



Faculty of Nursing
Basic B. Sc. Nursing – (B.Sc. Nursing)

(W. E. F.: 2023-24)

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Name of Faculty	:	Faculty of Nursing
Name of Program	:	Basic B.Sc. Nursing
Course Code	:	2BSN03
Course Title	:	Nursing Foundation II including Health Assessment
Type of Course	:	PC
Year of Introduction	:	2023-24

Pre requisite	:	Basic Knowledge of Hygiene
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 fundamentals of health assessment and perform health assessment in supervised clinical settings
	CO2	Demonstrate fundamental skills of assessment, planning, implementation and evaluation of nursing care using Nursing process approach in supervised clinical settings
	CO3	Assess the Nutritional needs of patients and provide relevant care under supervision
	CO4	Identify and meet the Hygienic needs of patient
	CO5	Identify and meet the elimination needs of patient
	CO6	Interpret findings of specimen testing applying the knowledge of normal values
	CO7	Promote oxygenation based on identified oxygenation needs of patients under supervision
	CO8	Review the concept of fluid, electrolyte balance integrating the knowledge of applied physiology
	CO9	Apply the knowledge of the principles, routes, effects of administration of medications in administering medication
	CO10	Calculate conversions of drugs and dosages within and between systems of measurements
	CO11	Demonstrate knowledge and understanding in caring for patients with altered functioning of sense organs and unconsciousness
	CO12	Explain loss, death and grief
	CO13	Describe sexual development and sexuality
	CO14	Identify stressors and stress adaptation modes
	CO15	Integrate the knowledge of culture and cultural differences in meeting the spiritual needs



CO16	Explain the introductory concepts relevant to models of health and illness in patient care
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Teaching and Examination Scheme

Teaching Scheme (Contact Hours)			Credits	Examination Marks				
L	T	P		Theory Marks		Practical Marks		Total Marks
			C	SEE	CIA	SEE	CIA	
6	6	16	13	75	25 (I-sem-25 + II-sem 25 average)	50	50 (I-sem 25 + II-sem 25 average)	100+ 100

Legends: L-Lecture; T-Tutorial/Teacher Guided Theory Practice;P - Practical, C - Credit, SEE - SemesterEnd 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	Health Assessment <ul style="list-style-type: none"> • Interview techniques • Observation techniques • Purposes of health assessment • Process of Health assessment <ul style="list-style-type: none"> o Health history o Physical examination: <ul style="list-style-type: none"> o Methods: Inspection, Palpation, Percussion, Auscultation, Olfaction o Preparation for examination: patient and unit o General assessment o Assessment of each body system o Documenting health assessment findings 	20	16.66%	CO1
II	The Nursing Process <ul style="list-style-type: none"> • Critical Thinking Competencies, Attitudes for Critical Thinking, Levels of critical thinking in Nursing • Nursing Process Overview <ul style="list-style-type: none"> ○ Assessment <ul style="list-style-type: none"> o Collection of Data: Types, Sources, Methods o Organizing Data o Validating Data o Documenting Data ○ Nursing Diagnosis <ul style="list-style-type: none"> o Identification of client problems, risks and strengths o Nursing diagnosis statement- parts, Types, Formulating, Guidelines for formulating Nursing Diagnosis o NANDA approved diagnoses o Difference between medical and nursing diagnosis ○ Planning <ul style="list-style-type: none"> o Types of planning o Establishing Priorities o Establishing Goals and Expected Outcomes- Purposes, types, guidelines, 	13	10.83 %	CO2

	<p>Components of goals and outcome statements</p> <ul style="list-style-type: none"> ○ Types of Nursing Interventions, Selecting interventions: Protocols and Standing Orders ○ Introduction to Nursing Intervention Classification and Nursing Outcome Classification ○ Guidelines for writing care plan <p>○ Implementation</p> <ul style="list-style-type: none"> ○ Process of Implementing the plan of care ○ Types of care - Direct and Indirect <p>○ Evaluation</p> <ul style="list-style-type: none"> ● Evaluation Process, Documentation and Reporting 			
III	<p>Nutritional needs</p> <ul style="list-style-type: none"> ● Importance ● Factors affecting nutritional needs ● Assessment of nutritional status ● Review: special diets- Solid, Liquid, Soft ● Review on therapeutic diets ● Care of patient with Dysphagia, Anorexia, Nausea, Vomiting ● Meeting Nutritional needs: Principles, equipment, procedure, indications <ul style="list-style-type: none"> ○ Oral ○ Enteral: Nasogastric/Orogastric, ○ Introduction to other enteral feeds- types, indications, Gastrostomy, Jejunostomy ○ Parenteral-TPN (Total Parenteral Nutrition) 	05	4.17 %	CO3
IV	<p>Hygiene</p> <ul style="list-style-type: none"> ● Factors Influencing Hygienic Practice ● Hygienic care: Indications and purposes, effects of neglected care <ul style="list-style-type: none"> ○ Care of the Skin - (Bath, feet and nail, Hair Care) ○ Care of pressure points ○ Assessment of Pressure Ulcers using Braden Scale and Norton Scale ○ Pressure ulcers - causes, stages and manifestations, care and prevention 	05	4.17 %	CO4

	<ul style="list-style-type: none"> ○ Perineal care/Meatal care ○ Oral care, Care of Eyes, Ears and Nose including assistive devices (eye glasses, contact lens, dentures, hearing aid) 			
V	<p>Elimination needs</p> <ul style="list-style-type: none"> ▪ 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 ○ Facilitating urine elimination: assessment, types, equipment, procedures and special considerations ○ Providing urinal/bedpan ○ Care of patients with <ul style="list-style-type: none"> ▪ Condom drainage ▪ Intermittent Catheterization ▪ Indwelling Urinary catheter and urinary drainage ▪ Urinary diversions ▪ Bladder irrigation ▪ Bowel Elimination <ul style="list-style-type: none"> ○ Review of Physiology of Bowe Elimination, Composition and characteristics of feces ○ Factors affecting Bowel elimination ○ Alteration in Bowel Elimination ○ Facilitating bowel elimination: Assessment, equipment, procedures <ul style="list-style-type: none"> • Enemas • Suppository • Bowel wash • Digital Evacuation of impacted feces • Care of patients with Ostomies (Bowel Diversion Procedures) 	10	8.34%	CO5
VI	<p>Diagnostic testing</p> <ul style="list-style-type: none"> • Phases of diagnostic testing (pre-test, intra-test & post-test) in Common investigations and clinical implications <ul style="list-style-type: none"> ○ Complete Blood Count ○ Serum Electrolytes 	03	2.5 %	CO6

	<ul style="list-style-type: none"> ○ LFT ○ Lipid/Lipoprotein profile ○ Serum Glucose- AC, PC,HbA1c ○ Monitoring Capillary Blood Glucose (Glucometer Random Blood Sugar- GRBS) ○ Stool Routine Examination ○ Urine Testing- Albumin, Acetone, pH, Specific Gravity ○ Urine Culture, Routine, Timed Urine Specimen ○ Sputum culture ○ Overview of Radiologic &Endoscopic Procedures 			
VII	<p>Oxygenation needs</p> <ul style="list-style-type: none"> ● Review of Cardiovascular and Respiratory Physiology ● Factors affecting respiratory functioning ● Alterations in Respiratory Functioning ● Conditions affecting <ul style="list-style-type: none"> ○ airway ○ movement of air ○ diffusion ○ Oxygen transport ● Alterations in oxygenation ● Nursing interventions to promote oxygenation: assessment, types, equipment used &procedure <ul style="list-style-type: none"> ○ Maintenance of patent airway ○ Oxygen administration ○ Suctioning- oral, tracheal ○ Chest physiotherapy Percussion, Vibration &Postural drainage ○ Care of Chest drainage-principles & purposes ○ Pulse Oximetry- Factors affecting measurement of oxygen saturation using pulse oximeter, Interpretation ● Restorative & continuing care <ul style="list-style-type: none"> ○ Hydration ○ Humidification ○ Coughing techniques ○ Breathing exercises ○ Incentive spirometry 	11	9.17 %	CO7
VIII	<p>Fluid, Electrolyte, and Acid - Base Balances</p> <ul style="list-style-type: none"> ● Review of Physiological Regulation of Fluid, 	05	4.17 %	CO8

	<p>Electrolyte, and Acid – Base Balances</p> <ul style="list-style-type: none"> • Factors Affecting Fluid, Electrolyte, and Acid – Base Balances • Disturbances in fluid volume: <ul style="list-style-type: none"> ○ Deficit- <ul style="list-style-type: none"> ▪ Hypovolemia ▪ Dehydration ○ Excess- <ul style="list-style-type: none"> ▪ Fluid overload ▪ Edema • Electrolyte imbalances (hypo and hyper) <ul style="list-style-type: none"> ○ Acid-base imbalances <ul style="list-style-type: none"> ▪ Metabolic- acidosis &alkalosis ▪ Respiratory- acidosis &alkalosis ○ Intravenous therapy <ul style="list-style-type: none"> • Peripheral veni puncture sites • Types of IV fluids • Calculation for making IV fluid plan • Complications of IV fluid therapy • Measuring fluid intake and output • Administering Blood and Blood components • Restricting fluid intake • Enhancing Fluid intake 			
IX	<p>Administration of Medications</p> <ul style="list-style-type: none"> • Introduction-Definition of Medication, Administration of Medication, Drug Nomenclature, Effects of Drugs, Forms of Medications, Purposes, Pharmacodynamics and Pharmacokinetics • Factors influencing Medication Action • Medication orders and Prescriptions • Systems of measurement • Medication dose calculation • Principles, 10 rights of Medication Administration • Errors in Medication administration • Routes of administration • Storage and maintenance of drugs and Nurses responsibility • Terminologies and abbreviations used in prescriptions and medications orders • Developmental considerations • Oral,Sublingual and Buccal routes: Equipment, procedure 	20	16.67 %	CO9, CO10

	<ul style="list-style-type: none"> • Introduction to Parenteral Administration of Drugs- Intramuscular, Intravenous, Subcutaneous, Intradermal: Location of site, Advantages and disadvantages of the specific sites, Indication and contraindications for the different routes and sites. • Equipment- Syringes & needles, cannulas, Infusion sets - parts, types, sizes • Types of vials and ampoules, Preparing Injectable medicines from vials and ampoules <ul style="list-style-type: none"> ○ Care of equipment: decontamination and disposal of syringes, needles, infusion sets ○ Prevention of Needle-Stick Injuries • Topical Administration: Types, purposes, site, equipment, procedure <ul style="list-style-type: none"> ○ Application to skin & 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, recording and reporting of medications administered • Other Parenteral Routes: Meaning of epidural, intrathecal, intraosseous, intraperitoneal, intrapleural, intraarterial 			
X	<p>Sensory needs</p> <ul style="list-style-type: none"> • Introduction • Components of sensory experience- Reception, Perception & Reaction • Arousal Mechanism • Factors affecting sensory function • Assessment of Sensory alterations- sensory deficit, deprivation, overload & sensory poverty • Management <ul style="list-style-type: none"> ○ Promoting meaningful communication 	05	4.17%	CO11

	(patients with Aphasia, artificial airway & Visual and Hearing impairment) Care of Unconscious Patients <ul style="list-style-type: none"> Unconsciousness: Definition, causes & risk factors, pathophysiology, stages of Unconsciousness, Clinical Manifestations Assessment and nursing management of patient with unconsciousness, complications 			
XI	Care of Terminally ill, death and dying <ul style="list-style-type: none"> Loss-Types Grief, Bereavement & Mourning Types of Grief responses Manifestations of Grief Factors influencing Loss & Grief Responses Theories of Grief & Loss-Kubler Ross 5 Stages of Dying The R Process model (Rando's) Death- Definition, Meaning, Types (Brain & Circulatory Deaths) Signs of Impending Death Dying patient's Bill of Rights Care of Dying Patient Physiological changes occurring after Death Death Declaration, Certification Autopsy Embalming Last office/Death Care Counseling & supporting grieving relatives Placing body in the Mortuary Releasing body from Mortuary Overview- Medico-legal Cases, Advance directives, DNI/DNR, Organ Donation, Euthanasia 	04	3.33%	CO12
	PSYCHOLOGICAL NEEDS (A-D)			
XII	A. Self-concept <ul style="list-style-type: none"> Introduction Components (Personal Identity, Body Image, Role Performance, Self Esteem) Factors affecting Self Concept Nursing Management 	03	2.5 %	CO13
XIII	B. Sexuality <ul style="list-style-type: none"> Sexual development throughout life Sexual health 	02	1.67%	CO13

	<ul style="list-style-type: none"> • Sexual orientation • Factors affecting sexuality • Prevention of STIs, unwanted pregnancy, avoiding sexual harassment and abuse • Dealing with in appropriate sexual behavior 			
XIV	<p>C. Stress and Adaptation-Introductory concepts</p> <ul style="list-style-type: none"> • Introduction • Sources, Effects, Indicators & Types of Stress • Types of stressors • Stress Adaptation- General Adaptation Syndrome (GAS), Local Adaptation Syndrome(LAS) • Manifestation of stress- Physical & psychological • Coping strategies/Mechanisms • Stress Management <ul style="list-style-type: none"> ○ Assist with coping and adaptation ○ Creating therapeutic environment • Recreational and diversion therapies 	02	1.67 %	CO14
XV	<p>D. Concepts of Cultural Diversity and Spirituality</p> <ul style="list-style-type: none"> • Cultural diversity <ul style="list-style-type: none"> ○ Cultural Concepts- Culture, Subculture, Multicultural, Diversity, Race, Acculturation, Assimilation ○ Transcultural Nursing ○ Cultural Competence ○ Providing Culturally Responsive Care • Spirituality <ul style="list-style-type: none"> ○ Concepts- Faith, Hope, Religion, Spirituality, Spiritual Wellbeing ○ Factors affecting Spirituality ○ Spiritual Problems in Acute, Chronic, Terminal illnesses & Near-Death Experience ○ Dealing with Spiritual Distress/Problems 	06	05 %	CO15
XVI	<p>Nursing Theories: Introduction</p> <ul style="list-style-type: none"> • Meaning &Definition, Purposes, Types of theories with examples, Overview of selected nursing theories- Nightingale, Orem, Roy • Use of theories in nursing practice 	06	05%	CO16

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	Health assessment	20	Standardized Patient
2	Nursing process	08	
3	Nutritional need	05	Standardized Patient
4	Hygiene	15	Mannequin
5	Elimination need	10	Mannequin
6	Diagnostic test (develop skill in specimen collection)	04	
7	Provide care during oxygen therapy	10	Mannequin
8	Fluid electrolyte and Acid Base balance	10	
8	Administration of Medication	22	IM injection trainer, ID injection trainer,
9	Sensory needs	06	
10	Care of Terminally ill, death and dying, Last office	06	Mannequin
11	Stress and adaptation	04	

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 publishers 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	Health Assessment <ul style="list-style-type: none"> • Nursing/Health history taking • Perform physical examination: <ul style="list-style-type: none"> ○ General ○ Body systems • Use various methods of physical examination – Inspection, Palpation, Percussion Auscultation, Olfaction • Identification of system wise deviations • Documentation of findings 	03	<ul style="list-style-type: none"> • History Taking – 2 □□ Physical examination – 2 	
	The Nursing Process <ul style="list-style-type: none"> • Prepare Nursing care plan for the patient based on the given case scenario 	01	Nursing process – 1	
	Nutritional needs, Elimination needs & Diagnostic testing <ul style="list-style-type: none"> • Nutritional needs <ul style="list-style-type: none"> ○ Nutritional Assessment ○ Preparation of Nasogastric tube feed ○ Nasogastric tube feeding • Hygiene • Care of Skin & Hair: <ul style="list-style-type: none"> - Sponge Bath/ Bed bath - Care of pressure points & back massage 	02	<ul style="list-style-type: none"> • Nutritional Assessment and Clinical Presentation – 1 • Pressure sore assessment – 1 	CO2

	<ul style="list-style-type: none"> • Pressure sore risk assessment using Braden/Norton scale <ul style="list-style-type: none"> - Hair wash - Pediculosis treatment • Oral Hygiene • Perineal Hygiene • Catheter care 			
	<p>Elimination needs</p> <ul style="list-style-type: none"> • Providing <ul style="list-style-type: none"> - Urinal - Bedpan • Insertion of Suppository • Enema • Urinary Catheter care • Care of urinary drainage <p>Diagnostic testing</p> <ul style="list-style-type: none"> • Specimen Collection <ul style="list-style-type: none"> o Urine routine and culture o Stool routine o Sputum Culture • Perform simple Lab Tests using reagent strips <ul style="list-style-type: none"> o Urine - Glucose, Albumin, Acetone, pH, Specific gravity • Blood - GRBS Monitoring 	02	Clinical Presentation on Care of patient with Constipation - 1 <input type="checkbox"/> <input type="checkbox"/> Lab values - inter-pretation	
	<p>Oxygenation needs, Fluid, Electrolyte, and Acid - Base Balances</p> <p>Oxygenation needs</p> <ul style="list-style-type: none"> • Oxygen administration methods <ul style="list-style-type: none"> o Nasal Prongs 	03		

	<ul style="list-style-type: none"> o Face Mask/Venturi Mask • Steam inhalation • Chest Physiotherapy • Deep Breathing & Coughing Exercises • Oral Suctioning <p>Fluid, Electrolyte, and Acid - Base Balances</p> <ul style="list-style-type: none"> • Maintaining intake output chart • Identify & report complications of IV therapy • Observe Blood & Blood Component therapy • Identify & Report Complications of Blood & Blood Component therapy 			
	<p>Administration of Medications</p> <ul style="list-style-type: none"> • Calculate Drug Dosages • Preparation of lotions & solutions • Administer Medications <ul style="list-style-type: none"> o Oral o Topical o Inhalations o Parenteral <ul style="list-style-type: none"> ▪ Intradermal ▪ Subcutaneous ▪ Intramuscular ▪ Instillations <p>o Eye, Ear, Nose -instillation of medicated drops, nasal sprays, irrigations</p>	03		
	<p>Sensory Needs and Care of Unconscious patients, Care of Terminally ill, death and dying</p> <p>Sensory Needs and Care of Unconscious patients</p>	02	Nursing rounds on care of patient with altered sensorium	



	<ul style="list-style-type: none">• Assessment of Level of Consciousness using Glasgow Coma Scale• Terminally ill, death and dying• Death Care			
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