



Para- Medical Program

Specialization	Nursing
Course Number	020802122
Course Title	Foundations of nursing/ Clinical
Credit Hours	2
Theoretical Hours	0
Practical hour	6

Course description

This course uses the nursing process, interpersonal communication, critical thinking, and safety as foundational concepts for the provision of essential skills for nursing practice. Nursing skills related to physiologic health process, mobility, comfort, infection, protection, fatigue, sleep, oxygenation, and elimination are emphasized. The course builds on knowledge gained through the theoretical part of foundations of nursing to encourage the delivery of nursing care.

Course objectives :

Intended Learning Outcomes

Upon the completion of this course the student will be able to:

A. Knowledge & Understanding

1. Understand the nursing process as a framework for providing nursing care for a client with selected alterations in function health patterns.

B. Intellectual skills

1. Recognize the principles underlying all nursing intervention produces related to providing care to client in different care settings.
2. Discuss concepts related to functional health patterns and their utilization in providing nursing care for client.

C. Subject specific skills

1. Utilize principles of body mechanics in positioning, transferring and ambulating the clients.
2. Prepare and assist in administering medications safely.
3. Apply pain assessment as the fifth vital sign.
4. Apply the principles of infection prevention in any clinical setting.

D. Transferable skills

1. Provide a safe and therapeutic environment for client care.
2. Demonstrate the use of principles accurately in reporting and recording nursing actions and intervention and client's response.
3. Develop an awareness concerning the role of AD nurse.

Course outline:

Unit No.	Unit name	Unit Content	Time Needed
1	(Block)	<ul style="list-style-type: none"> • Perform Hand Washing • Perform Surgical Hand Washing • Brushing and flossing • Body mechanics 	6
2	Application of nursing process	<ul style="list-style-type: none"> • Admission and discharge forms • Nursing assessment sheets 	2
3	Bed making and Safety	<ul style="list-style-type: none"> _ Making beds (Unoccupied beds, Occupied beds, surgical beds). _ Using side rails. 	6
4	Hygiene	<ul style="list-style-type: none"> _ Provide Eye care for the unconscious client. _ Special oral care. _ Cleaning artificial dentures. _ perform Bathing (adult and newborn) _ Perform hair Shampoo. 	6
5	Rest and Sleep	<ul style="list-style-type: none"> _ Back massage. 	
6	Activity and exercise	<ul style="list-style-type: none"> • Put Patient in Supine Position With Support • Put Patient in Lateral Position With Support • Put Patient in Prone Position With Support • Put Patient in Sitting Position With Support • Transferring Patient from Bed to Chair • Transferring Patient from Bed to stretcher • Moving Patient Up in Bed • Mechanical aids for walking 	6
7	Vital signs	<ul style="list-style-type: none"> • Apply Taking and Recording of Temperature • Obtaining the Client's Pulse • Obtaining the Client's Apical Pulse • Obtaining the Client's Radial Pulse • Perform Respiratory Rate Assessment • Perform Blood Pressure Assessment • Measuring Height and Weight of an Adult • Measuring Height, Weight and Head Circumference of an Infant • Pain assessment 	12
8	Infection control	<ul style="list-style-type: none"> • Wear A Protection (Isolation) Barrier • Donning and Removing Sterile Gloves (open & closed) • Obtain A Specimen of Wound Drainage • Clean A Wound and Apply Sterile Dressing • Remove Suture and surgical clips 	12

Unit No.	Unit name	Unit Content	Time Needed
		<ul style="list-style-type: none"> Apply Bandage for Hand and Foot 	
9	Nutrition	<ul style="list-style-type: none"> Assisting Patient to Eat Provide Care for Patient with Nasogastric Tube Removing Nasogastric Tube Give Feeding Through Nasogastric Tube Lavage and gavage Give Medication Through Nasogastric Tube Provide Gastric Lavage 	6
10	Fecal and Urinary Elimination	<ul style="list-style-type: none"> Offer Bedpan and Urinal for Patient and genital care / medication Insert Rectal Tube for Flatus Removal Perform Rectal Enema and perform care Collecting Stool Specimen(Analysis&Culture) Collecting Urine Specimen for Culture Collecting Urine Specimen for Analysis Provide Care of Folly's Catheter Remove the Folly's Catheter 	6
11	Medication	<ul style="list-style-type: none"> Administer Oral Medication Preparing Medication from Vial and Ampoule Assist in Administering Intramuscular, Intradermal, and Subcutaneous Injection Intravenous Infusion and monitoring Discontinuing an Intravenous Infusion Blood Transfusion Assist in Administering Topical Eye Medication Assist in Administering Topical Nose Medication Assist in Administering Topical Ear Medication Assist in Administering Topical Dermal Medication 	12
12	Grieving, and death	Post mortem care.	2

Teaching Methodology:

_ Laboratory demonstration , Group work, videos, sim. Doll, workshops (for BSE), videos.

Exams and method of evaluation:

According to the study instructions



References:

1. Kozier, B.,Abdalahim, M., Abu-Moghli, F., &Saleh, M. (2012). Fundamentals of nursing: Concepts, process, and practice. (Arab World Ed.). UK: Pearson Education Limited.
2. Berman, A.T. &Snyderworld, S. (2015). Kozier&Erb's Fundamentals of Nursing (10th Ed.) Pearson Education Limited.
3. Smeltzer, S., & Bare, B., Hinkle, J., & Cheever, K. (2014). Brunner and Suddarth's textbook of medical surgical nursing (13th Ed.). Philadelphia, PA.: Lippincott.
4. Hogan-Quigley, B. Palm, L. Bickley, L. (2013). Bates' Nursing guide to physical examination and history taking (11th ed.). Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins.