



SILVER OAK UNIVERSITY

Silver Oak College of Nursing

Bachelor of Science (Nursing)

Course Name: Nursing Foundation - II

Course Code: 1060323106

Semester: 2nd

Prerequisite:

Completion of high school-level science courses such as biology, chemistry, and anatomy and physiology can provide a strong foundation for nursing studies. Proficiency in basic math skills is important for dosage calculations and other mathematical aspects of nursing practice. Strong communication skills are essential in nursing, so a good grasp of English language and writing skills is typically required.

Course Objective:

1. 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
2. To emphasizes the importance of clear and therapeutic communication with patients, families, and interdisciplinary healthcare team members.
3. To enhance their understanding of nursing theories, ethics, cultural sensitivity, and professional communication.
4. To prepare students to provide high-quality, compassionate, and culturally competent care to patients in a variety of healthcare settings.

Teaching Scheme:

Teaching Scheme				
L	T	P	Contact Hours	Credit
6	6	16	28	13

Content:

Unit No.	Contents	Teaching Hours	Weightage %
1	Health assessment Interview techniques Observation techniques Purposes of health assessment Process of Health assessment Health history Physical examination	20	16
2	The Nursing Process Critical Thinking Competencies, Attitudes for Critical Thinking, Levels of critical thinking in Nursing Nursing Process Overview Assessment	13	11

	<p>Collection of Data: Types, Sources, Methods</p> <p>Organizing Data</p> <p>Validating Data</p> <p>Documenting Data</p> <p>Nursing Diagnosis</p> <p>Identification of client problems, risks and strengths</p> <p>Nursing diagnosis statement- parts, Types,</p> <p>Formulating, Guidelines for formulating Nursing Diagnosis</p> <p>NANDA approved diagnoses</p> <p>Difference between medical and nursing diagnosis</p> <p>Planning</p> <p>Types of planning</p> <p>Establishing Priorities</p> <p>Establishing Goals and Expected Outcomes- Purposes, types, guidelines, Components of goals and outcome statements</p> <p>Types of Nursing Interventions, Selecting interventions: Protocols and Standing Orders</p> <p>Introduction to Nursing Intervention Classification and Nursing Outcome Classification</p> <p>Guidelines for writing care plan</p> <p>Implementation</p> <p>Process of Implementing the plan of care</p> <p>Types of care - Direct and Indirect</p> <p>Evaluation</p> <p>Evaluation Process, Documentation and Reporting</p>		
3	<p>Nutritional needs</p> <p>Importance</p> <p>Factors affecting nutritional needs</p> <p>Assessment of nutritional status</p> <p>Review: special diets- Solid, Liquid, Soft</p> <p>Review on therapeutic diets</p> <p>Care of patient with Dysphagia, Anorexia, Nausea, Vomiting</p> <p>Meeting Nutritional needs: Principles, equipment, procedure, indications</p> <p>Oral</p> <p>Enteral: Nasogastric/ Orogastric,</p> <p>Introduction to other enteral feeds- types, indications, Gastrostomy, Jejunostomy</p> <p>Parenteral- TPN(Total paratrlnutrirtion)</p>	5	4
4	<p>Hygiene</p> <p>Factors Influencing Hygienic Practice</p> <p>Hygienic care: Indications and purposes, effects of neglected care</p> <p>Care of the Skin- (Bath, feet and nail, Hair Care)</p> <p>Care of pressure points</p> <p>Assessment of Pressure Ulcers using Braden Scale and Norton Scale</p> <p>Pressure ulcers- causes, stages and manifestations, care and</p>	5	4

	prevention Perineal care/Meatal care Oral care, Care of Eyes, Ears and Nose including assistive devices (eye glasses, contact lens, dentures, hearing aid)		
5	Elimination needs Urinary Elimination Review of Physiology of Urine Elimination, Composition and characteristics of urine Factors Influencing Urination Alteration in Urinary Elimination Facilitating urine elimination: assessment, types, equipment, procedures and special considerations Providing urinal/bed pan Care of patients with Condom drainage Intermittent Catheterization Indwelling Urinary catheter and urinary drainage Urinary diversions Bladder irrigation Bowel Elimination Review of Physiology of Bowel Elimination, Composition and characteristics of feces Factors affecting Bowel elimination Alteration in Bowel Elimination Facilitating bowel elimination: Assessment, equipment, procedures Enemas Suppository Bowel wash Digital Evacuation of impacted feces Care of patients with Ostomies (Bowel Diversion Procedures)	10	8
6	Diagnostic testing Phases of diagnostic testing (pre-test, intra-test & post-test) in Common investigations and clinical implications Complete Blood Count Serum Electrolytes LFT Lipid/Lipoprotein profile Serum Glucose- AC, PC, HbA1c Monitoring Capillary Blood Glucose (Glucometer Random Blood Sugar-GRBS) Stool Routine Examination Urine Testing- Albumin, Acetone, pH, Specific Gravity Urine Culture, Routine, Timed Urine Specimen Sputum culture Overview of Radiologic & Endoscopic Procedures	3	3
7	Oxygenation needs Review of Cardiovascular and Respiratory Physiology	11	9

	<p>Factors affecting respiratory functioning Alterations in Respiratory Functioning Conditions affecting airway movement of air diffusion Oxygen transport Alterations in oxygenation Nursing interventions to promote oxygenation: assessment, types, equipment used & procedure Maintenance of patent airway Oxygen administration Suctioning- oral, tracheal Chest physiotherapy- Percussion, Vibration & Postural drainage Care of Chest drainage- principles & purposes Pulse Oximetry- Factors affecting measurement of oxygen saturation using pulse oximeter, Interpretation Restorative & continuing care Hydration Humidification Coughing techniques Breathing exercises Incentive spirometry</p>		
8	<p>Fluid, Electrolyte, and Acid – Base Balances Review of Physiological Regulation of Fluid, Electrolyte, and Acid – Base Balances Factors Affecting Fluid, Electrolyte, and Acid – Base Balances Disturbances in fluid volume: Deficit- Hypovolemia Dehydration Excess- Fluid overload Edema Electrolyte imbalances (hypo and hyper) Acid-base imbalances Metabolic- acidosis & alkalosis Respiratory- acidosis & alkalosis Intravenous therapy Peripheral veni-puncture sites Types of IV fluids Calculation for making IV fluid plan Complications of IV fluid therapy Measuring fluid intake and output Administering Blood and Blood components Restricting fluid intake Enhancing Fluid intake</p>	5	4
9	<p>Administration of Medications Introduction-Definition of Medication, Administration of</p>	20	17

	<p>Medication, Drug Nomenclature, Effects of Drugs, Forms of Medications, Purposes, Pharmacodynamics and Pharmacokinetics</p> <p>Factors influencing Medication Action</p> <p>Medication orders and Prescriptions</p> <p>Systems of measurement</p> <p>Medication dose calculation</p> <p>Principles, 10 rights of Medication Administration</p> <p>Errors in Medication administration</p> <p>Routes of administration</p> <p>Storage and maintenance of drugs and Nurses responsibility</p> <p>Terminologies and abbreviations used in prescriptions and medications orders</p> <p>Developmental considerations</p> <p>Oral, Sublingual and Buccal routes: Equipment, procedure</p> <p>Introduction to Parenteral Administration of Drugs- Intramuscular, Intravenous, Subcutaneous, Intradermal: Location of site, Advantages and disadvantages of the specific sites, Indication and contraindications for the different routes and sites.</p> <p>Equipment- Syringes & needles, cannulas, Infusion sets - parts, types, sizes</p> <p>Types of vials and ampoules, Preparing Injectable medicines from vials and ampoules</p> <p>Care of equipment: decontamination and disposal of syringes, needles, infusion sets</p> <p>Prevention of Needle-Stick Injuries• Topical Administration: Types, purposes, site, equipment, procedure</p> <p>Application to skin & mucous membrane</p> <p>Direct application of liquids, Gargle and swabbing the throat</p> <p>Insertion of Drug into body cavity: Suppository/ medicated packing in rectum/vagina</p> <p>Instillations: Ear, Eye, Nasal, Bladder, and Rectal</p> <p>Irrigations: Eye, Ear, Bladder, Vaginal and Rectal</p> <p>Spraying: Nose and throat</p> <p>Inhalation: Nasal, oral, endotracheal/ tracheal (steam, oxygen and medications)- purposes, types, equipment, procedure, recording and reporting of medications administered</p> <p>Other Parenteral Routes: Meaning of epidural, intrathecal, intraosseous, intraperitoneal, intrapleural, intraarterial</p>		
10	<p>Sensory needs</p> <p>Introduction</p> <p>Components of sensory experience- Reception, Perception & Reaction</p> <p>Arousal Mechanism</p> <p>Factors affecting sensory function</p> <p>Assessment of Sensory alterations- sensory deficit, deprivation,</p>	5	4

	<p>overload & sensory poverty Management Promoting meaningful communication (patients with Aphasia, artificial airway & Visual and Hearing impairment)</p>		
11	<p>Care of Terminally ill, death and dying Loss- Types Grief, Bereavement & Mourning Types of Grief responses Manifestations of Grief Factors influencing Loss & Grief Responses Theories of Grief & Loss-Kubler Ross 5 Stages of Dying The R Process model (Rando's) Death- Definition, Meaning, Types (Brain & Circulatory Deaths) Signs of Impending Death Dying patient's Bill of Rights Care of Dying Patient Physiological changes occurring after Death Death Declaration, Certification, Autopsy, Embalming Last office/Death Care Counseling & supporting grieving relatives Placing body in the Mortuary Releasing body from Mortuary Overview- Medico-legal Cases, Advance directives, DNI/DNR, Organ Donation, Euthanasia</p>	4	3
12	<p>PSYCHOSOCIAL NEEDS (A-D) A.Self-concept Introduction Components (Personal Identity, Body Image, Role Performance, Self Esteem) Factors affecting Self Concept Nursing Management</p>	3	3
13	<p>B.Sexuality Sexual development throughout life Sexual health Sexual orientation Factors affecting sexuality Prevention of STIs, unwanted pregnancy, avoiding sexual harassment and abuse Dealing with inappropriate sexual behavior</p>	2	2

14	<p>C.Stress and Adaptation-Introductory concepts Introduction Sources, Effects, Indicators & Types of Stress Types of stressors Stress Adaptation- General Adaptation Syndrome (GAS), Local Adaptation Syndrome (LAS) Manifestation of stress- Physical & psychological Coping strategies/ Mechanisms Stress Management Assist with coping and adaptation Creating therapeutic environment Recreational and diversion therapies</p>	2	2
15	<p>D.Concepts of Cultural Diversity and Spirituality Cultural diversity Cultural Concepts- Culture, Subculture, Multicultural, Diversity, Race, Acculturation, Assimilation Transcultural Nursing Cultural Competence Providing Culturally Responsive Care Spirituality Concepts- Faith, Hope, Religion, Spirituality, Spiritual Wellbeing Factors affecting Spirituality Spiritual Problems in Acute, Chronic, Terminal illnesses & Near-Death Experience Dealing with Spiritual Distress/Problems</p>	6	5
16	<p>Nursing Theories: Introduction Meaning & Definition, Purposes, Types of theories with examples, Overview of selected nursing theories- Nightingale, Orem, Roy Use of theories in nursing practice</p>	6	5

Course Outcome:

Sr. No.	CO statement	Unit No
CO - 1	Describe the process of health assessment and nursing process approach to assess, plan, implement, and evaluate patient care in clinical settings	1,2
CO - 2	Assess proficiency in meeting patients' nutritional, hygienic, and elimination needs under supervision	3,4,5
CO - 3	Apply findings of specimen testing to provide appropriate care	6
CO - 4	Implement appropriate interventions to optimize oxygenation and maintain fluid and electrolyte balance .	7,8
CO - 5	Evaluate skills in administering medications accurately and safely, including calculating dosages and conversions	9

CO- 6	Analyze patient care needs based on altered functioning of sense organs, loss, death, grief, self-concept, sexuality, stress adaption, cultural differences, and models of health and illness	10-16
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Teaching & Learning Methodology: -

1. Lecture cum discussion
2. Demonstration & Re-demonstration
3. Power point presentation
4. Supervise clinical practice

List of Experiments:

Total Hours: 320

Sr.No	Practical Name
1.	Perform health assessment of each body system
2.	Develop skills in assessment, planning, implementation and evaluation of nursing care using Nursing process approach
3.	Identify and meet the Nutritional needs of patients
4.	Implement basic nursing techniques in meeting hygienic needs of patients
5.	Plan and Implement care to meet the elimination needs of patient
6.	Develop skills in instructing and collecting samples for investigation
7.	Perform simple lab tests and analyze & interpret common diagnostic values
8.	Identify patients with impaired oxygenation and demonstrate skill in caring for patients with impaired oxygenation
9.	Identify and demonstrate skill in caring for patients with fluid, electrolyte and acid base imbalances
10.	Assess, plan, implement & evaluate the basic care needs of patients with altered functioning of sense organs and unconsciousness
11.	Care for terminally ill and dying patients

Books Recommended

1. Jyoti Kathwal; “Text book of Nursing Foundation”; VHS Publication
2. Harindarjeet Goyal; “Textbook of Nursing Foundation”; CBS Publishers
3. I Clement; “Nursing Foundation-II”; Jaypee Publication
4. Celestina Francis, Kritika Misra; “Nursing Foundations-II”; Lotus Publisher
5. Rebecca Nissanka; “Comprehensive Textbook on Foundation of Nursing-II”; Jaypee Publication

List of Open-Source Software/learning website

1. <https://nurseinfo.in/product/revised-nursing-foundation-ii-notes-book-part-2-pdf/>
2. https://books.google.com/books/about/Quick_Review_Series_For_B_Sc_Nursing_Sem.html?id=4grGEAAAQBAJ

3. https://books.google.com/books/about/Potter_Perry_s_Essentials_of_Nursing_Pra.html?id=gEoyEAAAQBAJ

CO-PO-PSO Matrix

Co. No.	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PSO1	PSO2
CO-1	3	3	3	1	-	2	3	3	3	3	3	3
CO-2	3	3	2	1	-	2	3	3	3	2	3	2
CO-3	2	3	3	1	-	3	2	3	3	2	3	2
CO-4	2	3	3	1	-	2	3	3	3	2	2	3
CO-5	3	3	1	1	-	2	2	3	3	2	3	3
CO-6	3	2	3	1	-	2	2	3	2	2	3	2