**Unit Plan**

**General Nursing and Midwifery - 1st year**

**SUBJECT – FUNDAMENTALS OF NURSING**

**Placement: First year**

**Theory - 174 Hours**

**Course description:**

This course is designed to help students develop an ability to meet the basic health need of the patients with regard to nursing care and develop skill in the competencies required for rendering effective patient care.

**UNIT No:** I  **Hours:** 20

**UNIT TITLE:**  Introduction to Nursing **Teacher:**

**GENERAL OBJECTIVES:** Upon completion of the unit the students will be able to understand the meaning of nursing and correlate its principles

according to the scopes available in clinical settings.

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| **COMPETENCIES**  **The student will be able to:** | **CONTENTS** | **HOURS** | **METHOD OF TEACHING** | **TEACHING AND LEARNING ACTIVITIES** | **TEACHING AIDS** | **METHOD OF EVALUATION** |
| define nursing, its nature and the scope with its principle involved | Nursing: Definition, meaning, Nature, Scope, Principles and history of nursing. | 2 | Lecture cum discussion | Classroom discussions | -OHP  -Text book | -Question & Answer  -Quiz |
| describe who is a nurse and the qualities a nurse should possess | Nurse: Definition and meaning, preparation of a nurse qualities-personal, professional. | 2 | Lecture cum discussion | Classroom discussions | -OHP  -Text book | -Question & Answer  -Quiz |
| Describe the ethics of nursing and state the responsibilities of a nurse with its holistic approach and comprehensive care | Ethics in nursing, Role and responsibilities of a nurse. | 4 | Lecture cum discussion | Classroom discussions | -OHP  -Text book | -Question & Answer  -Quiz |
| Describe the different levels of health care agencies in the society and their function | * Health care agencies: Hospital and Community, Types of Hospitals and their functions. | 4 | -Lecture cum discussion  Group discussion | Classroom discussions | -OHP  -Text book | -Question & Answer  -Quiz |
| Describe the effects of Holistic approach in patient care | * Holistic approach to nursing. | 4 | Lecture cum discussion | Classroom discussions | -OHP  -Text book | -Question & Answer  -Quiz |
| Describe need for comprehensive patient care | * Comprehensive nursing care. | 4 | Lecture cum discussion | Classroom discussions | -OHP  -Text book | -Question & Answer  -Quiz |

**UNIT No: II**  **Hours:** 30

**UNIT TITLE:**  **Nursing care of the patient / Client** **Teacher:**

**GENERAL OBJECTIVES:** Upon completion of the unit the students will be able to acquire knowledge regarding the nursing care for patients from

the time of admissions to the time of discharge while maintaining a therapeutic environment and thus will be able to

evaluate the care with the nursing process.

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| **COMPETENCIES**  **The student will be able to:** | **CONTENTS** | **HOURS** | **METHOD OF TEACHING** | **TEACHING AND LEARNING ACTIVITIES** | **TEACHING AIDS** | **METHOD OF EVALUATION** |
| identify a sick and well client with different determinants ’of health | * Introduction to the sick and well. * Determinants of health status**.** | 2 | Lecture cum discussion | Structured discussions | -OHP  -Text book | -Question & Answer  -Quiz |
| Identify the client as an individual and realize the effects of illness on him/her during hospitalization | * Patient/Client: As an individual, member of the family, society, effects of illness and hospitalization on patient and his family**.** | 3 | Lecture cum discussion | Class room discussion | -OHP  -Text book  -articles as needed | -Question & Answer  -Quiz |
| Demonstrate skill in preparation of client and their unit for the admission procedure | * Admission of a patient: Patient’s unit set up and care admission procedure, reception of patient, care of patient’s belongings. | 4 | Lecture cum discussion | Structured discussions | -OHP  -Text book  -articles as needed | -Return demonstration -Question & Answer  -Quiz |
| Demonstrate skill in bed making and describe the principles involved in making different types of bed | * Bed and Bed Making - Principle of bed-making, factor to be considered in selecting and making bed, different types of beds and their uses. | 8 | Lecture cum discussion | Classroom demonstration on bed making | -OHP  -Text book  -articles as needed | -Return demonstration  Question & Answer  -Quiz |
| Describe the maintenance of therapeutic and psychosocial environment in a client’s unit | * Maintenance of therapeutic environment: Temperature, Light, noise and humidity. * Psycho Social Environment - Meaning and its importance, aesthetic consideration in the environment, color scheme beauty and flower arrangements. | 3 | Lecture cum discussion | classroom structured discussions | -OHP  -Text book  -articles as needed | -Question & Answer  -Quiz |
| Apply the nursing process in planning and implementation of care of a client in a hospital unit | * Nursing Process and Nursing Care Plan - Meaning importance and steps in development. | 5 | Lecture cum discussion | classroom structured discussions | -OHP  -Text book  -articles as needed | -Test: apply nursing care plan on an assigned client |
| Understand the importance of recording and reporting and use it accordingly | * Recording and Reporting- Importance, types and nurses responsibilities. | 2 | Lecture cum discussion | classroom structured discussions | -OHP  -Text book  -articles as needed | -Test: submit report on a client after the shift finishes |
| Demonstrate skill in preparation of client and his/her unit for the discharge procedure | * Discharging a patient - Preparation of the patient physically and mentally, discharge procedure, hospital policies, preparation of the patient’s relatives for discharge. - Follow up and Rehabilitation revisit, treatment compliance and referral, | 3 | Lecture cum discussion | Structured discussions | -OHP  -Text book  -articles as needed | -Return Demonstration -Question & Answer  -Quiz |

**UNIT No: III**  **Hours:** 35

**UNIT TITLE:**  **Basic Nursing Care and Needs of the patient** **Teacher:**

**GENERAL OBJECTIVES:** Upon completion of the unit the students will be able to acquire knowledge and will be able to describe and specify the

basic nursing care and the needs of a client

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| **COMPETENCIES**  **The student will be able to:** | **CONTENTS** | **HOURS** | **METHOD OF TEACHING** | **TEACHING AND LEARNING ACTIVITIES** | **TEACHING AIDS** | **METHOD OF EVALUATION** |
| Describe the importance of hygiene and nutrition and the nurses’ role in maintain them.  Demonstrate skill in bed bath, describe the principles involved in & the nurses’ role in hygiene care | * **Hygienic Needs and Physical needs** * Importance of maintaining good personal and environmental hygiene in health and disease. * Nurse’s role in maintaining good personal and environmental hygiene. * Care of Skin and Mucous Membrane. * Bed bath, care of hair, eyes, nose, ears, teeth, genitalia, hands and feet. * Nutritional needs. - Importance of diet in health and disease, factors affecting the normal nutrition in sickness, nurse’s role in maintaining good nutrition, feeding helpless patients, maintenance of intake and output record. | 15 | Lecture cum discussion  Demonstration | Structured discussions  Class room demonstration on bed bath procedure and other hygiene procedures | -OHP  -Text book  -articles as needed | -Return demonstration  -Question & Answer  -Quiz |
| Describe the nursing care of patients in elimination needs and the nurses’ role in meeting these needs | * **Elimination needs:** * Problem in sickness: Constipation and diarrhea, retention and incontinence of urine. * Nurse’s role in meeting elimination needs. | 4 | Lecture cum discussion  Demonstration | Structured discussions  Class room/clinical demonstration on administration of enema other elimination related procedures | -OHP  -Text book  -articles as needed | -Return demonstration  -Question & Answer  -Quiz |
| Describe the role of nurses’ in prevention of health hazards | * **Safety needs** * Environmental hazards, role of nurses in prevention of health hazards. * Interpersonal relationship, cultural/spiritual/religious needs. | 4 | Lecture cum discussion | Structured discussions | -OHP  -Text book  -articles as needed | -Question & Answer  -Quiz |
| Demonstrate the active and passive exercises on clients in health and sickness | * **Activity and Exercises:** * Importance of activity and exercise in health and sickness, active and passive exercise. | 3 | Lecture cum discussion  Demonstration | Structured discussions  Class room/clinical demonstration on active and passive exercises | -OHP  -Text book  -articles as needed | -Return demonstration  -Question & Answer  -Quiz |
| demonstrate the use of comfort measures and apply it according to its principles | * **Physical Comforts** * Comfort : meaning and its importance in health and disease, factors promoting and inhibiting physical comfort, comfort devices and their uses, body mechanics, positions. | 3 | Lecture cum discussion  Demonstration | Structured discussions  Class room/clinical demonstration on application of comfort devices as and when needed | -OHP  -Text book  -articles as needed | -Return demonstration  -Quiz |
| describe the principles involved in moving, shifting and lifting the patients | * **Moving, shifting and Lifting of patient** * Care of pressure points, bed sores: causes, signs, symptoms, prevention and nursing care * Shifting of patient from one side to another, from bed to wheel chair and bed to stretcher. | 6 | Lecture cum discussions | Structured discussions  Class room/clinical demonstration on care of pressure points and prevention of bed sore | -OHP  -Text book  -articles as needed | -Return demonstration  -Question & Answer  -Quiz |

**UNIT No: IV Hours:** 25

**UNIT TITLE:**  **Assessment of patient / Client**  **Teacher:**

**GENERAL OBJECTIVES:** Upon completion of the unit the students will be able to acquire knowledge regarding the principles and methods of

assessment and apply it in different clinical settings

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| **COMPETENCIES**  **The student will be able to:** | **CONTENTS** | **HOURS** | **METHOD OF TEACHING** | **TEACHING AND LEARNING ACTIVITIES** | **TEACHING AIDS** | **METHOD OF EVALUATION** |
| Describe the principles and importance of assessment  Demonstrate skill in assessing patients using different methods of assessment | * **Principles and importance of assessment, methods of assessment :** * Observation, Palpation, Auscultation, Percussion, developing skill in observation. | 7 | Lecture cum discussion  Demonstration | Structured discussions  Class room/clinical demonstration on different methods of assessment | -OHP  -Text book  PPT  -articles as needed | -Return demonstration  -question and answer  -Quiz |
| Demonstrate the skill in physical assessment of a client | * **Physical Assessment :** * Height, weight, posture, speech | 2 | Lecture cum discussion  Demonstration | Structured discussions  Class room/clinical demonstration on physical assessment | -OHP  -Text book  -PPT  -articles as needed | -Return demonstration |
| Demonstrate the skill in physiological assessment in vital signs monitoring and recording  Describe the normal and abnormal characteristics of body fluids and waste | * **Physiological Assessment:** * Temperature, pulse, respiration and blood pressure - * Characteristics of normal and abnormal (T.P.R. and B.P.)Factors influencing the variations. * Urine stool, vomit, sputum, normal and abnormal behavior and its deviation. | 16 | Lecture cum discussion  Demonstration | Structured discussions  Class room/clinical demonstration on physical assessment | -OHP  -Text book  -PPT  -articles as needed | -Return demonstration  -Question and answer  -Quiz |

**UNIT No: V Hours:** 29

**UNIT TITLE:**  **Therapeutic Nursing Care and Procedures**  **Teacher:**

**GENERAL OBJECTIVES:** Upon completion of the unit the students will be able to acquire knowledge regarding the therapeutic nursing care and the

aseptic techniques involved while taking care of a client

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| **COMPETENCIES**  **The student will be able to:** | **CONTENTS** | **HOURS** | **METHOD OF TEACHING** | **TEACHING AND LEARNING ACTIVITIES** | **TEACHING AIDS** | **METHOD OF EVALUATION** |
| Demonstrate skill in hand washing and aseptic techniques | * **Asepsis** * Hand washing, hand scrubbing, use of mask, gown, gloves * Disinfection techniques, sterilization techniques. * Autoclaving, boiling, flaming, ultra violet rays. | 7 | Lecture cum discussion  Demonstration | - Class room/clinical demonstration on hand washing techniques  - Demonstration on dis infection and sterilization techniques | -OHP  -Text book  -articles as needed | -Return demonstration  -Question and answer  -Quiz |
| Demonstrate care of linen and rubber goods and practice barrier nursing | * **Care and Sterilization of:** * Linen, bed, mattress, floor, walls, cupboard and other articles. * Rubber goods, dressings, instruments, needles, syringes enamel articles. * Barrier Nursing and isolation. | 4 | Lecture cum discussion  Demonstration | Class room/clinical demonstration on hospital housekeeping management  Demonstration on techniques of barrier nursing and isolation techniques | -OHP  -Text book  -articles as needed | -Return demonstration  -Question and answer  -Quiz |
| Demonstrate skill in different techniques of inhalation  Describe the techniques involved in collection of sputum for examination | * **Care of Respiratory System** * Inhalation: dry inhalation, moist inhalation, jug, Nelson’s inhaler, steam tent, electric inhalers, suction oro-nasal. * Collection of specimen of sputum for examination. | 4 | Lecture cum discussion  Demonstration | Class room/clinical demonstration on different techniques of inhalation  Demonstrate the techniques in collection of sputum for examination | -OHP  -Text book  -articles as needed | -Return demonstration  -Question and answer  -Quiz |
| Demonstrate skill in preparation and administration of enema | * **Care of Gastro Intestinal Tract** * Preparation and giving of enema: Retention enema, evacuation enema, suppository, passing of flatus tube. | 4 | Lecture cum discussion  Demonstration | Class room/clinical demonstration on preparation and administration of enema | -OHP  -Text book  -articles as needed | -Return demonstration  -Question and answer  -Quiz |
| Demonstrate skill in care of genito urinary system  Describe the techniques involved in collection of specimens of urine and stool for routine and cultural examination | * **Care of Genito Urinary System** * Perineal care of terminally ill patient and patient with urinary catheter. * Collection of specimens of urine and stool for routine and cultural examination. | 4 | Lecture cum discussion  Demonstration | Class room/clinical demonstration on perineal and catheter care of helpless client and terminally ill client | -OHP  -Text book  -articles as needed | -Return demonstration  -Question and answer  -Quiz |
| Describe the care of skin and mucous membrane  Demonstrate skill in cold and hot application | * **Care of Skin and Mucous Membranes** * Cold application: Ice cap, cold packs, use of evaporating lotion. * Hot application: use of hot water bottle, dry fomentation, moist - fomentation, medicated fomentation. | 6 | Lecture cum discussion  Demonstration | Structural Discussion  Class room/clinical demonstration on perineal and catheter care of helpless client and terminally ill client | -OHP  -Text book  -articles as needed | -Return demonstration  -Question and answer  -Quiz |

**UNIT No: VI Hours:** 20

**UNIT TITLE:**  **Basic Needs and Care in Special conditions**  **Teacher:**

**GENERAL OBJECTIVES:** Upon completion of the unit the students will be able to acquire knowledge regarding the basic needs and care for a

client in special conditions

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| **COMPETENCIES**  **The student will be able to:** | **CONTENTS** | **HOURS** | **METHOD OF TEACHING** | **TEACHING AND LEARNING ACTIVITIES** | **TEACHING AIDS** | **METHOD OF EVALUATION** |
| Describe the basic needs and care of a client in special conditions | * Care of patient with fever, unconscious patient, patient with fluid imbalance, patient with dyspnea. | 6 | Lecture cum discussion | Structural Discussion | -OHP  -Text book  -articles as needed | -Question and answer  -Quiz  -submit a nursing process on client with unconsciousness |
| Describe the care of a terminally ill client | * Care of terminally ill patient. | 4 | Lecture cum discussion | Structural Discussion | -OHP  -Text book  -articles as needed | -Question and answer  -Quiz |
| Describe the care of a physically handicapped client | * Care of physically handicapped. | 3 | Lecture cum discussion | Structural Discussion | -OHP  -Text book  -articles as needed | -Question and answer  -Quiz |
| Describe the care of a dying patient | * **Dying patient** * Signs and symptoms of approaching death, needs of the dying patient and his relatives, * Care of the dying, last offices, packing of dead bodies in non- communicable and communicable diseases. | 7 | Lecture cum discussion  Demonstration | Structural Discussion  Class room/clinical demonstration on death care | -OHP  -Text book  -articles as needed | -Return demonstration if possible  -Question and answer  -Quiz |

**UNIT No: VII Hours:** 15

**UNIT TITLE:**  **Introduction to Pharmacology**  **Teacher:**

**GENERAL OBJECTIVES:** Upon completion of the unit the students will be able to acquire knowledge regarding the concept of pharmacology in

nursing studies

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| **COMPETENCIES**  **The student will be able to:** | **CONTENTS** | **HOURS** | **METHOD OF TEACHING** | **TEACHING AND LEARNING ACTIVITIES** | **TEACHING AIDS** | **METHOD OF EVALUATION** |
| Describe the concept of pharmacology in nursing studies | * Concept of Pharmacology. * Classification of drugs. * Administration of drugs. * General action of drugs. * Nursing implications in administration of drugs | 15 | Lecture cum discussion | Structural Discussion | -OHP  -Text book  -PPT | -Question and answer  -Quiz |

**Books for Reference:**

1. **Potter & Perry - Basic Nursing**
2. **Jacob, Rekha-R & Tarachand - Clinical Nursing procedure**
3. **Sr. Nancy- Principles and practice of nursing, Vol-I**
4. **Sr. Nancy- Principles and practice of nursing, Vol-II**
5. **Annamma Jacob, Rekha R, Jadav Sonali Tarachand - Clinical Nursing procedure, The art of nursing practice**