



SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar, Gujarat
Syllabus with effect from the Academic Year 2021-2022

Bachelor of Science in Nursing (B.Sc. Nursing) (Semester-II)

Course Code	UM02CNFN02	Title of the Course	Nursing Foundations II
Total Credits of the Course	06	Contact Credit Hours	120

Course Specific Objectives	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 Objectives	<ol style="list-style-type: none">1. Develop understanding about fundamentals of health assessment and perform health assessment in supervised clinical setting2. Demonstrate fundamental skills of assessment, planning, implementation and evaluation of nursing care using Nursing process approach in supervised clinical settings3. Assess the Nutritional needs of patients and provide relevant care under supervision4. Identify and meet the hygienic needs of patients5. Identify and meet the elimination needs of patient6. Interpret findings of specimen testing applying the knowledge of normal values7. Promote oxygenation based on identified oxygenation needs of patients under supervision8. Review the concept of fluid, electrolyte balance integrating the knowledge of applied physiology9. Apply the knowledge of the principles, routes, effects of administration of medications in administering medication10. Calculate conversions of drugs and dosages within and between systems of measurements11. Demonstrate knowledge and understanding in caring for patients with altered functioning of sense organs and unconsciousness12. Explain loss, death and grief13. Describe sexual development and sexuality14. Identify stressors and stress adaptation modes15. Integrate the knowledge of culture and cultural differences in meeting the spiritual needs16. Explain the introductory concepts relevant to models of health and illness in patient care settings

T – Theory, SL – Skill Lab

Unit	Time (Hrs)	Content	Weightage
I	20 (T) 20 (SL)	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">○ Health history○ Physical examination:<ul style="list-style-type: none">▪ Methods: Inspection, Palpation, Percussion, Auscultation, Olfaction▪ Preparation for examination: patient and unit<ul style="list-style-type: none">▪ General assessment▪ Assessment of each body system▪ Documenting health assessment findings<ul style="list-style-type: none">• Application and implication in nursing	17%
II	13 (T) 8 (SL)	The Nursing Process <ul style="list-style-type: none">• Critical Thinking Competencies, Attitudes for Critical Thinking, Levels of critical thinking in Nursing<ul style="list-style-type: none">• Nursing Process Overview○ Assessment<ul style="list-style-type: none">▪ Collection of Data: Types,	11%



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Unit	Time (Hrs)	Content	Weightage
		Sources, Methods <ul style="list-style-type: none"> Organizing Data Validating Data Documenting Data Nursing Diagnosis <ul style="list-style-type: none"> Identification of client problems, risks and strengths Nursing diagnosis statement – parts, Types, Formulating, Guidelines for formulating Nursing Diagnosis NANDA approved diagnoses Difference between medical and nursing diagnosis Planning <ul style="list-style-type: none"> Types of planning Establishing Priorities Establishing Goals and Expected Outcomes – Purposes, types, guidelines, Components of goals and outcome statements Types of Nursing Interventions, Selecting interventions: Protocols and Standing Orders Introduction to Nursing Intervention Classification and Nursing Outcome Classification Guidelines for writing care plan Implementation <ul style="list-style-type: none"> Process of Implementing the plan of care Types of care – Direct and Indirect Evaluation <ul style="list-style-type: none"> Evaluation Process, Documentation and Reporting 	
III	5 (T) 5 (SL)	Nutritional needs <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) 	4%
IV	5 (T) 15 (SL)	Hygiene <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 	4%



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		manifestations, care and prevention o Perineal care/Meatal care o Oral care, Care of Eyes, Ears and Nose including assistive devices (eye glasses, contact lens, dentures, hearing aid)	
V	10 (T) 10 (SL)	Elimination needs • Urinary Elimination o Review of Physiology of Urine Elimination, Composition and characteristics of urine o Factors Influencing Urination o Alteration in Urinary Elimination o Facilitating urine elimination: assessment, types, equipment, procedures and special considerations o Providing urinal/bed pan o Care of patients with ▪ Condom drainage ▪ Intermittent Catheterization ▪ Indwelling Urinary catheter and urinary drainage ▪ Urinary diversions • ▪ Bladder irrigation Bowel Elimination o Review of Physiology of Bowel Elimination, Composition and characteristics of feces o Factors affecting Bowel elimination o Alteration in Bowel Elimination o Facilitating bowel elimination: Assessment, equipment, procedures ▪ Enemas ▪ Suppository ▪ Bowel wash ▪ Digital Evacuation of impacted feces ▪ Care of patients with Ostomies • (Bowel Diversion Procedures)	8%
VI	3 (T) 4 (SL)	Diagnostic testing • Phases of diagnostic testing (pre-test, intra-test & post-test) in Common investigations and clinical implications o Complete Blood Count o Serum Electrolytes o LFT o Lipid/Lipoprotein profile o Serum Glucose – AC, PC, HbA1c o Monitoring Capillary Blood Glucose (Glucometer Random Blood Sugar – GRBS) o Stool Routine Examination o Urine Testing – Albumin, Acetone, pH, Specific Gravity o Urine Culture, Routine, Timed Urine Specimen o Sputum culture o Overview of Radiologic & • Endoscopic Procedures	2%
VII	11 (T) 10 (SL)	Oxygenation needs • Review of Cardiovascular and Respiratory Physiology	9%



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		<ul style="list-style-type: none"> • 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 	
VIII	5 (T) 10 (SL)	Fluid, Electrolyte, and Acid – Base Balances <ul style="list-style-type: none"> • Review of Physiological Regulation of Fluid, Electrolyte and Acid-Base Balances • 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 venipuncture 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 	4%
IX	20 (T) 22 (SL)	Administration of Medications <ul style="list-style-type: none"> • Introduction – Definition of Medication, Administration of Medication, Drug Nomenclature, Effects of Drugs, Forms of Medications, 	17%



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Unit	Time (Hrs)	Content	Weightage
		<p>Purposes, Pharmacodynamics and Pharmacokinetics</p> <ul style="list-style-type: none"> • 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 • 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, <ul style="list-style-type: none"> • intraperitoneal, 	
X	5 (T) 6 (SL)	<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 & 	4%



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Unit	Time (Hrs)	Content	Weightage
		sensory poverty • Management ○ Promoting meaningful communication (patients with Aphasia, artificial airway & Visual and Hearing impairment) Care of Unconscious Patients • Unconsciousness: Definition, causes & risk factors, pathophysiology, stages of Unconsciousness, Clinical Manifestations • Assessment and nursing management of patient with unconsciousness, complications	
XI	4 (T) 6 (SL)	Care of Terminally ill, death and dying • 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	3%
XII	3 (T)	A. Self-concept • Introduction • Components (Personal Identity, Body Image, Role Performance, Self Esteem) • Factors affecting Self Concept • Nursing Management	2%
XIII	2 (T)	B. Sexuality • Sexual development throughout life • Sexual health • Sexual orientation • Factors affecting sexuality Prevention of STIs, unwanted pregnancy, avoiding sexual harassment and abuse • Dealing with inappropriate sexual behavior	2 %
XIV	2 (T) 4 (SL)	C. Stress and Adaptation – Introductory concepts • Introduction	2%



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Unit	Time (Hrs)	Content	Weightage
		<ul style="list-style-type: none"> • 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 	
XV	6 (T)	D. Concepts of Cultural Diversity and Spirituality <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 	5%
XVI	6 (T)	Nursing Theories: Introduction <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 	5%

Teaching/ Learning Activities	<ul style="list-style-type: none"> • Lecture cum Discussion • Demonstration & Re-demonstration • Models • Case discussions\ • Death care/last Office • Exercise • Supervised • Clinical practice
Assessment Methods	<ul style="list-style-type: none"> • Essay • Short answer • Objective Type <ul style="list-style-type: none"> • OSCE

SN	Details of Evaluation	Weightage
1	University Examination	75 Marks

Course Outcomes: Having completed this course, the learner will be able to	
1	Describe the purpose and process of health assessment and perform assessment under supervised clinical practice



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2	Describe assessment, planning, implementation and evaluation of nursing care using Nursing process approach
3	Identify and meet the Nutritional needs of patients
4	Identify and meet the hygienic needs of patients
5	Identify and meet the elimination needs of patient
6	Explain various types of specimens and identify normal values of tests Develop skill in specimen collection, handling and transport
7	Assess patients for oxygenation needs, promote oxygenation and provide care during oxygen therapy
8	Describe the concept of fluid, electrolyte balance
9	Explain the principles, routes, effects of administration of medications Calculate conversions of drugs and dosages within and between systems of measurements Administer oral and topical medication and document accurately
10	Provide care to patients with altered functioning of sense organs and unconsciousness in supervised clinical practice
11	Explain loss, death and grief
12	Develop basic understanding of self-concept
13	Describe sexual development and sexuality
14	Describe stress and adaptation
15	Explain culture and cultural norms Integrate cultural differences and spiritual needs in providing care to patients under supervision
16	Explain the significance of nursing theories

Suggested References:	
SN	References
1	Fundamentals of Nursing Potter-Perry, Elsevier 2009
2	Potter & Perry's Fundamentals of Nursing Patricia. A. Potter Elsevier 2013
3	Fundamental Concepts and Skills for Nursing Dewit Susan c., Elsevier 3rd ed.2009
4	Fundamental of Nursing (Hindi) Kubde Minakshi, Jain Publications. 2013
5	Fundamental of Nursing, A Procedure Manual TNAI TNAI 2005
6	A Textbook of Fundamental of Nursing Lakhwinder Kaur , Pee Vee 5th ed,2014
7	Fundamentals of Nursing B T Basavanthappa , Jaypee 2nd ed, 2009
8	Fundamentals of Nursing The Art and Science of Nursing Care Taylor, Wolter Kluwer, Lippincott. 7th ed, 2011

