

**STUDY & EVALUATION SCHEME
OF
BACHELOR OF SCIENCES
IN
NURSING
(B.Sc. NURSING)**

(B.Sc. NURSING - I YEAR/ I SEMESTER)



[Applicable w.e.f. Academic Session 2020-21 till revised]

**INTEGRAL UNIVERSITY,LUCKNOW
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STUDY & EVALUATION SCHEME

BACHELOR OF SCIENCES IN NURSING

(B.Sc. NURSING)

(W.e.f. July 2020)

I – Year

I - Semester

S.No.	Course Category	Code No.	Name of the Subject	Periods			Credits	Evaluation Scheme				Subject Total
				L	T	P		Sessional			Exam	
								CT	TA	Total	ESE	
1.	DC	NR101	General Science	3	1	0	4	40	20	60	40	100
2.	DC	NR102	Applied Anatomy	2	1	0	3	40	20	60	40	100
3.	DC	NR103	Applied Physiology	2	1	0	3	40	20	60	40	100
4.	DC	NR104	Applied Sociology & Applied Psychology	4	1	0	5	40	20	60	40	100
5.	DC	NR105	Nursing Foundation-I	5	1	0	6	40	20	60	40	100
6.	DC	NR106	Communicative English	2	0	0	2	40	20	60	40	100
7.	DC	NR107	Nursing Foundation-I Lab	0	0	4	2	30	30	60	40	100
8.	DC	NR108	Clinical Posting	0	0	6	2	50	50	100	00	100
Total				18	05	10	27	320	200	520	280	800

L: Lecture	T: Tutorials	P: Practical	C: Credit	CT: Class Test
TA: Teacher Assessment			ESE: End Semester Examination	
Sessional Total: Class Test + Teacher Assessment			Subject Total: Sessional Total + End Semester Examination (ESE)	
DC- Departmental Core				
DE- Departmental Elective				
Approved by the Academic Council on:				

SUBJECT NAME: GENERAL SCIENCE
SUBJECT CODE: NR101

L T P
3 1 0

Placement: I Semester

Theory: 4 Credits (80 Hours)

DESCRIPTION: The course is designed to enable students to refresh their knowledge and understanding gained during the previous education that will enhance their ability to apply the same in nursing practice.

COMPETENCIES

On completion of the course, the students will be able to

1. Recall and refresh their knowledge and understanding of concepts, principles and application of Physics and identify its relevance to nursing.
2. Recall and refresh their knowledge and understanding of concepts, principles and application of Chemistry and identify its relevance to nursing.
3. Recall and refresh their knowledge and understanding of concepts, principles and application of Biology and identify its relevance to nursing.

CONTENT: PHYSICS

UNIT: I

(10 hours)

1. Physical World and Measurement
 - a. Physical World
 - b. Units and Measurements
2. Kinematics
 - a. Motion in straight line
 - b. Motion in a plane
 - c. Uniform Circular motion
3. Laws of motion
 - a. Laws of conservation of linear momentum and its applications
 - b. Laws of friction
4. Work, energy and power
 - a. Kinetic energy, work energy, power
 - b. Conservation of mechanical energy (kinetic and potential energies)
5. Motion of system of particles and rigid body system of particles and rotational motion

UNIT: II

(10 hours)

1. Gravitation
2. Properties of bulk matter
 - a. Mechanical properties of solid, fluids
 - b. Thermal properties of matter

3. Thermodynamics
4. Behaviour of perfect gases and kinetic theory of gases
5. Oscillation of waves
 - a. Oscillations
 - b. Waves

CONTENT: CHEMISTRY

UNIT: III

(20 hours)

1. Some basic concepts of chemistry: Structure of atom
2. Classification of elements and periodicity in properties
3. Chemical bonding and molecular structure
4. States of matter: gases and liquids
5. Chemical thermodynamics
6. Equilibrium
7. Redox reactions
8. Hydrogen
9. S-Block elements, P-Block elements
10. Organic chemistry some basic principles and techniques
11. Hydrocarbons
12. Environmental chemistry

CONTENT: BIOLOGY

UNIT-IV

(20 hours)

1. Diversity in Living World
 - a. Biodiversity
 - b. Salient features and classifications of plants and animals
2. Structural organization in Animals and plants:
 - a. Plants tissues: Morphology, anatomy and functions of different parts of flowering plants
 - b. Animal tissues: Morphology, anatomy and functions of different systems
3. Cell Structure and Function
 - a. Plant cell and animal cell-structure and functions
 - b. Cell division: Cell cycle, mitosis, meiosis and their significance
4. Plant Physiology
 - a. Transport in plants: Transport of food: Mineral nutrition-Essential minerals, macro and micronutrients and their role
 - b. Nitrogen metabolism
 - c. Photosynthesis – Factors affecting photosynthesis
 - d. Respiration: Exchange of gases; Cellular respiration, Energy

5. Human Physiology

- a. Digestion and absorption
- b. Breathing and Respiration: Respiratory system in humans: Mechanism of breathing and its regulation in humans
- c. Body fluid and circulation, Human circulatory system
- d. Human excretory system – structure and functions
- e. Locomotion and movement, Skeletal system and its function
- f. Nervous system in humans,
- g. Sense organs – eye and ear
- h. Human endocrine system

UNIT-V

(20 hours)

1. Reproduction

- a. Sexual reproduction in flowering plants
- b. Human reproduction: Male and female reproductive systems, Reproductive health

2. Genetics and Evolution

- a. Chromosomes and genes
- b. Sex determination in humans
- c. Structure of DNA and RNA, Gene expression and regulation

3. Biology and Human Welfare

- a. Health and Disease: Pathogens; parasites causing human diseases
- b. Basic concepts of immunology, microbes in human welfare
- c. Sewage treatment, Energy generation and biofertilizers

4. Biotechnology and its applications: Biotechnology in health and agriculture

5. Ecology and environment

- a. Population and ecological adaptations
- b. Air pollution and its control; Water Pollution and its control
- c. Solid waste management, Radioactive waste management, Greenhouse effect and global warming, ozone depletion, Deforestation

RECOMMENDED BOOKS:

1. Arihant NCERT (2020)
2. HC Verma 1st edition,(physics)
3. Vinay kumar ,4th edition
4. Ross&wilson ,10th edition
5. K.L. Kapoor 6th edition(chemistry)
6. M.S Chauhan, 3rd edition (chemistry)
7. Vaibhav Trivedi ,2nd edition(Chemistry)

SUBJECT NAME: APPLIED ANATOMY
SUBJECT CODE: NR102

L T P
2 1 0

PLACEMENT: I Semester

THEORY: 3 Credits (50 Hours)

DESCRIPTION: The course is designed to assist students to acquire the knowledge of the normal structure of human body, identify alteration in anatomical structure with emphasis on clinical application to practice nursing.

COMPETENCIES:

On completion of the course, the students will be able to

1. Describe anatomical terms
2. Explain the general and microscopic structure of each system of the body
3. Identify relative positions of the major body organs as well as their general anatomical locations
4. Explore the effect of alterations in structure
5. Apply knowledge of anatomical structures to analyze clinical situation and therapeutic applications

COURSE OUTLINE CONTENT:

UNIT-I INTRODUCTION TO ANATOMICAL TERMS AND ORGANIZATION OF THE HUMAN BODY: (6 Hours)

1. Introduction to anatomical terms relative to position anterior, ventral, posterior dorsal, superior, inferior, median, lateral, proximal, distal, superficial, deep, prone, supine, palmar and plantar
2. Anatomical planes (axial/transverse/ horizontal, sagittal/ vertical plane and coronal/ frontal/ oblique plane)
3. Movements (flexion, extension, abduction, adduction, medial rotation, lateral rotation, inversion, eversion, supination, pronation, plantar flexion, dorsal flexion and circumduction)
4. Cell structure, Cell division
5. Tissue definition, types, characteristics, classification, location
6. Membrane, glands classification and structure
7. Identify major surface and bony landmarks in each body region, Organization of human body
8. Hyaline, fibro cartilage, elastic cartilage
9. Features of skeletal, smooth and cardiac muscle
10. Application and implication in nursing

**UNIT-II: THE RESPIRATORY SYSTEM & THE CIRCULATORY AND
LYMPHATIC SYSTEM: (10 Hours)**

RESPIRATORY SYSTEM:

1. Structure of the organs of respiration
2. Muscles of respiration
3. Application and implication in nursing

CIRCULATORY AND LYMPHATIC SYSTEM:

1. Structure of blood component, blood vessels Arterial and Venous system
2. Position of heart relative to the associated structures
3. Chambers of heart, layers of heart
4. Heart valves, coronary arteries
5. Nerve and blood supply to heart
6. Lymphatic tissue
7. Vein used for IV injections
8. Application and implication in nursing

**UNIT III: THE DIGESTIVE SYSTEM, THE ENDOCRINE SYSTEM & THE
RENAL SYSTEM: (09 Hours)**

THE DIGESTIVE SYSTEM:

1. Structure of alimentary canal and accessory organs of digestion
2. Application and implication in nursing

THE ENDOCRINE SYSTEM:

1. Structure of Hypothalamus, Pineal Glands, Pituitary gland,
2. Thyroid, Parathyroid, Thymus, Pancreas and Adrenal glands

THE RENAL SYSTEM:

1. Structure of kidney, ureters, bladder, urethra
2. Application and implication in nursing

**UNIT-IV: THE NERVOUS SYSTEM, THE SENSORY ORGANS THE
NERVOUS SYSTEM & THE REPRODUCTIVE SYSTEM:
(10 Hours)**

THE NERVOUS SYSTEM:

1. Review structure of Neurons
2. CNS, ANS and PNS (Central, autonomic and peripheral)
3. Structure of brain, spinal cord, cranial nerves, spinal nerves, peripheral nerves, functional areas of cerebral cortex
4. Ventricular system, formation, circulation and drainage
5. Application and implication in nursing

THE SENSORY ORGANS:

1. Structure of skin, eye, ear, nose and tongue
2. Application and implication in nursing

THE REPRODUCTIVE SYSTEM:

1. Structure of male reproductive organs
2. Structure of female reproductive organs
3. Structure of breast

UNIT: IV THE MUSCULOSKELETAL SYSTEM:**(8 Hours)****THE SKELETAL SYSTEM:**

1. Anatomical positions
2. Bones – types, structure, growth and ossification
3. Axial and appendicular skeleton
4. Joints – classification, major joints and structure
5. Application and implication in nursing

THE MUSCULAR SYSTEM:

3. Types and structure of muscles
4. Muscles groups – muscles of the head, neck, thorax, abdomen, pelvis, upper limb and lower limbs
5. Principal muscles – deltoid, biceps, triceps, respiratory, abdominal, pelvic floor, pelvic floor muscles, gluteal muscles and vastus lateralis
6. Major muscles involved in nursing procedures

RECOMMENDED BOOKS:

1. Textbook of anatomy with colour atlas ,Inderbir Singh,Jaypee,4th edition
2. Ross &Wilson anatomy & physiology in health & illness,12th edition
3. Textbook of anatomy &physiology for Nurses,PR Ashalatha G deepa,4th edition
4. Frank H. Netter ,Atlas of human anatomy,6th edition
5. A textbook of anatomy,D.K Kadasne vol.1&2
6. Anatomy & physiology,Gerard J.Tortora, 2015 India edition
7. Basic Anatomy & physiology, N.Murugesh 6th edition

SUBJECT NAME: APPLIED PHYSIOLOGY
SUBJECT CODE: NR103

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2 1 0

PLACEMENT: I Semester

THEORY: 3 Credits (50 Hours)

DESCRIPTION: The course is designed to assist students to acquire comprehensive knowledge of the normal functions of the organ systems of the human body to facilitate understanding of physiological basis of health, identify alteration in functions and provide the student with the necessary physiological knowledge to practice nursing

COMPETENCIES: On completion of the course, the students will be able to

1. Develop understanding of the normal functioning of various organ systems of the body
2. Identify the relative contribution of each organ system towards maintenance of homeostasis.
3. Describe the effect of alterations in functions
4. Apply knowledge of physiological basis to analyze clinical situations and therapeutic applications

COURSE OUTLINE

UNIT-I: GENERAL PHYSIOLOGY – BASIC CONCEPTS & MUSCULO-SKELETAL SYSTEM: (3 hours)

GENERAL PHYSIOLOGY – BASIC CONCEPTS:

1. Cell physiology including transportation across cell membrane
2. Body fluid compartments, Distribution of total body fluid, intracellular and extracellular compartments, major electrolytes and maintenance of homeostasis
3. Cell cycle
4. Tissue – formation, repair, Membranes and glands functions
5. Application and implication in nursing

MUSCULO- SKELETAL SYSTEM:

1. Bone – Functions, movements of bones of axial and appendicular skeleton, bone healing
2. Joints and joint movements
3. Alteration of joint disease
4. Properties and functions of skeletal muscles – mechanism of muscles contraction
5. Structure and properties of cardiac muscles and smooth muscles, Application and implication in nursing

UNIT-II: BLOOD, CIRCULATORY AND LYMPHATIC SYSTEM & RESPIRATORY SYSTEM: (10 Hours)

BLOOD:

1. Blood functions, physical characteristics, components, Formation of blood cells
2. Erythropoiesis, functions of RBC, RBC life cycle, WBC types, functions, Blood groups and types, Platelets – function and production of platelets
3. Clotting mechanism of blood, clotting time, bleeding time, PTT.
4. Hemostasis – role of vasoconstriction, platelet plug formation in hemostasis, coagulation factors, intrinsic and extrinsic pathways of coagulation
5. Functions of reticulo-endothelial system, Immunity, Application in nursing

CIRCULATORY AND LYMPHATIC SYSTEM

1. Functions of heart, conduction system, cardiac cycle, stroke volume and cardiac output, Blood pressure and pulse.
2. Circulation – principles, factors influencing blood pressure, pulse, Coronary circulation, pulmonary and systemic circulation.
3. Heart rate regulation of heart rate, normal value and variations
4. Cardiovascular homeostasis in exercise and posture
5. Aging change, Application and implication in nursing

RESPIRATORY SYSTEM

1. Functions of respiratory organs, Physiology of respiration, Regulation of respiration
2. Pulmonary circulation – functional features, Pulmonary ventilation, exchange of gases.
3. Carriage of oxygen and carbon – dioxide, exchange of gases in tissue
4. Hypoxia, cyanosis, dyspnea, periodic breathing, PFT, Respiratory changes during exercise
5. Aging changes, Application and implication in nursing

UNIT-III: DIGESTIVE SYSTEM, THE ENDOCRINE SYSTEM: (10 Hours)

DIGESTIVE SYSTEM:

1. Functions of the organs of digestive tract, Saliva – composition, regulation of secretion and functions of saliva, Movements of alimentary tract
2. Composition and function of gastric juice, mechanism and regulation of gastric secretion, Composition of pancreatic juice, function, regulation of pancreatic secretion
3. Functions of liver, gall bladder and pancreas
4. Composition of bile and function, Secretion and function of small and large intestine, Digestion in mouth, stomach, small intestine, large intestine, absorption of food.

5. Metabolism of CHO, fat and protein, Application and implication in nursing.

THE ENDOCRINE SYSTEM

1. Functions and hormones of Pineal Glands, Pituitary gland, Thyroid, Parathyroid, Thymus, Pancreas and Adrenal glands
2. Other hormones
3. Alterations in disease, Application and implication in nursing

UNIT-IV: RENAL SYSTEM & THE REPRODUCTIVE SYSTEM: (10 Hours)

RENAL SYSTEM:

1. Function of kidney in maintaining homeostasis, GFR
2. Function of ureters, bladder and urethra
3. Micturition
4. Regulation of renal function, Application and implication in nursing

THE REPRODUCTIVE SYSTEM:

1. Female reproductive system – Menstrual cycle, function and hormones of ovary, oogenesis, fertilization, implantation, functions of breast
2. Male reproductive system – spermatogenesis, hormones and its functions, semen
3. Application and implication in providing nursing care

UNIT-V: NERVOUS SYSTEM & THE SENSORY ORGANS: (10 Hours)

NERVOUS SYSTEM:

1. Overview of nervous system, Review of types, structure and functions of neurons, Nerve impulse, Reflexes, Autonomic functions, Review functions of Brain – Medulla, Pons, Cerebrum, Cerebellum
2. Sensory and Motor Nervous System, Peripheral Nervous System
3. Autonomic Nervous System, Limbic system and higher mental functions – Hippocampus, Thalamus, Hypothalamus, Vestibular apparatus
4. Functions of cranial nerves, Physiology of Pain – somatic, visceral and referred
5. CSF formation, composition, circulation of CSF, blood brain barrier and blood CSF barrier, Application and implication in nursing

THE SENSORY ORGANS:

1. Functions of skin
2. Vision, hearing, taste and smell
3. Errors of reflection, aging changes
4. Application and implication in nursing

RECOMMENDED BOOKS:

1. Textbook of medical physiology, second south asia edition, John E. Hall
2. A textbook of practical physiology, C.L. Ghai, 8th edition

SUBJECT NAME: APPLIED SOCIOLOGY AND PSYCHOLOGY
SUBJECT CODE: NR104

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PLACEMENT: I SEMESTER

THEORY: 5 Credits (100 Hours)

Sociology – 2 credits (40 hrs)

Psychology – 3 credits (60 hrs)

DESCRIPTION: The course is designed to enable the students to develop understanding about basic concepts of sociology and psychology and its application in personal and community life, health, illness and nursing. It further provides students opportunity to recognize the significance and application of soft skills and self empowerment in the practice of nursing

APPLIED SOCIOLOGY
(40 Hours/ 2 Credits)

COMPETENCIES: On completion of the course, the student s will be able to

1. Identify the scope and significance of sociology in nursing
2. Apply the knowledge of social structure and different culture in a society in indentifying social needs of sick clients.
3. Identify the impact of culture on health and illness
4. Develop understanding about types of family, marriage and its legislation
5. Identify different types of caste, class, Social change and its influence on health and health practices
6. Develop understanding about social organization and disorganization and social problems in India
7. Integrate the knowledge of clinical sociology and its uses in crisis intervention

UNIT-I INTRODUCTION, SOCIAL STRUCTURE & CULTURE:

INTRODUCTION:

(1 hour)

1. Definition, nature and scope of sociology
2. Significance of sociology in nursing

SOCIAL STRUCTURE

(10 hours)

1. Basic concept of society, community, association and institution, Individual society, Personal disorganization
2. Social group meaning, characteristics and classification
3. Social processes – definition and forms, Co-operation, competition, conflict, accommodation, assimilation, isolation
4. Socialization – characteristics, process, agencies of socialization, Social change – nature, process and role of nurse.

5. Structure and characteristics of urban, rural and tribal community, Major health problems in urban, rural and tribal communities, Importance of social structure in nursing profession

CULTURE: (5 hours)

1. Nature, characteristics and evolution of culture
2. Diversity and uniformity of culture
3. Difference between culture and civilization
4. Culture and socialization, Trans-cultural society
5. Culture, modernization and its impact on health and disease

UNIT-II: FAMILY AND MARRIAGE & SOCIAL STRATIFICATION:

FAMILY AND MARRIAGE: (5 hours)

1. Family – characteristics, basic needs, types and functions of family
2. Marriage – forms of marriage, social custom relating to marriage and importance of marriage
3. Legislation on Indian Marriage and family
4. Influence of marriage and family on health and health practices

SOCIAL STRATIFICATION: (5 hours)

1. Introduction – characteristics & forms of stratification, Function of stratification
2. Indian caste system – origin and characteristics , Positive and negative impact of caste in society, Class system and status
3. Social mobility – meaning and types
4. Race – concept, criteria of racial classification
5. Influence of class, caste and race system on health

SOCIAL ORGANIZATION AND DISORGANIZATION: (12 hours)

1. Social organization – meaning, elements and types, Voluntary associations
2. Social system – definition, types, role and status as structural element of social system, Interrelationship of institutions, Social control – meaning, aims and process of social control, Social norms, moral and values, Social disorganization – definition, causes, control and planning
3. Major social problems – poverty, housing, food supplies, illiteracy, prostitution, dowry, child labour, child abuse, delinquency, crime, substance abuse, HIV/AIDS
4. Vulnerable group – elderly, handicapped, minority and other marginal group
5. Fundamental rights of individual, women and children, Role of nurse in reducing social problem and enhance coping, Social welfare programmes in India

CLINICAL SOCIOLOGY: (2 hours)

1. Introduction to clinical sociology
2. Sociological strategies for developing services for the abused
3. Use of clinical sociology in crisis intervention

APPLIED PSYCHOLOGY

(60 Hours/ 3 Credits)

COMPETENCIES: On completion of the course, the student s will be able to

1. Identify the importance of psychology in individual and professional life
2. Develop understanding of the biological and psychological basis of human behavior
3. Identify the role of nurse in promoting mental health and dealing with altered personality
4. Perform the role of nurses applicable to the psychology of different age groups
5. Identify the cognitive and affective needs of clients
6. Integrate the principles of motivation and emotion in performing the role of nurse in caring for emotionally sick clients
7. Demonstrate basic understanding of psychological assessment and nurse's role
8. Apply the knowledge of soft skills in workplace and society
9. Apply the knowledge of self empowerment in workplace, society and personal life

UNIT-III: INTRODUCTION, BIOLOGICAL BASIS OF BEHAVIOUR:

INTRODUCTION:

(2 hours)

1. Meaning of psychology
2. Development of psychology – scope, branches and methods of psychology
3. Relationship with other subjects
4. Significance of psychology in nursing
5. Applies psychology to solve everyday issues

BIOLOGICAL BASIS OF BEHAVIOUR-INTRODUCTION:

(3 hours)

1. Body mind relationship
2. Genetics and behavior, Inheritance of behavior
3. Brain and behavior
4. Psychology and sensation – sensory process – normal and abnormal

MENTAL HEALTH AND MENTAL HYGIENE:

(5 hours)

1. Concept of mental health and mental hygiene, Characteristics of mentally healthy person, Warning signs of poor mental health.
2. Promotive and preventive mental health strategies and services
3. Defense mechanism and its implication
4. Frustration and conflict – types of conflicts and measurement to overcome
5. Role of nurse in reducing frustration and conflict and enhancing coping

UNIT-IV: DVELOPMENT OF PSYCHOLOGY, PERSONALITY & COGNITIVE

PROCESS:

DVELOPMENT OF PSYCHOLOGY: (5 hours)

1. Psychological needs of various groups in health and sickness – infancy, childhood, adolescence, adulthood and old age
2. Introduction to child psychology and role of nurse in meeting the psychological needs of children
3. Psychology of vulnerable individuals – challenged, women, sick etc
4. Role of nurse with vulnerable group

PERSONALITY:

(4 hours)

1. Meaning, definition of personality
2. Classification of personality
3. Measurement and evaluation of personality – Introduction
4. Alteration in personality
5. Role of nurse in identification of individual personality and improvement in altered personality

COGNITIVE PROCESS:

(14 hours)

1. **Attention** – definition, types, determinants, duration, degree and alteration in attention
2. **Perception** – meaning of perception, principles, factor affecting perception
3. **Intelligence** – meaning of intelligence – Effect of heredity and environment in intelligence, classification, introduction to measurement of intelligence tests – Mental deficiencies
4. **Learning** – Definition of learning, types of learning, factors influencing learning – learning process, habit formation
5. **Memory** – meaning and nature of memory, factors influencing memory, method to improve memory, forgetting
6. **Thinking** – types, level, reasoning and problem solving
7. **Aptitude** – concept, types, individual differences and variability
8. Psychometric assessment of cognitive processes – Introduction
9. Alteration in cognitive processes

UNIT-V: MOTIVATION AND EMOTIONAL PROCESSES PSYCHOLOGICAL ASSESSMENT AND TESTS-INTRODUCTION:

MOTIVATION AND EMOTIONAL PROCESSES:

(6 hours)

1. **Motivation** – meaning, concept, types, theories of motivation, motivation cycle, biological and special motives
2. **Emotions** – meaning of emotions, development of emotions, alteration of emotion, emotions in sickness – handling emotions in self and other
3. Stress and adaption– stress, stressor, cycle, effect, adaption and coping

4. **Attitudes** – meaning of attitudes, nature, factor affecting attitude, attitudinal change, role of attitude in health and sickness
5. Psychometric assessment of emotions and attitude – Introduction
6. Role of nurse in caring for emotionally sick client

PSYCHOLOGICAL ASSESSMENT AND TESTS-INTRODUCTION: (4 hours)

1. Types, development, characteristics, principles, uses, interpretation
2. Role of nurse in psychological assessment

APPLICATION OF SOFT SKILL: (12 hours)

1. Concept of soft skill , Types of soft skill – visual, aural and communication skill
2. The way of communication, Building relationship with client and society
3. *Interpersonal relationships (IPR)*
Definition, types and purposes, Interpersonal skills, Barriers, Strategies to overcome barriers
4. Survival strategies – managing time, coping stress, resilience, work-life balance
5. Applying soft skill to workplace and society, Use of soft skill in nursing

SELF – EMPOWERMENT: (5 hours)

1. Dimensions of self empowerment
2. Self empowerment development
3. Importance of women’s empowerment in society
4. Professional etiquette and personal grooming
5. Role of nurse in empowering others

RECOMMENDED BOOKS:

1. Sociology for Nurses,Dr.K.P Pothen & Dr.Pothen
2. Textbook of sociology for Nurses,Jaypee,T.K Indrani
3. Sociology for Nursing & Allied Health Sciences,Jaypee,Taramadhusudan
4. Textbook of sociology for Nursing student,K.P Neeraja,Jaypee
5. Psychology for Nurses,2nd edition,R. Sreevani.
6. Psychology for graduate Nurses,Jacob Anthikad,5th edition

SUBJECT NAME: NURSING FOUNDATIONS-I
SUBJECT CODE: NR105

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PLACEMENT: I SEMESTER

THEORY: 6 Credits (120 Hours)
(Skill Lab): 2 Credits (80 hours)

DESCRIPTION: 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.

COMPETENCIES: On completion of the course, the students will be able to

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. Develop understanding about fundamentals of health assessment and perform health assessment in supervised clinical settings
7. Describe the principles and techniques of infection control and biomedical waste management
8. Identify and meet the comfort needs of the patients
9. Perform admission, transfer and discharge of patient under supervision applying the knowledge
10. Demonstrate understanding and application of knowledge in caring for patients with restricted mobility
11. Identify the educational needs of patients and demonstrate basic skills of patient education

UNIT-I INTRODUCTION TO HEALTH AND ILLNESS:

INTRODUCTION TO HEALTH AND ILLNESS:

(5Hours)

1. Concept of health: Definitions (WHO), Dimensions
2. Maslow's hierarchy of needs
3. Health – Illness continuum, Factors influencing health
4. Causes and risk factors for developing illnesses
5. Illness: Types, Illness behavior, Impact of illness on patient and family

HEALTH CARE DELIVERY SYSTEMS: INTRODUCTION OF BASIC CONCEPTS AND MEANINGS:

(5T-2L)

1. Levels of illness prevention – primary (health promotion), secondary and tertiary
2. Levels of care – Primary, secondary and tertiary

3. Types of health care agencies/services – hospitals, clinics, hospice, rehabilitation centers, extended care facilities

4. Hospitals: Types, organization and functions

HISTORY OF NURSING AND NURSING AS A PROFESSION: (12T)

1. History of nursing, History of nursing in India, Contributions of Florence Nightingale

2. Nursing: Definition – nurse, nursing, concepts, philosophy, objectives, characteristics, nature and scope of nursing / nursing practice, functions of nurse, qualities of a nurse, categories of nursing personnel

3. Nursing as a profession: Definition and characteristics / criteria of profession

4. Values: Introduction – meaning and importance

5. Code of ethics and professional conduct for nurses – Introduction

UNIT-II: COMMUNICATION AND NURSE PATIENT RELATIONSHIP,

DOCUMENTATION AND REPORTING & VITAL SIGNS:

COMMUNICATION AND NURSE PATIENT RELATIONSHIP:

(8T-3L)

1. Communication: levels, elements and process, types, modes, factors influencing communication, Methods of effective communication / therapeutic communication techniques.

2. Barriers to effective communication / Non-therapeutic communication techniques, Professional communication

3. Helping relationship (Nurse Patient Relationship): purposes and phases

4. Communicating effectively with patient, families and team members

5. Maintaining effective human relations and communication with vulnerable groups (children, women, physically and mentally challenged and elderly)

DOCUMENTATION AND REPORTING:

(4T-2L)

1. Documentation: purposes of reports and records, Confidentiality

2. Types of client records/common records-keeping forms

3. Methods/systems of documentation/recording, Guidelines for documentation

4. Do's and don'ts of documentation/ legal guidelines for documentation/recording

5. Reporting: Change-of shift reports, transfer reports, incident reports

VITAL SIGNS:

(15T-20L)

1. Guidelines for taking vital signs:

Body temperature: Definition, physiology, regulation, factors affecting body temperature, Assessment of body temperature: sites, equipment and technique, Temperature alterations: Hyperthermia, heat cramps, heat exhaustion, heatstroke, hypothermia, Fever/pyrexia - Definition, causes, stages, types

2. Nursing management: Hot and cold applications

Pulse: Definition, physiology and regulation, characteristics, factors affecting pulse, Assessment of pulse: site, equipments and technique, Alteration in pulse

Respiration: Definition, physiology and regulation, mechanics of breathing, characteristics, factors affecting respiration, Assessment of respirations: technique, Arterial oxygen saturation, Alterations in respiration

Blood pressure: Definition, physiology and regulation, characteristics, factors affecting BP, Assessment of BP: sites, equipment and technique, common errors in BP assessment Alteration in blood pressure

3. Documenting Vital Signs

UNIT-III: HEALTH ASSESSMENT, EQUIPMENT AND LINEN &

INTRODUCTION TO INFECTION CONTROL IN CLINICAL SETTING INFECTION:

HEALTH ASSESSMENT: (25T-10L)

1. Interview techniques, Observation techniques, Purposes of health assessment, Process of health assessment.
2. Health history
3. Physical examination:
 - a. Methods – inspection, palpation, percussion, auscultation, olfaction
 - b. Preparation for examination: patient and unit
 - c. General assessment
 - d. Assessment of each body system
 - e. Documenting health assessment findings

EQUIPMENT AND LINEN: (3 T)

1. Types: Disposables and reusable
 - a. Linen, rubber goods, glassware, metal, plastics, furniture
2. Introduction: Indent, maintenance, inventory

INTRODUCTION TO INFECTION CONTROL IN CLINICAL SETTING INFECTION

(10T-4L)

1. Nature of infection, Chain of infection, Types of infection, Stages of infection, Factors increasing susceptibility to infection.
2. Body defenses against infection: Inflammatory response & Immune response.
3. Health care associated infection (Nosocomial infection).

Introductory concept of Asepsis: Medical & Surgical Asepsis Precautions

1. Hand Hygiene (Hand washing and use of hand rub)
2. Use of personal protective equipment (PPE), Standard precautions

Biomedical Waste Management – Types of hospital waste, waste segregation and hazards

UNIT-IV: COMFORT, REST & SLEEP AND PAIN, PROMOTING SAFETY IN HEALTH CARE ENVIRONMENT & HOSPITAL ADMISSION AND DISCHARGE:

COMFORT, REST & SLEEP AND PAIN: (12T-20L)

1. Comfort – Factors influencing comfort, Types of beds & bed making, Therapeutic positions, Comfort devices.
2. Sleep and rest – Physiology of sleep, Factors affecting sleep, Promoting rest and sleep, Sleep disorders.
3. Pain (Discomfort) – Physiology, Common cause of pain, Types, Assessment, Pharmacological and Non-pharmacological pain relieving measures, Invasive techniques of pain management, CAM (Complementary & Alternative healing Modalities).

PROMOTING SAFETY IN HEALTH CARE ENVIRONMENT: (3T-5L)

1. Physical environment: Temperature, humidity, noise, ventilation, light, odor, pest control
2. Reduction of physical hazards: fire, accidents
3. Fall risk assessment
4. Role of nurse in providing safe and clean environment
5. 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 etc.

HOSPITAL ADMISSION AND DISCHARGE: (6T-2L)

1. Admission to the hospital unit and preparation of unit: Admission bed, Admission procedure, Medico-legal issues, Roles and responsibilities of the nurse
2. Discharge from the hospital: Types: planned discharge, LAMA and abscond, referrals and transfers, Discharge planning, Discharge procedure, Medico-legal issues, Roles and responsibilities of the nurse, Care of the unit after discharge

UNIT-V MOBILITY ANF IMMOBILITY:

MOBILITY ANF IMMOBILITY: (8T-10L)

1. Elements of normal movement, alignment & posture, joint mobility, balance, coordinated movement
2. Principles of body mechanics, Factors affecting body alignment and activity, Maintenance of normal body alignment and activity, Alteration in body alignment and mobility, Exercise – types and benefits, Effects of immobility
3. Nursing interventions for impaired body alignment and mobility: assessment, types, devices used, method

- a. Range of motion exercises, Muscle strengthening exercises , Maintaining body alignment : positions
 - b. Moving, Lifting, Transferring, Walking
4. Assisting clients with ambulation, Care of patients with immobility using nursing process approach, Care of patients with casts and splints

PATIENT EDUCATION:

(4T-2 L)

1. Patient teaching: importance, purposes, process
2. Integrating nursing process in patient teaching

RECOMMENDED BOOKS:

1. Fundamentals of nursing,BT Basavanthappa , 2nd edition
2. Fundamentals of nursing, Potter.perry 7th edition
3. Fundamentals of nursing, Taylor Lillis Lynn,8th edition
4. Principles &practice of nursing, Sister Nancy, 6th edition
5. Fundamentals of nursing,Audrey J Berman/Shirlee Snyder 9th edition
6. Fundamental concept & skill for nursing,Dewit O. Neill 4th edition
7. Lippincott manual of nursing practice ,10th edition
8. Principles & practice of nursing ,Shakuntala Sharma, Jaypee,2nd edition

SUBJECT NAME: COMMUNICATIVE ENGLISH
SUBJECT CODE: NR106

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PLACEMENT: I SEMESTER

THEORY: 2 Credits (40 Hours)

DESCRIPTION: The course is designed to enable students to enhance ability to speak and write the language (and use English) required for effective communication in their professional work. Students will practice their skills in verbal and written English during clinical and classroom experience.

COMPETENCIES: On completion of the course, the students will be able to

1. Identify the significance of Communicative English for healthcare professionals
2. Apply the concepts and principles of English Language use in professional development such as pronunciation, vocabulary, grammar, paraphrasing, voice modulation, spelling, pause and silence
3. Demonstrate attentive listening in different hypothetical situation
4. Converse effectively, appropriately and timely within the given context as an individual or to the team they are communicating with either face to face or by other means
5. Read, interpret and comprehend content in text, flow sheet, framework, figures, tables, reports, anecdotes etc.
6. Analyze the situation and apply critical thinking strategies
7. Enhance expressions through writing skills
8. Apply LSRW (Listening, Speaking, Reading and Writing) Skill in combination to learn, teach, educate and share information, ideas and results.

COURSE OUTLINE

UNIT-I: COMMUNICATION & INTRODUCTION TO LSRGW:

COMMUNICATION: **(3 hours)**

1. What is communication?
2. What are communication roles of listeners, speakers, readers and writes as healthcare professionals?

INTRODUCTION TO LSRGW: **(5 hours)**

1. L- Listening: Different types of listening
2. S- Speaking: Understanding consonants, Vowels, Word and Sentence stress, Intonation
3. R- Reading: Medical vocabulary
4. G- Grammar: Understanding tenses, linkers
5. W- Writing simple sentences and short paragraphs emphasis on correct grammar.

UNIT-II: ATTENTIVE LISTENING & LSRW SKILLS:

ATTENTIVE LISTENING: (5 hours)

1. Focusing on listening in different situations- announcements, descriptions, narratives, instructions, discussions, demonstration
2. Reproducing Verbatim
3. Listening to academic talks/lectures
4. Listening to presentation

LSRW SKILLS: (8 hours)

1. Critical thinking strategies for listening and reading
2. Oral reports, presentations
3. Writing instructions, letters and reports
4. Error analysis regarding LSRW

UNIT-III: SPEAKING-EFFECTIVE CONVERSATION: (9 hours)

1. Conversation situations informal, formal and neutral
2. Factors influencing way of speaking setting , topic, social relationship, attitude and language
3. Greetings, introductions, requesting, asking for and giving permission, speaking personally and casual conversation
4. Asking for information, giving instructions and directions
5. Agreeing and disagreeing, giving opinions
6. Describing people, places, events and things, narrating, reporting & reaching conclusions, Evaluating and comparing
7. Complaints and suggestions, Telephones conversations, Delivering presentations

UNIT-IV: READING: (5 hours)

1. Reading strategies, reading notes and messages
2. Reading relevant articles and news items
3. Vocabulary for everyday activities, abbreviations and medical vocabulary
4. Understanding visuals, graphs, figures and notes on instructions
5. Reading reports and interpreting them
6. Using idioms and phrases, spotting errors, vocabulary for presentations
7. Remedial grammar

UNIT-V: WRITING SKILLS: (5 hours)

1. Writing patient story
2. Note taking, Summarizing
3. Anecdotal records
4. Letter writing, Diary / Journal writing, Report writing
5. Paper writing skills
6. Abstract writing

SUBJECT NAME: NURSING FOUNDATION-I LAB
SUBJECT CODE: NR107
(SKILL LAB)

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PLACEMENT: I SEMESTER

Semester-I Lab 80 hours (2 Credits)

COMPETENCIES: On completing of the course, the students will be able to

1. Maintain effective human relations (projecting professional image)
2. Communicate effectively with patient, families and team members
3. Demonstrate skills in techniques of recording and reporting
4. Demonstrate skills in monitoring vital signs
5. Care for patients with altered vital signs
6. Perform health assessment of each body system
7. Demonstrate skills in implementing standards precautions and use of PPE
8. Demonstrate skills in meeting the comfort needs of the patients
9. Provide safe and clean environment
10. Demonstrate skills in admission, transfer and discharge of a patient
11. Demonstrate skills in caring for patients with restricted mobility
12. Plan and provide appropriate health teaching following the principles

Use of Mannequins and Simulators

S.No.	COMPETENCIES	MODE OF DEMONSTRATION
Semester-I		
1.	Therapeutic communication and documentation	Role play
2.	Vital signs	Simulator/ Standardized patient
3.	Physical Examination	Simulator/ Mannequin/ Standardized patient
4.	Medical and Surgical Asepsis	-
5.	Pain Assessment	Standardized patient
6.	Comfort Devices	Mannequin
7.	Therapeutic Position	Mannequin
8.	Physical Restraint and Side Rails	Mannequin
9.	ROM Exercises	Standardized patient
10.	Ambulation	Standardized patient
11.	Moving and turning patients in bed	Mannequin
12.	Changing position of helpless patients	Mannequin/ Standardized patient
13.	Transferring patients bed to stretcher/ wheel chair	Mannequin/ Standardized patient
14.	Admission, transfer, discharge & health teaching	Role play

SUBJECT NAME: CLINICAL POSTING
SUBJECT CODE: NR108

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SEMESTER-I – 10 weeks – 16 hours / week **Clinical – 160 Hours (2 Credits)**

CLINICAL POSTINGS – General Medical/Surgical Wards

CLINICAL UNIT: General Medical / Surgical Wards **DURATION IN WEEKS: 2**

PROCEDURAL COMPETENCIES/CLINICAL SKILLS:

COMMUNICATION AND NURSE PATIENT RELATIONSHIP

1. Maintaining communication with patient and family and interpersonal relationship
2. Documentation and reporting
 - a. Documenting patient care and procedures
 - b. Verbal report
 - c. Written report

CLINICAL UNIT: General Medical / Surgical Wards **DURATION IN WEEKS: 2**

PROCEDURAL COMPETENCIES/CLINICAL SKILLS:

VITAL SIGNS

1. Monitor/ measure and document vital signs in a graphic sheet
 - a. Temperature (oral, tympanic, axillary)
 - b. Pulse (apical and peripheral pulses)
 - c. Respiration
 - d. Blood pressure
 - e. Pulse oximetry
2. Interpret and report alteration
3. Cold applications – cold compress, ice cap, tepid sponging
4. Care of equipment – thermometer, BP apparatus, stethoscope, pulse oximeter

CLINICAL UNIT: General Medical / Surgical Wards **DURATION IN WEEKS: 2**

PROCEDURAL COMPETENCIES/CLINICAL SKILLS:

HEALTH ASSESSMENT & INFECTION CONTROL IN CLINICAL SETTING

Health Assessment

1. Nursing/ health history taking
2. Perform physical examination:
 - a. General
 - b. Body systems
3. Use various methods of physical examination – inspection, palpation, percussion, auscultation, olfaction

4. Identification of system wise deviations
5. Documentation of findings

Infection control in Clinical setting

- a. Hand hygiene
- b. Use of PPE

CLINICAL UNIT: General Medical / Surgical Wards

DURATION IN WEEKS: 2

PROCEDURAL COMPETENCIES/CLINICAL SKILLS:

COMFORT, REST & SLEEP, PAIN AND PROMOTING SAFETY IN HEALTH CARE ENVIRONMENT

Comfort, Rest & Sleep

1. Bed making
 - a. Open
 - b. Closed
 - c. Occupied
 - d. Post-operative
 - e. Cardiac bed
 - f. Fracture bed
2. Comfort Devices
 - a. Pillows
 - b. Over bed table/ cardiac table
 - c. Back rest
 - d. Bed cradle
3. Therapeutic Positions
 - a. Supine
 - b. Fowlers (low, semi, high)
 - c. Lateral
 - d. Prone
 - e. Sim's
 - f. Trendelenburg
 - g. Dorsal recumbent
 - h. Lithotomy
 - i. Knee chest
4. Pain assessment and provision for comfort *Promoting Safety in Health Care Environment*
5. Care of patient's unit
6. Use of safety devices:
 - a. Side Rails

7. Restraints (physical)

8. Fall risk assessment and post fall assessment

CLINICAL UNIT: General Medical / Surgical Wards

DURATION IN WEEKS: 2

PROCEDURAL COMPETENCIES/CLINICAL SKILLS:

**HOSPITAL ADMISSION AND DISCHARGE, MOBILITY AND IMMOBILITY AND
PATIENT EDUCATION**

Hospital Admission and discharge

Perform & Document:

1. Admission
2. Transfer
3. Planned Discharge

Mobility and Immobility

1. Range of motion exercises
2. Assist patient in:
 - a. Moving
 - b. Turning
 - c. Logrolling
3. Changing positions of helpless patient
4. Transferring (bed to and from chair/ wheelchair/ stretcher)
5. Patient education