



TAKSHASHILA UNIVERSITY

(Tamil Nadu State Private University)

ONGUR, TINDIVANAM TK, VILLUPURAM DT

FACULTY OF HEALTH SCIENCES

SCHOOL OF NURSING

Department of Nursing

TU REGULATION 2024 (INC REGULATION 2021)

CURRICULUM & SYLLABI

Semester I



VISION AND MISSION OF UNIVERSITY

VISION :

To inspire, develop and create change makers and world leaders of tomorrow through knowledge similar to the ancient Takshashila University

MISSION :

Nurturing and developing the leaders of tomorrow with the brightest minds and best resources, fostering lifelong learning and ethical excellence.

DEPARTMENT VISION AND MISSION

VISION :

Our vision is to be recognised as a leading institution in nursing education, committed to preparing nurses who are not only academically sound but also excel in providing compassionate care in hospitals, healthcare systems, and communities.

MISSION :

Our mission is to provide an excellent nursing education that empowers students to develop the skills and knowledge necessary for high-quality patient care. We aim to produce skilled, compassionate, and ethical nursing professionals who will play an integral role in improving healthcare worldwide.

PROGRAMME OUTCOMES (POs)

On completion of the B.Sc. Nursing Degree Programme, the graduates will be able to:

1. **Patient centered care:** Provide holistic care recognizing individual patient's preferences, values and needs, that is compassionate, coordinated, age and culturally appropriate safe and effective care.
2. **Professionalism:** Demonstrate accountability for the delivery of standard-based nursing care as per the Council standards that is consistent with moral, altruistic, legal, ethical, regulatory and humanistic principles.
3. **Teaching & Leadership:** Influence the behavior of individuals and groups within their environment and facilitate establishment of shared goals through teaching and leadership
4. **System-based practice:** Demonstrate awareness and responsiveness to the context of healthcare system and ability to manage resources essential to provide optimal quality of care.
5. **Health informatics and Technology:** Use technology and synthesize information and collaborate to make critical decisions that optimize patient outcomes.
6. **Communication:** Interact effectively with patients, families and colleagues fostering mutual respect and shared decision making to enhance patient satisfaction and health outcomes.
7. **Teamwork and Collaboration:** Function effectively within nursing and interdisciplinary teams, fostering open communication, mutual respect, shared decision making, team learning and development.
8. **Safety:** Minimize risk of harm to patients and providers through both system effectiveness and individual performance.
9. **Quality improvement:** Use data to monitor the outcomes of care processes and utilize improvement methods to design and test changes to continuously improve the quality and safety of healthcare system.
10. **Evidence based practice:** Identify, evaluate and use the best current evidence coupled with clinical expertise and consideration of patient 's preferences, experience and values to make practical decisions.

PROGRAM OBJECTIVES

On completion of the B.Sc. Nursing program, the B.Sc. nursing graduates will be able to

1. Utilize critical thinking to synthesize knowledge derived from physical, biological, behavioural sciences, and humanities, in the practice of professional nursing and midwifery.
2. Practice professional nursing and midwifery competently and safely in diverse settings, utilizing caring, critical thinking and therapeutic nursing interventions with individuals, families, populations and communities at any developmental stage and with varied lived health experiences.
3. Provide promotive, preventive and restorative health services in line with national health policies and programs.

4. Integrate professional caring into practice decisions that encompass values, ethical, and moral and legal aspects of nursing.
5. Respect the dignity, worth, and uniqueness of self and others.
6. Apply concepts of leadership, autonomy and management to the practice of nursing and midwifery to enhance quality and safety in health care.
7. Utilize the latest knowledge and skills related to information and technology to enhance patient outcomes.
8. Communicate effectively with patients, peers, and all health care providers.
9. Utilize the requisite knowledge, skills and technologies to practice independently and collaboratively with all health professionals applying the principles of safety and quality improvement.
10. Integrate research findings and nursing theory in decision making in evidence-based practice.
11. Accept responsibility and accountability for the effectiveness of one's own nursing and midwifery practice and professional growth as a learner, clinician and leader.
12. Participate in the advancement of the profession to improve health care for the betterment of the global society.

PROGRAM SPECIFIC OUTCOMES (PSOs)

PSO1: Domain Knowledge

Demonstrate knowledge of anatomy, physiology, biochemistry, nutrition, psychology, and microbiology to understand normal human structure, function, and health.

PSO2: Embedded System Design

Perform basic nursing procedures safely and competently by applying the principles of nursing, infection prevention, patient safety, and comfort measures in laboratory and supervised clinical settings.

PSO3: Professional Competency

Utilize observation, assessment, problem-solving, and critical thinking skills in identifying patient needs and delivering basic nursing care.

Demonstrate empathy, responsibility, discipline, teamwork, accountability, and commitment to lifelong learning and professional growth.



**TAKSHASHILA
UNIVERSITY**

(Established under Tamil Nadu State Private Universities Act 2019 & Recognized by UGC vide 205 of the UGC Act, 1956)

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Faculty of Health Science
B.Sc. NURSING
(TU REGULATION – 2024)
SEMESTER - I

THEORY

THEORY																		
Sl. No.	Course Code	Course Title	Category	Periods			Credits	Hrs.	Max. Marks									
				T	L	C			SE I	SE II	Assign	ATT	IP	GP	CAM		ESM	Total
									(30)	(30)	(10)	(2)	(12)	(6)				
							60/4 = 15			30 / 3 = 10			IA (25)	COLLEGE EXAM (50/2)	(75)	(100)		
1	U24NST101	ENGL 101 Communicative English	PC	40	-	-	2	40	30	30	10	2	12	6	25	25	-	50
2	U24NST102	ANAT 105 Applied Anatomy	PC	60	-	-	3	60	15	15	10	2	12	6	25	-	75	100
		PHYS 110 Applied Physiology	PC	60	-	-	3	60	15	15	10	2	12	6				
3	U24NST103	SOCI 115 Applied Sociology	PC	60	-	-	3	60	15	15	10	2	12	6	25	-	75	100
		PSYC 120 Applied Psychology	PC	60	-	-	3	60	15	15	10	2	12	6				
4	U24NST104	N-NF (I) 125 Nursing Foundation I including First Aid module	PC	120	-	-	8	120	30	30	10	2	12	6	25*	-	75	100
5		SSCC (I) 130 Self-study/Co-curricular	PC	40 40				80	-	-	-	-	-	-	-	-	-	-

PRACTICAL

Sl. No.	Course Code	Course Title	Category	Periods			Credits	Hrs.	Max. Marks									
				T	L	C			SE		ATT	Assign	CECP	End of OSCE (5)	COP & CR (3)	CAM	ESM	Total
									OSC E(10)	DO P(20)	(2)	(10)	(10)	(5)	(3)	25	--	25
									30/2=15									
6	U24NSP105	N-NF(I) 125 Nursing Foundation-I and Including First Aid Module	PC	-	80	160	2	240		2	10	10	5	3	25	--	25*	
Total:							24	720										
Semester Total:							24	720										

*Will be added to the internal marks of Nursing foundation II Theory & practical respectively in next semester (total weightage remains the same)

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Note:

L – Lab

T – Theory

C – clinical

SE – Sessional exam

GP – group presentation

CECP – continuous evaluation of clinical performance

COP& CR – completion of procedures and clinical requirements

OSCE- Objective Structured Clinical examination

DOP – Directly observed Practical

ASS – Assignment

ATT - Attendance

CAM - Continuous Assessment Marks

IP – individual presentation

ESM – End Semester Exam Marks

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CURRICULUM B.Sc. - NURSING

I SEM R-24

SYLLABUS

U24NST101	ENGL 101 Communicative English	T	L	C	Cr	Total
		40	-	-	2	40

DESCRIPTION: The course is designed to enable students to enhance their ability to speak and write the language and use English required for effective communication in their professional work. Students will practice their skills in verbal and written English during clinical and classroom experience.

COURSE OUTCOMES:

After completion of the course, the students will be able to

CO1 :	Identify the significance of Communicative English for healthcare professionals.
CO2 :	Apply the concepts and principles of English Language use in professional development such as pronunciation, vocabulary, grammar, paraphrasing, voice modulation, Spelling, pause and silence.
CO3 :	Demonstrate attentive listening in different hypothetical situations.
CO4 :	Converse effectively, appropriately and timely within the given context and the individual or team they are communicating with either face to face or by other means.
CO5 :	Read, interpret and comprehend content in text, flow sheet, framework, figures, tables, reports, anecdotes etc.
CO6:	Analyse the situation and apply critical thinking strategies.
CO7:	Enhance expressions through writing skills.
CO8:	Apply LSRW (Listening, Speaking, Reading and Writing) Skill in combination to learn, teach, educate and share information, ideas and results.

COURSE OUTLINE

T - Theory

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching / Learning Activities	Assessment Methods
1	3 (T)	Identify the significance of communicative English	Communication - What is communication? - What are communication roles of listeners speakers, readers and writers as healthcare professionals?	- Definitions with examples, illustrations and explanations - Identifying competencies/communicative strategies in LSR W - Reading excerpts on the above and interpreting them through tasks	Checking for understanding through tasks

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II	5(T)	Describe concepts and principles of Language (English) use in professional development such as pronunciation, vocabulary, grammar, paraphrasing, voice modulation, spelling, pause and silence	Introduction to LSRGW ○ L – Listening: Different types of listening ○ S – Speaking: Understanding Consonants, Vowels, Word and Sentence Stress, Intonation ○ R – Reading: Medical vocabulary ○ G – Grammar: Understanding tenses, linkers ○ W – Writing: simple sentences and short paragraphs – emphasis on correct grammar	○ Exercises on listening to news, announcements, telephone conversations and instructions from others ○ Information on fundamentals of Speech – Consonant, Vowel, Stress and Intonation with tasks based on these through audio/video and texts ○ Reading a medical dictionary/glossary of medical terms with matching exercises ○ Information on tenses and basic concepts of correct grammar through fill in the blanks true/false questions	○ Through check your understanding exercises
III	5(T)	Demonstrate attentive listening in different hypothetical situations	Attentive Listening ○ Focusing on listening in different situations announcements, descriptions, narratives, instructions, discussions, demonstrations ○ Reproducing Verbatim ○ Listening to academic talks/lectures ○ Listening to presentation	○ Listening to announcements, news, documentaries with tasks based on listening ○ With multiple choice, Yes/No and fill in the blank activities	○ Checking individually against correct answers ○ Listening for specific information ○ Listening for overall meaning and instructions ○ Listening to attitudes and opinions ○ Listening to audio, video and identify key points.
IV	9(T)	Converse effectively appropriately and timely within the given context and the individual or team they are communicating with either face to face or other means	Speaking – Effective Conversation ○ Conversation situations – informal, formal and neutral ○ Factors influencing way of speaking – setting, topic, social relationship, attitude and language ○ Greetings, introductions, requesting, asking for and giving permission, speaking personally and casual conversations ○ Asking for information, giving instructions and directions	○ Different types of speaking activities related to the content ○ Guided with prompts and free discussions ○ Presentation techniques ○ Talking to peers and other adults ○ Talking to patients and Patient attenders ○ Talking to other healthcare professionals ○ Classroom conversation ○ Scenario based learning tasks	○ Individual and group/peer assessment through live speaking tests ○ Presentation of situation in emergency and routine ○ Hand off ○ Reporting in doctors/nurses rounds ○ Case presentation

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			○ Agreeing and disagreeing, giving opinions ○ Describing people, places, events and things, narrating, reporting & reaching conclusions ○ Evaluating and comparing ○ Complaints and suggestions ○ Telephone conversations Delivering presentations		○ Face to face oral communication ○ Speaking individually (Nurse to nurse/patient/doctor) and to others in the group ○ Telephonic talking
V	5 (T)	Read, interpret and comprehend content in text, flow, sheet, framework, figures, tables reports, anecdotes	Reading ○ Reading strategies reading notes and messages ○ Reading relevant articles and news items ○ Vocabulary for every day activities abbreviations and medical vocabulary ○ Understanding visuals, graphs, figures and notes on instructions ○ Reading reports and interpreting them ○ Using idioms and phrases, sporting errors, vocabulary for presentations ○ Remedial Grammar	○ Detailed tasks and exercises on reading for information inference and evaluation ○ Vocabulary games and puzzles for medical lexis ○ Grammar activities	○ Reading/summarizing justifying answers orally ○ Patient document ○ Doctor's prescription of care ○ Journal/news reading and interpretation ○ Notes/Reports
VI	5 (T)	Enhance expressions through writing skills	Writing Skills ○ Writing patient history ○ Note taking ○ Summarising ○ Anecdotal records ○ Letter writing ○ Diary/Journal writing ○ Report writing ○ Paper writing skills ○ Abstract writing	○ Writing tasks with focus on task fulfillment, coherence and cohesion, appropriate vocabulary and correct grammar ○ Guided and free tasks ○ Different kinds of letter writing tasks	○ Paper based assessment by the teacher /trainer against set band descriptors ○ Presentation of situation ○ Documentation ○ Report writing ○ Paper writing skills ○ Verbatim reproducing ○ Letter writing ○ Resume/CV
VII	8 (T)	Apply in skill in combination to learn, teach educate and share information, ideas and results	LSRW Skills • Critical thinking strategies for listening and reading • Oral reports, presentations • Writing instructions, letters and reports • Error analysis regarding LSRW	○ Valuating different options/multiple answers and interpreting decisions through situational activities ○ Demonstration individually and in groups ○ Group Discussion	○ Consolidated Assessment orally and through written tasks/exercises

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				☐ Presentation ☐ Role Play ☐ Writing reports	
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TEXT BOOKS :

1.	Bandana, <i>Communicative English for B.Sc. Nursing</i> , 2nd Edition, Jaypee Brothers Medical Publishers Pvt. Ltd., New Delhi, 2023.
2.	Shama Lohumi and Rakesh Lohumi, <i>Communicative English for Nurses</i> , 4th Edition, Elsevier, New Delhi, 2025.
3.	Liza Sharma, <i>Communicative English 4 Nurses</i> , 3rd Edition, CBS Publishers & Distributors Pvt. Ltd., New Delhi, 2022
4.	Indira S. and Ellen Beck, <i>Handbook of Communicative English for B.Sc. Nursing (Semester I)</i> , 1st Edition, Arya Publishing Company, New Delhi, 2023
5.	J. Sarumathi, <i>Textbook of English for Nursing</i> , 2nd Edition, Jaypee Brothers Medical Publishers Pvt. Ltd., New Delhi.

REFERENCE BOOKS :

1.	J Mallika Balu, <i>Textbook of English for Nurses</i> , Jaypee Brothers Medical Publishers Pvt. Ltd., New Delhi.
2.	S. Premkumar, <i>Textbook of English for Nursing Students</i> , Jaypee Brothers Medical Publishers Pvt. Ltd., New Delhi.
3.	Shivani Sharma and Sarika Sood, <i>A Textbook of Communicative English</i> , VHS Publications, New Delhi.
4.	Indira S. and Ellen Beck, <i>Handbook of Communicative English for B.Sc. Nursing (Semester I)</i> , 1st Edition, Arya Publishing Company, New Delhi, 2023
5.	Shama Lohumi and Rakesh Lohumi, <i>Communicative English for Nurses</i> , 4th Edition, Elsevier, New Delhi, 2025.

WEB REFERENCES :

1.	https://openstax.org/details/books/anatomy-and-physiology?utm_source=chatgpt.com
2.	https://www.ncbi.nlm.nih.gov/books?utm_source=chatgpt.com

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U24NST102	ANAT 105 Applied Anatomy	T	L	C	Cr	Total
		60	-	-	3	60

DESCRIPTION: The course is designed to assist student to recall and further acquire the knowledge of the normal structure of human body, identify alteration in anatomical structure with emphasis on clinical application to practice nursing.

COURSE OUTCOMES:

After completion of the course, the students will be able to

CO1 :	Identify the importance of psychology in individual and professional life and Develop understanding of the biological and psychological basis of human behaviour.
CO2 :	Identify the role of nurse in promoting mental health and dealing with altered personality applicable to the psychology of different age groups.
CO3 :	Identify the cognitive and affective needs of clients, Integrate the principles of motivation and emotion in performing the role of nurse in caring for emotionally sick client.
CO4 :	Demonstrate basic understanding of psychological assessment and nurse's role.
CO5 :	Apply the knowledge of soft skills and self-empowerment in workplace, society and personal life.

COURSE OUTLINE

T - Theory

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching / Learning Activities	Assessment Methods
1	8 (T)	Define the terms relative to the anatomical position Describe the anatomical planes Define and describe the terms used to describe movements	Introduction to anatomical terms and organization of the human body - Introduction to anatomical terms relative to position anterior, ventral, posterior dorsal, superior inferior median, lateral proximal distal, superficial, deep, prone supine pal mar and plantar - Anatomical planes (axial/transverse/horizontal sagittal /vertical plane and coronal/frontal/oblique plane) - Movements (flexion, extension, abduction, adduction, medial rotation, lateral rotation, inversion, eversion, supination, pronation, plantar flexion, dorsal flexion and circumduction) - Cell structure Cell division	- Lecture cum Discussion - Use of models - Video demonstration - Use of microscope slides - Lecture cum Discussion - Video/Slides	- Quiz - MCQ - Short answer

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		Organization of human body and structure of cell, tissues membrane and glands Describe the types of cartilage Compare and contrast the features of skeletal smooth and cardiac muscle	○ Tissue – definition types, characteristics, classification location ○ Membrane, glands – classification and structure ○ Identify major surface and bony landmarks in each body region, organization human body ○ Hyaline, fibro cartilage, elastic cartilage ○ Features of skeletal, smooth and cardiac muscle ○ Application and implication in nursing	○ Anatomical Torso	
II	6 (T)	Describe the structure of respiratory system Identify the muscles of respiration and examine their contribution to the	The Respiratory system ○ Structure of the organs of respiration ○ Muscles of respiration ○ Application and implication in nursing	○ Lecture cum Discussion ○ Models ○ Video/Slides	○ Short answer ○ Objective type
III	6 (T)	Describe the structure of digestive system	The Digestive system ○ Structure of alimentary canal and accessory organs of digestion ○ Application and implication in nursing	○ Lecture cum Discussion ○ Video/Slides ○ Anatomical Torso	○ Short answer ○ Objective type
IV	6 (T)	Describe the structure of circulatory and lymphatic system	The Circulatory and Lymphatic system ○ Structure of blood components, blood vessels – Arterial and Venous system ○ Position of heart relative to the associated structures ○ Chambers of heart, layers of heart ○ Heart valves, coronary arteries ○ Nerve and blood supply to heart ○ Lymphatic tissue ○ Veins used for IV injections	○ Lecture ○ Models ○ Video/Slides	○ Short answer ○ MCO

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			○Application and implication in nursing		
V	4 (T)	Identify the major endocrine glands and describe the structure of endocrine Glands	The Endocrine system ○ Structure of Hypothalamus Pineal Gland Pituitary gland, Thyroid, Parathyroid, Thymus, Pancreas and Adrenal glands	○Lecture ○Models/charts	○Short answer ○Objective type
VI	4 (T)	Describe the structure of various sensory organs	The Sensory organs • Structure of skin, eye, ear, nose and tongue • Application and implications in nursing	○Lecture ○Explain with Video/models/charts	○Short answer ○MCQ
VII	10(T)	Describe anatomical position and structure of bones and joints Identify major bones that make up the axial and appendicular skeleton Classify the joints Identify the application and implications in nursing Describe the structure of muscle Apply the know ledge in performing nursing procedures/ skills	The Musculoskeletal organs The Skeletal system • Anatomical positions • Bones – types, structure, growth and ossification • Axial and appendicular skeleton • Joints – classification, major joints and structure • Application and implications in nursing The Muscular system • Types and structure of muscles • Muscle groups – muscles of the head neck, thorax, abdomen, pelvis, upper limits and lower limbs • Principal muscles – deltoid, biceps, triceps, respiratory, abdominal, pelvic floor, pelvic floor muscles, gluteal muscles and vastus lateralis • Major muscles involved in nursing procedures	○Review -discussion ○Lecture ○Discussions ○Explain using charts, skeleton and loose bones and torso ○Identifying muscles involved in nursing procedures in lab	○Short answer ○Objective type
VIII	5 (T)	Describe the structure of renal system	The Renal system • Structure of kidney, ureters, bladder, urethra	○Lecture ○Models/charts	○MCQ ○Short answer

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			• Application and implication in nursing		
IX	5 (T)	Describe the structure of reproductive system	The Reproductive system • Structure of male reproductive organs • Structure of female reproductive organs • Structure of breast	○ Lecture ○ Models/charts	○ MCQ ○ Short answer
X	6 (T)	Describe the structure of nervous system including the distribution of the nerves, nerve plexuses	The Nervous system • Review Structure of nervous • CNS, ANS and PNS (Central autonomic and peripheral) • Structure of brain, spinal cord, cranial nerves, spinal nerves, peripheral nerves, functional areas of cerebral cortex • Ventricular system – formation, circulation, and drainage • Application and implication in nursing	○ Lecture ○ Explain with models ○ Video slides	○ MCQ ○ Short answer

Note: Few lab hours can be planned for visits, observation and handling (less than I credit lab hours are not specified separated)

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TEXT BOOKS :

1. B. D. Chaurasia, *BD Chaurasia's Applied Anatomy and Physiology for B.Sc. Nursing Students*, 2nd Edition, CBS Publishers & Distributors Pvt. Ltd., New Delhi, 2024.
2. Indu Khurana, Arushi Khurana, N. Gurukripa Kowlgi, *Textbook of Applied Anatomy and Physiology for B.Sc. Nursing Students*, 3rd Edition, CBS Publishers & Distributors Pvt. Ltd., New Delhi, 2023.
3. M. K. Anand, *Applied Anatomy for B.Sc. Nursing*, 1st Edition, Arya Publishing Company, New Delhi, 2023.
4. Dr. Sudha Singh Mohey, Prof. (Dr.) Alka Devanand Tajane, *Applied Anatomy for B.Sc. Nursing (1st Semester)*, Thakur Publication Pvt. Ltd., Mumbai, 2021.
5. Roger Watson, *Anatomy and Physiology for Nurses*, 14th Edition, Elsevier Ltd., Edinburgh, 2023.

REFERENCE BOOKS :

1. B. D. Chaurasia, *BD Chaurasia's Applied Anatomy and Physiology for B.Sc. Nursing Students*, 2nd Edition, CBS Publishers & Distributors Pvt. Ltd., New Delhi, 2024.
2. Indu Khurana, Arushi Khurana, N. Gurukripa Kowlgi, *Textbook of Applied Anatomy and Physiology for B.Sc. Nursing Students*, 3rd Edition, CBS Publishers & Distributors Pvt. Ltd., New Delhi, 2023.
3. M. K. Anand, *Applied Anatomy for B.Sc. Nursing*, 1st Edition, Arya Publishing Company, New Delhi, 2023.
4. Dr. Sudha Singh Mohey, Prof. (Dr.) Alka Devanand Tajane, *Applied Anatomy for B.Sc. Nursing (1st Semester)*, Thakur Publication Pvt. Ltd., Mumbai, 2021.
5. Roger Watson, *Anatomy and Physiology for Nurses*, 14th Edition, Elsevier Ltd., Edinburgh, 2023.

WEB REFERENCES :

1. <https://teachmeanatomy.info?utm>
2. <https://anatomyzone.com?utm>
3. <https://anatomyzone.com?utm>
4. <https://openstax.org/details/books/anatomy-and-physiology?utm>
5. <https://www.ncbi.nlm.nih.gov/books?utm>

U24NST102	PHYS 110 Applied Physiology	T	L	C	Cr	Total
		60	-	-	3	60

DESCRIPTION: The course is designed to assist student to acquire comprehensive knowledge of the normal functions of the organ system of the human body to facilitate understanding of physiological basis of health, identify alteration in functions and provide the student with the necessary physiological knowledge to practice nursing.

COURSE OUTCOMES:

After completion of the course, the students will be able to

CO1 :	Develop understanding of the normal functioning of various organ systems of the body.
CO2 :	Identify the relative contribution of each organ system towards maintenance of homeostasis.
CO3 :	Describe the effect of alterations in functions.
CO4:	Apply knowledge of physiological basis to analyze clinical situations and therapeutic applications.

COURSE OUTLINE

T - Theory

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching / Learning Activities	Assessment Methods
I	4 (T)	Describe the physiology of cell tissues, membranes and glands	General Physiology – Basic concepts - Cell physiology including transportation across cell membrane - Body fluid compartment, Distribution of total body fluid intracellular and extracellular compartments major electrolytes and maintenance of homeostasis - Cell cycle - Tissue – formation, repair - Membranes and glands – functions - Application and implication in nursing	- Review - discussion - Lecture cum Discussion - Video demonstrations	- Quiz - MCQ - Short answer
II	6 (T)	Describe the physiology and mechanism of respiration Identify the muscles of respiration and examine their contribution to the mechanism of breathing	Respiratory system - Functions of respiratory organs - Physiology of respiration - Pulmonary circulation – functional features - Pulmonary ventilation exchange of gases - Carriage of oxygen and carbon-dioxide, Exchange of gases in tissue - Regulation of respiration - Hypoxia, cyanosis, dyspnoea, periodic breathing - Respiratory changes during exercise - Application and implication in nursing	- Lecture - Video slides	- Essay - Short answer - MCQ
III	8 (T)	Describe the functions of	Digestive system	Lecture cum Discussion	Essay

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		digestive system	• Functions of the organs of digestive tract • Saliva—composition, regulation of secretion and functions of saliva • Composition and function of gastric juice, mechanism and regulation of gastric secretion • Composition and pancreatic juice, function, regulation of pancreatic secretion • Functions of liver, gall bladder and pancreas • Composition of bile and function • Secretion and function of small and large intestine • Movements of alimentary tract • Digestion in mouth, stomach, small intestine, large intestine, absorption of food • Application and implications in nursing	○ Video slides	○ Short answer ○ MCQ
1V	6 (T)	Explain the functions of the heart and physiology of circulation	Circulatory and Lymphatic system • Functions of heart, conduction system • Cardiac cycle, Stroke volume and cardiac output • Blood pressure and Pulse • Circulation – Principles, factors influencing blood pressure, pulse • Coronary circulation Pulmonary and systemic circulation • Heart rate – regulation of heart rate • Normal value and variations • Cardiovascular homeostasis in exercise and posture • Application and implication in nursing	○ Discussion ○ Video/Slides	○ Essay ○ Short answer ○ MCQ
V	5 (T)	Describe the composition and functions of blood	Blood • Blood – Functions, Physical characteristics • Formation of blood cells • Erythropoiesis – Functions of RBC, RBC life cycle • WBC – types, functions • Platelets – Function and production of platelets • Clotting mechanism of blood, clotting time bleeding time PTT	○ Lecture ○ Discussion ○ Video/Slides	○ Essay ○ Short answer ○ MCQ

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			• Haemostasis – role of vasoconstriction, platelet plug formation in haemostasis, coagulation factors, intrinsic and extrinsic pathways of coagulation • Blood group and types • Functions of reticuloendothelial system immunity • Application in nursing		
VI	5 (T)	Identify the major endocrine glands and describe their functions	The Endocrine system • Functions and hormones of Pineal Gland Pituitary gland, Thyroid, Parathyroid, Thymus Pancreas and Adrenal glands	☐ Lecture ☐ Explain using charts	☐ Short answer ☐ MCQ
VII	4 (T)	Describe the structure of various sensory organs	The Sensory Organs • Functions of skin • Vision, hearing, taste and smell • Errors of refraction, aging changes • Application and implications in nursing	☐ Lecture ☐ Video	☐ Short answer ☐ MCQ
VIII	6 (T)	Describe the functions of bones, joints, various types of muscles, its special properties and nerves supplying them	Musculoskeletal system • Bones -Functions, movements of bones of axial and appendicular skeleton, Bone healing • Joints and joint movements • Alteration of joint disease • Properties and Functions of skeletal muscles mechanism of muscle contraction • Structure and properties of cardiac muscles and smooth muscles • Application and implication in nursing	☐ Lecture ☐ Discussion ☐ Video presentation	☐ Structured essay ☐ Short answer ☐ MCQ
IX	4 (T)	Describe the physiology of renal system	Renal system • Functions of kidney in maintaining homeostasis • GFR • Functions of ureters, bladder and urethra • Micturition • Regulation of renal function • Application and implication in nursing	☐ Lecture ☐ Charts and models	☐ Short answer ☐ MCQ
X	4 (T)	Describe the structure of reproductive system	The Reproductive system • Female reproductive system Menstrual cycle, function and hormones of ovary, oogenesis, fertilization,	☐ Lecture ☐ Explain using charts, models, specimens	☐ Short answer ☐ MCQ

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			implantation, Functions of breast. • Male reproduction system – Spermatogenesis, hormones and its functions, semen • Application and implication in providing nursing care		
XI	8 (T)	Describe the functions of brain, physiology of nerve stimulus, reflexes, cranial and spinal nerves	• Nervous system • Overview of nervous system • Review of types, structure and functions of neurons • Nerve impulse • Functions of Brain-Medulla, Pons, Cerebrum, Cerebellum • Sensory and Motor Nervous system • Peripheral Nervous system • Autonomic Nervous system • Limbic system and higher mental Functions Hippo campus, Thalamus, Hypothalamus • Vestibular apparatus • Functions of cranial nerves • Autonomic function • Physiology of Pain-somatic, visceral and referred • Reflexes • CSF Find composition, circulation of CSF blood brain barrier and blood CSF barrier • Application and implication in nursing	◦ Lecture cum Discussion ◦ Video slides	◦ Brief structured essays ◦ Short answer ◦ MCQ ◦ Critical reflection

TEXT BOOKS :

1.	Mario Vaz, Nachiket Shankar, <i>Textbook of Applied Physiology for Nurses</i> , 1st Edition, Elsevier Health Sciences, New Delhi, 2024.
2.	Uma Shankar Sharma, Geetha Emmiammal J., <i>Applied Physiology for B.Sc. Nursing (1st Semester)</i> , Thakur Publication Pvt. Ltd., Mumbai, 2021.
3.	Indu Khurana, Arushi Khurana, <i>Textbook of Applied Anatomy and Physiology for B.Sc. Nursing Students</i> , 3rd Edition, CBS Publishers & Distributors Pvt. Ltd., New Delhi, 2023
4.	Sembulingam K., Sembulingam Prema, <i>Essentials of Medical Physiology</i> , 9th Edition, Jaypee Brothers Medical Publishers, New Delhi, 2023.
5.	Arthur C. Guyton, John E. Hall, <i>Guyton and Hall Textbook of Medical Physiology</i> , 15th Edition, Elsevier, New Delhi, 2024.

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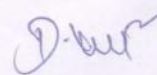
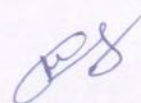
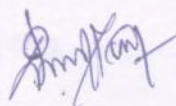
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1.	Mario Vaz, Nachiket Shankar, <i>Textbook of Applied Physiology for Nurses</i> , 1st Edition, Elsevier Health Sciences, New Delhi, 2024.
2.	Sembulingam K., Sembulingam Prema, <i>Essentials of Medical Physiology</i> , 9th Edition, Jaypee Brothers Medical Publishers, New Delhi, 2023.
3.	Arthur C. Guyton, John E. Hall, <i>Guyton and Hall Textbook of Medical Physiology</i> , 15th Edition, Elsevier, New Delhi, 2024.
4.	Indu Khurana, Arushi Khurana, <i>Textbook of Applied Anatomy and Physiology for B.Sc. Nursing Students</i> , 3rd Edition, CBS Publishers & Distributors Pvt. Ltd., New Delhi, 2023
5.	Uma Shankar Sharma, Geetha Emmiammal J., <i>Applied Physiology for B.Sc. Nursing (1st Semester)</i> , Thakur Publication Pvt. Ltd., Mumbai, 2021.

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1.	https://openstax.org/details/books/anatomy-and-physiology
2.	https://www.ncbi.nlm.nih.gov/books
3.	https://www.merckmanuals.com/professional
4.	https://medlineplus.gov
5.	https://www.khanacademy.org/science/health-and-medicine



U24NST103	SOC1 115 Applied Sociology	T	L	C	Cr	Total
		60	-	-	3	60

DESCRIPTION: The course is designed to enable the students in develop understanding about basic concepts of sociology and its application in personal and community life, health, illness and nursing.

COURSE OUTCOMES:

After completion of the course, the students will be able to

CO1 :	Identify the scope and significance of sociology in nursing.
CO2 :	Apply the knowledge of social structure and different culture in a society in identifying social needs of sick clients.
CO3 :	Identify the impact of culture on health and illness.
CO4 :	Develop understanding about types of family, marriage and its legislation.
CO5 :	Identify different types of caste, class, social change and its influence on health and health practices.
CO6:	Develop understanding about social organization and disorganization and social problems in India.
CO7:	Integrate the knowledge of clinical sociology and its uses in crisis intervention

COURSE OUTLINE

T - Theory

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching / Learning Activities	Assessment Methods
I	1 (T)	Describe the scope and significance of sociology in nursing	Introduction • Definition nature and scope of sociology • Significance of sociology in nursing	○Lecture ○Discussion	○Essay ○Short answer
II	15 (T)	Describe the individualization Groups, processes of Socialization, social change and its importance	Social structure • Basic concept of society, community, association and institution • Individual and society • Personal disorganization • Social group-meaning, • Characteristics, and classification • Social processes – definition and forms, Co-operation, competition, conflict, accommodation, assimilation, isolation • Socialization- characteristics, process, agencies of socialization • Social change-nature, process, and role of n nurse • Structure and characteristics of urban, rural and tribal community • Major health problems in urban rural and tribal communities	○Lecture cum Discussion	○Essay ○Short answer ○Objective type

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			• Importance of social structure in nursing profession		
III	8 (T)	Describe culture and its impact on health and disease	Culture • Nature, characteristic and evolution of culture • Diversity and uniformity of culture • Difference between culture and civilization • Culture and socialization • Transcultural society • Culture, Modernization and its impact on health and disease	○ Lecture ○ Panel discussion	○ Essay ○ Short answer
IV	8 (T)	Explain family marriage and legislation related to marriage	Family and Marriage • Family – characteristic, basic need types and functions of family • Marriage-forms of marriage social custom relating to marriage and importance of marriage • Legislation on Indian marriage and family • Influence of marriage and family on health and health practices	○ Lecture	○ Essay ○ Short answer ○ Case study report
V	8 (T)	Explain different types of caste and classes in society and its influence on health	Social stratification • Introduction – Characteristics & forms of stratification • Function of stratification • Indian caste system – origin and characteristics • Positive and negative impact of caste in society • Class system and status • Social mobility meaning and types • Race – concept, criteria of racial classification • Influence of class, caste and race system on health	○ Lecture ○ Panel discussion	○ Essay ○ Short answer ○ Objective type
VI	15 (T)	Explain social organization disorganization social problems and role of nurse in reducing social problems	Social organization and disorganization • Social organization – meaning elements and types • Voluntary associations	○ Lecture ○ Group discussion ○ Observational visit	○ Essay ○ Short answer ○ Objective type ○ Visit report

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			• Social system-definition, types, role and status as structural element of social system • Interrelationship of institutions • Social control-meaning, aims and process of social control • Social norms, moral and values • Social disorganization – definition causes Control and planning • Major social problems poverty, housing, food, supplies, illiteracy, prostitution, dowry, child, labour, child abuse, delinquency, crime, substance abuse, HIV AIDS, COVID-19 • Vulnerable group-elderly, handicapped, minority and other marginal group • Fundamental rights of individual, women and children • Role of nurse in reducing social problem and enhance coping • Social welfare programs in India		
VII	5 (T)	Explain clinical sociology and its application in the hospital and community	Clinical sociology • Introduction to clinical sociology • Sociological strategies for developing services for the abused • Use of clinical sociology in crisis intervention	○ Lecture ○ Group discussion ○ Role play	○ Essay ○ Short answer

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Co-Ordinator

Dr. Anjali

Dr. P. S.

D. K. Singh

TEXT BOOKS :

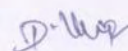
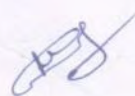
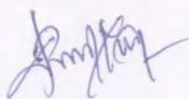
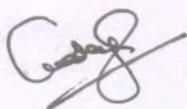
1.	Textbook of Sociology for Nurses – K. P. Neeraja. Latest edition. Jaypee Brothers Medical Publishers.
2.	Sociology for Nurses – I. Clement. Latest edition. Pearson Education.
3.	Textbook of Sociology for Nurses – T. K. Indrani. Latest edition. Jaypee Brothers Medical Publishers.
4.	An Introduction to Sociology – Vidya Bhushan & D. R. Sachdeva. Latest edition. Kitab Mahal Publishers.
5.	Principles of Sociology for Graduate Nurses – Nalini R. Ledenn. Jaypee Brothers Medical Publishers.

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1.	Textbook of Sociology for Nurses – K. P. Neeraja. Latest edition. Jaypee Brothers Medical Publishers.
2.	Sociology for Nurses – I. Clement. Latest edition. Pearson Education.
3.	Textbook of Sociology for Nurses – T. K. Indrani. Latest edition. Jaypee Brothers Medical Publishers.
4.	An Introduction to Sociology – Vidya Bhushan & D. R. Sachdeva. Latest edition. Kitab Mahal Publishers.
5.	Principles of Sociology for Graduate Nurses – Nalini R. Ledenn. Jaypee Brothers Medical Publishers.

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1.	https://www.pearsoned.co.in/web/books/9789357053273_Sociology-for-Nurses-3e_I-Clement.aspx?utm
2.	https://shop.elsevier.com/books/applied-sociology-for-nurses-4e/lohumi/978-81-312-7469-9?utm
3.	https://www.orientblackswan.com/details?format=paperback&obsin=4159&utm
4.	https://nurseinfo.in/product-category/bsc/?utm



U24NST103	Course Name PSYC120 APPLIED PSYCHOLOGY	T	L	C	Cr	Total
		60	-	-	3	60

DESCRIPTION: The course is designed to enable the students in develop understanding about basic concepts of psychology and its application in personal and community life, health, illness and nursing. It further provides students opportunity to recognize the significance and application of soft skills and self-empowerment in the practice of nursing.

COURSE OUTCOMES:

After completion of the course, the students will be able to

CO1 :	Identify the importance of psychology in individual and professional life.
CO2 :	Develop understanding of the biological and psychological basis of human behaviour.
CO3 :	Identify the role of nurse in promoting mental health and dealing with altered personality.
CO4 :	Perform the role of nurses applicable to the psychology of different age groups.
CO5 :	Identify the cognitive and affective needs of clients.
CO6:	Integrate the principles of motivation and emotion in performing the role of nurse in caring for emotionally sick client.
CO7:	Demonstrate basic understanding of psychological assessment and nurse's role.
CO8:	Apply the knowledge of soft skills in workplace and society.
CO9:	Apply the knowledge of self-empowerment in workplace, society and personal life.

COURSE OUTLINE

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching / Learning Activities	Assessment Methods
I	2 (T)	Describe scope, branches and significance of psychology in nursing	Introduction • Meaning of Psychology • Development of psychology • Scope, branches and methods of psychology • Relationship with other subjects • Significance of psychology in nursing • Applied psychology in solve everyday issues	oLecture cum Discussion	oEssay oShort answer
II	4 (T)	Describe biology of human behaviour	Biological basis of behaviour- Introduction • Baby mind relationship • Genetics and behaviour • Inheritance of behaviour • Brain and behaviour	oLecture cum Discussion	oEssay oShort answer

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			• Psychology and sensation – sensory process normal and abnormal		
III	5 (T)	Describe mentally healthy person and defense mechanisms	Mental health and mental hygiene • Concept of mental health and mental hygiene • Characteristic of mentally healthy person • Warning signs of poor mental health • Promotive and preventive mental health strategies and services • Defense mechanism and its implication • Frustration and conflict-types of conflicts and measurement to overcome • Role of nurse in reducing frustration and conflict and enhancing coping • Dealing with ego	○ Lecture ○ Case discussion ○ Role play	○ Essay ○ Short answer ○ Objective type
IV	7 (T)	Describe psychology of people in different age groups and role of nurse	Developmental psychology • Physical, psychosocial and cognitive development across life span – Prenatal through early childhood, middle to late childhood through adolescence, early and mid-adulthood, late adulthood, death and dying • Role of nurse in supporting normal growth and development across the life span • Psychological needs of various groups in health and sickness – Infancy, childhood adolescence, adulthood and older adult • Introduction to child psychology and role of nurse in meeting the psychological needs of children • Psychology of vulnerable individuals challenged, women, sick etc. • Role of nurse with vulnerable groups	○ Lecture ○ Group ○ Discussion	○ Essay ○ Short answer
V	4(T)	Explain personality and role of nurse in identification in altered personality	Personality • Meaning, definition and personality • Classification of personality • Measurement and evaluation of personality – Introduction • Alteration in personality	• Lecture • Discussion • Demonstration	• Essay and short answer • Objective type

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			• Role of nurse in identification of individual personality and improvement in altered personality		
VI	16 (T)	Explain cognitive process and their applications	Cognitive process • Attention – definition, types, determinants, duration, degree and alteration in attention • Perception – Meaning of Perception, principles, factor affecting perception • Intelligence – Meaning of Intelligence – Effect of heredity and environment in intelligence, classification. Introduction to measurement of intelligence tests – Mental deficiencies • Learning – Definition of learning, types of learning, Factors influencing learning – learning process, habit formation • Memory – meaning and nature of memory, factors influencing memory, methods to improve memory, forgetting • Thinking – types, level, reasoning and problem solving. • Aptitude – concept, types, individual differences and variability • Psychometric assessment of cognitive process – Introduction. • Alteration in cognitive process	• Lecture • Discussion	• Essay and short answer • Objective type
VII	6 (T)	Describe motivation, emotion, attitude and role of nurse in emotionally sick client	Motivation and emotional process • Motivation – meaning, concept, types, theories of motivation, motivation cycle, biological and special motives • Emotions – Meaning of emotions, development of emotions, alteration of emotion, emotions in sickness – handling emotions in self and other • Stress and adaptation - stress, stressor, cycle, effect, adaptation and coping • Attitudes – Meaning of attitudes, nature, factor affecting attitude, attitudinal change, Role of attitude in health and sickness	• Lecture • Group discussion	• Essay and short answer • Objective type

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			- Psychometric assessment of emotions and attitude – Introduction - Role of nurse in caring for emotionally sick client.		
VII I	4 (T)	Explain psychological assessment and tests and role of nurse	Psychological assessment and tests – introduction - Types, development, characteristics, principles, uses, interpretation - Role of nurse in psychological assessment	- Lecture - Discussion - Demonstration	- Short answer - Assessment of practice
IX	10 (T)	Explain concept of soft skill and its application in work place and society	Application of soft skill - Concept of soft skill - Types of soft skill – visual, aural and communication skill - The way of communication - Building relationship with client and society Interpersonal Relationships (IPR): Definition, types, and purposes, interpersonal skills, Barriers, strategies to overcome barriers - Survival strategies – managing time, coping stress, resilience, work – life balance - Applying soft skill to workplace and society – Presentation skills, social etiquette, telephone etiquette, motivational skills, teamwork etc. - Use of soft skill in nursing	- Lecture - Group discussion - Role play - Refer / complete soft skills module	Essay and short answer
X	2 (T)	Explain self – empowerment	Self – empowerment - Dimensions of self – empowerment - Self – empowerment development - Importance of women's empowerment in society - Professional etiquette and personal grooming - Role of nurse in empowering others	- Lecture - discussion	- short answer - objective type

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TEXT BOOKS :

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|----|---|
| 1. | Stephen babu , Psychology for nurses , 2 nd edition , Elsevier publication |
| 2. | Bhatia and craigs , Elements of psychology and mental hygiene for nurses in India , 3 rd edition University press private ltd, |
| 3. | Sreevani , A textbook for psychology , 4 th edition , Jaypee publication |
| 4. | Amanpreet Kaur Jhand , A textbook for psychology , 6 th edition 2019 , Pee vee publication |

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| 1. | https://openstax.org/details/books/anatomy-and-physiology?utm |
| 2. | https://www.ncbi.nlm.nih.gov/books?utm |

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U24NST104	N-NF(I)125 NURSING FOUNDATION - I (including First Aid module)	T	L	C	Cr	Total
		120	-	-	6	120

DESCRIPTION: This course is designed 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.

COURSE OUTCOMES:

After completion of the course, the students will be able to

CO1 :	Develop understanding about the concept of health, illness and scope of nursing within health care services.
CO2 :	Apply values, code of ethics and professional conduct in professional life.
CO3 :	Apply the principles and methods of effective communication in establishing communication links with patients, families and other health team members.
CO4 :	Develop skill in recording and reporting.
CO5:	Demonstrate competency in monitoring and documenting vital signs.
CO6:	Describe the fundamental principles and techniques of infection control and biomedical waste management.
CO7:	Identify and meet the comfort needs of the patients.
CO8:	Perform admission, transfer, and discharge of a patient under supervision applying the knowledge.
CO9:	Demonstrate understanding and application of knowledge in caring for patients with restricted mobility.
CO10:	Perform first aid measures during emergencies.
CO11:	Identify the educational needs of patients and demonstrate basic skills of patient education.

COURSE OUTLINE

T – Theory, SL – Skill lab

unit	Time (Hrs)	Learning outcomes	Content	Teaching/ Learning activities	Assessment methods
I	5(T)	Describe the concept of health and illness	Introduction to health and illness • Concept of Health – Definitions (WHO), Dimensions • Maslow's hierarchy of needs • Health – Illness continuum • Factors influencing health • Causes and risk factors for developing illnesses • Illness – Types, illness behaviour • Impact of illness on patient and family	• Lecture • Discussion	• Essay • Short answer • Objective type
II	5 (T)	Describe the levels of illness preventio	Health Care Delivery Systems – Introduction of basic concepts & meanings	• Lecture • Discussion	• Essay • Short answer • Objective type

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		n and care, health care services	• Levels of illness prevention – primary (Health promotion), Secondary and Tertiary • Levels of Care – Primary, Secondary and Tertiary • Types of health care agencies services – Hospitals, clinics, Hospice, rehabilitation centres, extended care facilities • Hospitals – Types, Organization and Functions • Health care team in hospitals – members and their role		
III	12 (T)	Trace the history of Nursing Explain the concept, nature and scope of nursing Describe values, code of ethics and professional conduct for nurses in India	History of Nursing and Nursing as a profession • History of Nursing, History of Nursing in India • Contributions of Florence Nightingale • Nursing – Definition – Nurse, Nursing, Concepts, Philosophy, objectives, Characteristics, Nature and Scope of Nursing/ Nursing practice, Functions of nurse, Qualities of a nurse, categories of nursing personnel • Nursing as a profession – definition and characteristics/ criteria of profession • Values – Introduction – meaning and importance • Code of ethics and professional conduct for nurses - Introduction	• Lecture • Discussion • Case discussion • Role plays	• Essay • Short answers • Objective type
IV	8 (T) 3 (SL)	Describe the process, principles, and types of communication Explain therapeutic and professional	Communication and Nurse patient Relationship • Communication – Levels, Elements and Process, Types, Modes, Factors influencing communication • Methods of effective communication/therapeutic communication techniques • Barriers to effective communication/nontherapeutic communication techniques • Professional communication	• Lecture • Discussion • Role play and video film on Therapeutic Communication	• Essay • Short answer • Objective type

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		nal communication Communicate effectively with patients, their families and team members	- Helping Relationships (Nurse Patient Relationship) – Purposes and Phases - Communicating effectively with patient, families and team members - Maintaining effective human relations and communication with vulnerable groups (children, women, physically and mentally challenged and elderly).		
V	4 (T) 2 (SL)	Describe the purposes, types and techniques of recording and reporting Maintain records and reports accurately	Documentation and Reporting - Documentation – Purposes of Reports and Records - Confidentiality - Types of Client records/ Common Record – Keeping forms - Methods/Systems of documentation/ Recording - Guidelines for documentation - Do's and Don'ts of Documentation/ Recording - Reporting – Change of shift reports, Transfer reports, Incident reports	- Lecture - Discussion - Demonstration	- Essay - Short answer - Objective type
VI	15 (T) 20 (SL)	Describe principles and techniques of monitoring and maintaining vital signs	Vital signs - Guidelines for taking vital signs - Body temperature - Definition, Physiology, Regulation, Factors affecting body temperature - Assessment of body temperature– sites, equipment and technique - Temperature alterations – Hyperthermia, Heat Cramps, Heat Exhaustion, Heatstroke, Hypothermia - Fever/Pyrexia – Definition, Causes, Stages, Types - Pulse: - Definition, Physiology, Regulation, Factors affecting pulse	- Lecture - Discussion - Demonstration & Re-demonstration	- Essay - Short answer - Objective type - Document the given values of temperature pulse, and respiration in the graphic sheet - OSCE

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			○ Assessment of pulse – sites, equipment and technique ○ Alterations in pulse • Respiration: ○ Definition, Physiology and Regulation, Mechanics of breathing, Characteristics, factors affecting respiration ○ Assessment of respirations – technique ○ Arterial Oxygen Saturation ○ Alterations in respiration • Blood pressure: ○ Definition, Physiology and Regulation, Mechanics of breathing, Characteristics, factors affecting BP ○ Assessment of BP – sites, equipment and technique, Common Errors in BP Assessment technique ○ Alterations in Blood Pressure • Documenting Vital signs		
VII	3 (T)	Maintain equipment and linen	Equipment and Linen • Types–Disposables and reusable • Linen, rubber, goods, glassware, metal, plastics, furniture • Introduction-Indent, maintenance, Inventory	• Lecture • Group discussion	• Essay and short answer • Objective type
VIII	10 (T) 3 (SL)	Describe the basic principles and techniques of infection control and biomedical waste management	Introduction to Infection Control in Clinical setting • Nature of infection • Chain of infection • Types of infection • Stages of infection • Factors increasing susceptibility to infection • Body defenses against infection • Inflammatory response & Immune response • Health care associated infection (Nosocomial infection) Introductory concept of Asepsis Medical & Surgical asepsis Precautions • Hand Hygiene • (Hand washing and use of hand Rub)	• Lecture • Group discussion •	• Essay and short answer • Objective type

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			• Use of Personal Protective Equipment (PPE) • Standard precautions • Biomedical Waste management Types of hospital waste, waste segregation and hazards		
IX	15 (T) 15 (SL)	Identify and meet the comfort needs of the patients	Comfort, Rest & Sleep and Pain • Comfort • Factors Influencing Comfort • Types of beds including latest beds, purposes & bed making • Therapeutic positions • Comfort devices Sleep and Rest ○ Physiology of sleep ○ Factors affecting sleep ○ Promoting Rest and sleep ○ Sleep Disorders Pain (Discomfort) ○ Physiology ○ Common cause of pain ○ Types ○ Assessment-pain scales and narcotic scales ○ Pharmacological and Non-pharmacological pain relieving measures-Use of narcotics, TENS devices, PCA ○ Invasive techniques of pain management ○ Any other newer measures ○ CAM (Complementary & Alternative healing Modalities)	• Lecture • Discussion • Demonstration & Re-demonstration	• Essay • Short answer • Objective type • OSCE
X	5 (T) 3 (SL)	Describe the concept of patient environment	Promoting Safety in Health Care Environment • Physical environment Temperature, Humidity, Noise, Ventilation, Light, Odor, Pest control • Reduction of Physical Hazards-fire, accident • Fall Risk Assessment • Role of nurse in providing safe and clean environment • Safety devices • Restraints Types, Purposes, Indications, Legal Implications and Consent, Application of Restraints Skill and Practice guidelines • Other Safety Devices-Side rails, Grab bars, Ambu alarms, non-skid slippers etc.	• Lecture • Discussion • Demonstration	• Essay • Short answer • Objective type
XI	6 (T) 2 (SL)	Explain and perform admission, transfer	Hospital Admission and discharge • Admission to the hospital Unit and preparation of unit ○ Admission bed ○ Admission procedure ○ Medico legal issues	• Lecture • Discussion • Demonstration	• Essay • Short answer • Objective type

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		and discharge of a patient	○ Roles and Responsibilities of the nurse • Discharge from the hospital ○ Types-Planned discharge, LAMA and Abscond, Referrals and transfers ○ Discharge Planning ○ Discharge procedure ○ Medico-legal issues ○ Roles, and Responsibilities of the nurse ○ Care of the unit after discharge		
XII	8 (T) 10 (SL)	Demonstrate skill in caring for patients with restricted mobility	Mobility and Immobility ○ Elements of Normal Movement Alignment & Posture, Joint, Mobility, Balance, Coordinated Movement ○ Principles of body mechanics ○ Factors affecting Body Alignment and activity ○ Exercise – Types and benefits ○ Effects of Immobility ○ Maintenance of normal Body Alignment and Activity ○ Alteration in Body Alignment and mobility ○ Nursing interventions for impaired Body Alignment and Mobility – assessment, types, devices used, method ○ Range of motion exercises ○ Muscle strengthening exercises ○ Maintaining body alignment – positions ○ Moving ○ Lifting ○ Transferring ○ Walking ○ Assisting clients with ambulation ○ Care of patients with immobility using Nursing process approach ○ Care of patients with casts and splints	• Lecture • Discussion • Demonstration • Re-demonstration	• Essay • Short answer • Objective type • OSCE
XIII	4 (T) 2 (SL)	Describe the principles and practice of patient education	Patient education • Patient Teaching – Importance, Purposes, Process • Integrating nursing process in patient teaching	• Discussion • Role Plays	• Essay • Short answer • Objective type
XIV	20 (T) 20 (SL)	Explain and apply principles of First Aid during emergencies	First Aid* • Definition, Basic Principles, Scope & Rules • First Aid Management ○ Wounds Haemorrhage & Shock ○ Musculoskeletal Injuries – Fractures, Dislocation, Muscle injuries ○ Transportation of Injured persons ○ Respiratory Emergencies & Basic CPR	• Lecture • Discussion • Demonstration & Re-demonstration • Module completion • National Disaster	• Essay • Short answer • Objective type • OSCE

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			○ Unconsciousness ○ Foreign Bodies – Skin, Eye, Ear, Nose, Throat & Scalds ○ Poisoning, Bites & Stings ○ Frostbite & Effects of Heat ○ Community Emergencies	Managem nt Authority (NDMA) / Indian Red Cross Society (IRCS) First Aid module	
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***MANDATORY MODULE – FIRST AID**



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U24NST105	Course Name N-NF(I)125 NURSING FOUNDATION – I (including First Aid module)	T	L	C	Cr	Total
		-	80	160	2+2=4	240

COURSE OUTCOMES:

After completion of the course, the students will be able to

CO1 :	Maintain effective human relations (projecting professional image)
CO2 :	Communicate effectively with patient, families and team members
CO3 :	Demonstrate skills in techniques of recording and reporting
CO4 :	Demonstrate skill in monitoring vital signs
CO5 :	Care for patients with altered vital signs
CO6 :	Demonstrate skill in implementing standard precautions and use of PPE
CO7 :	Demonstrate skill in meeting the comfort needs of the patients
CO8 :	Provide safe and clean environment
CO9 :	Demonstrate skill in admission, transfer, and discharge of a patient
CO10:	Demonstrate skill in caring for patients with restricted mobility
CO11:	Plan and provide appropriate health teaching following the principles
CO12:	Acquire skills in assessing and performing First Aid during emergencies.

SKILL LAB

Use of Mannequins and Simulators

S.No.	Competencies	Mode of Teaching
1.	Therapeutic communication and Documentation	Role Play
2.	Vital signs	Simulator / Standardized patient
3.	Medical and Surgical Asepsis	Videos/Mannequin
4.	Pain Assessment	Standardized Patient
5.	Comfort Devices	Mannequin
6.	Therapeutic Positions	Mannequin
7.	Physical Restraints and Side rails	Mannequin
8.	ROM Exercises	Standardized patient
9.	Ambulation	Standardized patient
10.	Moving and Turning patients in bed	Mannequin
11.	Changing position of helpless patients	Mannequin/Standardized patient
12.	Transferring patients' bed to stretcher/wheel chair	Mannequin/Standardized patient
13.	Admission, Transfer, Discharge & Health Teaching	Role Play

CLINICAL POSTINGS – General Medical / Surgical Wards

10 weeks x 16 hours/week – 160 Hours

Clinical Unit	Duration (in Weeks)	Learning outcomes	Procedural Competencies/Clinical Skills (Supervised Clinical Practice)	Clinical Requirements	Assessment methods
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General Medical / Surgical wards	2	Maintain effective human relations (projecting professional image) Communicate effectively with patient, families and team members Demonstrate skills in techniques of recording and reporting	Communication and Nurse patient relationship • Maintaining Communication with patient and family and interpersonal relationship • Documentation and Reporting ○ Documenting patient care and procedures ○ Verbal report ○ Written report		• OSCE
	2	Demonstrate skill in monitoring vital signs Care for patients with altered vital signs Demonstrate skill in implementing standard precautions and use of PPE	Vital signs Monitor/measure and document vital signs in a graphic sheet • Temperature (oral, tympanic, axillary) ○ Pulse (Apical and peripheral pulses) ○ Respiration ○ Blood pressure ○ Pulse oximetry • Interpret and report alteration • Cold Applications – Cold Compress, ice cap, Tepid Sponging • Care of equipment – thermometer, BP apparatus, Stethoscope, Pulse oximeter • Infection control in Clinical settings • Hand hygiene • Use of PPE	• Care of patients with alterations in vital signs-1	• Assessment of clinical skills using checklist • OSCE
	3	Demonstrate skill in meeting the comfort needs of the patients	Comfort, Rest & Sleep, Pain and Promoting Safety in Health Care Environment Comfort, Rest & Sleep • Bed making ○ Open ○ Closed ○ Occupied ○ Post-operative ○ Cardiac bed ○ Fracture bed • Comfort devices		• Assessment of clinical skills using checklist • OSCE

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		Provide safe and clean environment	○ Pillows ○ Over bed table/cardiac table ○ Back rest ○ Bed Cradle ○ Therapeutic Positions ○ Supine ○ Fowlers (low, semi high) ○ Lateral ○ Prone ○ Sim's ○ Trendelenburg ○ Dorsal recumbent ○ Lithotomy ○ Knee chest Pain • Pain assessment and provision for comfort Promoting Safety in Health Care Environment • Care of Patient's Unit • Use of Safety devices • Side Rails • Restraints (Physical) • Fall risk assessment and Post Fall Assessment	Fall risk assessment-1	
	2	Demonstrate skill in admission, transfer and discharge of a patient	Hospital Admission and discharge, Mobility and Immobility and Patient education <i>Hospital Admission and discharge</i> perform & Document • Admission • Transfer • Planned Discharge		• Assessment of clinical skills using checklist • OSCE
		Demonstrate skill in caring for patients with restricted mobility	Mobility and Immobility • Range of Motion Exercises • Assist patient in ○ Moving	• Individual teaching-I	• Assessment of clinical skills using checklist • OSCE
		Plan and provide appropriate health teaching following the principles	• Turning ○ Logrolling ○ Changing position of helpless patient ○ Transferring (Bed to and from chair/ wheelchair /stretcher) • Patient education		
	1	Demonstrate skills in assessing and performing First Aid during emergencies	First aid and Emergencies • Bandaging Techniques • Basic Bandages • Circular • Spiral • Reverse-Spiral • Recurrent		

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			• Figure of Eight • Special Bandages • Caplin • Eye/Ear Bandage • Jaw Bandage • Shoulder Spica • Thumb spica • Triangular Bandage/Sling (Head & limbs) • Binders		
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