

## Course Plan of : Fundamental of nursing I

### I. Course Description:

The course concerns on the development of student's skills and practices needed in hospital setting, such as admission and discharge, vital signs, physical examination and mobility and immobility. In clinical training the course teaches infection control, hygienic measures, medication administration and wound care.

### II. Course Content:

- Distribution of Semester Weekly Plan of Course Topics/Items and Activities.

#### A – Theoretical Aspect:

| Order                                   | Topics List                      | Week Due | Contact Hours |
|-----------------------------------------|----------------------------------|----------|---------------|
| 1                                       | Hospital admission and discharge | 2        | 8             |
| 2                                       | Health protection and asepsis    | 2        | 8             |
| 3                                       | Vital signs                      | 2        | 8             |
| 4                                       | Health assessment                | 2        | 4             |
| 5                                       | Midterm exam                     | 1        | 2             |
| 6                                       | Administration of Medications    | 2        | 8             |
| 7                                       | Hygiene                          | 1        | 4             |
| 8                                       | Mobility and immobility          | 1        | 8             |
| 9                                       | Wounds care                      | 2        | 8             |
|                                         | Final term exam                  | 1        | 2             |
| Number of Weeks /and Units Per Semester |                                  | 16       | 60            |

#### B– Case Studies and Practical Aspect:

| Order | Topics List                                        | Week Due | Contact Hours |
|-------|----------------------------------------------------|----------|---------------|
| 1     | - Admission & discharge                            | 1        | 2             |
| 2     | <b>Asepsis</b><br>- Hand washing & hand antisepsis | 2        | 4             |

Faculty of HIGH Nursing

|                                                |                                                                                                                                                                                                   |           |           |
|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|
|                                                | - Donning sterile gloves & gown                                                                                                                                                                   |           |           |
| 3                                              | <b>Measure Vital signs</b> <ul style="list-style-type: none"> <li>- Temperature</li> <li>- Pulse</li> <li>- Respiration</li> <li>- BP</li> </ul>                                                  | 2         | 4         |
| 4                                              | - Head to toes examination                                                                                                                                                                        | 1         | 2         |
| 5                                              | - Midterm exam                                                                                                                                                                                    | 1         | 2         |
| 6                                              | <b>Hygiene</b> <ul style="list-style-type: none"> <li>- Oral hygiene:</li> <li>- Hair shampoo</li> <li>- Bed bath</li> <li>- Partial bath</li> </ul>                                              | 2         | 4         |
| 7                                              | <b>Medication Administration</b> <ul style="list-style-type: none"> <li>- ID Medication</li> <li>- SC Medication</li> <li>- IM Medication</li> <li>- Venipuncture</li> <li>- IV Canula</li> </ul> | 4         | 8         |
| 8                                              | <b>Mobility</b> <ul style="list-style-type: none"> <li>- Maintaining body alignment:</li> <li>- Positioning</li> <li>- Moving</li> <li>- Lifting</li> </ul>                                       | 1         | 2         |
| 9                                              | - Wound care                                                                                                                                                                                      | 1         | 2         |
| 10                                             | Final exam                                                                                                                                                                                        | 1         | 2         |
| <b>Number of Weeks /and Units Per Semester</b> |                                                                                                                                                                                                   | <b>16</b> | <b>32</b> |