



Para- Medical Program

Specialization	Nursing
Course Number	020802121
Course Title	Foundations of nursing
Credit Hours	3
Theoretical Hours	3
Practical hours	0

Course description

This course introduces the Associate Degree Nursing student to the theoretical skills associated with foundational nursing practice. It provides the basis for future clinical practice and quality patient care in students' selected professional nursing career choice. Moreover, it links research and theory to nursing practice, to promote and/or maintain health in the context of the clients' needs in a variety of settings.

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 clients.
2. Understand the continuum of nursing care from assessment of vital signs to more complex procedures.
3. Understand the purposes of nutritional assessment.
4. Identify nursing responsibilities in managing perioperative clients.

B. Intellectual skills

1. Describe the phases of nursing process
2. Differentiate objective and subjective data.
3. Explain the techniques of physical examination
4. Describe the principles underlying effective recording and reporting/ documenting of nursing interventions.
5. Describe essential steps for safely administering oral, parenteral and topical medications.
6. Describe steps for identified hygienic care procedures.
7. Describe the role of nurse in dealing with the dying process and death.

C. Subject specific skills

1. Apply pain assessment as the fifth vital sign.
2. Apply the principles of infection prevention in any clinical setting.

D. Transferable skills

1. Develop an awareness concerning the role of AD nurse.
2. Use safe practices, including body mechanics, when providing any nursing procedure.

Course outline:

Unit No.	Unit name	Unit Content	Time Needed
1	The nursing process	<ul style="list-style-type: none"> • Overview of the nursing process. • Characteristics of the nursing process. <ul style="list-style-type: none"> • Assessment. <p>Collection of data, Types and Sources of data, Data collection methods, Organizing data, Validating data, Documenting data.</p> <ul style="list-style-type: none"> • Diagnosis (Definition, Types of nursing diagnosis, Components) • Planning (Types of planning, Planning process) • Implementing action (the process of implementation) • Evaluation (Process of evaluating client responses) <p>Documenting and Reporting. Purposes of client record. Documentation system. Guidelines for recording and Reporting.</p>	٣
2	Health assessment	<p>A. Vital signs.</p> <ul style="list-style-type: none"> – Time to assess vital signs. – Variations in normal vital signs by age. <p>Body temperature</p> <ul style="list-style-type: none"> • Factors affecting body temperature. • Alterations in body temperature. • sites for body temperature measurement. • Types of thermometers. • Temperature scales (Celsius and Fahrenheit) <p>Pulse</p> <ul style="list-style-type: none"> – Factors affecting pulse rate. – Pulse sites and reasons for using specific pulse site. – Apical – radial pulse. <p>Respiration</p> <ul style="list-style-type: none"> – Assessing respiration. – Factors affecting respiratory rate. – Altered breathing patterns and sounds (orthopnea, bradypnea, wheezes, stridor). 	٦

Unit No.	Unit name	Unit Content	Time Needed
		<p>Blood pressure</p> <ul style="list-style-type: none"> – Factors affecting blood pressure. – Equipment, sites, and methods for assessing blood pressure. – Common errors in assessing blood Pressure <p>B. Physical Health Assessment</p> <ul style="list-style-type: none"> – Preparing the client and the environment. – Techniques of examination. – General survey 	
3	Pain Management	<ul style="list-style-type: none"> • The nature of pain. • Types of pain. • Factors affecting pain experience. • Pain assessment (as the fifth vital sign). • Barriers to pain management. • Key strategies in pain management • Pharmacological and non-pharmacological painmanagement. 	٢
4	Safety and Infection control	<ul style="list-style-type: none"> • Factors affecting safety • Safety hazards throughout the life span. • Preventing specific hazards. <ul style="list-style-type: none"> –burns. – Falls. – Suffocation or choking. – seizures. 	٢
5		<ul style="list-style-type: none"> • Definitions (infection, asepsis, sepsis, nosocomial infection) • The chain of infection • Factors increasing susceptibility to infection • Cleaning, disinfecting and sterilization. • Isolation precautions and practices. • Sterile field. • Preventing Nosocomial infection. 	٢
6	Hygiene	<ul style="list-style-type: none"> • Hygiene and hygienic care • Factors influencing personal hygienic practices • Agents commonly used on the skin. • Purposes of bathing, oral hygiene, skin, feet, nails, hair, eyes, ears, and nose care. 	٦

Unit No.	Unit name	Unit Content	Time Needed
		<ul style="list-style-type: none"> Supporting Hygienic environment (Hospital beds, Mattresses, Side rails, Foot board, Bed cradles). Types of beds (Occupied, unoccupied, surgical beds) 	
7	Skin integrity and wound care	<ul style="list-style-type: none"> Factors affecting skin integrity. Pressure ulcers. Types of wound dressings. Heat and cold application. <ul style="list-style-type: none"> Guidelines when applying heat and cold. Supporting and immobilizing wounds. (Bandages, roller Bandages, figure – eight turn, binders,...etc) 	٦
8	Activity and Exercise	<ul style="list-style-type: none"> _ Basic – elements of normal movement _ Factors affecting body alignment and activity. _ Joint movement. _ Positions (fowler's, dorsalrecumbent, prone, lateral, Sims',...etc) _ support devices (pillows, bed boards, footboard,..) 	٦
9	Rest And Sleep.	<ul style="list-style-type: none"> _ Normal sleep patterns and requirements _ Factors affecting sleep. _ Common sleep disorders. _ Creating a restful environment 	٢
10	Nutrition	<ul style="list-style-type: none"> _ assisting with special diets _ Enteral nutrition(Nasogastric tube) _ Parenteral nutrition 	٤
11	Fluid and electrolyte, and acid – base balance	<ul style="list-style-type: none"> _ Fluid intake. _ Fluid output _ Normal electrolyte values for adult 	2
12	Fecal Elimination Urinary Elimination	<ul style="list-style-type: none"> _ Fecal elimination problems. _ Enemas 	٢
		<ul style="list-style-type: none"> _ Altered urinary elimination problems. _ Characteristics of normal and abnormal urine. _ Maintaining normal urinary elimination _ Preventing urinary tract infections. _ Urinary catheterization. _ Use of bedpan and urinal 	٣
13	Promoting psychosocial health	<ul style="list-style-type: none"> _ Sexual health. _ Development of sexuality. _ Factors influencing sexuality. 	١

Unit No.	Unit name	Unit Content	Time Needed
		<ul style="list-style-type: none"> _ Loss and grief. - Types and sources of loss _ Stages of grieving. _ Factors influencing the loss and grief responses. 	٢
		<ul style="list-style-type: none"> _ Definitions and Signs of death. _ Death related- religious and cultural practices _ Helping clients die with dignity. 	2
14	Medication	<ul style="list-style-type: none"> • Types of drug preparation • Legal aspects of drug administration. • Routes of administration. • Medication orders (types) and their essential parts. • Calculating dosages • The ten "rights" of safe medication administration. - Oral medications _ Topical medications (Ophthalmic, Otic, Vaginal, Rectal instillations) _ Parenteral medication (ID, SC, I.V and I.M) 	٦
15	Oxygenation	<ul style="list-style-type: none"> _ Alteration in respiratory function. _ Respiratory inhalation. _ Oxygen therapy methods. 	٢
16	Perioperative nursing	<ul style="list-style-type: none"> _ Phases of the pre-operative period. _ Routine pre-operative assessment data and screening tests. _ Pre-operative teaching. _ Nurse role in (pre-, intra-, post-) operative phases. _ Post-operative problems. 	4

Teaching Methodology:

Lectures. Discussion. Assignments. Videos, animations.

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.