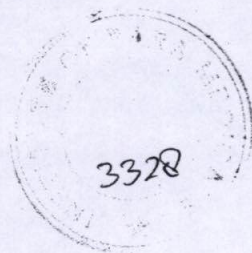


Syllabus

Basic B.Sc. in Nursing



Published by

Indian Nursing Council

Combined Council Building, Kotla Road, Temple Lane, New Delhi-110002

Nursing Foundations

Placement: First Year

Time: Theory - 265 hours
 Practical - 650 hours
 (200 lab and 450 clinical)

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 knowledge, understanding and skills in techniques of nursing and practice them in Supervised Clinical settings

Unit	Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
I	10	<ul style="list-style-type: none"> Describe the concept of health, illness and health care agencies 	Introduction <ul style="list-style-type: none"> Concept of Health: Health – Illness continuum Factors influencing health Causes and risk factors for developing illness Body defences: Immunity and immunization Illness and illness Behaviour: 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, Organisation 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 	Nursing as a profession <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 	<ul style="list-style-type: none"> Lecture discussion Case discussion Role plays 	<ul style="list-style-type: none"> Essay type Short answers Objective type

Unit	Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
		nurses in India	<ul style="list-style-type: none"> □ 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 Principles □ Code of ethics and professional conduct for nurses 		
III	4	<ul style="list-style-type: none"> • Explain the admission and discharge procedure • Performs admission and discharge procedure 	Hospital admission and discharge <ul style="list-style-type: none"> • Admission to the hospital <ul style="list-style-type: none"> □ Unit and its preparation-admission bed □ Admission procedure □ Special considerations □ 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 □ Special considerations □ Medico-legal issues □ Roles and Responsibilities of the nurse □ Care of the unit after discharge 	<ul style="list-style-type: none"> • Lecture discussion • Demonstration • Lab Practice • Supervised 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 	Communication and Nurse patient relationship <ul style="list-style-type: none"> • Communication: Levels, Elements, Types, Modes, Process, Factors influencing Communication <ul style="list-style-type: none"> □ Methods of Effective Communication, 	<ul style="list-style-type: none"> • Lecture discussion • Role play and video film on the nurses interacting with the patient • Practice session 	<ul style="list-style-type: none"> • Essay type • Short answers • Objective type

Unit	Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
		<p>human relations (projecting professional image)</p> <ul style="list-style-type: none"> • Appreciate the importance of patient teaching in nursing 	<ul style="list-style-type: none"> - Attending skills - Rapport building skills - Empathy skills □ Barriers to effective communication, • Helping Relationships (NPR): Dimensions of Helping Relationships. Phases of a helping relationship • Communicating effectively with patient, families and team members and maintain effective human relations with special reference to communicating 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 	<p>on patient teaching</p> <ul style="list-style-type: none"> • Supervised Clinical practice 	
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"> □ Critical Thinking: Thinking and Learning, □ Competencies, Attitudes for Critical Thinking, Levels of critical thinking in Nursing • Nursing Process Overview: Application in Practice <ul style="list-style-type: none"> □ Nursing process format: INC, current format □ Assessment <ul style="list-style-type: none"> - Collection of Data: Types, Sources, Methods - Formulating Nursing judgment: Data interpretation □ Nursing diagnosis <ul style="list-style-type: none"> - Identification of client problems - Nursing diagnosis statement - Difference between medical and nursing diagnosis 	<ul style="list-style-type: none"> • Lecture discussion • Demonstration • Exercise • Supervised Clinical practice 	<ul style="list-style-type: none"> • Essay type • Short answers • Objective type

Unit	Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			<ul style="list-style-type: none"> □ 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 □ Implementation <ul style="list-style-type: none"> - Implementing the plan of care □ Evaluation <ul style="list-style-type: none"> - Outcome of care - Review and Modify □ Documentation and Reporting 		
VI	4	<ul style="list-style-type: none"> • Describe the purposes, types and techniques of recording and reporting 	Documentation and Reporting <ul style="list-style-type: none"> • Documentation: Purposes of Recording and reporting • Communication within the Health Care Team. • Types of records; ward records, medical/nursing records, • Common Record-keeping forms, Computerized documentation • Guidelines for Reporting: Factual Basis, Accuracy, Completeness, currentness, 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 	Vital signs <ul style="list-style-type: none"> • Guidelines for taking vital signs: • Body temperature: <ul style="list-style-type: none"> □ Physiology, Regulation, Factors affecting body temperature, □ Assessment of body temperature: sites, equipments and technique, special 	<ul style="list-style-type: none"> • Lecture discussion • Demonstration • Practice • Supervised Clinical practice 	<ul style="list-style-type: none"> • Essay type • Short answers • Objective type • Assess with check list and clinical

Unit	Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			<p>considerations</p> <ul style="list-style-type: none"> □ 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 		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 	<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 	<ul style="list-style-type: none"> • Lecture discussion • Demonstration • Practice on simulators • Supervised Clinical practice 	<ul style="list-style-type: none"> • Essay type short answers • Objective type

Unit	Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
		<ul style="list-style-type: none"> Perform health assessment of each body system 	<ul style="list-style-type: none"> General assessment Assessment of each body system Recording of health assessment 		
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"> □ Indent □ Maintenance □ 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, Physiological 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"> □ Providing safe and clean environment: <ul style="list-style-type: none"> Physical -environment: Temperature, Humidity, Noise, Ventilation, light, Odour, 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 □ 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 linen, making patient beds 	<ul style="list-style-type: none"> Lecture discussion Demonstration Practice sessions Supervised Clinical practice 	<ul style="list-style-type: none"> Essay type Short answers Objective type Assess with check list and clinical practical examination

Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
		<ul style="list-style-type: none"> ○ Types of beds and bed making □ Comfort: - <ul style="list-style-type: none"> - Factors Influencing Comfort - Comfort devices • Physiological needs: <ul style="list-style-type: none"> □ Sleep and Rest: <ul style="list-style-type: none"> - Physiology of sleep - Factors affecting sleep - Promoting Rest and sleep - Sleep Disorders □ Nutrition: - <ul style="list-style-type: none"> - Importance - Factors affecting nutritional needs - Assessment of nutritional needs: Variables - Meeting Nutritional needs: Principles, equipments, procedure and special considerations <ul style="list-style-type: none"> ○ Oral ○ Enteral: Naso/ Orogastric, gastrostomy ○ Parenteral: □ 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 - Facilitating urine elimination: assessment, types, equipments, procedures and special considerations <ul style="list-style-type: none"> ○ Providing urinal/bed pan 		

Unit	Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			<ul style="list-style-type: none"> ○ Condom drainage ○ Perineal care ○ Catheterization ○ Care of urinary drainage ○ Care of urinary diversions ○ Bladder irrigation □ Bowel Elimination <ul style="list-style-type: none"> - Review of Physiology of Bowel Elimination, Composition and characteristics of faeces - Factors affecting Bowel elimination - Alteration in Bowel Elimination - Types and Collection of specimen of faeces: <ul style="list-style-type: none"> Observation - Facilitating bowel elimination: assessment, equipments, procedures and special considerations <ul style="list-style-type: none"> ○ Passing of Flatus tube ○ Enemas ○ Suppository ○ Sitz bath ○ Bowel wash ○ 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 		

Unit	Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			<p>special considerations, rehabilitation aspects</p> <ul style="list-style-type: none"> ○ Range of motion exercises ○ Maintaining body alignment: Positions ○ Moving ○ Lifting ○ Transferring ○ Walking ○ Restraints <p>□ Oxygenation</p> <ul style="list-style-type: none"> - Review of Cardiovascular and respiratory Physiology - Factors Affecting Oxygenation - Alterations in oxygenation - Nursing interventions in oxygenation: assessment, types, equipment used, procedure and special considerations ○ Maintenance of patent airway ○ Oxygen administration ○ Suction ○ Inhalations: dry and moist ○ Chest physiotherapy and postural drainage ○ Care of Chest drainage ○ Pulse oximetry ○ CPR- Basic life support <p>□ Fluid, Electrolyte, and Acid – Base Balances</p> <ul style="list-style-type: none"> - Review of Physiological Regulation of Fluid, Electrolyte, and Acid – Base Balances - Factors Affecting Fluid, Electrolyte, and Acid – Base Balances - Alterations in Fluid, Electrolyte, and Acid – Base Balances - Nursing interventions in Fluid, Electrolyte, and Acid 		

Unit	Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			<ul style="list-style-type: none"> - Base Imbalances: assessment, types, equipment, procedure and special considerations o Measuring fluid intake and output o Correcting Fluid, Electrolyte Imbalance: <ul style="list-style-type: none"> √ Replacement of fluids: Oral and Parenteral-Venipuncture, regulating IV Flow rates, changing IV solutions and tubing, Changing IV dressing, √ Administering Blood transfusion √ Restriction of fluids • Psychosocial Needs <ul style="list-style-type: none"> □ Concepts of Cultural Diversity, Stress and Adaptation, Self-concept, Sexuality, Spiritual Health, Coping with loss, death and grieving □ Assessment of psychosocial needs □ Nursing intervention for psychosocial needs <ul style="list-style-type: none"> - Assist with coping and adaptation - Creating therapeutic environment □ Recreational and diversional therapies 		
XI	20	<ul style="list-style-type: none"> • Describe principles and techniques for infection control and biomedical waste management in Supervised Clinical 	<p>Infection control in Clinical settings</p> <ul style="list-style-type: none"> • Infection control <ul style="list-style-type: none"> □ Nature of infection □ Chain of infection transmission □ Defenses against infection: natural and acquired □ Hospital acquired infection (Nosocomial infection) 	<ul style="list-style-type: none"> • Lecture discussion • Demonstration • Practice session • Supervised Clinical practice 	

Unit	Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
		settings	<ul style="list-style-type: none"> • Concept of asepsis: medical asepsis, and surgical asepsis • Isolation precautions (Barrier nursing): <ul style="list-style-type: none"> □ Hand washing: simple, hand antisepsis and surgical antisepsis (scrub) □ Isolation: source and protective □ Personal protecting equipments: types, uses and technique of wearing and removing □ Decontamination of equipment and unit □ Transportation of infected patients □ Standard safety precautions (Universal precautions) □ Transmission based precautions • Biomedical waste management: <ul style="list-style-type: none"> □ Importance □ Types of hospital waste □ Hazards associated with hospital waste □ Decontamination of hospital waste □ Segregation and Transportation and disposal 		
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 	Administration of Medications <ul style="list-style-type: none"> • General Principles/Considerations <ul style="list-style-type: none"> □ Purposes of Medication □ Principles: 5 rights, Special Considerations, Prescriptions, Safety in Administering Medications and Medication Errors □ Drug forms □ Routes of administration □ Storage and maintenance of drugs and Nurses responsibility □ Broad classification of drugs 	<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

Unit	Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
		<ul style="list-style-type: none"> • Administer drugs by the following routes-oral, Intradermal , Subcutaneous Intramuscular, Intra Venous topical, inhalation 	<ul style="list-style-type: none"> □ Therapeutic Effect, Side Effects, Toxic Effects, Idiosyncratic Reactions, Allergic Reactions, Drug Tolerance, Drug Interactions, □ Factors Influencing drug Actions, □ Systems of Drug Measurement: Metric System, Apothecary System, Household Measurements, Solutions. □ Converting Measurements Units: Conversion within one system, Conversion between systems, Dosage Calculation, □ Terminologies and abbreviations used in prescriptions of medications • 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 Needlestick Injuries : Giving Medications with a safety syringes □ Routes of parenteral therapies <ul style="list-style-type: none"> - Intradermal: purpose, site, equipment, procedure, special considerations - Subcutaneous: purpose, site, equipment, procedure, special considerations - Intramuscular : purpose, site, equipment, procedure, special considerations - Intra Venous: purpose,site, equipment, procedure, special considerations - Advanced techniques: 		

Unit	Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
			epidural, intrathecal, intraosseous, intraperitoneal, intraplural, intraarterial- Role of nurse • Topical Administration: purposes, site, equipment, procedure, special considerations for <input type="checkbox"/> Application to Skin <input type="checkbox"/> Application to mucous membrane - Direct application of liquids-Gargle and swabbing the throat - Insertion of Drug into body cavity: Suppository/ medicated packing in rectum/vagina - Instillations: Ear, Eye, Nasal, Bladder, and Rectal - Irrigations: Eye, Ear, Bladder, Vaginal and Rectal - Spraying: Nose and throat • Inhalation: Nasal, oral, endotracheal/ tracheal (steam, oxygen and medications)- purposes, types, equipment, procedure, special considerations <input type="checkbox"/> Recording and reporting of medications administered		
XIII	10	<ul style="list-style-type: none"> Describe the pre and post operative care of patients Explain the process of wound healing Explain the principles and techniques of wound care 	Meeting needs of Perioperative patients <ul style="list-style-type: none"> Definition and concept of Perioperative Nursing Preoperative Phase <ul style="list-style-type: none"> Preparation of patient for surgery Intraoperative <ul style="list-style-type: none"> Operation theatre Set up and environment Role of nurse Postoperative Phase 	<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

Unit	Time (Hrs)	Learning Objective	Content	Teaching Learning Activities	Assessment Methods
		<ul style="list-style-type: none"> • Perform care of wounds 	<ul style="list-style-type: none"> □ Recovery unit □ Post operative unit □ Postoperative care, • Wounds: types, Classifications, wound Healing Process, Factors affecting Wound, Complications of Wound Healing • Surgical asepsis • Care of the wound: types, equipments, procedure and special considerations □ Dressings, Suture Care, □ Care of Drainage □ Application of Bandages, Binders, Splints & Slings □ Heat and Cold Therapy 		
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 incontinence); Assessment, Management □ Functioning of sensory organs:(Visual & hearing impairment) □ Assessment of Self-Care ability □ Communication Methods and special considerations □ Mobility (physically challenged, cast), assessment of Self-Care ability: Communication Methods and special considerations □ Mental state (mentally challenged), assessment of Self-Care ability; 	<ul style="list-style-type: none"> • Lecture discussion • Case discussions • Supervised clinical practice 	<ul style="list-style-type: none"> • Essay type • Short answers • Objective type