



University of Thi-Qar College of Nursing Undergraduate Program Fundamentals of Nursing

- 1- **Course title:** Fundamentals of Nursing / Theory
- 2- **Course Number:** (205)
- 3- **Credit hours :**(3) credit
- 4- **Course calendar :**(3) hours weekly of (15) weeks
- 5- **Placement:** Second academic year / Second semester
- 6- **Course description:**

This course serves as a base for other nursing courses. It is designed to provide the nursing students with the basic nursing concepts and principles needed for practicing nursing. The course emphasizes on the nature of the client's needs and interventions required for utilizing the patterns of functional health. This course provides clinical guided experiences which helps the nursing student in integrating the basic nursing concepts into practice. It also enables her/him in performing the nursing activities safely.

7- **Course objectives:**

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

1. Recognize the principle underlying all nursing intervention procedures related to providing operative care to client in adult nursing care.
2. Apply a systematic approach of analyzing the patient's problems related pre and post-operative.
3. Utilize systematic approach of analyzing the problems.
4. Perform basic nursing skills related to various client conditions.
5. Utilize principles of medical /surgical asepsis and universal precautions in operative care.

8- Course Outline:

Part I: Patient's needs Rest and sleep

- 1.1. Physiology of sleep
- 1.2. Functions of sleep, sleep phases, sleep cycles
- 1.3. Factors affecting sleep
- 1.4. Sleep assessment
- 1.5. Common sleep disorders

Part II: Nutrition

- 2.1. Human nutritional needs
- 2.2. Nutritional standards
- 2.3. Nutritional status assessment
- 2.4. Factors affecting nutrition
- 2.5. Management of problems interfering with nutrition
- 2.6. Common hospital diets

Part III: Fluid and chemical balance

- 3.1. Body fluid, electrolytes and acid-base balance
- 3.2. Fluid volume assessment
- 3.3. Factors affecting body fluid, electrolytes and acid-base balance
- 3.4. Common fluid imbalance

Part IV: Oxygenation

- 4.1. Overview of anatomical and physiological of breathing
- 4.2. Assessing oxygenation
- 4.3. Oxygen therapy
- 4.4. Alteration in respiratory function

Part V: Midterm Exam

Part VI: Urinary elimination

- 6.1. Overview of urinary elimination
- 6.2. Characteristics of urine
- 6.3. Abnormal urinary elimination patterns
- 6.4. Assisting clients with urinary elimination

Part VII: Bowel elimination

- 7.1. Physiology of defecation
- 7.2. Assessment of bowel elimination
- 7.3. Common alterations in bowel
- 7.4. Measures to promote bowel elimination

7.5.Ostomy care

Part VIII: Pain management

8.1. The process of pain

8.2.Pain theories

8.3.Types of pain

8.4. Pain assessment

8.5.Pain management

Part IX :Pre and post-operative nursing care

9.1.Type of surgery

9.2.Preoperative phases

Part X:

10.1.Intraoperative phases

10.2.Post-operative phases

Part XI: Death and dying

11.1.Terminal illness and care

11.2.Stage of dying

11.3.Promoting acceptance

11.4.Grieving

Part XII: Midterm Exam