oxygen administration Oropharyngeal, nasopharyngeal Chest physiotherapy and postural drainage Care of chest drainage CPR- Basic life support Intravenous therapy Blood and blood-component therapy</p> <p>Collect/ assist for collection of specimens for investigations Urine, sputum, faces, vomitus blood and other body fluids Perform lab tests:</p> <ul style="list-style-type: none"> • Urine: Sugar, albumin, acetone • Blood: sugar (with strip/ gluco meter) <p>Hot and cold applications: Local and general sitz bath Communicating and assisting with self care of visually & hearing impaired patients</p> <p>Communicating and assisting with self care of mentally challenged/ disturbed patients</p> <p>Recreational and diversional therapies</p> <p>Caring of patient with alteration in sensorium</p>	•	•

	<ul style="list-style-type: none"> • Perform infection control procedures 	<p>Infection control</p> <ul style="list-style-type: none"> • Perform following procedures: <ul style="list-style-type: none"> o Hand washing techniques o (Simple, hand antiseptics and surgical antiseptics (scrub) o Prepare isolation unit in lab/ ward o Practice technique of wearing and removing personal protective equipment (PPE) o Practice standard safety precautions (Universal precautions) <p>Decontamination of equipment and unit:</p> <ul style="list-style-type: none"> • Surgical asepsis; <ul style="list-style-type: none"> o Sterilization o Handling sterilized equipment o Calculate strengths of lotions, o Prepare lotions • Care of articles • Application of Bandages, Binders, splints & slings. • Bandaging of various body parts 	<ul style="list-style-type: none"> • Observation study-2 • Department of infection control & CSSD • Visits CSSD write observation report 1 • Collection of samples for culture • Do clinical posting in infection control department and write report Practice in lab/ward 	<ul style="list-style-type: none"> • Assess observation study with checklist • Evaluate procedures with checklist
	<ul style="list-style-type: none"> • Administer drugs 	<ul style="list-style-type: none"> • Administration of medications • Administer Medications in different forms and routes • Oral, Sublingual and Buccal • Parenteral: Intradermal , Subcutaneous, Intramuscular • Drug measurements and dose calculations • Preparation of lotions and solutions • Administers topical Applications • Insertion of drug into body cavity: Suppository & medicated packing etc. • Inhalations: dry and moist 		
	<ul style="list-style-type: none"> • Provide care to dying and dead • Counsel and support relatives 	<p>Care of dying patient</p> <ul style="list-style-type: none"> • Caring and packing of dead body • Counseling and supporting grieving relatives <p>Terminal care of the unit</p>		

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 PROCEDURE BOOK

1 st year	Date		Signature
	Class room	Ward	
FUNDAMENTALS 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			
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			
G. 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. 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			
<p>Signature of Supervisor _____ Date: _____</p> <p>Signature of Principal _____ Date: _____</p>			

3] ADULT ASSESSMENT FORMAT

General information:

Name : _____

Age: _____ Sex: _____

Occupation _____ IP No. _____

Admission date _____ Time _____

Designation _____

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	Uses aids	
	Gait	Coordinated / uncoordinated	
	Limitations	Immobile / Partial ambulatory	
	Sleep	Ambulatory	
	Body movement	Insomnia / Sleep apnea / other	
	Deformities	Purposeful movement / tremor	
C O M M U N I C A T I O N	Eyes- vision loss	Color, vision acuity	
	Wears glasses / Aid	Visual fields / normal / limited	
	Conjunctiva Corneal reflex	Pale / yellow / Red / other	
	Ears - Hearing loss	Pupil reaction : present /absent	
		Infection : present /absent	
	Speech – Problems	Hearing Acuity	
	S E N S E S	Skin	
Verbal / nonverbal relevant / irrelevant			
Temperature, color / texture / turgor / Any other			
Nose	Response to touch (painful stimuli, hot / cold)		
Pain	Sense of smell		
		Facial grimacing / guarding	

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	
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] FORMAT FOR NURSING CARE PLAN

Name of the Patient: _____

Age _____ Sex _____

Reg. No. _____

Bed No. _____

Date & Time of Admission _____

Dr's Unit _____

Ward No. _____

Surgery & Date of surgery _____

Marks : 50

Assessment (12)		Nursing Diagnosis (03)	Goal (02)	Outcome Criteria (02)	Nursing Intervention (15)	Rationale (03)	Evaluation (03)
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 _____

Maximum 100 Marks

S.N.	PERFORMANCE CRITERIA	(5) Excellent	(4) Very Good	(3) Good	(2) Satisfactory	(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						
	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 discus by the student

Signature of student

Date of Sign

(FOUNDATIONS OF NURSING)

GUIDELINES FOR UNIVERSITY PRACTICAL AND ORAL EXAMINATION

INTERNAL EXAMINER

Maximum 50 marks

S.N.	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

S.N.	NURSING PROCEDURE	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 to examination section)

