



Course Specifications

Course name:	Fundamentals of Nursing /2/
Course code	WNR-12-01
Credit	(8) Hours
Course stages:	First-year
Semester:	Second semester.
Teacher name	Asst. Lect. Shady Shafeek Dowarah

Course description

Course description Fundamentals of Nursing /2/ theory:

This course is an initial core course in the nursing curriculum. Students learn concepts and theories basic to the art and science of nursing. Concepts related to the physiological, psychosocial, and spiritual health needs of the individual are integrated. The legal and ethical roles of the professional nurse are emphasized. The course aims to provide the students with a solid foundation on which they can build their technical and interpersonal expertise. The nursing process is the framework for caring and applying the knowledge learned throughout this course. Additionally, this course introduces students to communication and interpersonal relations skills to prepare them to become effective members of a collaborative healthcare team. Critical thinking and decision-making will also be addressed as a guide for safe, competent, and skillful nursing practices.

Course description Fundamentals of Nursing /2/ Practice:

Practice: This course will introduce the fundamentals of nursing care for selected health problems and the safe demonstration of this care in hospitals, including the activities of daily living and variations of such activities across the lifespan. This course is designed to introduce the beginning student to the following concepts: Quality and Safety for Nurses (QSEN) Initiative incorporating patient-centered care, teamwork and collaboration, safety, quality improvement, and informatics; the nursing process; and the Categories of Patient Needs.

General Objectives / Goals

Upon completion of this course, the student will be able to:

1. Discuss concepts related to functional health patterns and their utilization in providing nursing care for clients.
2. Realize the nursing process as a framework for providing nursing care for a client with selected



alterations in functional health patterns.

3. Apply a systematic approach to analyzing the patients' problems.
4. Utilize a systematic approach in assessing the client's health status.
5. Utilize principles of body mechanics in positioning, transferring & ambulating the client.
6. Asses wounds and provide care for different types of wounds.
7. Perform basic nursing skills related to various adult client conditions.
8. Prepare & administer medications safely.
9. Provide a safe & therapeutic environment for client care.
10. Demonstrate the use of principles accurately in reporting & recording nursing actions, interventions, and clients' responses.
11. Students will use a variety of thinking methods such as critical thinking, conceptual thinking, implementation thinking, and innovative thinking, to make decisions, solve problems, evaluate information, create new processes, and plan strategies.

List of theoretical contents:

Week number	Lecture title	Main Contents	Expected Date/
1.	Nursing process (part 1)	<ul style="list-style-type: none"> • components of the nursing process. • Major characteristics of the nursing process. • The steps of the nursing process. • Types of assessment. • The major activities associated with the assessing phase. • Types of data collection. 	
2.	Nursing process (part 2)	<ul style="list-style-type: none"> • The components of a Nursing Diagnosis. • Domains and Classes in the NANDA-I Taxonomy II. • Formulating a nursing diagnosis (PES). • Planning. • Implementation. • Evaluation • Develop a plan of nursing care 	



3.	Wound care and healing process (part 1)	<ul style="list-style-type: none"> • Common types of wounds. • Pressure ulcer. • The four stages of pressure ulcer development. • Processes involved in wound healing. 	
4.	Wound care and healing process (part 2)	<ul style="list-style-type: none"> • Primary, secondary, and tertiary wound healing. • Factors that affect wound healing. • The principles of wound assessment and care. • Planning care to maintain skin integrity and promote wound healing. 	
5.	Exam (1)	<ul style="list-style-type: none"> • First Midterm Exam 	
6.	Fluid and electrolytes and acid-base balance (part 1)	<ul style="list-style-type: none"> • Fluid distribution in the body. • Fluid equilibrium. • Intravenous infusion. 	
7.	Fluid and electrolytes and acid-base balance (part 2)	<ul style="list-style-type: none"> • Maintaining fluid balance. • Fluid and electrolyte disturbance. • Blood transfusion. 	
8.	Nutrition	<ul style="list-style-type: none"> • Factors Influencing Nutrition. • Nutritional Assessment. • Nursing interventions. • Special diets 	
9.	Urinary Elimination	<ul style="list-style-type: none"> • Structures of the urinary system. • Factors that influence urinary elimination. • Alterations in urinary elimination. • Nursing process of a patient experiencing alterations in urinary elimination. 	
10.	Bowel Elimination	<ul style="list-style-type: none"> • The digestive process. • Factors that influence bowel elimination. • The five major alterations in bowel elimination. • Nursing process of a patient experiencing alterations in bowel elimination. 	
11.	Oxygenation	<ul style="list-style-type: none"> • The process of oxygenation. • Factors that influence oxygenation. 	



		<ul style="list-style-type: none"> • Alterations in oxygenation. • The nursing process to address alterations in oxygenation. 	
12.	Exam (2)	<ul style="list-style-type: none"> • Second Midterm Exam 	
13.	Pain management	<ul style="list-style-type: none"> • The process of pain. • Pain theories. • Types of pain. • Pain assessment. • Pain management. 	
14.	Patients need rest and sleep	<ul style="list-style-type: none"> • Physiology of Sleep. • Circadian Rhythm. • Stages of sleep. • Factors that affect sleep • Common Sleep Disorders 	
15.	Pre- and post-operative nursing care	<ul style="list-style-type: none"> • Type of surgery. • Preoperative phases 	

The Clinical Content: Clinical-related skills:

1. Preparing of Medications
2. Bed making
3. heat and cold application
4. Wound Suturing
5. Wound Dressing
6. Surgical scrub.
7. Intravenous infusion and blood transfusion
8. Patient Hygiene
9. Nasogastric (NG) tube
10. Urinary Catheterization
11. Oxygen Therapy
12. Body Mechanics (movement, posture).
13. Fingerstick (Capillary) Blood Glucose

Methods of teaching: (theory)

1. Classroom lectures.
2. Online discussions and explanations via Moodle with clarification videos.
3. Explanatory videos
4. Recorded videos and online group discussions and forums.



Clinical teaching methods

1. Classroom lectures for teaching the theoretical part.
2. Small Groups, role-playing demonstration, self-training.
3. Clinical training in the hospital.
4. Case study discussions.
5. Projects and assignments.
6. Explanatory videos.
7. Recorded videos and online group discussions and forums.

Students Evaluation:

A. Theoretical evaluation (60%)

- 1st theory exam. 5%
2nd theory exam. 5%
Daily quizzes 5%
Daily activity 5%
Final theory exam. 40%

B. Clinical evaluation (40%)

- Hospital evaluation 20%
Final clinical exam. 20%

Total 100%

Resources and References:

1. Berman A., Snyder S., and Frandsen G., Kozier & Erb's Fundamentals of Nursing - Concepts, Process, and Practice, 11th Ed, Pearson Education © 2022, United Kingdom, 2022.
2. Hinkle J., Cheever K., Overbaugh K., BRUNNER & SUDDARTH'S textbook of Medical-Surgical Nursing, 15th Ed., Wolters Kluwer; China, 2022.
3. Lynn P., Taylor's Clinical Nursing Skills - A Nursing Process Approach, 3rd Ed, Wolters Kluwer Health, Philadelphia, 2011.
4. DeLaune S., Ladner P., *Fundamentals of Nursing - Standards & Practice*, 2nd, Delmar, United States of America, 2002.
5. Smith J., Johnson J., *nurse's guide to clinical procedures*, 5th Ed, Lippincott Williams & Wilkins, U.K, 2006.
6. White L., *foundations of basic nursing*, 2nd Ed, Thomson Delmar Learning, United States, 2005.

