



Course Specifications

Course name:	Fundamentals of Nursing /1/
Course code	(WNR-11-01)
Credit	(7) Hours
Course stages:	First-year
Semester:	First semester.
Teacher name	Asst. Lect. Shady Shafeek Dowarah

Course description

Course description Fundamentals of Nursing /1/ theory:

This course is an initial core course in the nursing curriculum. Students learn concepts and theories basic to the art and science of nursing. Concepts related to the individual's physiological, psychosocial, and spiritual health needs are integrated. The legal and ethical roles of the professional nurse are emphasized. The course aims to provide the students with a solid foundation on which they can build their technical and interpersonal expertise. The nursing process is the framework for caring and applying the knowledge learned throughout this course. Additionally, this course introduces students to communication and interpersonal relations skills to prepare them to become effective members of a collaborative healthcare team. Critical thinking and decision-making will also be addressed as a guide for safe, competent, and skillful nursing practices. This course serves as a base for other nursing courses. It is designed to provide nursing students with the basic nursing concepts and principles needed for practicing nursing. The course emphasizes the nature of the client's needs and interventions required for utilizing functional health patterns. This course also provides laboratory and clinical guided, experiences that help the nursing student in integrating the basic nursing concepts into practice. It also enables her/him to perform the nursing activities safely.

Course description Fundamentals of Nursing /1/ Practice:

This course is designed to provide nursing students with the necessary skills and attitudes based on theoretical knowledge to demonstrate the basic nursing care procedures for patient care. It provides them with a non-threatening environment in which they apply knowledge and basic practices of nursing skills accurately and safely through demonstration and return demonstration in a simulated nursing laboratory. This is accomplished through competencies reflective of holistic human needs within a practice philosophy that incorporates core concepts of caring, critical thinking, decision-making, and professional commitment.



General Objectives / Goals

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

1. Training for the principle underlying all nursing intervention procedures related to providing care to clients in adult nursing care.
2. Utilize medical /surgical principles of asepsis and universal precautions in client care.
3. Apply a systematic approach to analyzing the patient's problems.
4. Utilize a systematic approach to analyzing the problems.
5. Training for basic nursing skills related to various client conditions.
6. Students will use various thinking methods such as critical thinking, conceptual thinking, implementation thinking, and innovative thinking, to make decisions, solve problems, evaluate information, create new processes, and plan strategies.

List of theoretical contents:

Week number	Lecture title	Main Contents	Expected Date/
1.	Holistic Care	<ul style="list-style-type: none"> • Interrelated health concept • Providing quality care • Self-care as a prerequisite to client care • personal hygiene and grooming • Daily care of patient's unit (Bed Making) 	
2.	Asepsis and Infection Control	<ul style="list-style-type: none"> • Type of microorganism causing infection • Types of infection • Chain of infection • Body defense against infection • Asepsis and infection control 	
3.	Vital Signs (Part 1)	<ul style="list-style-type: none"> • Temperature • Respiration 	
4.	Vital Signs (Part 2)	<ul style="list-style-type: none"> • Pulse • Blood Pressure 	
5.	Medication Administration	<ul style="list-style-type: none"> • Drug standard • factors affecting medication action. • Legal asepsis of drug administration • Effect and action of drugs • System of measurement 	



		<ul style="list-style-type: none"> • Medication orders 	
6.	Oral Medication	<ul style="list-style-type: none"> • Routes of administration • Advantages and disadvantages of each route of administration. • Oral medication. 	
7.	Exam (1)	<ul style="list-style-type: none"> • Exam (1) 	
8.	Injection of Medication	<ul style="list-style-type: none"> • Routes and the sites for parenteral administration • Sites of intramuscular (IM) injections • Demonstrate appropriate documentation and reporting of medication administration. • Reporting medication errors. 	
9.	Wound Care and Healing (part 1)	<ul style="list-style-type: none"> • Definition of a wound. • The common types of wounds. • Definition of pressure ulcer. • Stages of pressure ulcer development. • Processes involved in wound healing. 	
10.	Wound Care and Healing (part 2)	<ul style="list-style-type: none"> • Wound healing. • Factors that affect wound healing. • The principles of wound assessment and care. 	
11.	Safety and Activity	<ul style="list-style-type: none"> • Body mechanics. • Maintaining good posture. • Protective devices. • Nursing implication. • Therapeutic exercise. 	
12.	Admission, Transfer, Referrals, Discharge, and Documentation	<ul style="list-style-type: none"> • The admitting department. • Client transfer. • Client referral. • Discharge a client. • Principles and elements of effective documentation. 	
13.	Fluid and Electrolyte	<ul style="list-style-type: none"> • Fluid distribution in the body. • Fluid equilibrium. • Intravenous infusion. • Maintaining fluid balance. 	



		<ul style="list-style-type: none"> • Fluid and electrolyte disturbance. • Blood transfusion. 	
14.	Hot and Cold Applications	<ul style="list-style-type: none"> • Effect of heat. • Indications and contra-indications of heat application. • Effect of cold. • Indications and contra-indications for cold application. • Type of cold therapy 	
15.	Exam (2)	Exam (2)	

The Clinical Content: Clinical-related skills:

1. Hand washing.
2. Isolation techniques (personal protective equipment).
3. Sterile Field and Handling sterile equipment.
4. Vital signs:
 - A. Body temperature
 - B. Pulse
5. Vital signs:
 - A. Respiration
 - B. blood pressure
6. Administration of different types of medication.
7. Oral medication.
8. Venipuncture and IV Catheter.
9. Injection of medication.
10. Body mechanics.
11. Hot and cold applications.

Methods of teaching: (theory)

1. Classroom lectures.
2. Online discussions and explanations via Moodle with clarification videos.
3. Explanatory videos
4. Recorded videos and online group discussions and forums.

Clinical teaching methods

1. Classroom lectures for teaching the theoretical part.
2. Small Groups, role-playing demonstration, self-training, and clinical training.
3. Case study discussions.
4. Projects and assignments.
5. Explanatory videos.



6. Recorded videos and online group discussions and forums.

Students Evaluation:

A. Theoretical evaluation (60%)

- 1st theory exam. 5%
- 2nd theory exam. 5%
- Daily quizzes 5%
- Daily activity 5%
- Final theory exam. 40%

B. Clinical evaluation (40%)

- 1st clinical exam. 5%
- 2nd clinical exam. 5%
- Daily quizzes 5%
- Attendance and grooming 5%
- Final clinical exam. 20%

Total 100%

Resources and References:

1. Berman A., Snyder S., and Frandsen G., Kozier & Erb's Fundamentals of Nursing - Concepts, Process, and Practice, 11th Ed, Pearson Education © 2022, United Kingdom, 2022.
2. Hinkle J., Cheever K., Overbaugh K., BRUNNER & SUDDARTH'S textbook of Medical-Surgical Nursing, 15th Ed., Wolters Kluwer; China, 2022.
3. Lynn P., Taylor's Clinical Nursing Skills - A Nursing Process Approach, 3rd Ed, Wolters Kluwer Health, Philadelphia, 2011.
4. DeLaune S., Ladner P., *Fundamentals of Nursing - Standards & Practice*, 2nd, Delmar, United States of America, 2002.
5. Smith J., Johnson J., *nurse's guide to clinical procedures*, 5th Ed, Lippincott Williams & Wilkins, U.K, 2006.
6. White L., *foundations of basic nursing*, 2nd Ed, Thomson Delmar Learning, United States, 2005.

