******

**king saud university**

1st Semester Academic Year 2019 – 2020 G / 1441

**NURS 215 FUNDAMENTALS OF NURSING**

# Credit Hours: 5 (3+4+0)Prerequisites: NoneClassroom: \_\_\_\_G10\_\_\_\_\_\_\_Days and hours of class meetings: \_\_\_\_\_\_\_3\_\_\_\_\_\_

# Instructor contact information: \_\_\_\_\_\_NASSIMAH ALAWAJI \_\_\_\_\_\_\_\_\_\_\_\_\_\_

 EMAIL: \_\_\_\_\_\_NAWAJI@KSU.EDU.SA\_\_\_\_\_\_\_\_\_\_\_\_\_

**Office Hours:** By appointment

**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

**Instructional Methods:** Lectures / Interactive Discussion, Web Based activities, Written Exams Demonstration / Return Demonstration

**Required Texts:** Berman, A. et al. (2016) Kozier & Erb’s Fundamentals of Nursing: Concepts, Process and Practice. 10th Ed. New Jersey: Pearson Education, Inc.

**Required Articles:** None.

**Recommended Resources:**

1. Lynn, P. and LeBon, M. (2011). Skill Checklists for Taylor’s Clinical Nursing Skills: A Nursing Process Approach. 3rd Edition. Philadelphia: Lippincott Williams & Wilkins
2. 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

.

**Course Goals:** The goal of this course is to provide 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

# Goals for Student Learning:

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

1. Identify concepts of health, illness and health promotion.
2. Utilize the nursing process and critical thinking skills.
3. Identify normal vital signs , its variations as an assessment of health and perform vital signs taking .
4. Discuss and perform different medication administration routes
5. Utilize knowledge from theoretical based nursing knowledge and other disciplines to provide evidence-based plans of performing basic nursing skills
6. Describe the steps and explain the rationale of basic concepts underlying nursing care needed to implement basic nursing skills accordingly
7. Appreciate the importance of proper communication skills in dealing with clients and other members of the health care team

# Course Requirements:

**1. Quizzes (5%):**

Quizzes will be given on scheduled weeks during the semester and will cover content that has been taught in class. Since the material in this course is cumulative, the quizzes may also require knowledge of all material studied in the course prior to the quiz. **There will be NO make-up quizzes.** If a student is absent for a quiz, a grade of zero will be recorded. I will notify you in advance if any quiz dates will be changed.

1. **Exams**
	1. **Theory : Exam #1 = 12.5 %; Exam #2 = 12.5 %; Exam #3 = 25 %) = 50 %**
	2. **Practical – Exam 1 = 12.5 %; Exam 2 = 12.5 %; Exam 3 = 15 % = 40%**

Examinations will be given at scheduled class times during the semester. Exam content will be based upon material addressed in the assigned text, assigned readings, class assignments and in-class content. Make-up exams should be discussed with me at least 48 hours in advance of the exam.

**3.** **Analysis Assignments (5%)**

There are 2 or more analysis assignments to be completed during the semester. The assignments will be completed independently and submitted on the required due date. There will not be any make-up assignments. If you do not submit the assignment by the required due date, a grade of zero will be recorded.

**Other Policies or Expectations:**

**Attendance:** Students are expected to attend every class. Students are responsible for all announcements and any content covered in each class.

**Classroom behavior:** This class will be conducted in an atmosphere of mutual respect. It is expected that cell phones will be muted during class. No student will be permitted to respond to text messages during class. Students who show disrespect to the professor or their classmates will be told to leave the room for the remainder of that class period.

**Class Schedule:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Topic** | **Readings**Kozier & Erb’s Fundamentals of Nursing | **List of Skills**  **(Laboratory)** |
| 1 | **Sept. 1 - 5** | OrientationIntroduction to the Course |  | * Introduction to the Course
 |
| 2 | **Sept. 8- 12** | * + - 1. **Nursing Process**
	+ Overview of the Nursing Process
	+ Phases of the Nursing Process
	+ Characteristics of the Nursing Process
	+ Assessing
	+ Diagnosing (NANDA)
	+ Planning
	+ Implementing and Evaluating
 | Chapter 11 Pp 156 – 164Chapter 12 Pp 175 – 177Chapter 13 Pp 189 – 202Chapter 14 Pp 208 – 212 | * Formulating Nursing Care Plan
 |
| 3 | **Sept. 15-19** | * + - 1. **Asepsis**
	+ Types of Microorganisms causing Infections
	+ Types of Infections
	+ Nosocomial and Health Care–Associated Infections
	+ Chain of Infection
	+ Body Defenses Against Infection
	+ Factors increasing susceptibility to infection
	+ Performing Hand Hygiene
	+ Disinfecting and Sterilizing
	+ Infection Prevention and Control
	+ Sterile Technique
	+ Infection Prevention for Health Care Workers
		- 1. **Health And Wellness**
* Concepts of Health, Wellness, and Well-Being
* Models of Health and Wellness
* Health–Illness Continua
* Variables Influencing Health Status, Beliefs, and Practices
* Health Care Adherence
* Illness and Disease
 | Chapter 31 Pp 602 - 636Chapter 17 Pp 262 – 273 | * Performing Hand Hygiene
* Using Personal Protective Equipment
* Establishing and Maintaining a Sterile Field
* Applying and Removing Sterile Gloves (Open Method/ (Closed Method)
 |
| 4 | **Sept. 22 - 26** | * + - 1. **Vital Signs**
	1. **Body Temperature**
		+ Regulation of Body Temperature
		+ Factors Affecting Body Temperature
		+ Alterations in Body Temperature
		+ Assessing Body temperature
	2. **Pulse**
* Factors Affecting the Pulse
* Pulse Sites
* Assessing the Pulse
	1. **Respiration**
	+ Mechanics and Regulation of Breathing
	+ Assessing Respiration
	+ Factors Affecting Respirations
	1. **Blood Pressure**
* Determinants of Blood Pressure
* Factors Affecting Blood Pressure
* Assessing Blood Pressure
* Common Errors in Assessing Blood
 | Chapter 29 Pp 477 - 509 | * Assessing Body Temperature, Pulse & Respirations
* Assessing Blood Pressure
 |
| **5** | **Sept. 29 - Oct 3** | **Quiz 1 (**Nursing Process / Asepsis )* 1. **Oxygen Saturation**
* Factors Affecting Oxygen Saturation Readings
	1. **Assessing Pain**
* Factors Affecting the Pain Experience
* Meaning Of Pain
* Pain Intensity or rating Scales
* Barriers to Pain Management
* Key Strategies of Pain Management
 | Chapter 29 Pp 507 – 509Chapter 46Pp 1086 -1106 | * Assessing Blood Pressure
* Measuring Oxygen Saturation

 REVISION |
| **6** | **Oct 6 – 10**  | * + - 1. **Medication Administration**
	+ Terms related to Medication Administration
	+ Legal Aspects of drug Administration
	+ Effects of Drugs
	+ Routes of Administration
	+ Medication Orders
	+ Administering Medications Practice Guidelines
	+ Process of Administering Medications
	+ Ten Rights of Medication Administration
 | Chapter 35 Pp 750 – 779811 - 816 | **Midterm Exam 1 (Skills from Week 2-5)*** Asepsis
* Vital signs
 |
| **7** | **Oct 13 – 17** | **Midterm Exam 1** **Coverage: Lectures 2, 3 & 4**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_1. **Oxygenation**
* Introduction
* Structure and Function of the Respiratory System
* Respiratory Regulation
* Factors Affecting Respiratory Function
* Alterations in Respiratory Function
* Promoting Oxygenation
* Deep Breathing and Coughing
* Oxygen Therapy Safety precautions
 | Chapter 33 Pp 669 – 714 | * Administering an Intradermal Injection
* Administering Subcutaneous Injection
* Administering Intramuscular Injection
* Administering Intravenous Medication
 |
| **8** | **Oct 20 – 24** | 1. **Skin Integrity and Wound Care**
	* Factors Affecting Skin Integrity
	* Types of Wounds
	* Pressure Ulcers
	* Etiology of Pressure Ulcers
	* Risk Factors
	* Stages of Pressure Ulcers
	* Risk Assessment Tool
	* **Wound Healing**
	* Types of Wound Healing
	* Phases of Wound Healing
	* Types of Wound Exudate
	* Complications of Wound Healing
	* Factors Affecting Wound Healing
 | Chapter 36 Pp 828 - 836  | **Web based Activity**1. Bathing an Adult Client
2. Assisting the Patient With Oral Care
3. Providing Hair Care
* **Wound Care**
* **Administering Oxygen by Cannula**
* **Administering Oxygen by Face Mask**
 |
| **9** | **Oct 27 – 31** | **Quiz 2 (**Medication Administration)1. **Hygiene**
	* Hygienic Care
	* Nursing Management
	* General Guidelines for Skin Care
	* Bathing
	* Skin Problems and Care
	* Foot Care
	* Measures to Prevent Tooth Decay
	* General Eye Care
	* Cleaning the Ears

Supporting a Hygienic environment1. **Safety**
	* Factors Affecting Safety
	* Safety Measures throughout the Life Span
	* Promoting Safety in the Heath Care Setting
	* Preventing Falls in Health Care Agencies
	* Restraining the clients
 | Chapter 50 Pp 1241 - 1263Chapter 32Pp 640 – 662-  | **REVISION** |
| **10** | **Nov 3 - 7** | 1. **Elimination**

**A. Urinary Elimination*** + - Physiology of Urinary Elimination
		- Factors Affecting Voiding
		- Altered Urine Production
		- Altered Urinary Elimination
		- Nursing Management for Urinary Elimination
		- Urinary Catheterization
		- Nursing Interventions for Clients with Indwelling catheters

**B. Fecal Elimination*** + - Physiology of Defecation
		- Factors Affecting Defecation
		- Fecal Elimination Problems
		- Nursing Management for Elimination Problems
		- Client Teaching
		- Administering Enemas
 | Chapter 48 Pp 1174 – 1189Chapter 49 Pp 1210 - 1222 | **Midterm Exam 2*** Medication Administration,
* Wound Care ,
* O2 administration
 |
| **11** | **Nov 10 – 14** | **Midterm Exam 2**(Lectures 6 - 9 | Chapter 26 pp 411 - 422**Chapter 44** **Pp 1010 – 1055** | * Catheterization
 |
| 1. **Communication**
* The Communication Process
* Modes of Communication
* Factors influencing Communication Process
* Therapeutic Communication
	+ Barriers to communication
1. **Activity and Exercise**
* Normal Movement
* Factors Affecting Body Alignment and Activity
* Exercise
* Benefits of Exercise
* Effects of Immobility
* Problems Related to Immobility
* Using Body Mechanics
* Positioning Client
* Transferring Clients
* Providing Range of Motion Exercises
* Ambulating Client
 |
| **12** | **Nov 17 - 21** | 1. **Diagnostic Testing**
	* Diagnostic Testing Phases
	* Blood Tests
	* Specimen Collection and Testing
	* Visualization Procedures (ECG, X-ray, CT, MRI, etc.)Biopsies
2. **Sleep**
	* Physiology of Sleep
	* Types of Sleep
	* Functions of Sleep
	* Normal Sleep Patterns and Requirements
	* Factors affecting Sleep
	* Common Sleep Disorders
	* Promoting Sleep
 | Chapter 34 Pp 718 – 744Chapter 45 Pp 1066 - 1077 | * NGT Insertion
* Enema
 |
| **13** | **Nov 24 – 28** | 1. **Stress and Coping**
	* Concept of Stress
	* Models of Stress
	* Indicators of Stress
	* Coping
	* Types of Coping
	* Crisis Intervention
	* Stress Management for Nurses
 | Chapter 42 Pp 972 - 983 | **REVISION** |
| **14** | **Dec 1 - 5** | 1. **Loss, Grieving, and Death**
	* Loss and Grief
	* Types and Sources of Loss
	* Grief, Bereavement, and Mourning
	* Stages of Grieving
	* Factors Influencing the Loss and Grief Responses
	* Dying and Death (Postmortem Care
	* Definition and \signs of Death
	* Death Related Religious and Cultural Practices
	* Signs of Impending Clinical Death
	* Meeting the Physiological Needs of the Dying Client
 | Chapter 43 Pp 989 - 1002 | **Final Examination** **(Tentative)**  |
| **15** | ***Dec 8-12*** |  |  |  |
| **16** | ***Dec 25, 2019******28/4/1441*** | **FINAL EXAM** |  |  |

**General rules**

* Students are expected to follow their program dress codes and comply with the professional appearance.
* Students are required to be present and punctual every day. As per KSU rules and regulations, you are required to attend at least 75 % of the classrooms in order to enter the final exam. Attendance will be calculated from the first week of the semester regardless of the day of enrollment in the course.
* As per KSU rules and regulations, sick leaves (out of KSU facilities) will not be accepted unless being authenticated by KSU.
* Students are responsible for any missed class, in term of class content, homework, assignments, and exams.
* Missed deadlines for homework and projects will affect your grade with no credit.
* Missed quizzes will not be taken.
* Missed midterms or final exams, however, may be taken in accordance with KSU policy.
* Cheating or plagiarism on tests or assignments is cause for formal disciplinary action.
* Courses that have practical part, students will not enter the final practical unless they pass 85 % of the required clinical competencies for this course.
* Cell phones should be on silent mode in class.

**Student Acknowledgement of Course Syllabus**

We have received a copy of the syllabus for NUR 215 Grp \_\_\_\_\_\_\_\_ We have read this syllabus and understand that we are responsible for abiding by the course requirements and policies mentioned in the syllabus.

|  |  |  |  |
| --- | --- | --- | --- |
| **Students Name** | **Students ID** | **Signature** | **Date** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Name & Signature of Faculty

Date :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_