

CORE COURSE I - NURSING CARE

Objective: To impart knowledge to the candidates about the fundamentals of Nursing care and its techniques.

Unit - I

Fundamentals of Nursing - History of Nursing : Modern nursing:- Florence Nightingale and her influence on nursing in England, India and the rest of the world. Nursing as a community service in and outside hospital. Functions of the hospital in relation to other health services.

Unit - II

Hospital: Safe and comfortable environment. The individual as a patient; Adjustments – Mental, emotional, social and physical reaction to illness; the nurse patient relationship; admission procedure.

Nursing practice to meet basic human needs in hospital and the home in relation to: Personal hygiene – comfort, body support and posture in bed or chair – accessories to promote comfort – lifting and moving patient – care of pressure points – clothing, rest and sleep – physical and mental rest – including sleep; Exercise: active and passive – protection from injury – accidents – cross infection – nourishment – Elimination.

Unit – III

The patient and his illness:- State of illness; acute and chronic – convalescent – concept of rehabilitation – observation of patient, Admission of the patient. Oral hygiene – Care of hair, pediculosis treatment. Diagnostic measures:- Temperature, pulse, respiration, Blood pressure, weight, collection, and preservation of specimens – general physical examination of the patient. Simple Nursing treatments for relief of pain and irritation - Principles of Aseptic – Minor dressings, bandaging. Administration of drugs by mouth – by inhalation and by rectum. Administration of drugs by injections. Discharging procedures: Preparation of summary sheets referring patient's physical and mental status.

Unit – IV

Care of the dying:- Psychological support to relatives, – Materials required for patient care – care and maintenance of equipment, sterilisation and disinfection. In- patient Care: Planning, Implementing and evaluation of patients, comprehensive nursing care – nursing care records; followup of patients – Out patient care – home care – rehabilitation; The surgical patient: Pre- operative and post operative nursing care.

Unit V

Operation Theatre: Preparation of theatre – equipment and Instruments in common use, theatre sterilization; Positioning of the patient – Role of the nurse in Anaesthesia – after care of patient – Major dressings techniques – removal of sutures and clips and drains – securing dressings. First Aid- Definition and Objectives; First Aid treatment for fracture, haemorrhage, shock, and Burns.

Reference Books

AUTHOR	TITLE	PUBLICATION
1. Philip D. Jean Powel H. Wright Florence G. Blake	Essentials of Nursing Care	5 th Edition J.P. Lippion co. Ltd, Philadelphia.