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Cumulative Student Activity Record of Clinical Experience

for GNM Students (Log Book)

As per INC Guidelines

Name of the Candidate: _____

Name of the Institution: _____

_____

HCL Rawat
Satinder Kaur

Foreword
Surjit Kaur

JAYPEE

HOURS OF INSTRUCTION

Theory: Clinical Experiences:

S. No.	Subjects	Theory (Hours)	Practical (Hours)
1	Bio Sciences • Anatomy and Physiology • Microbiology	 90 30	–
	Total	120	–
2	Behavioral Sciences • Psychology • Sociology	 40 20	–
	Total	60	–
3	Nursing Foundations • Fundamentals of Nursing • First Aid	 190 20	200 (lab)/680 (clinic) (22 weeks)
	Total	210	–
4	Community Health Nursing • Community Health Nursing-I • Environmental Hygiene • Health Education and Communication Skills • Nutrition	 80 30 40 30	320 (8 weeks)
	Total	180	–
5	English	30	–
6	Computer Education	15	15
7	Co-curricular Activities	10	–
	Total	**625 (16 weeks)**	**1215 (30 weeks)**
	Total	**1840**	

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SUBJECTS AND MARKS DISTRIBUTIONS FOR INTERNAL ASSESSMENT AND EXTERNAL EXAMINATIONS

S. No.	Subjects	Hours	Internal Assessment	External Assessment	Total	Weightage
1	Bio Sciences • Anatomy and Physiology • Microbiology	3	25	75	100	 65% 35%
2	Behavioral Sciences • Psychology • Sociology	3	25	75	100	 65% 35%
3	Fundamentals of Nursing	3	25	75	100	
4	Community Health Nursing • Community Health Nursing-I • Environmental Hygiene • Health Education and Communication Skill • Nutrition	3	25	75	100	 50% 10% 25% 15%
Practical and Viva Voce						
1	Nursing Foundations		50	50	100	

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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					
	• Preparation of Isolation 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					
	– Receiving of Patient					
	– Transfer In					
	– Assessment and Report of Patient					
	• Making and Maintaining Patient's Record					
	• Discharge of Patients					
	– From the Hospital					
	– Transfer Out					
	– Discharge and Counseling					
	– Abscond/Discharge Against Medical Advice (DAMA)					

Contd...

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Contd...

S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
	• Care of Bed and Equipment after Discharge					
	• Death Record of Patient					
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					
	• Range of Motion Exercises					
	• Ambulation of Patient					
	• Restraining of Patient					
6	**Comfort Devices**					
	• Extra Pillows					

Contd...

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Contd...

S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
	• Backrest					
	• Cardiac Table					
	• Sand Bags					
	• Bed Cradle					
	• Trochanter Rolls					
	• Cotton Rings and Hand Rolls					
	• Air Rings/Air Cushion					
	• Water/Air Mattress					
7	**Safety Measures and Infections Control**					
	• Handwashing					
	– Medical					
	– Surgical					
	• Practice Universal Precautions					
	• Use of Masks					
	• Use of Gloves					
	• Use of Gown					
	• Disposal of Wastes					
	• Calculation of Strength Sterilization Solutions					
8	**Hygienic Needs**					
	• Bed Bath					
	• Assisted Bath					
	• Back Care					
	• Oral Hygiene					
	• Care of Nails, Hands and Feet					

Contd...

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Contd...

S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
	• Bed Shampoo and Hair					
	• Wash					
	• Pediculosis Treatment					
	• Eye/Ear/Nose Care					
9	**Care of Hospital Articles**					
	• Rubber Articles					
	– Air Cushions					
	– Rubber Mackintosh					
	– Hot Water Bottle					
	– Ice Cap					
	– Rubber Gloves					
	– Rubber Tubes					
	• Glass Articles					
	– Syringes					
	– Test Tube					
	– Ounce Glass					
	• Needles					
	• Sharp Instruments					
	• Stainless Steel Articles					
	• Linen					
	• Mattress and Pillows					
10	**Preparation and Sterilization**					
	• Physical					
	• Boiling					
	• Autoclaving					

Contd...

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Contd...

S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
	• Flaming					
	• Hot Air Oven					
	• Chemical					
	• Mechanical					
	• Preparation of Antimicrobial Solutions					
11	**Nutritional Needs**					
	• Balanced Diet					
	• Hypertensive Diet					
	• Diabetic Diet					
	• Therapeutic 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					
	• Catheterization					
	• Care of Urinary Drainage					
13	**Collection and Observation of Specimen**					
	• Urine					
	– Routine					
	– Culture					
	– 24 Hours Urine Sample					

Contd...

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Contd...

S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
	• Stool/Feces					
	– Routine					
	– Culture					
	• Blood					
	– Routine					
	– Culture					
	– Peripheral Smear					
	• Vomitus					
	• Throat Swab					
	• Urine Test					
	– Reaction					
	– Specific Gravity					
	– Albumin					
	– Sugar					
	– Acetone					
	– Bile Pigments and Salts					
14	**Nursing Process**					
	• Assessment					
	– History Taking					
	– Physical Examination					
	• Nursing Diagnosis					
	• Planning					
	• Implementation					
	• Evaluation					

Contd...

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Contd...

S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
15	**Assist in Intravenous Transfusions**					
	• Intravenous Fluid					
	• Blood Transfusion					
16	**Administration of Oxygen by Different Methods**					
	• Mask					
	• Nasal Prongs					
	• Nasal Catheters					
	• Tent					
17	**Steam Inhalation**					
18	**Nebulization**					
19	**Instillation of Drops: Eye, Ear, Nose**					
20	**Suctioning**					
	• Oropharyngeal					
	• Nasopharyngeal					
21	**Hot and Cold Application**					
	• Hot Water Bag					
	• Sitz Bath					
	• Cold Compress					
	• Ice Cap					
	• Tepid Sponge/Cold Sponge					
22	**Body Mechanics/Alignment Mobility and Exercise**					
	• Changing Position of Helpless Patient					
	• Lifting and Handling of Bedridden Patients					

Contd...

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Contd...

S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
	• 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					
	• Care of Chest Drainage					
23	**First Aid and Bandaging**					
	• First Aid for Shock and Burns					
	• Unconsciousness					
	• Poisoning, Bites and Stings					
	• First Aid for Fracture					
	• First Aid in Hemorrhage and Other Emergency					
	– Basic Cardiopulmonary Resuscitation (BLS)					
	– Preparation of First Aid Kit					
24	**Bandaging**					
	• Simple Spiral					
	• Reverse Spiral					
	• Figure of Eight					
	• Spica					
	• Head/Cap Line					
	• Eye, Ear, Jaw					

Contd...

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Contd...

S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
	• Finger, Elbow, Knee					
	• Stump, Various Knots					
	• Use of Triangular Bandage					
	• Use of Binders					
	• Dressing of Wound					
25	**Pre and Postoperative Care**					
	• Preoperative Assessment					
	• Preoperative Medication					
	• Preoperative Skin Preparation					
	• Preparation of Postoperative Unit					
	• Monitoring of Postoperative Patient					
	• Wound Care and Care of Drainage					
	• Postoperative Dressing					
26	**Medication**					
	• Oral/sublingual/buccal					
	• Intravenous					
	• Intradermal					
	• Subcutaneous					
	• Intramuscular					

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COMMUNITY HEALTH NURSING

S. No.	Nursing Procedures	Lab Demonstration by Demonstrator		Clinical Demonstration by Student (Verified by Demonstrator)		Remarks
		Date	Signature	Date	Signature	
1	Home Visiting					
	• Maintenance of Records					
	• Assessment of Health Status					
	• Health Education					
	• Maintenance of Family Folders					
2	Bag Technique					
3	Assist in Set-up of Clinics					
4	Assessment of Family Environment					
5	Community Procedures					

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NURSING CARE PLANS

S. No.	Date	Disease Condition	Signature
1			
2			
3			
4			
5			

Signature of Class Coordinator

Signature of Principal

Practical Examination
Nursing Foundations

Signature of Internal Examiner
Date:

Signature of External Examiner
Date:

Signature of Internal Examiner
Date:

Signature of External Examiner
Date:

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Cumulative Student Activity Record of Clinical Experience
for GNM Students (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 cumulative activity log book has been compiled according to the INC Guidelines.
- Provide uniform learning opportunity regarding essential nursing skills practiced by the student nurses under strict clinical supervision during the clinical posting of course.
- Provide documentary evidence of essential clinical skills learnt 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 also 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.



Satinder Kaur is a postgraduate from Baba Farid University of Health Sciences (BFUHS), Faridkot, Punjab, India. Presently, she is working as Demonstrator at University College of Nursing, a constituent college of BFUHS and Associate Editor of Baba Farid University Nursing Journal (BFUNJ). She has conducted various research projects. She has published and presented various award winning papers in National and International conferences. She is an Active Member in organizing committees of National and International conferences and workshops. She is Member of Foreign Affairs committee of BFUHS.

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