



Fundamentals of Nursing 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 Module

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Fundamentals of Nursing Module

Introduction

This is an introduction to professional nursing and its concepts of health, person, environment and nursing to understand the scientific principles of nursing care. Nursing knowledge is formulated on the basic concepts of scientific and discipline-specific theory, health and health promotion, holism, client teaching, spirituality, research, evidence-based practice, and the continuum of care. This subject focuses predominantly on the initial assessment skills of individual and family. Safety and personal hygiene, management of activity and mobility, management of nutrition and fluids, maintaining body temperature and encouraging patients in activities of daily living, assisting patients in elimination, breathing, communication, admission of a patient to the hospital, principles and medication administration, assisting in therapeutic and diagnostic measures and first aid and wound management are the areas of learning. This subject also includes nursing care of the patients with specific problems/conditions through the application of the nursing process.

Fundamentals of Nursing Module

Credits: 07

Teaching Unit: Department of Nursing and Midwifery.

Subject	Lecture/ Tutorial	Lec. credits	Lab Hrs	Lab. credits	Practice Hrs	Prac. credits	Total Hrs	Total credits
Fundamentals of Nursing	105	07	-	-	-	-	105	7

Aim

To be knowledgeable 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 and cultural competence ensuring safety in clinical and community settings.

Objectives:

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

1. Value the unique functions and roles of the nurse
2. Discuss the influence of lifestyle, health status, health practices and health related behaviours on the quality of life and health
3. Develop skills in maintaining effective interpersonal relationships with patients, relatives, colleagues and members of staff.
4. Develop skills to use basic data collection tools the nurse may use to monitor and evaluate individual health status of people
5. Demonstrate an awareness of issues related to occupational health of nurses and safety including standard precautions and mandatory handling

Main content areas

Main Content Area	Lectures (Hours)	Tutorials / SGD / Role play/ Group presentation (Hours)
1. Introduction to nursing	06	01
2. Health and illness	03	01
3. Asepsis	03	01
4. Maintaining a safe and comfortable environment	04	
5. Activities and Exercise	04	
6. Hygienic care and comfort	06	
7. Rest and sleep	03	01
8. Nursing process	06	
9. Assessing Vital Signs of a patient	04	
10. Admission, discharge and transfer of a patient	06	02
11. Principles of First aid and pre-hospital care	06	02
12. Maintaining body temperature	04	
13. Providing Nutrition	07	01
14. Elimination	04	02
15. Assisting in breathing	05	
16. Expressing sexuality	02	
17. General physical examination of a patient	02	
18. Therapeutic and diagnostic measures	05	
19. Nursing care of patients with special needs and problems	05	
20. Care of a terminally ill and dying patient	03	
21. Communication	03	
22. Rehabilitation	02	

1. Introduction to nursing

Intermediate Objectives	Broad Content Area	Activity	Duration
To introduction to aims, basic principles and concepts in nursing	<ul style="list-style-type: none"> • Definitions of Nursing • Aims of nursing • Roles and unique functions of a nurse • Basic principles and values in nursing practice • Four concepts in nursing (health, person, environment and nursing) • Basic human needs (Maslow's hierarchy, Virginia Henderson) 	Lecture / Discussion Tutorial	07hours

2. Health and illness

Intermediate Objectives	Broad Content Area	Activity	Duration
To identify the characteristics related to health and illness of a person	<ul style="list-style-type: none"> • Definition of health • Relationships between health, lifestyle and daily health care behaviors of people • Factors affecting health and illness <ul style="list-style-type: none"> - beliefs and practices - self - concept - stress & adaptation • Effects of illness on the family and effects of hospitalization 	Lecture / Discussion Tutorial	04 hours

3. Asepsis

Intermediate Objectives	Broad Content Area	Activity	Duration
To describe the infection prevention and control strategies	<ul style="list-style-type: none"> • Introduction to infection control <ul style="list-style-type: none"> - Terms related to infection control • Medical and surgical asepsis • Clean and sterile techniques • Isolation and barrier nursing • Standard precautions • Nurses' role in infection prevention and control 	Lecture / Discussion Tutorial	04 hours

4. Maintaining a safe and comfortable environment

Intermediate Objectives	Broad Content Area	Activity	Duration
To recognize the safe and comfortable environment for patients	<ul style="list-style-type: none"> • Environmental hazards and prevention • Preparation of patient's unit <ul style="list-style-type: none"> - Comfort devices - Care for maintaining comfort environment • Principles taking care of patient's unit • Taking care of equipment used for the patient 	Lecture / Discussion	04 hours

5. Activities and Exercise

Intermediate Objectives	Broad Content Area	Activity	Duration
To identify the correct use of safe techniques for assisting the patient with limited mobility.	<ul style="list-style-type: none"> • Body Ergonomics • Leisure and recreational activities • Complications of immobility • Assisting people with limitations of mobility <ul style="list-style-type: none"> - Lifting, positioning and transferring patients - Principles of body mechanics and ambulation 	Lecture / Discussion	04 hours

6. Hygienic care and comfort

Intermediate Objectives	Broad Content Area	Activity	Duration
To describe nurse's responsibility in maintaining personal hygiene of a patient	<ul style="list-style-type: none"> • Factors affecting personal hygiene • Problems related to personal hygiene • Nurse's responsibility in maintaining personal hygiene of a patient 	Lecture / Discussion	06 hours

7. Rest and sleep

Intermediate Objectives	Broad Content Area	Activity	Duration
To describe nurses' responsibility in facilitating rest and sleep	<ul style="list-style-type: none"> • Factors affecting rest and sleep • Dysfunctional sleep patterns • Promoting adequate sleep <ul style="list-style-type: none"> - meeting emotional and spiritual needs • Pain experience <ul style="list-style-type: none"> - Pain assessment - Nurses responsibility in relieving pain 	Lecture / Discussion Tutorial	04 hours

8. Nursing process

Intermediate Objectives	Broad Content Area	Activity	Duration
To apply nursing process in providing nursing care.	<ul style="list-style-type: none"> • Problem solving approach in Nursing process • Obtaining data from the patient <ul style="list-style-type: none"> - History taking - Assessment of a patient • Obtaining data from secondary sources • Identifying problems/needs of a patient • Prioritising and planning of appropriate nursing care • Implementation of prioritised plan • Evaluation of nursing interventions • Writing the Nursing care plan 	Lecture / Discussion	06 hours

9. Assessing Vital Signs of a patient

Intermediate Objectives	Broad Content Area	Activity	Duration
<p>To explain the procedures, use in assessing the vital signs.</p> <p>To describe the nurses' responsibility in caring patients with abnormal vital signs</p>	<ul style="list-style-type: none"> • Assessment of body temperature <ul style="list-style-type: none"> - Identify normal body temperature and variations of body temperature - Methods of assessing body temperature • Assessment of pulse <ul style="list-style-type: none"> - Identify pulse sites, characteristics and abnormal pulse • Assessment of respiratory rate <ul style="list-style-type: none"> - Identify normal respiration and problems in respiration • Assessment of blood pressure <ul style="list-style-type: none"> - Identify systolic and diastolic blood pressure - Identify normal blood pressure and variations in blood pressure • Nurses' responsibility in caring patients with abnormal vital signs. 	<p>Lecture/ Discussion</p>	<p>04 hours</p>

10. Admission, discharge and transfer of a patient

Intermediate Objectives	Broad Content Area	Activity	Duration
To identify the nursing responsibilities in admitting, discharging and transferring the patient	<ul style="list-style-type: none"> • Nursing responsibilities in admitting a patient to hospital <ul style="list-style-type: none"> - Nursing assessment - Meeting the needs of the person - Reception of the patient and orientation to the ward - Care of the patient, family / relatives and belongings • Nurses' responsibility in transferring a patient <ul style="list-style-type: none"> - to another unit / hospital • Discharge of a patient from the hospital <ul style="list-style-type: none"> - Discharge plan - Team work in discharging the patient - Patient and family education - Nurse's responsibility in discharge of a patient from the hospital 	Lecture / Discussion Tutorial	08 hours

11. Principles of First aid and pre-hospital care

Intermediate Objectives	Broad Content Area	Activity	Duration
To recognize principles of first aid and management of pre hospital care	<ul style="list-style-type: none">• Qualities of the provider of first aid• Measures taken in emergency situations:• Providing First aid in emergency situations: Drowning, asphyxia, strangulation, haemorrhage, electrocution, burns, fainting attacks• Bandaging and splinting• Fire safety	Lecture / Discussion Tutorial	08 hours

12. Maintaining body temperature and therapeutic application

Intermediate Objectives	Broad Content Area	Activity	Duration
To identify the use of heat and cold therapies.	<ul style="list-style-type: none">• Heat and cold applications• Therapeutic baths• Nursing responsibilities in heat and cold therapeutic application	Lecture / Discussion	04 hours

13. Providing nutritional needs of a person

Intermediate Objectives	Broad Content Area	Activity	Duration
To describe the nutritional needs of health and illness.	<ul style="list-style-type: none">• Nutritional requirements in health and illness<ul style="list-style-type: none">- Daily requirements of fluids, electrolytes and nutrients• Effects of inadequate and excessive intake of nutrients• Therapeutic diets<ul style="list-style-type: none">- Nurses role in providing appropriate diet- Maintaining fluid, nutrient and electrolytes balance• Nurses responsibility in enteral and parenteral nutrition<ul style="list-style-type: none">- Oral feeding- Tube feeding- Parenteral nutrition	Lecture / Discussion Tutorial	08 hours

14. Elimination

Intermediate Objectives	Broad Content Area	Activity	Duration
To identify the issues related to elimination and relieve measures	<ul style="list-style-type: none">• Urinary elimination<ul style="list-style-type: none">- Factors affecting urinary elimination- Disturbances of urinary elimination- Care of the patient with urinary disturbances• Bowel elimination<ul style="list-style-type: none">- Factors affecting intestinal elimination- Disturbances of intestinal elimination- Care of a patient with intestinal disturbances	Lecture / Discussion Tutorial	06 hours

15. Assisting in breathing

Intermediate Objectives	Broad Content Area	Activity	Duration
To identify the problems in breathing and supportive care	<ul style="list-style-type: none">• Mechanism of normal respiration• Problems in breathing• Care of the patient with difficulty in breathing	Lecture / Discussion	05 hours

16. Expressing sexuality

Intermediate Objectives	Broad Content Area	Activity	Duration
<p>To introduce the student to the psychological dimensions of human sexuality and the different historical and cross cultural perspectives.</p> <p>To examine the place sexuality plays in human development from childhood to old age.</p> <p>To increase the comfort level of students in dealing with a topic which is often surrounded with taboos.</p>	<ul style="list-style-type: none"> • Definition: sexuality, sexual health • Functions of sexuality, sexual behaviors • Historical perspectives on sexuality • sexual growth and development • psychological and behavioral disorders • Normality and Culture • Nurses role in sexuality and sexual health <ul style="list-style-type: none"> - teaching self-examination - sexual education and counseling - reproductive and genetic technologies - legal aspects of sexual health 	Lecture / Discussion	02 hours

17. General physical examination of a patient

Intermediate Objectives	Broad Content Area	Activity	Duration
To identify the nursing responsibilities in general physical examination.	<ul style="list-style-type: none"> • General physical examination of a patient • Responsibilities of a nurse in general physical examination of a patient 	Lecture/ Discussion	02 hours

18. Therapeutic and diagnostic measures

Intermediate Objectives	Broad Content Area	Activity	Duration
To describe nurses' responsibilities different diagnostic procedures.	<ul style="list-style-type: none">• Nurses' responsibilities in specimen collection diagnostic procedures<ul style="list-style-type: none">- Specimen collection- Diagnostic procedures	Lecture/ Discussion	05 hours

19. Nursing care of patients with special needs and problems

Intermediate Objectives	Broad Content Area	Activity	Duration
To explain the care of patients with special needs and problems	<ul style="list-style-type: none">• Nurses' responsibilities in caring,<ul style="list-style-type: none">- An unconscious patient- A critically ill patient- A convulsive patient- An elderly-person	Lecture/SGD	06 hours

20. Care of a terminally ill and dying patient

Intermediate Objectives	Broad Content Area	Activity	Duration
To recognize the care and responsibility of terminally ill, dying and death of a patient	<ul style="list-style-type: none">• Death and dying• Needs of the dying• Meeting the needs of the grieving• Ethical and legal aspects of dying patient and death of a patient• Responsibilities of a nurse in caring terminally ill and dying patients and their families• Care after death	Lecture/ Discussion	03 hours

21. Communication

Intermediate Objectives	Broad Content Area	Activity	Duration
To describe communication skills used in nursing practice.	<ul style="list-style-type: none">• Types of communication• Interpersonal skills<ul style="list-style-type: none">- Barriers of effective communication- Communication in special circumstances	Lecture/ Discussion, Role play	03 hours

22. Rehabilitation

Intermediate Objectives	Broad Content Area	Activity	Duration
To recognize the role of the nurse in rehabilitation	<ul style="list-style-type: none">• Definition and goals of rehabilitation• Types and principles of rehabilitation• Role of the nurse in rehabilitation team.	Lecture / Discussion	02 hours

Assessment

Continuous Assessment 1 - Theory (MCQ, SEQ) –10%

Continuous Assessment 2 - Theory (MCQ, SEQ) –10%

Final Examination: Theory – (MCQ, SEQ) – 80%

Teaching/ Learning activities:

Lecture /Tutorials / Small group discussions /Role play

References for students:

- 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 (latest edition) 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.