B.Sc. Nursing Syllabus

Semester I

Subjects

Subject	PDF page	Open
Communicative English	2	Click here
Applied Anatomy	5	Click here
Applied Physiology	8	Click here
Applied Sociology	12	Click here
Applied Psychology	15	Click here
Nursing Foundation I	19	Click here

Curriculum sources

Click here to open the original curriculum

Click here for the official corrigendum

Communicative English

40 hours theory | 2 credits

Course description

The course is designed to enable students to enhance their 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.

Learning outcomes

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

Theory

Unit I

- Communication
- What is communication?
- What are communication roles of listeners, speakers, readers and writers as healthcare professionals?

Unit II

- Introduction to LSRGW
- L - Listening: Different types of listening
- S - Speaking: Understanding Consonants, Vowels, Word and Sentence Stress, Intonation
- R - Reading: Medical vocabulary,
- Gr - Grammar: Understanding tenses, linkers
- W - Writing simple sentences and short paragraphs - emphasis on correct grammar

Unit III

- Attentive Listening
- Focusing on listening in different situations
- announcements, descriptions, narratives, instructions, discussions, demonstrations

- Reproducing Verbatim
- Listening to academic talks/ lectures
- Listening to presentation

Unit IV

- Speaking - Effective Conversation
- Conversation situations - informal, formal and neutral
- Factors influencing way of speaking - setting, topic, social relationship, attitude and language
- Greetings, introductions, requesting, asking for and giving permission, speaking personally and casual conversations
- Asking for information, giving instructions and directions
- Agreeing and disagreeing, giving opinions
- Describing people, places, events and things, narrating, reporting & reaching conclusions
- Evaluating and comparing
- Complaints and suggestions
- Telephone conversations
- Delivering presentations

Unit V

- Reading
- Reading strategies, reading notes and messages
- Reading relevant articles and news items
- Vocabulary for everyday activities, abbreviations and medical vocabulary
- Understanding visuals, graphs, figures and notes on instructions
- Reading reports and interpreting them
- Using idioms and phrases, spotting errors, vocabulary for presentations
- Remedial Grammar

Unit VI

- Writing Skills
- Writing patient history
- Note taking
- Summarising
- Anecdotal records
- Letter writing
- Diary/Journal writing
- Report writing
- Paper writing skills
- Abstract writing

Unit VII

- LSRW Skills
- Critical thinking strategies for listening and reading
- Oral reports, presentations
- Writing instructions, letters and reports
- Error analysis regarding LSRW

Applied Anatomy

60 hours theory | 3 credits

Course description

The course is designed to assists student to recall and further acquire the knowledge of the normal structure of human body, identify alteration in anatomical structure with emphasis on clinical application to practice nursing.

Learning outcomes

- Describe anatomical terms.
- Explain the general and microscopic structure of each system of the body.
- Identify relative positions of the major body organs as well as their general anatomic locations.
- Explore the effect of alterations in structure.
- Apply knowledge of anatomic structures to analyze clinical situations and therapeutic applications.

Theory

Unit I

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

Unit II

- The Respiratory system
- Structure of the organs of respiration
- Muscles of respiration
- Application and implication in nursing

Unit III

- The Digestive system

- Structure of alimentary canal and accessory organs of digestion
- Application and implications in nursing

Unit IV

- The Circulatory and Lymphatic system
- Structure of blood components, blood vessels
- Arterial and Venous system
- Position of heart relative to the associated structures
- Chambers of heart, layers of heart
- Heart valves, coronary arteries
- Nerve and blood supply to heart
- Lymphatic tissue
- Veins used for IV injections
- Application and implication in nursing

Unit V

- The Endocrine system
- Structure of Hypothalamus, Pineal Gland, Pituitary gland, Thyroid, Parathyroid, Thymus, Pancreas and Adrenal glands

Unit VI

- The Sensory organs
- Structure of skin, eye, ear, nose and tongue
- Application and implications in nursing

Unit VII

- The Musculoskeletal system:
- The Skeletal system
- Anatomical positions
- Bones - types, structure, growth and ossification
- Axial and appendicular skeleton
- Joints - classification, major joints and structure
- Application and implications in nursing
- The Muscular system
- Types and structure of muscles
- Muscle groups - muscles of the head, neck, thorax, abdomen, pelvis, upper limb and lower limbs
- Principal muscles - deltoid, biceps, triceps, respiratory, abdominal, pelvic floor, pelvic floor muscles, gluteal muscles and vastus lateralis
- Major muscles involved in nursing procedures

Unit VIII

- The Renal system
- Structure of kidney, ureters, bladder, urethra
- Application and implication in nursing

Unit IX

- The Reproductive system
- Structure of male reproductive organs
- Structure of female reproductive organs
- Structure of breast

Unit X

- The Nervous system
- Review Structure of neurons
- CNS, ANS and PNS (Central, autonomic and peripheral)
- Structure of brain, spinal cord, cranial nerves, spinal nerves, peripheral nerves, functional areas of cerebral cortex
- Ventricular system - formation, circulation, and drainage
- Application and implication in nursing

Note: Few lab hours can be planned for visits, observation and handling

(less than 1 credit lab hours are not specified separately)

Applied Physiology

60 hours theory | 3 credits

Course description

The course is designed to assists student 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.

Learning outcomes

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

Theory

Unit I

- General Physiology - Basic concepts
- Cell physiology including transportation across cell membrane
- Body fluid compartments, Distribution of total body fluid, intracellular and extracellular compartments, major electrolytes and maintenance of homeostasis
- Cell cycle
- Tissue - formation, repair
- Membranes and glands - functions
- Application and implication in nursing

Unit II

- Respiratory system
- Functions of respiratory organs
- Physiology of respiration
- Pulmonary circulation - functional features
- Pulmonary ventilation, exchange of gases
- Carriage of oxygen and carbon-dioxide, Exchange of gases in tissue
- Regulation of respiration
- Hypoxia, cyanosis, dyspnea, periodic breathing
- Respiratory changes during exercise
- Application and implication in nursing

Unit III

- Digestive system

- Functions of the organs of digestive tract
- Saliva - composition, regulation of secretion and functions of saliva
- Composition and function of gastric juice, mechanism and regulation of gastric secretion
- Composition of pancreatic juice, function, regulation of pancreatic secretion
- Functions of liver, gall bladder and pancreas
- Composition of bile and function
- Secretion and function of small and large intestine
- Movements of alimentary tract
- Digestion in mouth, stomach, small intestine, large intestine, absorption of food
- Application and implications in nursing

Unit IV

- Circulatory and Lymphatic system
- Functions of heart, conduction system,
- cardiac cycle, Stroke volume and cardiac output
- Blood pressure and Pulse
- Circulation - principles, factors influencing blood pressure, pulse
- Coronary circulation, Pulmonary and systemic circulation
- Heart rate - regulation of heart rate
- Normal value and variations
- Cardiovascular homeostasis in exercise and posture
- Application and implication in nursing

Unit V

- Blood
- Blood - Functions, Physical characteristics
- Formation of blood cells
- Erythropoiesis - Functions of RBC, RBC life cycle
- WBC - types, functions
- Platelets - Function and production of platelets
- Clotting mechanism of blood, clotting time, bleeding time, PTT
- Hemostasis - role of vasoconstriction, platelet plug formation in hemostasis, coagulation factors, intrinsic and extrinsic pathways of coagulation
- Blood groups and types
- Functions of reticuloendothelial system, immunity
- Application in nursing

Unit VI

- The Endocrine system

- Functions and hormones of Pineal Gland, Pituitary gland, Thyroid, Parathyroid, Thymus, Pancreas and Adrenal glands.
- Other hormones
- Alterations in disease
- Application and implication in nursing

Unit VII

- The Sensory Organs
- Functions of skin
- Vision, hearing, taste and smell
- Errors of refraction, aging changes
- Application and implications in nursing

Unit VIII

- Musculoskeletal system
- Bones - Functions, movements of bones of axial and appendicular skeleton, Bone healing
- Joints and joint movements
- Alteration of joint disease
- Properties and Functions of skeletal muscles - mechanism of muscle contraction
- Structure and properties of cardiac muscles and smooth muscles
- Application and implication in nursing

Unit IX

- Renal system
- Functions of kidney in maintaining homeostasis
- GFR
- Functions of ureters, bladder and urethra
- Micturition
- Regulation of renal function
- Application and implication in nursing

Unit X

- The Reproductive system
- Female reproductive system - Menstrual cycle, function and hormones of ovary, oogenesis, fertilization, implantation, Functions of breast
- Male reproductive system - Spermatogenesis, hormones and its functions, semen
- Application and implication in providing nursing care

Unit XI

- Nervous system
- Overview of nervous system

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

Note: Few lab hours can be planned for visits, observation and handling

(less than 1 credit lab hours are not specified separately)

Applied Sociology

60 hours theory | 3 credits

Course description

This course is designed to enable the students to develop understanding about basic concepts of sociology and its application in personal and community life, health, illness and nursing.

Learning outcomes

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

Theory

Unit I

- Introduction
- Definition, nature and scope of sociology
- Significance of sociology in nursing

Unit II

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

Unit III

- Culture

- Nature, characteristic and evolution of culture
- Diversity and uniformity of culture
- Difference between culture and civilization
- Culture and socialization
- Transcultural society
- Culture, Modernization and its impact on health and disease

Unit IV

- Family and Marriage
- Family - characteristics, basic need, types and functions of family
- Marriage - forms of marriage, social custom relating to marriage and importance of marriage
- Legislation on Indian marriage and family.
- Influence of marriage and family on health and health practices

Unit V

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

Unit VI

- Social organization and disorganization
- Social organization - meaning, elements and types
- Voluntary associations
- 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
- Major social problems - poverty, housing, food supplies, illiteracy, prostitution, dowry, Child labour, child abuse, delinquency, crime, substance abuse, HIV/AIDS, COVID-19
- Vulnerable group - elderly, handicapped, minority and other marginal group.
- Fundamental rights of individual, women and children

- Role of nurse in reducing social problem and enhance coping
- Social welfare programs in India

Unit VII

- Clinical sociology
- Introduction to clinical sociology
- Sociological strategies for developing services for the abused
- Use of clinical sociology in crisis intervention

Applied Psychology

60 hours theory | 3 credits

Course description

This course is designed to enable the students to develop understanding about basic concepts of 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.

Learning outcomes

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

Theory

Unit I

- Introduction
- Meaning of Psychology
- Development of psychology - Scope, branches and methods of psychology
- Relationship with other subjects
- Significance of psychology in nursing
- Applied psychology to solve everyday issues

Unit II

- Biological basis of behavior -Introduction
- Body mind relationship
- Genetics and behaviour
- Inheritance of behaviour
- Brain and behaviour.
- Psychology and sensation - sensory process
- normal and abnormal

Unit III

- Mental health and mental hygiene
- Concept of mental health and mental hygiene
- Characteristic of mentally healthy person
- Warning signs of poor mental health
- Promotive and preventive mental health strategies and services
- Defense mechanism and its implication
- Frustration and conflict - types of conflicts and measurements to overcome
- Role of nurse in reducing frustration and conflict and enhancing coping
- Dealing with ego

Unit IV

- Developmental psychology
- Physical, psychosocial and cognitive development across life span - Prenatal through early childhood, middle to late childhood through adolescence, early and mid-adulthood, late adulthood, death and dying
- Role of nurse in supporting normal growth and development across the life span
- Psychological needs of various groups in health and sickness - Infancy, childhood, adolescence, adulthood and older adult
- Introduction to child psychology and role of nurse in meeting the psychological needs of
- children
- Psychology of vulnerable individuals - challenged, women, sick etc.
- Role of nurse with vulnerable groups

Unit V

- Personality
- Meaning, definition of personality
- Classification of personality
- Measurement and evaluation of personality
- Introduction
- Alteration in personality
- Role of nurse in identification of individual personality and improvement in altered personality

Unit VI

- Cognitive process
- Attention - definition, types, determinants, duration, degree and alteration in attention
- Perception - Meaning of Perception, principles, factor affecting perception,
- Intelligence - Meaning of intelligence - Effect of heredity and environment in intelligence, classification, Introduction to measurement of intelligence tests - Mental deficiencies

- Learning - Definition of learning, types of learning, Factors influencing learning - Learning process, Habit formation
- Memory-meaning and nature of memory, factors influencing memory, methods to improve memory, forgetting
- Thinking - types, level, reasoning and problem solving.
- Aptitude - concept, types, individual differences and variability
- Psychometric assessment of cognitive processes - Introduction
- Alteration in cognitive processes

Unit VII

- Motivation and emotional processes
- Motivation - meaning, concept, types, theories of motivation, motivation cycle, biological and special motives
- Emotions - Meaning of emotions, development of emotions, alteration of emotion, emotions in sickness - handling emotions in self and other
- Stress and adaptation - stress, stressor, cycle, effect, adaptation and coping
- Attitudes - Meaning of attitudes, nature, factor affecting attitude, attitudinal change, Role of attitude in health and sickness
- Psychometric assessment of emotions and attitude - Introduction
- Role of nurse in caring for emotionally sick client

Unit VIII

- Psychological assessment and tests - introduction
- Types, development, characteristics, principles, uses, interpretation
- Role of nurse in psychological assessment

Unit IX

- Application of soft skill
- Concept of soft skill
- Types of soft skill - visual, aural and communication skill
- The way of communication
- Building relationship with client and society
- Interpersonal Relationships (IPR): Definition, Types, and Purposes, Interpersonal skills, Barriers, Strategies to overcome barriers
- Survival strategies - managing time, coping stress, resilience, work - life balance
- Applying soft skill to workplace and society
- Presentation skills, social etiquette, telephone etiquette, motivational skills, teamwork etc.
- Use of soft skill in nursing

Unit X

- Self-empowerment

- Dimensions of self-empowerment
- Self-empowerment development
- Importance of women's empowerment in society
- Professional etiquette and personal grooming
- Role of nurse in empowering others

Nursing Foundation I

120 hours theory | 80 hours lab | 160 hours clinical | 10 credits

Includes the First Aid module.

Course 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.

Learning outcomes

- Develop understanding about the concept of health, illness and scope of nursing within health care services.
- Apply values, code of ethics and professional conduct in professional life.
- Apply the principles and methods of effective communication in establishing communication links with patients, families and other health team members.
- Develop skill in recording and reporting.
- Demonstrate competency in monitoring and documenting vital signs.
- Describe the fundamental principles and techniques of infection control and biomedical waste management.
- Identify and meet the comfort needs of the patients.
- Perform admission, transfer, and discharge of a patient under supervision applying the knowledge.
- Demonstrate understanding and application of knowledge in caring for patients with restricted mobility.
- Perform first aid measures during emergencies.
- Identify the educational needs of patients and demonstrate basic skills of patient education.
- Mandatory Module used in Teaching/Learning:

First Aid: 40 Hours (including Basic CPR)

Theory

Unit I

- Introduction to health and illness
- 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

Unit II

- Health Care Delivery Systems -
- Introduction of Basic Concepts & Meanings
- 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

Unit III

- History of Nursing and Nursing as a profession
- 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, Functions of nurse, Qualities of a nurse, Categories of nursing personnel
- Nursing as a profession - definition and characteristics/criteria of profession
- Values - Introduction - meaning and importance
- Code of ethics and professional conduct for nurses - Introduction

Unit IV

- Communication and Nurse Patient Relationship
- Communication - Levels, Elements and Process, Types, Modes, Factors influencing communication
- Methods of effective communication/therapeutic communication techniques
- Barriers to effective communication/non-therapeutic 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)

Unit V

- Documentation and Reporting
- Documentation - Purposes of Reports and Records
- Confidentiality
- Types of Client records/Common Record-keeping 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

Unit VI

- Vital signs
- 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
- Nursing Management
  - Hot and Cold applications
- Pulse:
  - Definition, Physiology and Regulation, Characteristics, Factors affecting pulse
  - Assessment of pulse - sites, equipment and technique
  - Alterations 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
  - Alterations in Blood Pressure
- Documenting Vital Signs

Unit VII

- Equipment and Linen
- Types - Disposables and reusable
  - Linen, rubber goods, glassware, metal, plastics, furniture
- Introduction - Indent, maintenance, Inventory

Unit VIII

- Introduction to Infection Control in Clinical setting Infection
- 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)
- Introductory concept of Asepsis - Medical & Surgical asepsis
- Precautions
- Hand Hygiene
- (Hand washing and use of hand Rub)
- Use of Personal Protective Equipment (PPE)
- Standard precautions
- Biomedical Waste management
- Types of hospital waste, waste segregation and hazards - Introduction

Unit IX

- Comfort, Rest & Sleep and Pain
- Comfort
  - 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
- Pain (Discomfort)
  - Physiology
  - Common cause of pain
  - Types
  - Assessment - pain scales and narcotic scales
  - Pharmacological and Non-pharmacological pain relieving measures - Use of narcotics, TENS devices, PCA
  - Invasive techniques of pain management
  - Any other newer measures
  - CAM (Complementary & Alternative healing Modalities)

Unit X

- Promoting Safety in Health Care Environment
- 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 etc.

Unit XI

- Hospital Admission and discharge
- Admission to the hospital Unit and preparation of unit
  - Admission bed
  - Admission procedure
  - Medico-legal issues
  - Roles and Responsibilities of the nurse
- 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 XII

- Mobility and Immobility
- 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 exercises
  - 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

Unit XIII

- Patient education
- Patient Teaching - Importance, Purposes, Process
- Integrating nursing process in patient teaching

Unit XIV

- First Aid*
- Definition, Basic Principles, Scope & Rules
- First Aid Management
  - Wounds, Hemorrhage & Shock
  - Musculoskeletal Injuries - Fractures, Dislocation, Muscle injuries
  - Transportation of Injured persons
  - Respiratory Emergencies & Basic CPR
  - Unconsciousness
  - Foreign Bodies - Skin, Eye, Ear, Nose, Throat & Stomach
  - Burns & Scalds
  - Poisoning, Bites & Stings
  - Frostbite & Effects of Heat
  - Community Emergencies
- Mandatory module

Clinical practicum

Clinical Practicum: 2 Credits (160 hours), 10 weeks × 16 hours per week

PRACTICE COMPETENCIES: On completion of the clinical practicum, the students will be able to

- Maintain effective human relations (projecting professional image)
- Communicate effectively with patient, families and team members
- Demonstrate skills in techniques of recording and reporting
- Demonstrate skill in monitoring vital signs
- Care for patients with altered vital signs

- Demonstrate skill in implementing standard precautions and use of PPE
- Demonstrate skill in meeting the comfort needs of the patients
- Provide safe and clean environment
- Demonstrate skill in admission, transfer, and discharge of a patient
- Demonstrate skill in caring for patients with restricted mobility
- Plan and provide appropriate health teaching following the principles
- Acquire skills in assessing and performing First Aid during emergencies.

Skill lab

Use of Mannequins and Simulators

Skill lab

- Therapeutic Communication and Documentation
- Vital signs
- Medical and Surgical Asepsis
- Pain Assessment
- Comfort Devices
- Therapeutic Positions
- Physical Restraints and Side rails
- ROM Exercises
- Ambulation
- Moving and Turning patients in bed
- Changing position of helpless patients
- Transferring patients bed to stretcher/wheel chair
- Admission, Transfer, Discharge & Health Teaching

CLINICAL POSTINGS - General Medical/Surgical Wards

10 weeks × 16 hours/week = 160 Hours

Practical and clinical

General Medical/ Surgical wards (2 weeks)

- Communication and Nurse patient relationship
- Maintaining Communication with patient and family and interpersonal relationship
- Documentation and Reporting
  - Documenting patient care and procedures
  - Verbal report
  - Written report
- Vital signs
- Monitor/measure and document vital signs in a graphic sheet

  - Temperature (oral, tympanic, axillary)
  - Pulse (Apical and peripheral pulses)
  - Respiration
  - Blood pressure
  - Pulse oximetry
- Interpret and report alteration
- Cold Applications - Cold Compress, Ice cap, Tepid Sponging
- Care of equipment - thermometer, BP apparatus, Stethoscope, Pulse oximeter
- Infection control in Clinical settings
- Hand hygiene
- Use of PPE

Clinical requirements

- Care of patients with alterations in vital signs- 1
- Comfort, Rest & Sleep, Pain and Promoting Safety in Health Care Environment
- Comfort, Rest & Sleep
- Bed making-
  - Open
  - Closed
  - Occupied
  - Post-operative
  - Cardiac bed
  - Fracture bed
- Comfort devices
  - Pillows
  - Over bed table/cardiac table
  - Back rest
  - Bed Cradle
- Therapeutic Positions
  - Supine
  - Fowlers (low, semi, high)
  - Lateral
  - Prone
  - Sim's
  - Trendelenburg
  - Dorsal recumbent
  - Lithotomy

- Knee chest
- Pain
- Pain assessment and provision for comfort
- Promoting Safety in Health Care Environment
- Care of Patient's Unit
- Use of Safety devices:
  - Side Rails
- Restraints (Physical)
- Fall risk assessment and Post Fall Assessment

Clinical requirements

- Fall risk assessment-1
- Hospital Admission and discharge, Mobility and Immobility and Patient education
- Hospital Admission and discharge
- Perform & Document:
- Admission
- Transfer
- Planned Discharge
- Mobility and Immobility
- Range of Motion Exercises
- Assist patient in:
  - Moving
- Mobility and Immobility
- Range of Motion Exercises
- Assist patient in:
  - Moving

Clinical requirements

- Individual teaching-1
  - Turning
  - Logrolling
- Changing position of helpless patient
- Transferring (Bed to and from chair/wheelchair/ stretcher)
- Patient education
- First aid and Emergencies
- Bandaging Techniques
  - Basic Bandages:
  - Circular

- Spiral
- Reverse-Spiral
- Recurrent
- Figure of Eight
- Special Bandages:
- Caplin
- Eye/Ear Bandage
- Jaw Bandage
- Shoulder Spica
- Thumb spica
- Triangular Bandage/ Sling (Head & limbs)
- Binders

Clinical requirements

- Module completion National Disaster Management Authority (NDMA) First Aid module (To complete it in clinicals if not completed during lab)

Clinical skills logbook

Clinical Logbook for B.Sc. Nursing Program

(Procedural Competencies/Skills)

I & II SEMESTER

- Communication and Documentation
- Maintaining Communication and interpersonal relationship with patient and families
- Verbal Report
- Recording/Documentation of patient care (Written Report)
- Monitoring Vital Signs
- Temperature
- Oral
- Axillary
- Rectal
- Tympanic
- Pulse
- Radial
- Apical
- Respiration
- Blood Pressure
- Hot & Cold Application
- Cold Compress

- Hot Compress
- Ice Cap
- Tepid sponge
- Health Assessment (Basic - First year level)
- Health History
- Physical Assessment - General & system wise
- Documentation of findings
- Infection Control in Clinical Settings
- Hand hygiene (Hand washing & Hand rub)
- Use of personal and protective equipment
- Comfort
- Open Bed
- Occupied Bed
- Post-operative Bed
- Supine Position
- Fowler's Position
- Lateral Position
- Prone Position
- Semi Prone Position
- Trendelenburg Position
- Lithotomy Position
- Changing Position of helpless patient (Moving/Turning/ Logrolling)
- Cardiac table/Over-bed table
- Back Rest
- Bed Cradle
- Pain Assessment (Initial & Reassessment)
- Safety
- Side rail
- Restraint (Physical)
- Fall risk assessment & post fall assessment
- Admission & Discharge
- Admission
- Discharge
- Transfer (within hospital)
- Mobility
- Ambulation

- Transferring patient from & to
- bed & wheelchair
- Transferring patient from & to bed & stretcher
- Range of Motion Exercises (ROM)
- Patient Education
- Individual Patient Teaching

Clinical requirements

CLINICAL REQUIREMENTS

- NURSING FOUNDATION I & II
- History Taking - 2
- 1.
- 2.
- Physical Examination - 2
- 1.
- 1.
- 2.
- Fall risk assessment - 2
- 1.
- 2.
- Pressure Sore Assessment - 2
- 1.
- 2.
- Nursing Process - 2
- 1.
- 2.
- Completion of first aid module
- Completion of Health assessment module

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