

| Ganpat University | | | | | | | | | |
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| Faculty Of Nursing | | | | | | | | | |
| Bachelor of Science | | | | | Branch/Spec. | Nursing | | | |
| Semester | | | | | I | | | | |
| Effective from Academic Year | | | | | 2021-22 | Effective for the batch Admitted in | | | July-2021 |
| N-NF (I) 125 | | Subject Name | | | Nursing Foundation I including First Aid module | | | | |
| Teaching scheme | | | | | Examination scheme (Marks) | | | | |
| | Lecture (DT) | | Practical | | Total | | CE | SEE | Total |
| | L | TU | Lab | Clinical | | | | | |
| Credit | 6 | -- | 2 | 2 | 10 | Theory | 25 | 75 | 100 |
| Hours | 120 | -- | 80 | 160 | 360 | Practical | 50 | 50 | 100 |
| Pre-requisites: | | | | | | | | | |
| Students may have basic knowledge about the care of an individual | | | | | | | | | |
| Learning Outcome: | | | | | | | | | |
| This course is designed to help novice nursing students develop the knowledge and competencies required to provide evidence-based, comprehensive basic nursing care for adult patients, using the nursing process approach. | | | | | | | | | |
| Theory syllabus | | | | | | | | | |
| Unit | Content | | | | | | | | Hrs |
| I | Introduction to health and illness <ul style="list-style-type: none">• Concept of Health – Definitions (WHO),Dimensions• Maslow ‘s hierarchy of needs• Health – Illness continuum• Factors influencing health• Causes and risk factors for developing illnesses• Illness – Types, illness behavior• Impact of illness on patient and family | | | | | | | | 5 (T) |
| II | Health Care Delivery Systems – Introduction of Basic Concepts &Meanings | | | | | | | | 5 (T) |

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| | <ul style="list-style-type: none"> • Levels of Illness Prevention – Primary(Health Promotion), Secondary and Tertiary • Levels of Care – Primary, Secondary, and Tertiary • Types of health care agencies/ services – Hospitals, clinics, Hospice, rehabilitation centers, extended care facilities <p>Hospitals – Types, Organization, and Functions</p> <p>Health care teams in hospitals – members and their role</p> | |
| III | <p>History of Nursing and Nursing as a profession</p> <ul style="list-style-type: none"> • History of Nursing, History of Nursing in India • Contributions of Florence Nightingale • Nursing – Definition – Nurse, Nursing, Concepts, philosophy, objectives, Characteristics, nature ,and Scope of Nursing/Nursing practice, Functions of nurse, Qualities of a nurse, Categories of nursing personnel • Nursing as a profession – definition and characteristics/criteria of profession • Values – Introduction – meaning and importance • Code of ethics and professional conduct for nurses – Introduction | 12 (T) |
| IV | <p>Communication and Nurse Patient Relationship</p> <ul style="list-style-type: none"> • Communication – Levels, Elements and Process, Types, Modes, Factors influencing communication • Methods of effective communication/therapeutic communication techniques • Barriers to effective communication/non-therapeutic communication techniques • Professional communication • Helping Relationships (Nurse Patient Relationship) – Purposes and Phases • Communicating effectively with patient, families and team members • Maintaining effective human relations and communication with vulnerable groups (children, women, physically and mentally challenged and elderly) | 8 (T) 3 (SL) |
| V | <p>Documentation and Reporting</p> <ul style="list-style-type: none"> • Documentation – Purposes of Reports and Records • Confidentiality • Types of Client records/Common Record-keeping forms <p>Methods/Systems of documentation/Recording</p> <ul style="list-style-type: none"> • Guidelines for documentation | 4 (T) 2 (SL) |

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| | <ul style="list-style-type: none"> • Do's and Don'ts of documentation/Legal guidelines for Documentation/Recording • Reporting – Change of shift reports, Transfer reports, Incident reports | |
| VI | <p>Vital signs</p> <ul style="list-style-type: none"> □ Guidelines for taking vital signs □ Body temperature – <ul style="list-style-type: none"> ○ Definition, Physiology, Regulation, Factors affecting body temperature ○ Assessment of body temperature – sites, equipment and technique ○ Temperature alterations – Hyperthermia, Heat Cramps, Heat Exhaustion, Heatstroke, Hypothermia ○ Fever/Pyrexia – Definition, Causes, Stages, Types □ Nursing Management <ul style="list-style-type: none"> ○ Hot and Cold applications □ Pulse: <ul style="list-style-type: none"> ○ Definition, Physiology and Regulation, Characteristics, Factors affecting pulse ○ Assessment of pulse – sites, equipment and technique ○ Alterations in pulse □ Respiration: <ul style="list-style-type: none"> ○ Definition, Physiology and Regulation, Mechanics of breathing, Characteristics, Factors affecting respiration ○ Assessment of respirations – technique ○ Arterial Oxygen saturation ○ Alterations in respiration □ Blood pressure: <ul style="list-style-type: none"> ○ Definition, Physiology and Regulation, Characteristics, Factors affecting BP ○ Assessment of BP – sites, equipment and technique, Common Errors in BP Assessment ○ Alterations in Blood Pressure <p>Documenting Vital Signs</p> | 15 (T) 20 (SL) |
| VII | Equipment and Linen | 3 (T) |

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| | <ul style="list-style-type: none"> • Types – Disposables and reusable • Linen, rubber goods, glassware, metal, plastics, furniture • Introduction – Indent, maintenance, Inventory | |
| VIII | <p>Introduction to Infection Control in Clinical setting</p> <p>Infection</p> <ul style="list-style-type: none"> • Nature of infection • Chain of infection • Types of infection • Stages of infection • Factors increasing susceptibility to infection • Body defenses against infection – Inflammatory response & Immuneresponse • Health care associated infection (Nosocomial infection) <p>Introductory concept of Asepsis – Medical & Surgical asepsis</p> <p>Precautions</p> <ul style="list-style-type: none"> • Hand Hygiene • (Hand washing and use of hand Rub) • Use of Personal Protective Equipment (PPE) • Standard precautions <p>Biomedical Waste management</p> <p>Types of hospital waste, waste segregation and hazards – Introduction</p> | <p>10 (T) 3 (SL)</p> |
| IX | <p>Comfort, Rest & Sleep and Pain</p> <ul style="list-style-type: none"> • Comfort <ul style="list-style-type: none"> ◦ Factors Influencing Comfort ◦ Types of beds including latest beds, purposes & bed making ◦ Therapeutic positions ◦ Comfort devices • Sleep and Rest | <p>15 (T) 15 (SL)</p> |

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| | <ul style="list-style-type: none"> ○ Physiology of sleep ○ Factors affecting sleep ○ Promoting Rest and sleep ○ Sleep Disorders ● Pain (Discomfort) <ul style="list-style-type: none"> ○ Physiology ○ Common cause of pain ○ Types <p>Assessment – pain scales and narcotic scales</p> <ul style="list-style-type: none"> ○ Pharmacological and Non- pharmacological pain-relieving measures – Use of narcotics, TENS devices, PCA ○ Invasive techniques of pain management ○ Any other newer measures <p>CAM (Complementary & Alternative healing Modalities)</p> | |
| X | <p>Promoting Safety in Health Care Environment</p> <ul style="list-style-type: none"> ● Physical environment – Temperature, Humidity, Noise, Ventilation, Light, Odor, Pest control ● Reduction of Physical hazards – fire, accidents ● Fall Risk Assessment ● Role of nurse in providing safe and clean environment <ul style="list-style-type: none"> ○ Safety devices – ○ Restraints – Types, Purposes, Indications, Legal Implications and Consent, Application of Restraints- Skill and Practice guidelines <p>Other Safety Devices – Side rails, Grabbars, Ambu alarms, non-skid slippers etc.</p> | <p>5 (T) 3 (SL)</p> |
| XI | <p>Hospital Admission and discharge</p> <ul style="list-style-type: none"> ● Admission to the hospital Unit and preparation of unit <ul style="list-style-type: none"> ○ Admission bed ○ Admission procedure ○ Medico-legal issues ○ Roles and Responsibilities of the nurse | <p>6 (T) 2 (SL)</p> |

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| | <ul style="list-style-type: none"> • 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 procedure o Medico-legal issues o Roles and Responsibilities of the nurse o Care of the unit after discharge | |
| XII | Mobility and Immobility Elements of Normal Movement, Alignment & Posture, Joint Mobility, Balance, Coordinated Movement <ul style="list-style-type: none"> • Principles of body mechanics • Factors affecting Body Alignment and activity • Exercise – Types and benefits • Effects of Immobility • Maintenance of normal Body Alignment and Activity • Alteration in Body Alignment and mobility • Nursing interventions for impaired Body Alignment and Mobility – assessment, types, devices used, method <ul style="list-style-type: none"> • Range of motion exercises • Muscle strengthening exercises • Maintaining body alignment – positions • Moving • Lifting • Transferring • Walking • Assisting clients with ambulation • Care of patients with Immobility using Nursing process approach • Care of patients with casts and splints | 8 (T) 10 (SL) |
| XIII | Patient education <ul style="list-style-type: none"> • Patient Teaching – Importance, Purposes, Process | 4 (T) 2 (SL) |

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| | Integrating nursing process in patientteaching | |
| XIV | First Aid* <ul style="list-style-type: none"> • Definition, Basic Principles, Scope & Rules • First Aid Management <ul style="list-style-type: none"> ○ Wounds, Hemorrhage & Shock ○ Musculoskeletal Injuries – Fractures, Dislocation, Muscle injuries ○ Transportation of Injured persons ○ Respiratory Emergencies & Basic CPR ○ Unconsciousness ○ Foreign Bodies – Skin, Eye, Ear, Nose, Throat & Stomach ○ Burns & Scalds ○ Poisoning, Bites & Stings ○ Frostbite & Effects of Heat Community Emergencies | 20 (T) 20 (SL) |

*Mandatory module