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Second Edition



Cumulative Student Activity Record of Clinical Experience

for Basic BSc Nursing Program (Log Book)

As per INC Guidelines

Name of the Candidate: _____

Name of the Institution: _____

_____

HCL Rawat
Raj Rani

Foreword
SS Gill

JAYPEE

Ist Year Basic BSc (Nursing)

JAYPEE BROTHERS

HOURS OF INSTRUCTION

Theory: Clinical Experiences:

S. No.	Subjects	Theory (Hours)	Practical (Hours)
1	Anatomy	60	–
2	Physiology	60	–
3	Nutrition	60	–
4	Biochemistry	30	–
5	Nursing Foundations	265 + 200	450
6	Psychology	60	–
7	Microbiology	60	–
8	Introduction of Computer	45	–
9	English	60	–
Total Hours		**900**	**450**
Total Hours		**1350**	

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SUBJECTS AND MARKS DISTRIBUTIONS FOR INTERNAL ASSESSMENT AND UNIVERSITY EXAMINATIONS

S. No.	Subjects	Hours	Internal Assessment	External Assessment	Total
1	Anatomy and Physiology	3	25	75	100
2	Nutrition and Biochemistry	3	25	75	100
3	Nursing Foundations	3	25	75	100
4	Microbiology	3	25	75	100
5	Psychology	3	25	75	100
6	Introductions to Computers	–	100	–	100
7	English	3	25	75	100
Practical and Viva Voce					
1	Nursing Foundations		100	100	200

Note: Introduction to computer as college level examination, by respective colleges and marks to be sent to the university.

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NURSING FOUNDATIONS

S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
1	**Preparation of Patient's Unit**					
	• Care of Patient's Unit					
	• Disinfections of the Unit					
2	**Bed Making**					
	• Unoccupied Bed					
	• Occupied Bed					
	• Operation Bed					
	• Fowler's/Cardiac Bed					
	• Amputation/Divided Bed					
	• Burns Bed					
	• Fracture Bed					
3	**Admission and Discharge**					
	• Admission					
	– New Patient Admission					
	– Transfer In					
	• Making and Maintaining Patient's Record					
	• Death Record					
	• Discharge of Patients					
	– From the Hospital					
	– Transfer Out					
	– Discharge and Counseling					
	– Abscond/Discharge against Medical Advice (DAMA)					
	• Care of Bed and Equipment after Discharge					

Contd...

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S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
4	**Vital Signs**					
	• Temperature					
	– Oral					
	– Auxiliary					
	– Rectal					
	• Pulse					
	• Respiration					
	• Blood Pressure					
5	**Positions**					
	• Dorsal Recumbent					
	• Lateral (Rt/Lt)					
	• Prone					
	• Fowler's/Semi-Fowler's					
	• Sims					
	• Trendelenburg					
	• Lithotomy					
6	**Comfort Devices**					
	• Extra Pillows					
	• Backrest					
	• Cardiac Table					
	• Sand Bags					
	• Bed Cradle					
	• Trochanter Rolls					
	• Cotton Rings and Hand Rolls					

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S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
	• Air Rings/Air Cushion					
	• Water/ Air Mattress					
7	**Safety Measures and Infections Control**					
	• Handwashing					
	– Medical					
	– Surgical					
	• Practical Universal Precautions					
	– Use of Masks					
	– Use of Gloves					
	– Use of Gowns					
	• Disposal of Wastes					
	• Side Rails					
	• Protective Padding					
	• Restraints					
	• Foot end Elevator					
8	**Hygienic Needs**					
	• Bed Bath					
	• Assisted Bath					
	• Back Care					
	• Oral Hygiene					
	• Care of Nails, Hands and Feet					
	• Bed Shampoo and Hair					
	• Wash					
	• Pediculosis Treatment					
	• Eye/Ear/Nose Care					

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S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
9	**Care of Hospital Articles**					
	• Rubber Articles					
	– Air Cushions					
	– Rubber Mackintosh					
	– Hot Water Bottle					
	– Ice Cap					
	– Rubber Gloves					
	– Rubber Tubes					
	• Enamel Articles					
	– Bedpan					
	– Urinals					
	– Sputum Mug					
	• Glass Articles					
	– Syringes					
	– Test Tube					
	– Ounce Glass					
	• Needles					
	• Sharp Instruments					
	• Stainless Steel Articles					
	• Linen					
	• Mattress and Pillows					
10	**Preparation and Sterilization**					
	• Physical					
	• Boiling					

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S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
	• Autoclaving					
	• Flaming					
	• Hot Air Oven					
	• Chemical					
	• Mechanical					
	• Preparation of Antimicrobial Solutions					
11	**Nutritional Needs**					
	• Serving Normal Diet					
	• Therapeutic/Modified Diet					
	• Bland Diet					
	• Salt Restricted					
	• Diabetic Diet (Low Calorie)					
	• High Protein Diet					
	• Hepatic Comma Diet					
	• Renal Diet					
12	**Elimination Needs**					
	• Assisting Patients in Urinary Elimination					
	• Giving and Removing Urinal					
	• Giving and Removing Bedpan					
	• Enema					
	• Suppository					
	• Bowel Wash					
	• Insertion of Flatus Tube					
	• Perineal Care					

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S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
	• Condom Drainage					
	• Catheterization					
	• Care of Urinary Drainage					
13	**Collection of Observation of Specimen**					
	• Urine					
	• Routine					
	• Culture					
	• 24 Hours					
	• Stool/Feces					
	– Routine					
	– Culture					
	• Blood					
	– Routine					
	– Culture					
	– Peripheral Smear					
	• Vomitus					
	• Throat Swab					
	• Urine Test					
	– Reaction					
	– Specific Gravity					
	– Albumin					
	– Sugar					
	– Acetone					
	– Bile Pigments and Salts					

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S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
14	**Nursing Process**					
	• Assessment					
	– History Taking					
	– Physical Examination					
	• Nursing Diagnosis					
	• Planning					
	• Implementation					
	• Evaluation					
15	**Therapeutic Measures**					
	• Medications					
	• Calculation and Measuring Doses					
	• Administration of Medications in Different Forms and Routes					
	• Oral Medication					
	• Parenteral Medication					
	– Intradermal Injection					
	– Subcutaneous Injection					
	– Intramuscular Injection					
	• Assisting in Intravenous Infusion					
	• Assisting in Blood Transfusion					
	• Administration of Oxygen by Different Methods					
	• Steam Inhalation					
	• Nebulization					
	• Instillation of Drops: Eye, Ear, Nose					
	• Oral, Nasal Suctioning					

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S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
	• Pre and Postoperative Care					
	• Hot and Cold Application					
	• Hot Water Bag					
	• Sitz Bath					
	• Cold Compress					
	• Ice Cap					
	• Tepid Sponge/Cold Sponge					
16	**Body Mechanics/Alignment Mobility and Exercise**					
	• Changing Position of Helpless Patient					
	• Lifting and Handling of Bedridden Patients					
	• Transferring Bed to Wheelchair, Trolley and Back					
	• Active/Passive Exercises					
	• Chest Physiotherapy					
	• Helping the Patient with use of Crutches and Walker					
	• Care of Postural Drainage					
17	**First Aid**					
	• First Aid for fracture					
	– Application of slings					
	– Application of splints					
	• Shock and Burns					
	• Unconsciousness					
	• Poisoning, Bites and Stings					
	• First Aid in Hemorrhage and Other Emergency					
	– Pressure bandage					
	– Cold application					

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S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
	– Cardiopulmonary Resuscitation (CPR)					
	– Preparation of First Aid Kit					
18	**Bandaging**					
	• Simple Spiral					
	• Reverse Spiral					
	• Figure of Eight					
	• Spica					
	• Head/Cap line					
	• Eye, Ear, Jaw					
	• Finger, Elbow, Knee					
	• Stump, Various Knots					
	• Use of Triangular Bandage					
	• Use of Binders					
	• Dressing of Wound					
19	**Management of Patients with Common Problems**					
	• Care of Patients with Pyrexia					
	• Care of Patients with Dyspnea					
	• Care of Patient with Unconsciousness					
	• Care of Patients with Paralysis					
	• Care of Patients with Plaster Cast					
	• Care of Patients with Traction					
	• Care of Dying and Dead Body					
20	**Health Education**					
	• Individual					
	• Group					

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Cumulative Student Activity Record of Clinical Experience

for Basic BSc Nursing Program (Log Book)

Salient Features

- The core activities mentioned in this log book will help students to understand, correlate and comprehend theoretical knowledge with practice to develop scientific-based skills in performing number of clinical activities.
- This will be peer-based learning process for teachers and students in systematic way, and evaluation-based on systematic and scientific knowledge principles.
- This book would provide uniform learning opportunity regarding practices experienced by the student nurse under strict clinical supervision during the course.



HCL Rawat is a postgraduate of Delhi University (1995) and currently pursuing Phd from Baba Farid University of Health Sciences (BFUHS), Faridkot, Punjab, India. Presently, he is Professor and Principal at University College of Nursing, a constituent college of BFUHS and Editor-in-chief of Baba Farid University Nursing Journal (BFUNJ) and Journal of Nursing Research Society of India (NRSI). He acted as Dean Faculty of Nursing sciences, BFUHS and Active Member of board of studies of various universities. He is also member of selection committee for nursing faculty of various institutions and universities. He is an Active Member and President of NRSI (North zone), National Neonatology Forum (NNF), Indian Academy of Neurology (IAN), Trained Nurses Association of India (TNAI). He has published many papers, chapters in books, conducted and chaired sessions in various national and international conferences, organized more than 65 various national and international conferences and workshops. He acted as a Supervisor for more than 50 thesis projects of PG students and significantly contributed in establishing center for excellence in collaboration with University of British Columbia, Canada and visited the same universities.



Raj Rani has done postgraduation (1992) and PhD (2012) from Panjab University, Chandigarh, India, respectively. Presently, she is working as Professor and Principal at College of Nursing, All India Institute of Medical Sciences, Jodhpur, Rajasthan, India. She is Life Member of Trained Nurses Association of India (TNAI), Journal of Nursing Research Society of India (NRSI) and Society of Community Health Nurses, India. She has published number of papers in national and international journals and also attended and chaired sessions in various national and international conferences. She acted as Lead for more than 20 thesis projects of UG and PG students.

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