



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

Course Code	--	Title of the Course	NURSING FOUNDATION-I
Total Credits of the Course	06	Contact Credit Hours	120
PRACTICUM: Skill Lab: 2 Credits (80 hours) and Clinical: 2 Credits (160 hours)			
*Mandatory Module used in Teaching/Learning: First Aid: 40 Hours (including Basic CPR)			

Course Objectives	<ol style="list-style-type: none"> 1. Develop understanding about the concept of health, illness and scope of nursing within health care services. 2. Apply values, code of ethics and professional conduct in professional life. 3. Apply the principles and methods of effective communication in establishing communication links with patients, families and other health team members. 4. Develop skill in recording and reporting. 5. Demonstrate competency in monitoring and documenting vital signs. 6. Describe the fundamental principles and techniques of infection control and biomedical waste management. 7. Identify and meet the comfort needs of the patients. 8. Perform admission, transfer, and discharge of a patient under supervision applying the knowledge. 9. Demonstrate understanding and application of knowledge in caring for patients with restricted mobility. 10. Perform first aid measures during emergencies. 11. Identify the educational needs of patients and demonstrate basic skills of patient education.
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Unit	Time (Hrs)	Content	Weightage
I	5 (T)	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 	4%
II	5 (T)	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 	4%
III	12 (T)	History of Nursing and Nursing as a profession <ul style="list-style-type: none"> • History of Nursing, History of Nursing in India • Contributions of Florence Nightingale • Nursing – Definition – Nurse, Nursing, Concepts, philosophy, objectives, • Characteristics, nature and Scope of Nursing/ Nursing practice, 	10%



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		<p>Functions of nurse, Qualities of a nurse, Categories of nursing personnel</p> <ul style="list-style-type: none"> 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	8 (T) 3 (SL)	<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/nontherapeutic 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 (children, women, physically and mentally challenged and elderly) 	7%
V	4 (T) 2 (SL)	<p>Documentation and Reporting</p> <ul style="list-style-type: none"> Documentation – Purposes of Reports and Records Confidentiality Types of Client records/Common Recordkeeping 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 	3%
VI	15 (T) 20 (SL)	<p>Vital signs</p> <ul style="list-style-type: none"> Guidelines for taking vital signs <p>Body temperature –Definition, Physiology, Regulation, Factors affecting body temperature</p> <ul style="list-style-type: none"> 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 Hot and Cold applications <p>Pulse:</p> <ul style="list-style-type: none"> Definition, Physiology and Regulation, Characteristics, Factors affecting pulse Assessment of pulse – sites, equipment and technique Alterations in pulse <p>Respiration:</p> <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 <p>Blood pressure:</p> <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 	13%
VII	3 (T)	<p>Equipment and Linen</p> <ul style="list-style-type: none"> Types – Disposables and reusable Linen, rubber goods, glassware, metal, plastics, furniture 	2%



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		<ul style="list-style-type: none"> • Introduction – Indent, maintenance, Inventory 	
VIII	10 (T) 3 (SL)	<p>Introduction to Infection Control in Clinical setting Infection</p> <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 –Medical & Surgical asepsis</p> <p>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 – Introduction 	8%
IX	15 (T) 15 (SL)	<p>Comfort, Rest & Sleep and Pain</p> <p>Comfort</p> <ul style="list-style-type: none"> • Factors Influencing Comfort • Types of beds including latest beds, purposes & bed making Therapeutic positions • Comfort devices • Sleep and Rest • Physiology of sleep • Factors affecting sleep • Promoting Rest and sleep • Sleep Disorders <p>• Pain (Discomfort)</p> <ul style="list-style-type: none"> • Physiology • Common cause of pain • Types • Assessment – pain scales and narcotic scales • Pharmacological and Nonpharmacological pain relieving measures – Use of narcotics, TENS devices, PCA • Invasive techniques of pain management • Any other newer measures • CAM (Complementary 	13%
X	5 (T) 5 (SL)	<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 – 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. 	4%
XI	6 (T) 2	<p>Hospital Admission and discharge</p> <ul style="list-style-type: none"> • Admission to the hospital Unit and preparation of unit 	5%



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	(SL)	<ul style="list-style-type: none"> o Admission bed o Admission procedure o Medico-legal issues o Roles and Responsibilities of the nurse • Discharge from the hospital o Types – Planned discharge, LAMA and Abscond, Referrals and transfers o Discharge Planning o Discharge procedure o Medico-legal issues o Roles and Responsibilities of the nurse o Care of the unit after discharge 	
XII	8 (T) 10 (SL)	<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 • Range of motion exercises • Muscle strengthening exercise • Maintaining body alignment – positions • Moving • Lifting • Transferring • Walking • Assisting clients with ambulation • Care of patients with Immobility using Nursing process approach • Care of patients with casts and splints 	7%
XIII	4 (T) 2 (SL)	<p>Patient education</p> <ul style="list-style-type: none"> • Patient Teaching – Importance, Purposes, Process • Integrating nursing process in patient teaching 	3%
XIV	20 (T) 20 (SL)	<p>First Aid*</p> <ul style="list-style-type: none"> • Definition, Basic Principles, Scope & Rules • First Aid Management o Wounds, Hemorrhage & Shock o Musculoskeletal Injuries – Fractures, Dislocation, Muscle injuries o Transportation of Injured persons o Respiratory Emergencies & Basic CPR o Unconsciousness o Foreign Bodies – Skin, Eye, Ear, Nose, Throat & Stomach o Burns & Scalds o Poisoning, Bites & Stings o Frostbite & Effects of Heat o Community Emergencies 	17%



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Teaching/ Learning Activities	<ul style="list-style-type: none">• Lecture cum Discussion• Video/Slides• Group discussion• Role play• Panel discussion
Assessment Methods	<ul style="list-style-type: none">• Short answer• Objective type• MCQs• Essay
Course Outcomes	1. 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.

Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1	University Examination Conducted During Second Semester *	75 Marks

Suggested References:	
1.	B.T. Basavanthappa, Nursing Foundation
2.	Potter And Perry's Fundamentals Of Nursing
3.	I Clement Textbook of Nursing Foundation
4.	Kozier And Erb's Fundamentals Of Nursing: Concepts, Process And Practice
5.	Kim Cooper, Kelly Gosnell, Foundations of Nursing

