**NURS 215 - FUNDAMENTALS OF NURSING**

1st Semester Academic Year 2018 – 2019 G / 1439 – 1440 H

**COURSE SYLLABUS**

**Course Title** : **Fundamentals of Nursing**

**Course Code** : NURS 215

**Course Level** : Third Level

**Credit Hours** : 5 (3+4+0) Credit Hours

**Co-requisite/s**  : None

**Prerequisite/s**  : None

**Location/s** : Female and Male Campuses

**Name of Instructor/s**

|  |  |  |  |
| --- | --- | --- | --- |
| **Female Faculty** | | **Male Faculty** | |
| Dr. Irene Roco | [iroco@ksu.edu.sa](mailto:iroco@ksu.edu.sa) | Mr. Ibrahim Shamali | [ishamali@ksu.edu.sa](mailto:ishamali@ksu.edu.sa) |
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| --- |
| **Laboratory:** |
| 1. Mr. Ibrahim Shamali |
| 1. Dr. Ahmed Al Sadoun |
| 1. Thamer Yahya |
| 1. Mohammed |
| 1. Bader Al Mutairi |

**Course Description:**

This course provides students with the competencies necessary to meet the needs of individuals throughout their lifespan using the nursing process. Emphasis is placed on physiological, psychological, social, cultural and spiritual factors contributing to the well being of the individual and family.

**Course Objectives:**

At the end of this course, the students are expected to:

1. Define nursing as a profession and its scope.
2. Identify concepts of health, illness and health promotion.
3. Utilize the nursing process and critical thinking skills.
4. Discuss legal and ethical aspects of nursing.
5. Identify appropriate developmental, psychosocial and cultural considerations.
6. Identify basic physiologic needs of adult patients.
7. Discuss common physical and psychological care problems.

**Course Content:**

|  |  |  |
| --- | --- | --- |
| **Week No.** | **List of Topics**  **(Theory)** | **List of Skills**  **(Laboratory)** |
| 1  Sept 2- 6 | Orientation  Introduction to the Course | Introduction to the Course |
| **2**  **Sept 9 - 13** | 1. **Nursing Process**    * Assessment    * Nursing Diagnosis (NANDA)    * Planning    * Implementation    * Evaluation | SKILL 1-1 Formulating Nursing Care Plan |
| **3**  **Sept 16-20** | 1. **Asepsis**    * Hand Hygiene    * Types of Microorganisms causing Infections    * Types of Infections    * Chain of Infection    * Sterile Technique    * Infection Control for Health Care Workers | SKILL 2.1 Performing Hand Hygiene Using Soap And Water (Handwashing)  SKILL 2-2 Using Personal Protective Equipment  SKILL 2-3 Putting On Sterile Gloves And Removing Soiled Gloves |
| **4**  **Sept 23 – 27** | 1. **Vital Signs**    * Temperature    * Pulse Rate    * Respiration   **Quiz 1**  Nursing Process | SKILL 3-1 Assessing Body Temperature  SKILL 3-2 Assessing a Peripheral Pulse by Palpation  SKILL 3-3 Assessing Respirations  SKILL 3.4 Assessing Blood Pressure  SKILL 3.5 Assessing Height and Weight |
| **5**  **Sept 30 – Oct 4** | * + Blood Pressure   + Height and Weight | REVISION |
| **6**  **Oct 7- 11** | 1. **Pain Management**  * Nature of Pain   + Types of Pain   + Physiology of pain   + Factors Affecting the Pain Experience   + Key Strategies of Pain Management   + Pharmacologic Pain Management   + Non-pharmacologic Pain Management | **Midterm Exam 1 (Skills from Week 2-5)**   1. Performing Hand Hygiene Using Soap And Water (Handwashing) 2. Using Personal Protective Equipment 3. Putting On Sterile Gloves And Removing Soiled Gloves 4. Assessing Body Temperature 5. Assessing a Peripheral Pulse by Palpation 6. Assessing Respirations 7. Assessing Blood Pressure |
| **7**  **Oct 14- 18** | 1. **Medication Administration**    * Terms related to Medication Administration    * Effects of Medications    * Types of Medication Preparation    * Routes of Medication Administration    * Medication Orders    * Factors Affecting Medication Action    * Administering Medications Safely    * Patient Rights to Accurate Medication Administration | SKILL 5.1 Administering an Intradermal Injection  SKILL 5-2 Administering Subcutaneous Injection  SKILL 5-3 Administering Intramuscular Injection |
| **8**  **Oct 21- 25** | **Midterm Exam 1**  **Topics from Week 2-6**  **Nursing Process – Pain** | SKILL 5.4 Administering Medications by Intravenous Bolus or Push Through an Intravenous Infusion |
| **9**  **Oct 28- Nov 1** | 1. **Skin Integrity and Wound Care**    * Factors Affecting Skin Integrity    * Pressure Ulcers    * Stages of Pressure Ulcers    * Types of Wound    * Wound Healing    * Complications of Wound Healing    * Promoting Wound Healing or Wound Management 2. **Hygiene**    * Bathing    * Foot Care    * Oral Care    * Shampooing/Hair Care    * Bed Making (Unoccupied and Occupied) | **Demonstration / Return Demonstration**  SKILL 6-1 Cleaning a Wound and Applying a Dry, Sterile Dressing  SKILL 7-1 Making an Unoccupied Bed  SKILL 7-2 Making an Occupied Bed  **Web based Activity**  SKILL 7-3 Giving a Bed Bath  SKILL 7.4 Assisting the Patient With Oral Care  SKILL 7-5 Shampooing a Patient’s Hair in Bed |
| **10**  **Nov 4-8** | **Quiz 2 (**Terms related to Medication Administration)   1. **Oxygenation**  * Structure and Function of the Respiratory System * Respiratory Regulation * Factors Affecting Respiratory Function * Alterations in Respiratory Function   + Promoting Oxygenation | **Midterm Exam 2 (Skills from week 7- Week 9)**   1. Administering an Intradermal Injection 2. Administering Subcutaneous Injection 3. Administering Intramuscular Injection 4. Administering Medications by Intravenous Bolus or Push Through an Intravenous Infusion |
| **11**  **Nov 11 - 15** | 1. **Elimination**   9.A. Urinary Elimination   * + - Physiology of Urinary Elimination     - Factors Affecting Voiding     - Altered Urine Production     - Altered Urinary Elimination     - Nursing Management for Urinary Elimination   9.B. Bowel Elimination   * + - Physiology of Defecation     - Factors Affecting Defecation     - Fecal Elimination Problems     - Bowel Diversion Ostomies   Nursing Management for Elimination Problems | SKILL 8-1 Administering Oxygen by Cannula  SKILL 8-2 Administering Oxygen by Face Mask  SKILL 9.B.1 Administering Enema  SKILL 9 B. 2 Insertion of NGT |
| **12**  **Nov 18 -22** | **Midterm Exam 2**   * + - Topics from week 7,9 & 10 | SKILL 9.A.1 Catheterizing the Female Urinary Bladder (Female Campus)  SKILL 9.A.2 Catheterizing the Male Urinary Bladder (Male Campus) |
| **13**  **Nov 25 - 29** | 1. **Safety**    * Body Mechanics    * Factors Affecting Safety    * Safety Measures throughout the Life Span    * Promoting Safety in the Heath Care Setting 2. **Nurse Roles in Diagnostic Testing**    * Diagnostic Testing Phases    * Blood Tests    * Specimen Collection    * Visualization Procedures (ECG, X-ray, CT, MRI, etc.)    * Biopsies | **REVISION** |
| **14**  **Dec 2-6** | 1. **Sleep**     * Physiology of Sleep    * Types of Sleep    * Functions of Sleep    * Normal Sleep Patterns and Requirements    * Factors affecting Sleep    * Common Sleep Problems    * Promoting Sleep 2. **Stress and Coping**    * Concept of Stress    * Models of Stress    * Indicators of Stress    * General Adaptation Syndrome    * Concept of Coping    * Types of Coping    * Nursing Care for Stress    * Stress Management for Nurses | **Final Examination (Dec. 4, 2018)**  **skills from week 5, 7,8, 9, 12 & 13**   1. Assessing Blood Pressure 2. Administering Intramuscular Injection 3. Administering Medications by Intravenous Bolus or Push Through an Intravenous Infusion 4. Cleaning a Wound and Applying a Dry, Sterile Dressing 5. Catheterizing the Female Urinary Bladder 6. Insertion of NGT |
| **15**  **Dec 9- 13** | 1. **Loss, Grieving, and Death**    * Types and Sources of Loss    * Grief, Bereavement, and Mourning    * Stages of Grieving    * Factors Influencing the Loss and Grief Responses    * Dying and Death (Postmortem Care) |  |
| **16** | Final Exam  19/12/2018 (12/4/1440) |  |

**Evaluative Criteria**

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| --- | --- | --- | --- | --- |
| **A- Theory** | **Marks** | **B – Laboratory** | **Marks** | **Total Marks** |
| Quizzes (2) | 7 | --- |  |  |
| Assignment (Written /Oral) | 3 | --- |  |  |
| Midterm Exams 1 | 15 | Midterm Exams 1 | 10 |  |
| Midterm Exam 2 | 15 | Midterm Exam 2 | 10 |  |
| Final Exam | 30 | Final Exam | 10 |  |
| **Subtotal** | **70** |  | **30** | **100** |

**Course Teaching Methodologies:**

1. Lectures / Interactive Discussion
2. Web Based activities
3. Written Exams
4. Demonstration / Return Demonstration

**Course Reference/s:**

**Required Textbooks**

1. Berman, A. et al. (2016) Kozier & Erb’s Fundamentals of Nursing: Concepts, Process and Practice. 10th Ed. New Jersey: Pearson Education, Inc.
2. Lynn, P. and LeBon, M. (2011). Skill Checklists for Taylor’s Clinical Nursing Skills: A Nursing Process Approach. 3rd Edition. Philadelphia: Lippincott Williams & Wilkins

**Essential References**

1. Day, R. A., Paul, P., Williams, B., Smelter, S. C., & Bare, B. G. (2016). Brunner and Suddarth’s Canadian Textbook of Medical-Surgical Nursing. 3rd Canadian Edition. Philadelphia: Lippincott Williams & Wilkins
2. Nursing Journals

* International Journal of Nursing Studies
* Holistic Nursing Practice
* Pain Management Nursing
* International Journal of Nursing Knowledge
* Advances in Nursing Science
* Journal of Nursing Care Quality
* Clinical Simulation in Nursing.

1. Electronic Materials, Web Sites, Facebook, Twitter, etc.

* Bonewit-west K: Clinical Procedures for Medical Assistants, (2011) St. Louis, Saunders (8th Ed.)
* [www.lwww.com](http://www.lwww.com)
* [www.delmarlearning.co](http://www.delmarlearning.co)

Prepared by:

NURS 215 Faculty



Dr. Irene Roco

Course Coordinator