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**Course Information**

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| **Course Title: Fundamentals of Nursing**  | **Course Number: 140101** |
| **Faculty: Nursing** | **Credit Hours: 3** |
| **Department: Adult Health Nursing** | **Pre-requisite: Anatomy , Physiology** |
| **Semester and Academic Year: Second semester 2023-2024** | **Lecturer: Dr. Rasha Al Dalaeen**  |

**General Course Description.**

This course is designed to provide nursing students with the essential knowledge and attitude related to the basic physiological & psychosocial human needs & their alterations according to functional health patterns. This knowledge will assist the student to provide holistic care using the nursing process in various clinical settings.

**Expected Learning Outcomes**

**By the end of the course the student nurse will be able to:**

1. Identify the nurse’s caring roles as it applies to health care, outline the selected historical development of nursing, and health care delivery settings.
2. Discuss the basic concepts of professional nursing, health, illness, & wellness.
3. Explain infection control& the role of the nurse in preventing infection. chapter 29
4. Use therapeutic communication skills to foster caring relationship with clients.
5. Explain the principles & procedures for vital signs assessment.
6. Identify and utilize the components of the nursing process in the delivery of safe, responsible health care.
7. Describe principles & procedures for safe & efficient administration of medication.
8. Explain the concept of skin integrity & basic nursing principles that promote healing
9. Provide a safe environment & describe the role of the nurse in providing safe environment.
10. Discuss principles, practices, & skills used to reduce & control pain.
11. Identify factors influencing personal hygiene, & the interventions which promote positive personal image.

**Course Plan**

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| **Week** | **Topic** |
| **One** (Feb 25 – 29Feb)**Two** (Mar 3 – 7 Mar) | **Introduction to Nursing**Definitions of NursingNursing roles and functionsPatient’s (client’s) rights |
| **Three** (Mar 10 – 14) | **Health, Wellness, and Illness**Definitions of Health, Wellness, and IllnessDimensions of WellnessHealth-Illness Continuum |
| **Four** (Mar 17 – 21)**Five** (Mar 24 – 28) | **VITAL SIGNS**Sites for Measuring Body TemperatureNursing Care for patientsDelegation to PN or AN |
| **Six** (Mar31 – 4 April) | **Infection Control**Disease and Infectious DiseaseTypes of microorganismsNosocomial infections |
| **Seven** (April 7 – 11) | **Communicating**The Communication ProcessModes of CommunicationTherapeutic Communication |
| **Eight** (April 14 – 18)**Nine** (April 21 – 25) | **MEDICATIONS**Name of DrugsTypes of drug preparationsTherapeutic actions of drugs |
| **Ten** (April 28 – May 2)**Eleven** (May 5 – 9) | **Nursing process**Nursing Process PhasesBenefits of the Nursing ProcessData collection Framework |
| **Twelve** (May 12 – 16) | **HYGIENE**Hygienic care: typesEtiologies of self care deficitsGuidelines for skin care |
| **Thirteen** (May 19 – 23) | **Safety**Factors Affecting Ability to Protect Self from InjuryNational Patient Safety Goals ([NPSGs](http://www.jointcommission.org/PatientSafety/NationalPatientSafetyGoals/)) |
| **Fourteen** (May 26 – 30 May) | **BACK SAFETY**Five Activities That Could Injure the Back |
| **Fifteen** (Jun 2 – 6) | **Pain and Pain Management**Define pain, nature of pain, & typesDiscuss concepts associated with painList key factors in pain management |

Teaching Strategies and Methods

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| **Teaching Strategies and Methods** | No  |
| Lectures | **1** |
| Group discussions | **2** |
| Multimedia | **3** |
| PowerPoint presentations of textbook information | **4** |

Methods of Assessment

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|  **The proportion of Final Evaluation** | **Evaluation Methods of** | **Week & Date** | **No.** |
| **30 %** | Mid-term exam | 8th week  | **1** |
| **%20**  | Coursework  | 10th week  | **2** |
| **50 %** | Final written exam | Will be confirmed  | **5** |
| **(100%)** |  | **Total** |

**Required Textbooks**

**Primary:**

* Berman at al. (2021). *Kozier & Erb's fundamentals of nursing: Concepts, process, and practice*. 11th edn. Upper Saddle River, N.J.: Pearson Prentice Hall.
* Kozier & Erb. (2004). *Techniques in clinical nursing: basic to immediate skills*. 5th edn.
Upper Saddle River, N.J.: Pearson/Prentice Hall

 **General Instructions**

1. Student should adhere to the student manual book for university rules & regulation related to attendance, absenteeism, score, and exams & cheating.

2. Exams dates will be arranged with all groups & may be on Thursday or Saturday & are not subjected to change in normal situations.

3. Tardy student will attend the class but he is considered absent that day.

4. Students are expected to prepare for lectures by reading the assigned materials & / or required resources.

5. Attendance & leaving of lecture are a requirement & should be on time.

6. Students must have a pen & handbook in the lecture.

7. Handout for the course is not available.

8. Electronic devices (cell phones) must be turned off during the class. The devices are not part of the instructional environment and student will leave the class if utilized during the class time.

9. Drinking or eating & smoking are prohibited in the class.

\*NOTE: The above information is a general outline of the material covered. The instructor reserves the right to alter the material either adding to or deleting from the list, as conditions and time allows