**Fundamentals of Nursing (1)**

1. **Course Title:** Fundamentals of Nursing (1)

2. **Course Number:** (203)

3. **Credit Hours:** Total of (5) credits;
   - Theory (2) credits
   - Lab. (1) credits
   - Clinical (2) credits

4. **Course Calendar:** Total (10) hrs. weekly of (15) weeks:
   - Theory (2) hrs.
   - Lab. (2) hrs.
   - Clinical (6) hrs

5. **Placement:** Second year / first semester

6. **Instructors:** Staff of Fundamental of Nursing Unit.

7. **Course Description:**
This course serves as a base for other nursing courses. It is designed to provide the nursing students with the basic nursing concepts and principles needed for practicing nursing. The course emphasizes on the nature of the client’s needs and interventions required for utilizing the patterns of functional health. This course also provides laboratory and clinical guided experiences which helps the nursing student in integrating the basic nursing concepts into practice. It also enables her/him in performing the nursing activities safely.

8. **Course Goals:**

   Upon Completion of this course the student will be able to:
   - Discuss concepts related to functional health patterns and their utilization in providing nursing care for client.
Realize the nursing process as a frame work for providing nursing care for a client with selected alterations in function health patterns.

Recognize the principle underlying all nursing intervention procedures related to providing care to client in adult nursing care.

Recognize the principles of infection prevention in clinical area.

Develop an awareness concerning the importance of health promotion for the adult nursing care.

Apply a systematic approach of analyzing the patients problems

Utilize systematic approach in assessing the client health status

Perform basic nursing skills related to various client conditions.

Provide a safe & therapeutic environment for client care.

Utilize principles of medical / surgical asepsis & universal precautions in client care.

Utilize principles of body mechanics in positioning, transferring & ambulating the client.

Prepare & administer medications safely.

Demonstrate the use of principles accurately in reporting & recording nursing action, intervention, and clients’ response.

9. Course Outline:

The Theoretical Content

Unit 1: Nursing Process: (4) hrs.

- Definition of nursing process.
- Characteristics of nursing process.
- Steps of the nursing process:
  - Assessment:
    Assessing, collecting, organizing, validating, and documenting data.
  - Diagnosis:
    NANDA N nursing diagnosis.
    The diagnoses process.
  - Planning:
    Type of planning.
Developing nursing care plan.

The planning process.

-Implementing and evaluating:
  Implementing.
  Evaluating.

**Unit 2: Admission, discharge, transfer and referrals** (6) hrs.

- The admission process:
  - The admitting department.
    - Nursing admission activities.
    - Initial nursing plan for care.
    - Common responses to admission.

- The discharge process:
  - Providing discharge instructions.
  - Discharging a client.
  - Writing a discharge summary.
  - Terminal cleaning.

- Transfer:
  - Client Transfer.
  - Transfer activity.
  - Extended care facilities.

- Referral:
  - Client referral.
  - Home health care.

**Unit 3: Vital signs:** (6) hrs.

- Body temperature:
  - Regulation of body temperature.
  - Factors affecting body temperature.
- Alteration in body temperature (pyrexia, hypothermia).
- Assessing body temperature.
- Type of thermometers, temperature scale.

- Pulse:
  - Factors affecting the pulse.
  - Pulse sites.
  - Assessing the pulse.

- Respiration:
  - Mechanics and regulation of breathing.
  - Assessing respiration.
  - Factors affecting respirations.

- Blood Pressure:
  - Determinates of blood pressure.
  - Factors affecting blood pressure.
  - Hypertension, hypotension.
  - Assessing blood pressure.

- Oxygen saturation.
- Factors affecting oxygen saturation.

- Documenting vital signs.
- Nursing implementation.

Unit 4: Asepsis: (4) hrs.

- Type of microorganism causing infection.
- Types of infection.
- Nosocomial infection.
- Chain of infection.
- Body defenses against infection.
- Factors increasing susceptibility to infection.
- Infection control for health care workers.
- Role of the infection control nurse.

Unit 5: Safety and Activity: (2) hrs.

- Body mechanics.
- Maintaining good posture.
- Protective devices.
- Nursing implication.
- Therapeutic exercise.
- Exercise prescriptions.
- Types of exercise.

Unit 6: Hygiene: (4) hrs.

- The Integumentary system.
- Skin, mucous membranes, hair, nails, teeth.
- Hygiene practices.
- Bathing, Shaving, Oral hygiene, Hair care, Nails care, Visual and Hearing devise.

- Nursing implications.

Unit 7: Medication Administration: (4) hrs.

- Drug standard.
- Legal asepsis of drug administration.
- Effect and action of drugs.
- Routes of administration.
- System of measurement.
- Medication orders:
  - Oral medication.
    - Applying the five right.
    - Calculating dosages.
    - Topical medication.
  - Documentation.
  - Parenteral medication
    - Parenteral administration equipment
    - Modified safety injection equipment
    - Combining medication in one syringe
    - Reducing in section discomfort
    - Injection routes.
  - Intravenous medication
- Continuous administration
- Intermittent administration
- Central venous catheter
- Medication administering using a cvc

The Laboratory Content

Unit 1: Skill of Admission, Discharge, Transfer & Referrals): (2) hrs.

- Admitting a client.
- Discharging a client.
- Transferring a client.
- Referrals of a client.

Unit 2: Skills of Vital signs: (8) hrs.

- Assessing body Temperature.
- Assessing peripheral pulse.
- Assessing apical pulse.
- Assessing apical – redial pulse.
- Assessing respiration.
- Assessing blood pressure.
- Measuring oxygen saturation.

Unit 3: Skills of asepsis: (4) hrs.

- Hand washing.
- Removing personal protective equipment.
- Establishing and maintaining a sterile filed.
- Donning and removing sterile glove.
- Donning a sterile gown and gloves.

Unit 4: Skills of Safety & Activity: (6) hrs.

- Moving a client up in bed.
- Turning a client to lateral or prone position in bed.
- Assisting the client to sit on the side of the bed.
- Transferring between bed and chair.
- Transferring between bed and stretcher.
- Assisting the client to ambulate.

Unit 5: Skills of Hygiene: (2) hrs.
• Providing a tub bath or shower.
• Brushing and flossing the teeth.
• Giving abed bath.
• Giving oral care to unconscious clients.
• Shampooing hair.
• Foot care.

**Unit 6: Skills of Medication Administration:** (8) hrs.

• Administering oral medication.
• Administering medication through an eternal tube.
• Instilling eye medication.
• Administering nasal medication.
• Preparing medication from ampoule vials.
• Preparing intra dermal injection.
• Preparing subcutaneous injection.
• Preparing intramuscular injection.
• Adding intravenous medication by continues infusion.
• Maxing medication using on syringe.

**The Clinical Content**

• Orientation to the clinical area. (2) hrs.
• Collect data from at least (2) patient. (2) hrs.
• Perform admission, transfer and discharge procedures under supervision. (8) hrs.

• Perform vital signs procedures under supervision in the general medical and surgical wards. (18) hrs.

• Perform moving the patients in the general medical and surgical wards:
  - Moving helpless patient up in bed.
  - Raising shoulders of the semi helpless patient.
  - Helping the patient move to the side of the bed.
  - Helping the patient turn on his side.
- Assisting the patient to work.

- Apply personal hygiene in the general medical and surgical wards. (12) hrs.
  - Hair care.
  - Oral hygiene.
  - Bed bath.
  - Back massage.

- Administer medication in the wards & outpatient unit. (18) hrs.
  - Oral medication.
  - IV injection.
  - IM injection.
  - SC injection.
  - ID injection.

- Apply dressing procedure under supervision in the wards and outpatient unit. (18) hrs.

10. **Learning Resources:**
Black board, Overhead, Posters, Handouts, Films, and CD’s, laboratory sites and teaching hospitals.

11. **Teaching / Learning Strategies:**
Lecture, Small Groups, Case based learning, Role Playing Demonstration, Self Training and Clinical training.

12. **Students Evaluation:**

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<tr>
<th>Exam Type</th>
<th>Weightage</th>
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<tbody>
<tr>
<td>1st theory exam</td>
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<tr>
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<tr>
<td>1st lab. exam</td>
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<tr>
<td>2nd lab. exam</td>
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1st practical exam. 10%
2nd practical exam. 10%
Final theory exam. 20%
Final lab. exam. 10%
Final practical exam. 10%

Total 100%

13. References:

- Articles related to the different topics from nursing Journals