

**EXPERIENTIAL HIGHER INSTITUTE OF SCIENCE AND
TECHNOLOGY (EXHIST)**

SCHOOL OF HEALTH SCIENCES

One Year Conversion Nursing Degree Program

COURSR: Fundamentals of Nursing

***COURSE INSTRUCTOR:* NGANG NELSON NCHE**

EMAIL:infongangnelson@gmail.com

COURSE DESCRIPTIONS

Course Code	Course Title	Status	Credit Value	CH	TH	PH	Total
ENUH5101	ENUH5101 Fundamentals of Nursing	C	5	45	10	20	75

Description:

This course is the foundation for the practice of nursing in the home, community and health institutions and for further professional nursing education. It forms the basis for all other Competencies the student will acquire during the course of her study.

Aim: Prepare the learner to acquire competencies for clinical care which the student will be able to build on as the program progresses.

Outcome: At the end of this course, the learner will be able to:

Discuss the history of nursing as a profession, Understand the role and responsibilities of the nursing and midwifery regulatory Body and professional Associations in Nursing and its role in enhancing nursing & midwifery, Build comfortable interpersonal relationships with patients/peers and health care team members using communication techniques, Implement the nursing process , Utilize standard precautions with patients, Apply principles of biophysics in the provision of nursing care.

CONTENTS:

UNIT I: TRENDS AND PERSPECTIVES OF NURSING:

NURSING AS A PROFESSION

Definition and Meaning of Nursing, Nursing Profession and Nursing Practice

PROFESSIONAL TRENDS

History and Development of Nursing

Facts about Florence Nightingale

Development of the Profession in Cameroon

Factors Influencing Nursing Trends

Development of Nursing Education in Cameroon

SCOPE IN NURSING PROFESSION

REGULATION OF NURSING

Professional Organizations

The Profession of Nursing; Legal issues in nursing, General legal concepts, statutory, common, civil and criminal laws, Nurse Practice Acts, Definition and purpose of the nurse practice act, Impact on the practice of nursing, Nursing Association standards of care, Licensure, legal requirements, grounds for revocation, grounds for suspension, Legal Liability in nursing, Types of crimes, felonies, misdemeanours, Areas of liability, torts, negligence, invasion of privacy, defamation of character, assault and battery, false imprisonment, abandonment, Good Samaritan Laws, Informed consent, A Patient's Bill of Rights

Unit II. Roles and functions of the nurse:

Caregiver, Decision Maker, Communicator, Manager of care, Advocate, Teacher; Ethics and values in nursing, National Nursing Code of Ethics, Florence Nightingale Pledge, Resolution of ethical problems, Biomedical Ethics, ICN competencies for nurses, Regulatory framework as a tool for nursing, Career Paths for professional nurses

Unit III: Basic nursing concepts:

Relevant concepts from applied biophysics: pressure, motion, heat, gravity, force, thermodynamics, refraction, levers, pulleys, body mechanic. The health continuum: Wellness-Illness Continuum; Factors influencing health, Individual Factors, Environmental factors, Socioeconomic factors: Effects of hospitalization and/ or illness, Loss of income, Change in self-image, Disruption of family; Maslow's

hierarchy of needs, Structure of hierarchy, Implication for nursing care: Homeostasis and adaptation to stress, General Concepts of homeostasis and regulatory mechanism, Selye's Theory, Factors influencing adaptation (age, lifestyle. Occupation), Psychophysiological signs of increased stress (Vital signs, memory or perceptual changes), Psychophysiological adaptation to stress (flight or fight, defense mechanism), Nursing process methodology: Purpose, Steps: Assessment, Diagnosis, Planning, Implementation, Evaluation: Characteristics of a goal: measurable, patient-oriented, attainable with a specified time period, Elements of a nursing diagnosis (Look at North American Nursing Diagnosis Association Taxonomy 1997), Recording and Reporting: Concepts and principles; Purposes of recording, charting, documentation; Purpose of reporting: intermittent change of shift; Principles of written communication; Principles of oral communication, Inclusion of appropriate information when recording and reporting

Unit IV: The Health Care Delivery System:

Organigram of Ministry of Health; Services: Primary, Secondary, Tertiary. Policies and governance: National Health Policies, Drug policies, Nurse and NGO's, Nurse and other national institutions

Unit V: Comfort, Rest, and Activity: Hygiene;

Theoretical Framework, Components of hygiene, Factors influencing hygiene (cultural factors, age, physical status, Agents commonly used on the skin and mucus membrane (soaps, lotions, mouthwashes). Nursing Care (Assessment, Diagnosis, planning, implementation, and evaluation). Rest and sleep, Theoretical Framework, Principle related to rest and sleep (sleep stages. Circadian rhythm), Factors influencing rest and sleep (age and sleep, fatigue, use of caffeine, use of alcohol, hospitalization, sensory deprivation). Agents commonly used to promote rest and sleep (sedatives, hypnotic), Nursing Care. Mobility and immobility, Theoretical Framework, Principles of body mechanics, transfer, ambulation, range of motion, Responses of body systems to mobility (Improved peristalsis, Circulation), Complication resulting from immobility (muscle weakness, contractures, retained secretions, decubitus, constipation. Nursing Care, The Pain Experience, Theoretical Framework, Concepts related to pain (gate control theory, acute vs. chronic pain, pain threshold, and endorphins), Factors influencing pain (aetiology of pain, duration of pain, sensory overload, cultural factors). Agents and techniques commonly used to control pain (guided imagery, relaxation administration of non-narcotic,).

Competencies: The learner will be competent to:

- ✓ Identify legal/ethical responsibilities of the practical nurse within the health care system.
- ✓ Identify appropriate nursing interventions for basic emergency situation. ,
- ✓ Adhere to accepted safety standards of medication administration while providing nursing care across the life span. ,
- ✓ Recognize basic therapeutic communication techniques which facilitate the promotion, maintenance, and restoration of health in clients with diverse cultural background. ,
- ✓ Participate as a member of the interdisciplinary health care team by providing safe and skilful therapeutic care in simple nursing situations. ,
- ✓ Recall biological, cultural, spiritual, and psychosocial principals when applying each step of the nursing process to the basic needs of the client experiencing actual or potential health problems. ,
- ✓ Demonstrate competency of basic age specific psychomotor nursing intervention. Identify the major drug classifications, their uses, nursing considerations, and patient education reinforcement.

Teaching and learning strategies:

Lecture, discussion, demonstration, interactive video, medication computation worksheets;; skills laboratory and clinical instruction (including pre and post conference), group work. Case study Self-directed learning Reflective diaries

Assessment/evaluation:

Formative assessment

Theory evaluation, Practical/clinical assessment: Nursing care plan for patients in their care 10%, Daily Diary etc.

Summative: Final exam, Practical exam, written exam

Resources: Hand-outs, videotapes, supplies used in hospitals and the skills lab, sphygmomanometers, stethoscopes, selected reference readings.