



Fundamentals of Nursing Practice Module

Bachelor of Science (Honours) in Nursing Degree
Department of Nursing and Midwifery
Faculty of Allied Health Sciences
University of Sri Jayewardenepura

Fundamentals of Nursing Practice Module

Bachelor of Science (Honours) in Nursing Degree

Published by Department of Nursing and Midwifery
Year 2021

Module Development Committee

Dr. M.K.D.L. Meegoda

Mrs. V. Daluwakgoda

Dr. S.M.K.S. Seneviratne

Dr. A.A.T.D. Amarasekara

Dr. M.R.S. Jayathilaka

Dr. I.M.P.S. Ilankoon

Dr. R.M.T.B Abeyratne

Mrs. D.M.A.P. Dissanayake

Mrs. L.C. Damayanthi

Mrs. T.L.C. Lasanthika

Mrs. T.H.K.P. Dharmasena

Introduction

Therapeutic nursing care reflects standards of practice and emphasizes safety, communication skills, interdisciplinary collaboration, and effective delegation in delivering nursing care. Critical thinking and reflective reasoning skills are integrated throughout the text. The safe and appropriate uses of technology have been incorporated throughout the text to reflect contemporary nursing practice. This subject is introduced as the practical aspect of Fundamentals of Nursing through which students can apply fundamental theories of nursing in to the real practice. They will learn different nursing procedures related patient care in the skill lab followed by supervised practice and return demonstrations. Students will practice in a clinical setting of general surgical / medical wards for 250 hours during the 1st year.

Fundamentals of Nursing Practice Module

Credits: 08

Teaching Unit: Department of Nursing and Midwifery, Teaching hospitals assigned to the Faculty

Subject	Lecture/ Tutorial	Lec. credits	Lab Hrs	Lab. Credits	Practice Hrs	Prac. credits	Total Hrs	Total credits
Fundamentals of Nursing Practice	-	-	90	3	250	5	340	8

Aim:

To be competent in providing basic nursing care for patients and clients, focusing on promoting health, prevention of illness, alleviation suffering, restoration health with appropriate attitudes and incorporating ethical principles in clinical and community settings.

Objectives:

By the end of this course the student should be able to:

1. Value the unique role and function of the nurse.
2. Apply the principles of nursing to provide patient centered care.
3. Apply principles of privacy and confidentiality in giving care.
4. Develop skills on performing activities relating cleanliness and safety of environment.
5. Practice effective interpersonal communication skills with patients, relatives, colleagues and personnel of university and hospitals.
6. Encourage patients with activities of daily living and assisting themselves whenever necessary.
7. Utilize opportunities for health teaching to patients and relatives.
8. Perform nursing actions to the required standards of safety, accuracy, excellence and patient's comfort.
9. Apply the principles of first aid in emergency situations.

10. Develop skills in applying bandages, slings, binders and splints.
11. Apply assessment skills into nursing practice.
12. Value the importance of documentation and nursing handover practices.
13. Assist terminally ill and dying patients for peaceful death.
14. Demonstrate an awareness of issues related to occupational health of nurses and safety including standard precautions and mandatory handling

Main content areas

	Main content areas	Demonstration/Role play/Discussion (Hours)
1.	Orientation to the Skills Lab	02
2.	Universal precautions	04
3	Preparation of client's unit	11
4	Moving, Lifting & positioning	04
5.	Comfort and Hygiene	14
6	Recording & Reporting	03
7	Assessment of a patient	10
8	Admission of a patient	05
9	First-aid & Pre-hospital care	08
10	Hot & Cold applications	06
11	Providing nutrition to a patient	06
12	Assisting for Elimination	06
13	Assisting in Breathing	04
14	Physical Examination	04
15	Dead body preparation	03

1. Orientate to practical environment

Intermediate Objectives	Broad Content Area	Activity	Duration
To orientate to the Skills lab emphasizing the responsibilities in utilizing and maintaining resources	<ul style="list-style-type: none"> • Learning facilities • Maintaining /adhering to rules and students discipline • Responsibility in utilizing and maintaining equipment in the skills lab (Inventory maintaining by TO, requesting equipment, safe utilization , cleaning and replace properly) 	Observation visit to Skills lab / Video, demonstration	2 hours

2. Universal precautions

Intermediate Objectives	Broad Content Area	Activity	Duration
To perform the techniques of standard precautions competently	<ul style="list-style-type: none"> • Hand washing techniques e.g. WHO recommended • Use alcoholic hand rub • Wearing Gloves • Wearing Cap • Wearing Mask • Wearing Gown • Disposal of waste • Sterilize instruments by using the sterilizer • Apply the knowledge of cleaning and disinfection methods for safe environment for the patient. 	Demonstration, Video presentation, Re-demonstration Lecture/Discussion by Infection Control Unit	04 hours

3. Preparation of client's unit

Intermediate Objectives	Broad Content Area	Activity	Duration
To introduction and demonstration of safe and comfort client's unit	<ul style="list-style-type: none"> • Bed, locker, bed table, screen or curtain, calling bell etc., • Adjustable bed, Back rest, Air mattress, Bed cradle) • Unoccupied bed (Open Bed, Closed Bed) • Stripping, remaking, an occupied bed. • Rearranging an occupied bed • Changing linen and remaking an occupied bed. • Arranging special beds <ul style="list-style-type: none"> ▪ Admission bed ▪ Incontinent bed ▪ Post-operative bed ▪ Amputation bed ▪ Cardiac bed 	Demonstration/Video, Re-demonstration	11 hours

4. Moving, Lifting & positioning

Intermediate Objectives	Broad Content Area	Activity	Duration
To be competent in maintaining positions of the patient to achieve comfort and therapeutic needs ensuring safety of the nurse and the patient	<ul style="list-style-type: none"> • Moving the client up in bed (by two nurses) • Turning the patient to lateral position • Turning the patient to sim's position • Turning the patient to prone position • Moving the patient to fowler's position • Assisting for sitting position on the side of the bed • Transferring the patient to bed to wheel chair and back to bed • Transferring a patient from bed to stretcher • Log rolling a patient • Crutch walking 	Demonstration/Video, Re-demonstration	04 hours

5. Comfort and Hygiene

Intermediate Objectives	Broad Content Area	Activity	Duration
To be competent in performing hygienic practices	<ul style="list-style-type: none"> • Mouth care for a conscious patient • Special mouth care for an unconscious patient • Performing oral hygiene - • Perform denture care • Perform flossing • Perform bed bath <ul style="list-style-type: none"> • Back care • Perineal care • Washing head and Hair • Foot care 	Demonstration/Video, Re-demonstration Simulation	14 hours

6. Recording & Reporting

Intermediate Objectives	Broad Content Area	Activity	Duration
To apply principles of reporting and recording of patient care and information considering legal and ethical aspects	<ul style="list-style-type: none"> • Documentation and maintaining nurses' notes • Writing nurses' notes • Documentation and maintaining charts • Writing and maintaining reports. • Documentation and maintaining records <ul style="list-style-type: none"> • Fluid balance • Medication chart • Temperature chart • Day and night report/mid night report • Admission • Discharge/ transfer • Death • Reading and understand giving and taking over reports/notes • One to one Patients handover (verbal communication) 	Discussion Clinical teaching,	03 hours

7. Assessment of a patient

Intermediate Objectives	Broad Content Area	Activity	Duration
To demonstrate skills in assessment of a patient	<ul style="list-style-type: none"> • Obtaining consent from the patient • Assessment of a patient <ul style="list-style-type: none"> ▪ history taking ▪ Observation ▪ Interviewing ▪ Primary and secondary data • Physical examination • Presenting the assessment findings • Monitor and recording of vital signs <ul style="list-style-type: none"> ▪ Body temperature ▪ Pulse ▪ Respiration ▪ Blood pressure ▪ Pain • Measuring Body Weight and Height • Calculating BMI • Assessment of a urine sample <ul style="list-style-type: none"> ▪ Method of collecting a clean urine sample from a patient ▪ Check the urine sample for <ul style="list-style-type: none"> - Appearance - Specific gravity - Albumin - Sugar - Ketone bodies - Bile ▪ Interpretation of results and inform/ record special findings • Practice writing care plans 	Demonstration//Video, Re-demonstration Clinical teaching Clinical practice	10 hours

8. Admission of a patient

Intermediate Objectives	Broad Content Area	Activity	Duration
To be competent in admitting a patient to the ward	<ul style="list-style-type: none"> • Receive a new patient to the ward <ul style="list-style-type: none"> - Prepare admission bed - Orientate to the ward, staff, facilities, routine • Maintain statistics • Perform communication with patient and relatives 	Demonstration Role Play Clinical Teaching	05 hours

9. First-aid & Pre-hospital care

Intermediate Objectives	Broad Content Area	Activity	Duration
To be competent in first-aid and pre hospital care	<ul style="list-style-type: none"> • Apply slings and bandages, binders and splints • Application of first aid for hemorrhage, wound & bleeding • Application of first aid for Shock • Application of first aid for dislocation • Application of first aid for sprain/strain • Application of first aid for fractures • Application of first aid for asphyxia • Application of first aid for drowning • Application of first aid for strangulation • Application of Basic Life Support 	Demonstration, Re-demonstration Simulation	08 hours

10. Hot & Cold applications

Intermediate Objectives	Broad Content Area	Activity	Duration
To be competent in therapeutic applications of heat and cold	<ol style="list-style-type: none"> 1. Application of ice-cap/ice collar, cold compress 2. Application of hot water bottle, Hot fomentation 3. Application of tepid bath, Sitz bath 	Demonstration/Video, Re-demonstration	06 hours

11. Providing nutrition to a patient

Intermediate Objectives	Broad Content Area	Activity	Duration
To assess and fulfill nutritional requirements of a patient	<ul style="list-style-type: none">• Preparation of therapeutic diet recipes designed for ill and unwell• Serve food• Inserting NG tube,• Feeding via NG tube• Maintaining NG tube and caring for a patient with NG tube	Demonstration, Re-demonstration Clinical teaching	06 hours

12. Assisting for Elimination

Intermediate Objectives	Broad Content Area	Activity	Duration
To be skillful in assessing and fulfilling the elimination needs of a patient	<ul style="list-style-type: none">• Assessment of elimination needs• Offering Urinals, bed pans• Health teaching to a patient with indwelling urinary catheter• Offering Bed pan, giving perineal care• Administering an enema• Inserting a suppository• Preparing the unit for incontinent patient• Care for patient with incontinence	Demonstration, Re-demonstration, clinical teaching	06 hours

13. Assisting in Breathing

Intermediate Objectives	Broad Content Area	Activity	Duration
To be competent in facilitating effective breathing	<ul style="list-style-type: none">• Positioning patient with breathing difficulty• Administering oxygen according to requirement<ul style="list-style-type: none">▪ Nasal catheter▪ Face mask▪ Venturi masks▪ Tracheostomy tube• Perform nebulization• Perform steam inhalation	Demonstration, Re-demonstration Clinical teaching	04 hours

14. Physical Examination

Intermediate Objectives	Broad Content Area	Activity	Duration
To be competent in performing physical examination of a patient	<ul style="list-style-type: none">• Demonstrate how to communication with the patient and family• Examine the patient from head to toe• Examine the patient system-wise• Assist in physical examination	Demonstration/ Simulation Re-demonstration	04 hours

15. Preparation of dead body

Intermediate Objectives	Broad Content Area	Activity	Duration
To be skillful in performing last offices of diseased considering infection control, culture and legal aspects of care	<ul style="list-style-type: none">• Preparation of dead body<ul style="list-style-type: none">· Preparing identification notes· Infection control practices• legal and cultural considerations• Information giving to next kin• legal procedure in preparation of death body (inquest and postmortem)• Bereavement care	Demonstration	03 hours

Assessment:

Continuous Assessment I (Practical Skills and Viva) - 10%

Continuous Assessment II (Practical Skills and Viva) - 10%

BScHons (Nursing) Part I Examination (Practical Skills and Viva) - 80%

Teaching learning activities:

Demonstrations, Simulations, Skills practice in the lab, Return demonstrations, Role play

Clinical practice, Bed-side teaching, Supervision of clinical activities, Clinical teaching

Reading materials:

Taylor, Lilly & Limone (latest edition) Fundamentals of Nursing: The art & Science of Nursing care, Lippincott.

Kozier & Erb (latest edition) Fundamentals of Nursing, Concepts, processes, practice, Pearson Education

Gatfod & Anderson, (latest edition) Nursing calculations, Churchill Livingstone,

Sr. Nancy (2017) Principles and Practice of Nursing: Nursing arts procedures. N.R. publishing house (Volume 1 & 2)

Audrey Berman & Shirlee Snyder. Skills in Clinical Nursing (latest edition). Pearson Education.

Berman, A., & Snyder, S. (8th edition). Skills in Clinical Nursing. (2012). Pearson Education.

Prakash, R. Manipal Manual of Nursing Procedures: Fundamentals of Nursing (2015). CBS Publishers & Distributors PVT. LTD.

Nursing Department, Khwopa polytechnic institute, Fundamental of Nursing Procedure Manual for PCL Course. Japan International Cooperation Agency (JICA) Nepal Office. Retrieved from,

https://www.jica.go.jp/nepal/english/office/topics/pdf/topics02_01.pdf

West Virginia Board of Education. Basic and Specialized Health Care Procedures Manual for West Virginia Public Schools

References:

Curriculum; Bachelor of Science (Honours) in Nursing Degree, (2018). Department of Nursing and Midwifery, University of Sri Jayewardenepura, Sri Lanka.