

# Fundamentals of Nursing

## Hrs. 174

### Course Description

This course is designed to help students develop an ability to meet the basic health need of the patients with regard to nursing care and develop skill in the competencies required for rendering effective patient care.

### General Objectives

Upon completion of this course, the student will be able to:

- Describe the physical mental and social adjustment required of a sick individual and his family.
- Carry out basic nursing techniques and care with the application of sound scientific principles.
- Explain the concept of comprehensive nursing care
- Develop skills in assessment, planning, implementation and evaluation of the nursing care rendered to the patients
- Communicate effectively and establish good interpersonal relationship with the patients their relatives and other health team members.
- Demonstrate skills in observation, recording and reporting
- Recognise and utilize opportunities for planning and implementing need based health teaching programme(s) for individuals, groups, families and communities.

### Colures Content

#### Unit-I Introduction to Nursing

- Nursing: Definition, meaning, Nature, scope, principle send history of nursing.
- Nurse: Definition and meaning, preparation of a nurse qualities- personal, professional.
- Ethics in nursing, Role and responsibilities of a nurse.
- Health care agencies: Hospital and Community, Types of Hospitals and their function.
- Holistic approach to nursing
- Comprehensive nursing care.

#### Unit-II Nursing care of the patient/ client

- Introduction to the sick and well.
- Determinants of health status.
- Patient/Client: as an individual, member of the family, society, effects of illness and hospitalization of patient and his family.
- Admission of a patient: patient's unit set up and care admission procedure, reception of patient, care of patient's belongings.

#### Bed and bed Making

- Principle of bed-making factor to be considered on selecting and making bed different types of beds and their uses.

#### Maintenance of therapeutic environment

- Temperature light, noise and humidity.

#### Psych social Environment

- Meaning and its importance, aesthetic consideration in the environment, colour scheme beauty and flower arrangements.

#### Nursing Process and Nursing care plan

- Meaning importance and steps in development.

#### Recording and Reporting

- Importance types and nurses responsibilities.

#### Discharging a patient

- Preparation of the patient physically and mentally, discharges procedure, hospital policies, preparation of the patient's relatives for discharge.
- Follow up and Rehabilitation revisit, treatment compliance and referral.

### Unit-III Basic Nursing care and Need of the patient

#### Hygienic Need and physical needs

- Importance of maintaining good personal and environmental hygiene in health and disease.
- Nurse's role in maintaining good personal and environmental hygiene
- care of skin and Mucous Membrane
- Bed bath, care of hair, eyes, nose, ears, teeth, genitalia, hands and feet, Nutritional needs
- Importance of diet in health and disease, factors affecting the normal nutrition in sickness, nurse's role in maintaining good nutrition, feeding helpless patients, maintenance of intake and output record.

#### Elimination needs

- Problem in sickness: constipation and diarrhea, retention and incontinence of urine.
- Nurse's role in meeting elimination needs.

#### Safety needs

- Environmental hazards, role of nurses in prevention of health hazards.
- Interpersonal relationship, cultural/spiritual/religious needs.

#### Activity and Exercises

- Importance of activity and exercise in health and sickness active and passive exercise.

#### Physical Comforts

- comfort: meaning and its importance in health and disease, factors promoting and inhibiting physical comfort, comfort devices and their uses, body mechanics, positions.

#### Moving shifting and Lifting of patient

- Care of pressure points, bed sores: causes, signs, symptoms, prevention and nursing care.
- Shifting of patient from one side to another, from bed to wheel chair and bed to stretcher.

### Unit-IV assessment of patient/ client

- Principles and importance of assessment, methods of assessment: observation, palpation, auscultation, percussion, developing skill in observation.

#### Physical Assessment

- Height, weight posture, speech

#### Physiological Assessment

- Temperature, pulse, respiration and blood pressure characteristics of normal and abnormal (T.P.R and B.P.) and factors influencing the variations.
- Urine stool vomit, sputum, normal and abnormal behaviour and its deviation.

### Unit-V Therapeutic Nursing care and procedures Asepsis

- Hand washing, hand scrubbing, use of mask, gown, and gloves.
- Disinfection techniques, sterilization techniques.
- Autoclaving, boiling, flaming, ultra violet rays.

#### Care and Sterilization of:

- Linen, bed, mattress, floor, walls, cupboard and other articles.

- Rubber goods, dressings, instruments, needles, syringes enamel articles.
- Barrier nursing and isolation.

#### Care of Respiratory

- Inhalation: dry inhalation, moist inhalation, jug, Nelson's inhaler, steam tent, electric inhalers, suction oro-nasal
- Collection of specimen of sputum for examination.

#### Care of Gastro Intestinal Tract

- Preparation and giving of enema: Retention enema, evacuation enema, suppository \, passing of flatus tube,

#### Care of Genito Urinary System

- Perineal care of terminally ill patient and patient with urinary catheter.
- Collection of specimens of urine and stool for routine and culture examination.

#### Care of Skin and Mucous membranes

- Cold application: ice cap, cold packs, use of evaporating lotion.
- Hot application: use of hot water bottle, dry fomentation, moist fomentation, medicated fomentation.

#### Unit-VI Basic Needs and care in special conditions

- care patient with fever, unconscious patient, patient with fluid imbalance, patient with dyspnoea.
- Care of terminally ill patient.
- Care of physically handicapped.

#### Dying patient

- Signs and symptoms of approaching death, needs of the dying patient and his relatives, care of the dying, last offices, packing of dead bodies in non-communicable and communicable diseases.

#### Unit-VII Introduction to Pharmacology

Concept of pharmacology

Classification of drugs.

Admonition of drugs.

General action of drugs

Nursing implications in administration of drugs.