

NURSING FOUNDATION - I (Including First Aid module)

PLACEMENT: I SEMESTER

THEORY: 6 Credits (120 hours)

PRACTICUM: Skill Lab: 2 Credits (80 hours) and Clinical: 2 Credits (160 hours)

DESCRIPTION: This course is designed to help novice nursing students develop knowledge and competencies required to provide evidence-based, comprehensive basic nursing care for adult patients, using nursing process approach.

COMPETENCIES: On completion of the course, the students will be able to

1. Develop understanding about the concept of health, illness and scope of nursing within health care services.
2. Apply values, code of ethics and professional conduct in professional life.
3. Apply the principles and methods of effective communication in establishing communication links with patients, families and other health team members.
4. Develop skill in recording and reporting.
5. Demonstrate competency in monitoring and documenting vital signs.
6. Describe the fundamental principles and techniques of infection control and biomedical waste management.
7. Identify and meet the comfort needs of the patients.
8. Perform admission, transfer, and discharge of a patient under supervision applying the knowledge.
9. Demonstrate understanding and application of knowledge in caring for patients with restricted mobility.
10. Perform first aid measures during emergencies.
11. Identify the educational needs of patients and demonstrate basic skills of patient education.

Nursing foundation (including first aid module)

***Mandatory Module used in Teaching/Learning:**

First Aid: 40 Hours (Including Basic CPR)

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/Learning Activities	Assessment Methods
I	5 (T)	Describe the concept of health and illness	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 	<ul style="list-style-type: none"> • Lecture • Discussion 	<ul style="list-style-type: none"> • Essay • Short answer • Objective type
II	5 (T)	Describe the levels of illness prevention and care, health care services	Health Care Delivery Systems – Introduction of Basic Concepts & Meanings <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 • Hospitals – Types, Organization and Functions • Health care teams in hospitals – members and their role 	<ul style="list-style-type: none"> • Lecture • Discussion 	<ul style="list-style-type: none"> • Essay • Short answer • Objective type
III	12 (T)	Trace the history of Nursing Explain the concept, nature and scope of nursing Describe values, code of ethics and professional conduct for nurses in India	History of Nursing and Nursing as a profession <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 	<ul style="list-style-type: none"> • Lecture • Discussion • Case discussion • Role plays 	<ul style="list-style-type: none"> • Essay • Short answers • Objective type

IV	8 (T) 3 (SL)	<p>Describe the process, principles, and types of communication</p> <p>Explain therapeutic, non-therapeutic and professional communication</p> <p>Communicate effectively with patients, their families and team member</p>	<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) 	<ul style="list-style-type: none"> • Lecture • Discussion • Role play and video film on Therapeutic Communication 	<ul style="list-style-type: none"> • Essay • Short answer • Objective type
V	4 (T) 2 (SL)	<p>Describe the purposes, types and techniques of recording and reporting</p> <p>Maintain records and reports accurately</p>	<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 • Methods/Systems of documentation/Recording • Guidelines for documentation • Do's and Don'ts of documentation/Legal guidelines for Documentation/Recording • Reporting – Change of shift reports, Transfer reports, Incident reports 	<ul style="list-style-type: none"> • Lecture • Discussion • Demonstration 	<ul style="list-style-type: none"> • Essay • Short answer • Objective type
VI	15 (T) 20 (SL)	<p>Describe principles and techniques of monitoring and maintaining vital signs</p>	<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"> • Lecture • Discussion • Demonstration & Re-demonstration 	<ul style="list-style-type: none"> • Essay • Short answer • Objective type • Document the given values of temperature, pulse, and respiration in the graphic sheet • OSCE

		Assess and record vital signs accurately	<ul style="list-style-type: none"> ○ Definition, Physiology and Regulation, Characteristics, Factors affecting pulse ○ Assessment of pulse – sites, equipment and technique ○ Alterations in pulse <p>▣ Respiration:</p> <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 <p>▣ Blood pressure:</p> <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>		
VII	3 (T)	Maintain equipment and linen	<p>Equipment and Linen</p> <ul style="list-style-type: none"> ● Types – Disposables and reusable <ul style="list-style-type: none"> ○ Linen, rubber goods, glassware, metal, plastics, furniture ● Introduction – Indent, maintenance, Inventory 		
VIII	10 (T) 3 (SL)	Describe the basic principles and techniques of infection control and biomedical waste management	<p>Introduction to Infection Control in Clinical setting 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 & Immune response ● Health care associated infection (Nosocomial infection) <p>Introductory concept of Asepsis – Medical & Surgical asepsis Precautions</p> <ul style="list-style-type: none"> ● Hand Hygiene ● (Hand washing and use of hand Rub) ● Use of Personal Protective Equipment (PPE) 	<ul style="list-style-type: none"> ● Lecture ● Discussion ● Demonstration ● Observation of autoclaving and other sterilization techniques ● Video presentation on medical & surgical asepsis 	<ul style="list-style-type: none"> ● Essay ● Short answer ● Objective type

			<ul style="list-style-type: none"> • Standard precautions Biomedical Waste management • Types of hospital waste, waste segregation and hazards – Introduction 		
IX	15 (T) 15 (SL)	Identify and meet the comfort needs of the patients	<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 <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 ○ Assessment – pain scales and narcotic scales ○ Pharmacological and Non-pharmacological pain relieving measures – Use of narcotics, TENS devices, PCA ○ Invasive techniques of pain management ○ Any other newer measures ○ CAM (Complementary & Alternative healing Modalities) 	<ul style="list-style-type: none"> • Lecture • Discussion • Demonstration & Re-demonstration 	<ul style="list-style-type: none"> • Essay • Short answer • Objective type • OSCE

X	5 (T) 3 (SL)	Describe the concept of patient environment	<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 • Safety devices – <ul style="list-style-type: none"> ○ Restraints – Types, Purposes, Indications, Legal Implications and Consent, Application of Restraints-Skill and Practice guidelines ○ Other Safety Devices – Side rails, Grab bars, Ambu alarms, non-skid slippers etc. 	<ul style="list-style-type: none"> • Lecture • Discussion • Demonstration 	<ul style="list-style-type: none"> • Essay • Short answer • Objective type
XI	6 (T) 2 (SL)	Explain and perform admission, transfer, and discharge of a patient	<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 • Discharge from the hospital <ul style="list-style-type: none"> ○ Types – Planned discharge, LAMA and Abscond, Referrals and transfers ○ Discharge Planning ○ Discharge procedure ○ Medico-legal issues ○ Roles and Responsibilities of the nurse ○ Care of the unit after discharge 	<ul style="list-style-type: none"> • Lecture • Discussion • Demonstration 	<ul style="list-style-type: none"> • Essay • Short answer • Objective type

XII	8 (T) 10 (SL)	Demonstrate skill in caring for patients with restricted mobility	<p>Mobility and Immobility</p> <ul style="list-style-type: none"> • Elements of Normal Movement, Alignment & Posture, Joint Mobility, Balance, Coordinated Movement • 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 	<ul style="list-style-type: none"> • Lecture • Discussion • Demonstration & Re-demonstration 	<ul style="list-style-type: none"> • Essay • Short answer • Objective type • OSCE
XIII	4 (T) 2 (SL)	Describe the principles and practice of patient education	<p>Patient education</p> <ul style="list-style-type: none"> • Patient Teaching – Importance, Purposes, Process • Integrating nursing process in patient teaching 	<ul style="list-style-type: none"> • Discussion • Role plays 	<ul style="list-style-type: none"> • Essay • Short answer • Objective type

XIV	20 (T) 20 (SL)	Explain and apply principles of First Aid during emergencies	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 	<ul style="list-style-type: none"> • Lecture • Discussion • Demonstration & Re-demonstration • Module completion • National Disaster Management Authority (NDMA) / Indian Red Cross Society (IRCS) First Aid module 	<ul style="list-style-type: none"> • Essay • Short answer • Objective type • OSCE
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DISTRIBUTION OF TEACHING HOURS

STRATEGY		Teaching hours	
Didactic	Lectures		120
Non- didactic	Clinical /Practical teaching/ Small group discussion	160	240
	Lab Hrs/ Demonstration	58	
	Tutorials	16	
	Modified Problem Based Learning/Integrated Teaching Program	06	
Total			360

TOPICS & OUTCOMES

Subjects	Number of Themes*	Number of outcomes**
Nursing Foundation	14	120

DISTRIBUTION OF THEORY HOURS

S. N	Theme	Topics	Teaching hrs.
1.	Introduction to health and illness	Introduction to health and illness	5
2.	Introduction of Basic Concepts & Meanings	Introduction of Basic Concepts & Meanings	5
3.	History of Nursing and Nursing as a profession	History of Nursing and Nursing as a profession	12
4.	Communication and Nurse Patient Relationship	Communication and Nurse Patient Relationship	8(T) 3(SL)

5.	Documentation and Reporting	Documentation and Reporting	4(T) 2(SL)
6.	Vital signs	Vital signs	15(T) 20(SL)
7.	Equipment and Linen	Equipment and Linen	3(T)
8.	Introduction to Infection Control in Clinical setting Infection	Introduction to Infection Control in Clinical setting Infection	10(T) 3(SL)
9.	Comfort, Rest & Sleep and Pain	Comfort, Rest & Sleep and Pain	15(T) 15(SL)
10.	Promoting Safety in Health Care Environment	Promoting Safety in Health Care Environment	5(T) 3(SL)
11.	Hospital Admission and discharge	Hospital Admission and discharge	6(T) 2(SL)
12.	Mobility and Immobility	Mobility and Immobility	8(T) 10(SL)
13.	Patient education	Patient education	4(T) 2(SL)
14.	First Aid	First Aid	20(T) 20(SL)
TOTAL			120 Hours

***Number of EQB themes: 14**

**** Number of Cos: 120**

Maslow's hierarchy of needs												
N-NF (I) 125:I-SEM 1.2 Describe Health – Illness continuum and Factors influencing health	2	2	2	2	2	2	2	2	2	2	2	3
N-NF (I) 125:I-SEM 1.3 Explain Causes and risk factors for developing illnesses	2	2	2	2	2	2	2	2	2	2	2	3
N-NF (I) 125:I-SEM 1.4 Describe Illness – Types, illness behavior	2	2	2	2	2	2	2	2	2	2	2	3
N-NF (I) 125:I-SEM 1.5 Elaborate Impact of illness on patient and family	2	2	2	2	2	2	2	2	2	2	2	3
II 5 (T)	At the end of unit students are able to Knowledge: Acquire knowledge regarding health care delivery system, Levels of			Introduction of Basic Concepts & Meanings	N-NF (I) 125:I-SEM 2.1	Describe the Levels of Illness Prevention – Primary (Health Promotion), Secondary and Tertiary Levels of Care –	Levels of Illness Prevention – Primary (Health Promotion), Secondary and Tertiary					1 hour

Secondary and Tertiary												
N-NF (I) 125:I-SEM 2.2 Describe the Hospitals – Types, Organization and its Functions	2	2	2	2	2	2	2	2	2	2	2	3
N-NF (I) 125:I-SEM 2.3 Describe the types of health care agencies/ services	2	2	2	2	2	2	2	2	2	2	2	3
N-NF (I) 125:I-SEM 2.4 Illustrate the Health care teams in hospitals- member and their role and describe the Hospitals, clinics, extended care facilities	2	2	2	2	2	2	2	2	2	2	2	3
N-NF (I) 125:I-SEM 2.5 Describe Hospice care and rehabilitation centers	2	2	2	2	2	2	2	2	2	2	2	3
III 12 (T)	At the end of unit students are able to: Knowledge: Understand and		History of Nursing and Nursing as a profession	N-NF (I) 125:I-SEM 3.1		Describe Definition– Nursing, philosophy,	Nursing– Nurse, Concepts, objectives,	Nursing – Definition – Nurse, Nursing, Concepts,				3hours

professional conduct for nurses – Introduction											
N-NF (I) 125:I-SEM 3.5 Explain the Categories of nursing personnel and describe Contributions of Florence Nightingale	2	2	2	2	2	2	2	2	2	2	3
N-NF (I) 125:I-SEM 3.6 Describe the History of Nursing, History of Nursing in India	2	2	2	2	2	2	2	2	2	2	3
IV 8(T)	At the end of unit students are able to Knowledge: Understand various aspects of communication. Skill: Communicate effectively with the patients., their families and team member Attitude: Recognizing phases of therapeutic and professional	Communication and Nurse Patient Relationship	N-NF (I) 125:I-SEM 4.1	Describe Communication – Levels, Elements and Process, Types, Modes, Factors influencing communication	Communication – Levels, Elements and Process, Types, Modes, Factors influencing communication			1hour			
			N-NF (I) 125:I-SEM 4.2	Describe the methods of effective communication/therapeutic communication techniques	Methods of effective communication/therapeutic communication techniques			2hour			
			N-NF (I) 125:I-SEM 4.3	Explain the barriers to effective communication/non-	Barriers to effective communication/n			1hour			

families and team members												
N-NF (I) 125:I-SEM 4.5 Describe the helping Relationships (Nurse Patient Relationship) – Purposes and Phases Maintaining effective human relations	2	2	2	2	2	2	2	2	2	2	2	3
N-NF (I) 125:I-SEM 4.6 Explain Maintaining effective human relations and communication with vulnerable groups (children, women, physically and mentally challenged and elderly)	2	2	2	2	2	2	2	2	2	2	2	3
V 4(T)	At the end of unit students are able to Knowledge: Understand documentation, types of records, reports.			N-NF (I) 125:I-SEM 5.1	Explain documentation – Purposes of Reports and Records and Confidentiality	Documentation – Purposes of Reports and Records Confidentiality					1 hour	
				N-NF (I) 125:I-SEM 5.2	Describe the types of Client records/Common	Types of Client records/Common			1 hour			

keeping forms												
N-NF (I) 125:I-SEM 5.3 Describe methods/Systems of documentation/Recording and Guidelines for documentation	2	2	2	2	2	2	2	2	2	2	2	3
N-NF (I) 125:I-SEM 5.4 Explain about Do's and Don'ts of documentation/Legal guidelines for Documentation/Recording Reporting – Change of shift reports, Transfer reports, Incident reports	2	2	2	2	2	2	2	2	2	2	2	3
VI 15(T)	At the end of unit students are able to Knowledge: Acquire knowledge regarding body	Documentation and Reporting Vital signs	N-NF (I) 125:I-SEM 6.1	Describe the guidelines for taking vital signs (Body temperature , Pulse, Respiration and Blood pressure)	Guidelines for taking vital signs							1 hour

<p>temperature pulse respiration and blood pressure. Skill: Check the vital signs accurately and Identify deviations in vital signs. Attitude: Incorporate this knowledge in nursing practice.</p>	N-NF (I) 125:I-SEM 6.2	<p>Explain about Body temperature its Definition and Assessment of body temperature – sites, equipment and technique</p>	<p>Body temperature – Definition Assessment of body temperature – sites, equipment and technique</p>			1 hour
	N-NF (I) 125:I-SEM 6.3	<p>Describe about Temperature alterations – Hyperthermia, Heat Cramps, Heat Exhaustion, Heatstroke, Hypothermia Fever/Pyrexia – Definition, Causes, Stages, Types of body temperature</p>	<p>Temperature alterations – Hyperthermia, Heat Cramps, Heat Exhaustion, Heatstroke, Hypothermia Fever/Pyrexia – Definition, Causes, Stages, Types</p>			1 hour
	N/BB/I/NFOISEM 6.4	<p>Define Pulse and describe the Characteristics and Factors affecting pulse</p>	<p>Pulse: Definition, Characteristics, Factors affecting pulse</p>			1 hour
	N-NF (I) 125:I-SEM 6.5	<p>Explain the assessment of pulse – sites, equipment and technique of taking pulse</p>	<p>Assessment of pulse – sites, equipment and technique</p>			1 hour
	N-NF (I) 125:I-SEM 6.6	<p>Define Respiration and Explain the Mechanics of breathing, Characteristics, and Factors affecting respiration</p>	<p>Respiration Definition, Mechanics of breathing, Characteristics, Factors affecting respiration</p>			1 hour

		N-NF (I) 125:I-SEM 6.7	Explain the Assessment of respirations – technique and Arterial Oxygen saturation	Assessment of respirations – technique Arterial Oxygen saturation			1hour
		N-NF (I) 125:I-SEM 6.8	Define Blood pressure and Describe Physiology and Regulation, Characteristics, Factors affecting BP	Blood pressure: Definition, Physiology and Regulation, Characteristics, Factors affecting BP			1hour
		N-NF (I) 125:I-SEM 6.9	Describe assessment of BP – sites, equipment and technique and explain about the Common Errors in BP Assessment Documenting Vital Signs	Assessment of BP – sites, equipment and technique, Common Errors in BP Assessment Documenting Vital Signs			1hour
		N-NF (I) 125:I-SEM 6.10	Describe the Nursing Management in Hot application.		Nursing Management Hot and cold application		1hour
		N-NF (I) 125:I-SEM 6.11	Describe the Nursing Management in Cold application.		Nursing Management Hot and cold application		1hour

Nursing Management in Cold application.											
N-NF (I) 125:I-SEM 6.12 Describe Factors affecting body temperature and Alterations in pulse, Alterations in respiration, Alterations in Blood Pressure.	2	2	2	2	2	2	2	2	2	2	3
N-NF (I) 125:I-SEM 6.13 Describe the Physiology, Regulation of TPR and BP	2	2	2	2	2	2	2	2	2	2	3
VII 3(T)	At the end of unit students are able to Knowledge: Understand the process of material management. Skill: Keep up the	Equipment and Linen	N-NF (I) 125:I-SEM 7.1	Describe the types – Disposables and reusable Linen, rubber goods, glassware, metal, plastics, furniture	Types – Disposables and reusable Linen, rubber goods, glassware, metal, plastics, furniture						2hour

VIII 15(T)	At the end of unit students are able to Knowledge: Acquire knowledge regarding infection control, nature of infection, transmission of infection. Skill: Apply principles of infection control while providing care to patients. Attitude: Incorporate knowledge into practice.	Introduction to Infection Control in Clinical setting Infection	N-NF (I) 125:I-SEM 8.1	Describe Chain of infection , Types of infection Stages of infection and factors increasing susceptibility to infection	Chain of infection Types of infection Stages of infection Factors increasing susceptibility to infection			2hours
			N-NF (I) 125:I-SEM 8.2	Describe introductory concept of Asepsis – Medical & Surgical asepsis, Hand Hygiene (Hand washing and use of hand Rub)and Standard precautions	Introductory concept of Asepsis – Medical & Surgical asepsis Precautions Hand Hygiene (Hand washing and use of hand Rub) Standard precautions			2hours
			N-NF (I) 125:I-SEM 8.3	Explain Biomedical Waste management Types of hospital waste, waste segregation and hazards – Introduction	Biomedical Waste management Types of hospital waste, waste segregation and hazards – Introduction			2hours
			N-NF (I) 125:I-SEM 8.4	Describe the Nature of infection Body defenses against infection – Inflammatory response & Immune response		Nature of infection Body defenses against infection – Inflammatory response & Immune response		2hours
			N-NF (I) 125:I-SEM 8.5	Explain the Use of Personal Protective Equipment (PPE)		Use of Personal Protective Equipment (PPE)		1hour

(PPE)											
N-NF (I) 125:I-SEM 8.6 Describe Health care associated infection (Nosocomial infection)	2	2	2	2	2	2	2	2	2	2	3
IX 15(T)	At the end of unit students are able to Knowledge: Identify and meet the comfort needs of the patients Skill: Provide comfortable bed in Promoting Rest and sleep to the client Attitude: Incorporate in practice.	Comfort, Rest & Sleep and Pain	N-NF (I) 125:I-SEM 9.1	Describe Comfort and Factors Influencing Comfort.	Comfort Factors Influencing Comfort Sleep and Rest Promoting Rest and sleep				2hour		
			N-NF (I) 125:I-SEM 9.2	Describe types of beds including latest beds, purposes & bed making and therapeutic positions	Types of beds including latest beds, purposes & bed making Therapeutic positions			3hour			
			N-NF (I) 125:I-SEM 9.3	Describe Promoting Rest and sleep	Sleep and Rest Promoting Rest and sleep			2hours			
			N-NF (I) 125:I-SEM 9.4	Explain Pain Common cause of pain and its types	Pain,Common cause of pain Types			2hours			
			N-NF (I) 125:I-SEM 9.5	Explain Comfort devices		Comfort devices		1hour			
			N-NF (I) 125:I-SEM 9.6	Describe the Physiology		Physiology of		2hour			

and narcotic scales										
	At the end of unit students are able to Knowledge : Acquire knowledge regarding the concept of patient environment Skill: Provide safe & clean environment, Fall Risk Assessment, Safety devices, Reduction of Physical hazards Attitude: Contribute in improving quality care of patients.	Promoting Safety in Health Care Environment	N-NF (I) 125:I-SEM 10.1	Describe Physical environment – Temperature, Humidity, Noise, Ventilation, Light, Odor, Pest control	Physical environment – Temperature, Humidity, Noise, Ventilation, Light, Odor, Pest control				1hour	
			N-NF (I) 125:I-SEM 10.2	Explain Fall Risk Assessment Role of nurse in providing safe and clean environment	Fall Risk Assessment Role of nurse in providing safe and clean environment				1hour	
			N-NF (I) 125:I-SEM 10.3	Describe Restraints – Types, Purposes, Indications, Legal Implications and Consent, Application of Restraints-Skill and Practice guidelines	Safety devices – Restraints – Types, Purposes, Indications, Legal Implications and Consent, Application of Restraints-Skill and Practice guidelines				1hour	
			N-NF (I) 125:I-SEM 10.4	Describe Reduction of Physical hazards – fire,		•Reduction of Physical hazards –			1hour	

etc.												
XI 6hrs	At the end of unit students are able to Knowledge: Understand the admission and discharge procedure. Skill: Practice admission and discharge procedure in hospital. Attitude: Contribute in improving the quality of nursing practice.	Hospital Admission and discharge	N-NF (I) 125:I-SEM 11.1	Describe Admission to the hospital Unit and preparation of unit Admission bed, admission procedure and Roles and Responsibilities of the nurse	Admission to the hospital Unit and preparation of unit Admission bed Admission procedure Roles and Responsibilities of the nurse						2hour	
			N-NF (I) 125:I-SEM 11.2	Explain discharge from the hospital, Discharge Planning and Discharge procedure, Medico-legal issues	Discharge from the hospital Discharge Planning Discharge procedure Medico-legal issues				1hour			
			N-NF (I) 125:I-SEM 11.3	Describe the Types of Planned discharge, LAMA and Abscond, Referrals and transfers Roles and Responsibilities of the nurse		Types – Planned discharge, LAMA and Abscond, Referrals and transfers Roles and Responsibilities of the nurse		2hour				
			N-NF (I) 125:I-SEM 11.4	Describe the Medico-legal issues in admission and discharge procedure.		Medico-legal issues in admission and discharge procedure		1hour				
Competency /Course outcome	Patient center care	Professionalism	Teaching and leadership	System based practice	Health informatics and	Communication	Teamwork and collaboratio	Safety	Quality improveme nt	Evidence based practice	Lifelong learner	

LAMA and Abscond, Referrals and transfers Roles and Responsibilities of the nurse											
N-NF (I) 125:I-SEM 11.4 Describe the Medico-legal issues in admission and discharge procedure.	2	2	2	2	2	2	2	2	2	2	3
XII (08 hrs)	At the end of unit students are able to Knowledge: understand the Principles of body mechanics, Effects of Immobility Skill: Demonstrate skill in caring for patients with restricted mobility, Range of motion exercises, Care of patients with casts and splints Attitude: Contribute in improving the patients care		Mobility and Immobility	N-NF (I) 125:I-SEM 12.1	Describe Principles of body mechanics Exercise – Types and benefits Effects of Immobility	Principles of body mechanics Exercise – Types and benefits Effects of Immobility					1hour
				N-NF (I) 125:I-SEM	Explain Maintenance	Maintenance of					1hour

12.2	of normal Body Alignment and Activity Alteration in Body Alignment and mobility	normal Body Alignment and Activity Alteration in Body Alignment and mobility			
N-NF (I) 125:I-SEM 12.3	Describe Nursing interventions for impaired Body Alignment and Mobility – assessment, types, devices used, method	Nursing interventions for impaired Body Alignment and Mobility – assessment, types, devices used, method			1hour
N-NF (I) 125:I-SEM 12.4	Describe Range of motion exercises Muscle strengthening exercises Maintaining body alignment – positions Moving Lifting Transferring Walking	Range of motion exercises Muscle strengthening exercises Maintaining body alignment – positions Moving Lifting Transferring Walking			1hour
N-NF (I) 125:I-SEM 12.5	Describe Assisting clients with ambulation Care of patients with Immobility using Nursing process approach	Assisting clients with ambulation Care of patients with Immobility using Nursing process			1hour

teaching									
XIV (20hrs)	At the end of unit students are able to Knowledge: Explain and apply principles of First Aid during emergencies Skill: Perform First Aid during emergencies Attitude: Recognizing emergencies and Perform First Aid	First Aid	N-NF (I) 125:I-SEM 14.1	Describe the Basic Principles, Scope & Rules of First Aid Management	Definition, Basic Principles, Scope & Rules				3hours
			N-NF (I) 125:I-SEM 14.2	Explain the First Aid Management of Wounds, Hemorrhage & Shock	First Aid Management of Wounds, Hemorrhage & Shock				2hour
			N-NF (I) 125:I-SEM 14.3	Describe First Aid Management of Respiratory Emergencies & Basic CPR	First Aid Management of Respiratory Emergencies & Basic CPR				1hour
			N-NF (I) 125:I-SEM 14.4	Explain First Aid Management of Unconsciousness	First Aid Management of Unconsciousness				1hour
			N-NF (I) 125:I-SEM 14.5	Describe First Aid Management of Foreign Bodies – Skin, Eye, Ear, Nose, Throat & Stomach	First Aid Management of Foreign Bodies – Skin, Eye, Ear, Nose, Throat & Stomach				1hour
			N-NF (I) 125:I-SEM 14.6	Explain First Aid Management of First Aid Management of Burns & Scalds	First Aid Management of First Aid Management of Burns & Scalds				1hour
			N-NF (I) 125:I-SEM 14.7	Describe First Aid Management of Poisoning, Bites & Stings	First Aid Management of Poisoning, Bites & Stings				1hour

TEACHING STRATEGY:

Total Hours: 360, Theory Hours: 120, Skill lab:80 hours, Clinical/Practical Hours: 160 hours

Theory**Continuous Assessment: 10Marks**

Sr. No	Assignments	Percentage of Attendance	Allotted marks	Total Marks for attendance
1	Attendance	95-100%	2	2 marks
		90-94%	1.5	
		85-89%	1	
		80-84%	0.5	
		<80%	0	
		Number assignments	Marks	Total Marks
2	Written Assignments	2	2X5	10
3	Seminar/Microteaching/Individual presentation (Nursing care plan)	2	2x6	12
4	Group work(First aid Kit)/Work/Report	1	1x6	06
			Total	30/3=10Marks

Note: If there is mandatory module in that semester, marks obtained by student out of 10 can be added to 30 totaling 40 marks

Total=40/4=10marks

Mandatory module: 01 (first aid)

Practical**Continuous assessment: 10marks**

Sr. No	Assignments	Percentage of Attendance	Allotted marks	Total Marks for attendance
1	Attendance	95-100%	2	2 marks
		90-94%	1.5	
		85-89%	1	
		80-84%	0.5	
		<80%	0	
		Number of assignments	Marks	Total Marks
2	Clinical presentation (Fall risk assessment, Individual teaching)	3x20	60	10marks
3	Care of patients with alterations in vital signs	2x20	40	
4	Nursing care plan	5x20	100	
5	Continuous evaluation of clinical performance	01	10marks	10marks
6	End of posting OSCE	01	05marks	05marks
7	Completion of procedures and clinical requirements		03marks	03marks
			Total	30/3=10

Distribution of Non didactic hours (160)

S R N O	Competency no	Competency	Domain	T-L Method	Teaching Hrs
1.	N-NF(I)125:I-SEM 4.4	Describe Maintaining Communication with patient	K,S	OSCE	10 Hours
2.	N-NF(I)125:I-SEM 4.4	Explain family and interpersonal relationship	K,S	OSCE	10 Hour

3.	N-NF(I)125:I-SEM 5.4	Describe the Documenting and reporting patient care and procedures	K,S	OSCE	02 Hours
4.	N-NF(I)125:I-SEM 5.2	Illustrate the verbal Report and written report while communicating patients and family	K,S	OSCE	10 Hours
5.	N-NF(I)125:I-SEM 6.12	Describe the procedure Monitor/measure and document vital signs in a graphicsheet Temperature(oral,tympanic,axillary),Pulse(Apicalandperipheralpulses), Respiration, Blood pressure, Pulseoximetry	K,S	Checklist /OSCE	10 Hours
6.	N-NF (I) 125:I-SEM 6.12	Interpret and report alteration in vital signs	K,S	Checklist /OSCE	02 Hours
7.	N-NF (I) 125:I-SEM 6.11	Explain the procedure Cold Applications–Cold Compress, Ice cap, Tepid Sponging	K,S	Checklist /OSCE	10 Hours
8.	N-NF (I) 125:I-SEM 6.8	Explain the Care of equipment – thermometer, BP apparatus, Stethoscope, Pulseoximeter	K,S	Checklist /OSCE	10 Hours
9.	N-NF (I) 125:I-SEM 7.2	Explain the procedure Hand hygiene and Use of PPE	K,S	Checklist /OSCE	02 Hours
10.	N-NF (I) 125:I-SEM 9.2	Illustrate the Procedure Bedmaking-Open,Closed,Occupied,Post-operative Cardiacbed, Fracturebed	K,S	Checklist /OSCE	10 Hours
11.	N-NF (I) 125:I-SEM 9.5	Describe the ComfortdevicesPillows,Overbedtable/cardiactable□Backrest□BedCradle	K,S	Checklist /OSCE	10 Hours
12.	N-NF (I) 125:I-SEM 9.2	Explain the TherapeuticPositions Supine,Fowlers(low,semi,high),Lateral,Prone,Sim’s,Trendelenburg Dorsalrecumbent,Lithotomy,Kneechest	K,S	Checklist /OSCE	10 Hours
13.	N-NF (I) 125:I-SEM 10.5	Explain Promoting Safety in Health CareEnvironment,CareofPatient’sUnit,UseofSafetydevices:SideRails and Restraints(Physical),Fallrisk assessment and Post Fall Assessment	K,S	Checklist /OSCE	18 Hours
14.	N-NF (I) 125:I-SEM 11.1	Demonstrate the skill in admission, transfer, and discharge of a patient	K,S	Checklist /OSCE	10 Hours
15.	N-NF (I) 125:I-SEM 12.4	Demonstrate the procedure range of motion exercises	K,S	Checklist /OSCE	02 Hours
16.	N-NF (I) 125:I-SEM 12.4	Illustrate Assist patient in Moving, Turning Logrolling and Changing position of helpless patient	K,S	Checklist /OSCE	10 Hours
17.	N-NF (I) 125:I-SEM 12.4	Illustrate the procedure Transferring (Bed to and from chair/wheelchair/stretchers) Patient education	K,S	Checklist /OSCE	10 Hours
18.	N-NF (I) 125:I-SEM 14.1	Demonstrate the skill in bandaging techniques Circular,Spiral,Reverse-Spiral,Recurrent and FigureofEight	K,S	Checklist /OSCE	16Hours
19.	N-NF (I) 125:I-SEM 14.1	Illustrate the SpecialBandages:Caplin,Eye/EarBandage, JawBandage, ShoulderSpica,Thumb,TriangularBandage/Sling(Head& limbs)Binders	K,S	Checklist /OSCE	16 Hours
TOTAL					160Hours

10 weeksx16 hours/week=160 Hours

Skill Lab (80 Hrs) Use of Mannequins and Simulators

S.no	Competency no	TOPIC	Domain	T-L Method	Teaching Hrs
1.	N-NF (I) 125:I-SEM 14.3	Therapeutic Communication and Documentation	K,S	Role-play	04Hours
2.	N-NF (I) 125:I-SEM 6.1	Vital signs	K,S	Simulator/Standardized patient	04Hours
3.	N-NF (I) 125:I-SEM 7.2	Medical and Surgical Asepsis	K,S	Videos/Mannequin	03Hours
4.	N-NF (I) 125:I-SEM 9.8	Pain Assessment	K,S	Standardized patient	04 Hours
5.	N-NF (I) 125:I-SEM 9.5	Comfort Devices	K,S	Mannequin	04 Hours
6.	N-NF (I) 125:I-SEM 9.2	Therapeutic Positions	K,S	Mannequin	04 Hours
7.	N-NF (I) 125:I-SEM 10.5	Physical Restraints and Side rails	K,S	Mannequin	04Hours
8.	N-NF (I) 125:I-SEM 12.4	ROM Exercises	K,S	Standardized patient	06 Hours
9.	N-NF (I) 125:I-SEM 12.5	Ambulation	K,S	Standardized patient	08 Hours
10.	N-NF (I) 125:I-SEM 12.4	Moving and Turning patients in bed	K,S	Mannequin	09 Hours
11.	N-NF (I) 125:I-SEM 12.4	Changing position of helpless patients	K,S	Mannequin/Standardized patient	10 Hours
12.	N-NF (I) 125:I-SEM 12.4	Transferring patients bed to stretcher/wheelchair	K,S	Mannequin/Standardized patient	10 Hours
13.	N-NF (I) 125:I-SEM 11.1 & 11.2	Admission, Transfer, Discharge & Health Teaching	K,S	Role-play	10 Hours
TOTAL					80 Hours

Modified Tutorials (16 Hours)

Sr. No	Comp. no	TOPIC	Domain	T-L Method	Teaching Hrs
1.	N-NF (I) 125:I-SEM 4.3	Therapeutic Communication and Documentation	K,S	Tutorials	1 Hour
2.	N-NF (I) 125:I-SEM 6.1	Temperature	K,S	Tutorials	1 Hour
3.	N-NF (I) 125:I-SEM 6.2	Pulse	K,S	Tutorials	1 Hour
4.	N-NF (I) 125:I-SEM 6.6	Respiration	K,S	Tutorials	1 Hour
5.	N-NF (I) 125:I-SEM 6.8	Blood pressure	K,S	Tutorials	1 Hour
6.	N-NF (I) 125:I-SEM 7.2	Medical Asepsis	K,S	Tutorials	1 Hour
7.	N-NF (I) 125:I-SEM 7.2	Surgical Asepsis	K,S	Tutorials	1 Hour
8.	N-NF (I) 125:I-SEM 9.8	Pain Assessment	K,S	Tutorials	1 Hour
9.	N-NF (I) 125:I-SEM 9.5	Comfort Devices	K,S	Tutorials	1 Hour
10.	N-NF (I) 125:I-SEM 9.2	Therapeutic Positions	K,S	Tutorials	1 Hour
11.	N-NF (I) 125:I-SEM 10.5	Physical Restraints and Side rails	K,S	Tutorials	1 Hour
12.	N-NF (I) 125:I-SEM 12.4	ROM Exercises	K,S	Tutorials	1 Hour
13.	N-NF (I) 125:I-SEM 12.5	Ambulation	K,S	Tutorials	1 Hour
14.	N-NF (I) 125:I-SEM 12.5	Moving and Turning patients in bed	K,S	Tutorials	1 Hour

15.	N-NF (I) 125:I-SEM 12.4	Changing position of helpless patients	K,S	Tutorials	1 Hour
16.	N-NF (I) 125:I-SEM 12.4	Transferring patients bed to stretcher/ wheelchair	K,S	Tutorials	1 Hour
TOTAL					16 Hours

Integration/MPBL- 6 hrs

S N o	Comp. no	TOPIC	Domain	T-L Method	Teaching Hrs
1	N-NF (I) 125:I-SEM 6.1	Describe Vitalsigns, Monitor/measureanddocumentvitalsignsinagraphicsheet Temperature(oral,tympanic,auxiliary),Pulse(Apicalandperipheralpulses),Respiration, Bloodpressure and Pulseoximetry	K,S	Lecture cum discussion	6 Hours

Formative Assessment

1. Sessional Examinations: Theory: I

Sr. No.	Question paper – Theory	Total
Maximum marks	30	30

2. Sessional Examinations: Theory: II

Sr. No.		Total
Maximum marks	30	30

Note: Sessional II exam will be replication of university exam and it will converted into 30 marks

Type of questions	Number of questions	Marks allotted
MCQ	4×1=4	4 Marks
Essay/situation type	1×10=10	10 Marks
Short	2×5=10	10 Marks
Very short	3×2=6	06Marks
	Total	30 marks

c. Calculation of Internal Assessment (IA): Theory

- Total marks of two sessional examinations along with continuous assessment
30marksx2=60/4=15
- 10+15 = 25 Marks
- Minimum required - 50 %

2. Formative Assessment: Practical

a. Practical: Sessional examinations: I

Exam pattern	Sessional examination I	Total
OSCE	10 marks	30Marks
DOP (Directly observed practical in the clinical setting)	20marks	

b. Practical: Sessional examinations: II

Exam pattern	Sessional examination II	Total
OSCE	10 marks	30 Marks
DOP (Directly observed practical in the clinical setting)	20marks	

c. Calculation of Internal assessment: Practical

Attendance					Clinical presentation			Drug presentation report		Case study report					Continous evaluation of clinical performance	End of posting OSCE	Completion of procedures and requirements
95-100 %	90-94	85-89	80-84	Below 80	1	2	3	1	2	1	2	3	4	5	1	1	1
2M	1.5	1	0.5	0	20	20	20	20	20	20	20	20	20	20	10	5	3

Calculation of Internal Assessment (IA): Practical

- Total marks of practical assignment to be added i.e. Continuous assessment:30/3=10marks
- Two Sessional examinations: 30/2=15 Marks
- Minimum required 50 %

LIST OF RECOMMENDED BOOKS:

- Barbara Kosler et al, ‘Fundamentals of Nursing concepts and procedures’, Addison Welsloy Publishing C., 13th Ed.
- Brown Ammy Francis, ‘Medical Nursing’, WB Saunders and Co,USA, 3rd Ed.
- Esther Mc Clain, ‘Scientific Principles of Nursing, Current Technical Literature Publications, Bombay, 1st Ed.
- Potter and Perry, ‘Fundamentals of Nursing concepts- process and practice’, C.V.Mosby and Co, 3rd Ed, London, 1985.
- Virginia Henderson et al, ‘Principles and Practices of Nursing’, Mc Milan Pub Co, 6th Ed.

- Sr Nancy, ‘‘ Principles and Practices of Nursing’’, Vol I N>R , Publishing Home, Indore, 4th Ed 1984.
- Elbert et al, ‘‘ Scientific principles in Nursing’’, C.V.Mosby and Co USA, 8TH Ed 1974.
- Ann Marriner, ‘‘The Nursing Process- A scientific Approachto Nursing care’’, C.V.Mosby and Co 3rd Ed 1979.
- Hoodmark Rohweden, ‘‘Scientific foundation of Nursing’’, J. B Lippincot Co, Philadelphia, 3rd Ed 1975.
- First aid Manual, The authorized manual of ST.John’s A mbulance, dorling Kindersly , London.
- Norman G.Kirby and Sliphen J Mather, Baillers Hand book of First Aid 7th Ed, All India Traveller Book Seller, Delhi.
- Lois Dakes, ‘‘Illustration of Bandaging and First Aid’’, Eand S Livingstone Ltd, Tevoit.
- **Anamma Jacob,Rekha R.,Jadhav Sonali Tarachand,‘‘clinical nursing procedures’’ the art of nursing practic, second edition.**
- **Celestina Francis-Kritika Misra ‘‘fundamental of nursing’’ loutus publisher.**

