

Course Name	:	FUNDAMENTALS OF NURSING PRACTICE
Course Code	:	NCM 100
Course Description	:	This course provides the students with the overview of nursing as a science, an art and a profession. It deals with the concept of man as a holistic being comprised of bio- psycho- socio and spiritual dimensions. It includes a discussion on the different roles of a nurse emphasizing health promotion, maintenance of health as well as prevention of illness utilizing the nursing process. It includes the basic nursing skills needed in the care of individual clients.
Course Credit	:	3units lecture, 2units RLE (Skills Lab)
Contact Hours/Sem	:	54 hours lecture, 102 RLE hours Skills Lab
Course Objectives:	:	<p>At the end of the course and given actual or simulated situations /conditions, the student will be able to:</p> <ol style="list-style-type: none"> utilize the nursing process in the holistic care of client for the promotion and maintenance of health <ol style="list-style-type: none"> Assess with the client his/her health status and risk factors affecting health Identify actual wellness/at risk nursing diagnosis Plan with client appropriate interventions for the promotion and maintenance of health Implement with client appropriate interventions for the promotion and maintenance of health Evaluate with client outcomes of a healthy status ensure a well-organized recording and reporting system observe bioethical principles and the core values (love of God, caring, love country and of people) relate effectively with clients, members of the health team and others in work situations related to nursing and health; and, observe bioethical concepts/ principles and core values and nursing standards in the care of clients
Course Outline	:	<ol style="list-style-type: none"> I. Nursing as a Profession <ol style="list-style-type: none"> A. Profession <ol style="list-style-type: none"> 1. Definition 2. Criteria B. Nursing <ol style="list-style-type: none"> 1. Definition 2. Characteristics 3. Focus: Human Responses 4. Personal and professional qualities of a nurse C. History of Nursing

1. In the world
2. In the Philippines
(include the history of own nursing school)

D. Development of modern nursing

E. Growth of Professionalism

1. Profession
 - a. Specialized Education
 - b. Body of Knowledge
 - c. Ethics
 - d. Autonomy
2. Carpers four patterns of knowing
 - a. Nursing science
 - b. Nursing ethics
 - c. Nursing Esthetics
 - d. Personal Knowledge

F. Overview of the Professional Nursing Practice

1. Level of Proficiency according to Benner
(Novice, Beginner, Competent, Proficient, Expert)
2. Roles and Responsibilities of a Professional nurse
3. Scope of Nursing Practice based on RA 9173
4. Overview of the Code of Ethics for Nurses/Filipino Bill of Rights/Legal Aspects
5. Professional/legal and moral accountability / responsibility

G. Different Fields in Nursing

1. Institutional Nursing (hospital staff nursing)
2. Community Health Nursing (School nursing /industrial nursing/public health nursing)
3. Independent nursing practice
4. Nursing in Education
5. Nursing in other fields

H. Communication Skills

1. Effective communication
2. Purposes of therapeutic communication
3. Components of communication
4. Criteria for effective verbal communication
5. Guidelines for active & effective listening
6. Guidelines for use of touch
7. Developmental consideration in communication
8. Communicating with people who are

- a. Physically challenged
- b. Cognitively challenged
- c. Aggressive

9. General guidelines for trans-cultural therapeutic communication

I. Nursing Process

- 1. Assessment
- 2. Nursing Diagnosis (as a concept and process)
- 3. Planning (long-term, short-term, priority setting, formulation of objectives)
- 4. Intervention (collaborative, independent nursing interventions)
- 5. Evaluation (formative, summative)
- 6. Documentation of plan of care /reporting

J. Health and Illness:

- 1. Recall concepts learned about man as an individual and as a member of the family
- 2. Define Health, Wellness and Illness
- 3. Explain the dimensions of wellness
- 4. Discuss the Health Illness Continuum
- 5. Enumerate the stages of wellness and Illness
- 6. Describe the three levels of Prevention

K. Levels of Care

- 1. Health Promotion
- 2. Disease Prevention
- 3. Health Maintenance
- 4. Curative
- 5. Rehabilitative

L. Basic Interventions to Maintain

- 1. Healthy Lifestyle,
- 2. Oxygenation
- 3. Fluid and electrolyte balance
- 4. Nutrition
- 5. Elimination
- 6. Temperature regulation
- 7. Mobility and exercise
- 8. Hygiene and Comfort,
- 9. Safety, Security and Privacy
- 10. Psychosocial and Spiritual Concerns

M. Meeting needs related to death and dying/grief and grieving

- 1. Concept of death and dying/grief and grieving
- 2. Care of the terminally ill patients and their families
- 3. Post mortem care

	<p>II. Nursing as an Art</p> <ol style="list-style-type: none"> 1. Definition of Arts 2. Why is nursing an art? 3. Concepts related to the art of nursing 4. Self-awareness/concept (Who am I?) 5. Self enhancement (How do I become a better person?) 6. Caring : An Integral Component of Nursing 7. Nursing – Client Relationship 8. Therapeutic communication 9. Focus of Nursing <p>III. Health and Illness:</p> <ol style="list-style-type: none"> 1. Recall concepts learned about man as an individual and as a member of the family 2. Define Health, Wellness and Illness 3. Explain the dimensions of wellness 4. Discuss the Health-Illness Continuum 5. Enumerate the stages of wellness and Illness 6. Describe the three levels of Prevention <p>IV. Health as a Multifactorial Phenomenon</p> <p>V. Interlinking Relationships of Factors Affecting Health</p> <p>VI. Care Enhancement Qualities including Core Values</p> <p>VII. Competency-based Approach to the BSN Curriculum</p> <p>VIII. Core competencies under the 11 Key Areas of Responsibility</p>
Guide for RLE	<p>: Provide opportunity to demonstrate the various nursing procedures learned.</p> <p>Provide opportunity to care for a healthy/well client.</p>
Laboratory Supplies and Equipment	<p>: Office Supplies such as:</p> <p>Hospital Forms and Logbook</p> <p>Equipment such as surgical instruments, hospital equipments like bed pan, urinal, surgical beds, stethoscope, non-mercurial BP apparatus, etc.</p> <p>Fixtures such as chart rack, medicine and treatment cards rack</p> <p>Audio Visual Equipments such as mannequin, models, videos, CD, etc.</p> <p>Appliances such as footstool. Wheel chair, stretcher etc. Hospital Linens</p>