

Name of Faculty	:	Faculty of Nursing
Name of Program	:	Basic B.Sc. Nursing
Course Code	:	1BSN06
Course Title	:	Nursing Foundation -I
Type of Course	:	PC
Year of Introduction	:	2023-24

Pre requisite	:	Basic concept of Health
Course Objective	:	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.
Course Outcomes	:	On completion of the course, the students will be able to
	CO1	Develop understanding about the concept of health, illness and scope of nursing within health care services
	CO2	Apply values, code of ethics and professional conduct in professional life
	CO3	Apply the principles and methods of effective communication in establishing communication links with patients, families and other health team members
	CO4	Develop skill in recording and reporting
	CO5	Demonstrate competency in monitoring and documenting vital signs
	CO6	Describe the fundamental principles and techniques of infection control and biomedical waste management
	CO7	Identify and meet the comfort needs of the patients
	CO8	Perform admission, transfer, and discharge of a patient under supervision applying the knowledge
	CO9	Demonstrate understanding and application of knowledge in caring for patients with restricted mobility

	CO10	Perform first aid measures during emergencies.
	CO11	Identify the educational needs of patients and demonstrate basic skills of patient education.

Teaching and Examination Scheme

Teaching Scheme (Contact Hours)			Credits	Examination Marks				Total Marks
L	Lab(T)	P		Theory Marks		Practical Marks		
SEE	CIA	SEE	CIA					
06	04	08	10	75	25	25	25	100+
								50

Legends: **L**-Lecture; **lab, P**- Practical, **C** - Credit, **SEE** - Semester End Examination, **CIA** - Continuous Internal Assessment (It consists of Assignments/Seminars/Presentations/MCQ Tests, etc.)

Course Content

Unit No.	Topics	Teaching Hours	Weightage	Mapping With COs
I	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 	05	4.16%	CO1
II	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 centres, extended care facilities • Hospitals: Types, Organization and Functions • Health care teams in hospitals-members and their Role 	05	4.16%	CO1
III	History of Nursing and Nursing as a profession <ul style="list-style-type: none"> • History of Nursing, History of Nursing in India 	12	10%	CO2



	<ul style="list-style-type: none"> • 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 			
IV	<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 	08	6.67%	CO3



	(children, women, physically and mentally challenged and elderly)			
V	<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 	04	3.33 %	CO4
VI	<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: 	15	12.5 %	CO5



	<ul style="list-style-type: none"> ○ Definition, Physiology and Regulation, Characteristics, Factors affecting pulse ○ Assessment of pulse: sites, equipment and technique ○ Alterations In pulse ❖ Respiration: <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 ❖ Blood pressure: <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 ● Documenting Vital Signs 			
VII	<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 	03	2.5 %	CO7
VIII	<p>Introduction to Infection control in Clinical setting Infection</p>	10	8.33 %	CO6



	<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:</p> <p>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) • Standard precautions <p>Biomedical Waste management</p> <ul style="list-style-type: none"> • Types of hospital waste, waste segregation and hazards 			
IX	<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 & 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 	15	12.5 %	CO7



	<ul style="list-style-type: none"> • Pain(Discomfort) <ul style="list-style-type: none"> ○ Physiology ○ Common cause of pain ○ Types ○ Assessment- Pain scales and Narcotic scale ○ 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 			
X	<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. 	05	4.17 %	CO8
XII	<p>Hospital Admission and discharge</p> <ul style="list-style-type: none"> • Admission to the hospital Unit and 	06	5 %	CO8



	<p>preparation of unit</p> <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 			
XII	<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 	08	6.67 %	CO8,CO9



	<ul style="list-style-type: none"> ○ Moving ○ Lifting ○ Transferring ○ Walking ● Assisting clients with ambulation ● Care of patients with Immobility using Nursing process approach ● Care of patients with casts and splints 			
XIII	Patient education <ul style="list-style-type: none"> ● Patient Teaching: Importance, Purposes, Process ● Integrating nursing process in patient teaching 	04	3.33 %	CO11
XIV	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 	20	16.67%	CO10

Suggested Distribution of Theory Marks Using Bloom's Taxonomy						
Level	Remembrance	Understanding	Application	Analyse	Evaluate	Create
Weightage	25	30	30	5	5	5

*NOTE: This specification table shall be treated as a general guideline for the students and The teachers.
The actual distribution of marks in the question paper may vary slightly from above table*

Suggested List of Experiments/Tutorials

Sr.No.	Name of Experiment/Tutorial	Teaching Hours	Mode of teaching
1	Role play and video film in therapeutic communication	03	Role play
2	Maintain Record and Reports	02	
3	Assess and record vital sign accurately	20	Simulator/ Standardized patient
4	Infection control and Biomedical waste management	03	Videos/ Mannequin
5	Comfort device & Bed Making	15	Mannequin
6	Safety in Health care environment	03	Mannequin/ Standardized patient
7	Admission and Discharge procedure	02	Role play
8	Mobility and Immobility	10	Mannequin/ Standardized patient
9	Patient education	02	–
10	First Aid	20	Mannequin
Total		80	

Name of Laboratory Required

Sr.No.	Name Of Laboratory
1	Nursing Foundation lab

Reference Books

Sr.No.	Name of Reference Books
1	A textbook of Nursing Foundation, Jyoti Kathwal, First edition, 2021, Published by vision health science publishers.
2	A textbook of Nursing Foundation-II, Dr Maheshwari Ganesan, Ramesh S. , Priya P.M, Linda Daphane.T, Sejal kunvaraba Darbar published by Nirali prakashan
3	A textbook of Nursing Foundation, Harindarjeet Goyal, Second edition 2022, CBS publishers and distributors PVT. LTD
4	A textbook of Nursing Foundation-I, Prof. Dr Manjubala Dash, Prof. dr. Sandeep kumar choubisa, First edition 2022, Published by Thakur publication PVT. LTD
5	A textbook of Nursing Foundation-I, Dr. Elakkuvana Bhaskar raj, Emmess publication 1 st edition
6	A textbook of Principles and Practice of Nursing-I, Nisha Clement, Emmess publication 2 nd edition-2018
7	A textbook of Nursing Foundation-I, Sushma pande, Avni Oke, Neena Nair, CBS publishres and distributor PVT. LTD, 2 nd edition-2022
8	A textbook of Principles and Practice of Nursing , Sr. Nancy, Published by N.R. Publishing House, 6th edition
9	A textbook of Principles and Procedure of Nursing Foundation-II, sushma pande, Mohd. Atif Mazammil, CBS publishres and distributor PVT. LTD, 2 nd edition
10	A textbook of Principles and Practice of Nursing , Sr. Nancy, Published by N.R. Publishing House, 4th edition
11	A textbook of fundamental of nursing, Potter and perry, Published by Elsevier, 6th edition
12	A textbook of fundamental skills & Concept in patient care, Barbara K.Timby, 7th edition



CLINICAL POSTING- General Medical/Surgical Wards

Clinical Unit	Clinical Skills	Duration In weeks	Clinical Requirements	Mapping With COs
General Medical / Surgical wards	<p>Communication and Nurse patient relationship</p> <ul style="list-style-type: none"> • Maintaining Communication with patient and family and interpersonal relationship • Documentation and Reporting <ul style="list-style-type: none"> ○ Documenting patient care and procedures ○ Verbal report ○ Written report 	02		
	<p>Vital signs</p> <ul style="list-style-type: none"> • Monitor/measure and document vital signs in a graphic sheet <ul style="list-style-type: none"> ○ Temperature (oral, tympanic, axillary) ○ Pulse (Apical and peripheral pulses) ○ Respiration ○ Blood pressure ○ Pulse oximetry • Interpret and report alteration • Cold Applications- Cold Compress, Ice cap, Tepid Sponging • Care of equipment – thermometer, BP apparatus, Stethoscope, Pulse oximeter <p>Infection control in Clinical settings</p> <ul style="list-style-type: none"> • Hand hygiene • Use of PPE 	02	Care of patients with alterations in vital signs-1	
	Comfort, Rest & Sleep, Pain and Promoting	03		



<p>Safety in Health Care Environment</p> <p>Comfort, Rest & Sleep</p> <ul style="list-style-type: none">• Bed making-<ul style="list-style-type: none">○ Open○ Closed○ Occupied○ Post-operative○ Cardiac bed○ Fracture bed• Comfort devices<ul style="list-style-type: none">○ Pillows○ Over bed table/cardiac table○ Back rest○ Bed Cradle• Therapeutic Positions<ul style="list-style-type: none">○ Supine○ Fowlers (low, semi, high)○ Lateral○ Prone○ Sim's○ Trendelenburg○ Dorsal recumbent○ Lithotomy○ Knee chest <p>Pain</p> <ul style="list-style-type: none">• Pain assessment and provision for comfort <p>Promoting Safety in Health Care Environment</p> <ul style="list-style-type: none">• Care of Patient's Unit• Use of Safety devices:<ul style="list-style-type: none">○ Side Rails		<ul style="list-style-type: none">• Fall risk assessment-1	
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	<ul style="list-style-type: none"> • Restraints (Physical) • Fall risk assessment and Post Fall Assessment 			
	<p>Hospital Admission and discharge, Mobility and Immobility and Patient education</p> <p>Hospital Admission and discharge</p> <p>Perform & Document:</p> <ul style="list-style-type: none"> • Admission • Transfer • Planned Discharge <p>Mobility and Immobility</p> <ul style="list-style-type: none"> • Range of Motion Exercises • Assist patient in: <ul style="list-style-type: none"> ○ Moving ○ Turning ○ Logrolling • Changing position of helpless patient • Transferring (Bed to and from chair/ wheelchair/ stretcher) <p>Patient education</p>	02	Individual teaching - 1	
	<p>First aid and Emergencies</p> <ul style="list-style-type: none"> • Bandaging Techniques <ul style="list-style-type: none"> o Basic Bandages: <ul style="list-style-type: none"> ○ Circular ○ Spiral ○ Reverse-Spiral ○ Recurrent ○ Figure of Eight o Special Bandages: <ul style="list-style-type: none"> ○ Caplin 	01	Module completion National Disaster Management Authority (NDMA) First Aid module (To complete it in clinicals if not completed during lab)	



	<ul style="list-style-type: none">○ Eye/Ear Bandage○ Jaw Bandage○ Shoulder Spica○ Thumb spica○ Triangular Bandage/ Sling (Head & limbs)○ Binders			
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