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Practical Record/ Cumulative Record

for Basic BSc (Nursing) Course

Name of the Candidate: _____

Name of the Institution: _____

_____

I Clement

6th Edition

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First Year

FIRST YEAR
HOURS OF INSTRUCTION

Theory: 930 hours **Clinical Experiences: 450 hours**

Sl. No.	*Subjects*	*Theory (Hours)*	*Practical (Hours)*	
1.	English	60		
2.	Regional Language	30	-	
3.	Anatomy	60	-	
4.	Physiology	60	-	
5.	Nutrition	60	-	
6.	Biochemistry	30	-	
7.	Nursing Foundation	465	450	
8.	Psychology	60	-	
9.	Microbiology	60	-	
10.	Introduction to Computers	45	-	
11.	Library Work/Self-Study	-	-	50
12.	Co-curricular Activities	-	-	50
	Total	**930**	**450**	**100**
	Total Number of Hours: 1480			

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Distribution of Subjects and Marks for Internal Assessment and University Examination

Sl. 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 Foundation	3	25	75	100
4.	Psychology	3	25	75	100
5.	Microbiology	3	25	75	100
6.	English	2		50	50
7.	Introduction to Computer	2		50	50
	Practical and Viva				
	Nursing Foundation		**100**	**100**	**200**

Note: Introduction to Computer and English as college examination, respective college will conduct examination and marks to be sent to the university.

Attendance of the student (%) :

Theory :

Clinical :

Signature of Class Coordinator *Signature of the Principal*

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FIRST YEAR
NURSING FOUNDATIONS

Sl. No.	Subjects	Demonstration in foundation lab		Clinical	
		Date	Signature	Date	Signature
1.	**Hospital Admission**				
	Admission				
	Prepare unit for new patient				
	Prepare admission bed				
	Perform admission procedure				
	Emergency admission				
	Routine admission				
	Transfer in				
	Prepare patient records				
2.	**Hospital Discharge**				
	Discharge counseling				
	Perform discharge procedure				
	Planned discharge				
	Leave against medical advice (LAMA)/ Discharge against medical advice (DAMA)				
	Absconded				
	Referrals and transfer out				
	Medico legal case (MLC) cases				
	Prepare patient records				
	Disinfect the units				
	Disinfect the equipment				
3.	**Nursing Process**				
	History taking				
	Nursing assessment				
	Physical examination				
	Nursing diagnosis				
	Problem list				
	Prioritization				
	Outcome/goals				
	Selection intervention				
	Nursing Process Application				
	Writing nursing care plan				
4.	**Communication**				
	Verbal techniques				
	Nonverbal techniques				
	Interpersonal communication				
	Therapeutic communication				
	Patient teaching sessions				
	Maintaining Communication with Patient and Family				

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5.	**Recording and Reporting**				
	Change of shift reports				
	Transfer reports				
	Incident reports				
	Patient report presentation				
	Documentation & Reporting				
	Documentation of Patient care and Procedures				
	Verbal Report				
	Written Report				
6.	**Vital Signs**				
	Temperature				
	• Oral				
	• Axillary				
	• Tympanic				
	• Rectal				
	Pulse				
	Apical pulse				
	Peripheral pulse				
	Respiration				
	Blood pressure				
	Recording vital signs				
	Recording vital sign in graphical sheet				
	Pulse oxymetry				
	Pain assessment by using pain scale				
7.	**Health Assessment**				
	Health history taking				
	Perform assessment				
	General assessment body system				
	Methods of physical exam				
	• Head to toe examination				
	• System vice examination				
	Inspection				
	Palpation				
	Percussion				
	Auscultation				
	Olfaction				
	Identification of system vice deviation				
	Documentation of findings				
8.	**Patients Unit Preparations**				
	Bed making				
	Prepare beds				
	Open bed				

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	Closed bed				
	Occupied bed				
	Operation bed				
	Amputation bed				
	Cardiac bed				
	Fracture bed				
	Burns bed				
	Divided bed				
	Fowler's bed				
	Pain assessment and provision of comfort				
9.	**Comfort Devices**				
	Extra pillows				
	Back rest				
	Cardiac table				
	Sand bag				
	Bed cradle				
	Trochanter rolls				
	Cotton ring and hand rolls				
	Air cushion				
	Water and air mattress				
	Foot end elevator				
	Air mattress				
	Water mattress				
10.	**Safety Devices/Care**				
	Restraints (Physical)				
	Protective padding				
	Side rails				
	Care of pressure points				
	Fall Risk Assessment				
	Post Fall Assessment				
11.	**Hygienic Needs**				
	Oral hygiene				
	Morning and evening care				
	Bed bath				
	• Partial bath				
	• Sponge bath				
	Assisted bed bath				
	Care of Skin				
	Back care				
	• Back massage				
	• Care of pressure points				
	• Pressure sore risk assessment—Norton Scale				

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	Hair care				
	Bed shampoo or hair wash				
	Pediculosis treatment				
	Care of hand and feet				
	Perineal care				
12.	**Nutritional Needs**				
	Nutritional assessment				
	Preparation of nasogastic tube food				
	Nasogastric tube insertion				
	Nasogstric tube conformation				
	Nasogastric tube feeding				
	Gastrostomy feeding				
	Parenteral feeding				
	Nasogastric suction/aspiration				
	Nasogastric irrigation				
13.	**Urinary Elimination**				
	Provides urinals/bedpan				
	Condom drainage				
	Perineal care				
	Catheterization				
	• Male				
	• Female				
	Urinary catheter care				
	Care of urinary drainage				
	Bladder irrigation				
	Maintaining urinary output chart				
	Findenting urinary problems				
14.	**Bowel Elimination**				
	Assessment of bowel				
	Determining bowel sounds				
	Provides bedpan				
	Insertion of flatus tube				
	Enema				
	Insertion of suppository				
	Bowel wash				
	Identifying bowel problems				
	• Diarrhea				
	• Constipation				
15.	**Mobility and Exercise**				
	Mobility assessment				
	Range of motion exercises				
	Changing position of helpless patient				
	Transfer from bed to wheel chair, trolley				
	Ambulation				

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16.	**Positions**				
	Recumbent				
	Lateral (Right/Left)				
	Fowlers				
	Sim's				
	Lithotomy				
	Prone				
	Trendelenburg				
	Knee chest				
	Maintaining position chart				
17.	**Oxygen Administration**				
	Assessment of oxygen status				
	Simple face mask				
	Nasal cannula				
	Venture mask				
	Oxyhood				
	Oropharyngeal				
	Nasopharyngeal				
	Care of oxygen cylinder				
	Pulse oximeter monitoring				
	Identifying Hypoxic condition				
18.	**Therapeutic Procedures**				
	Chest physiotherapy				
	Postural drainage				
	Care of chest drainage				
	CPR-Basic				
	Intravenous therapy				
	Blood transfusions				
	Blood and blood component therapy				
	Identifications of side effects				
	Documentation of therapeutic procedures				
19.	**Specimen Collection**				
	Urine: routine, culture and 24 hours				
	Stool: routine and culture				
	Blood: routine, culture				
	Peripheral blood smear				
	Sugar: strip/glucometer, GRBS monitoring				
	Vomitus				
	Throat swab				
	Urine test: reaction, specific gravity, albumin and sugar				

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	Documentation specimen collection				
	Transport of specimen to the laboratory				
20.	**Hot Applications**				
	Hot water bag				
	Hot fomentation				
	Steam inhalation				
	Sitz bath				
	Hot packs				
	Interpret and report alterations				
21.	**Cold Applications**				
	Cold compress				
	Ice cap				
	Tepid sponge				
	Cold sponging				
	Use of cold drinks				
	Interpret and report alterations				
22.	**Care of Specially Disabled and Common Illness**				
	Assessment of specially disabled				
	Visually impaired				
	Hearing impaired				
	Mentally challenged				
	Care of patient with fever				
	Care of patient with dyspnea				
	Care patient with cast and traction				
	Care of patient with diarrhea				
	Care of patient with paralysis				
	Care of patient with constipation				
	Care of patient with urinary retention				
	Care of patient with incontinence				
	Care of patient with vomiting/anorexia				
	Care of patient with acute and chronic pain				
	Care of patient with unconsciousness				
	Glasgow coma scale				
23.	**Infection Control**				
	Hand washing techniques				
	• Medical hand washing				
	• Surgical hand washing—Scrub				
	Preparation of isolation unit				
	Practice techniques of wearing and removing personal protective equipment				
	Disposal of waste				

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	Infection control measures				
	Social distancing				
	Wearing mask				
	Gloving technique				
	Growing technique				
24.	**Universal Precautions**				
	Personal protective equipment (PPE)				
	Surgical wears				
	• Mask				
	• Gown				
	• Gloves				
	• Cap				
	• Aprons				
	• Shoes				
	• Goggles				
	Social isolation				
	Barrier technique				
	Reverse barrier technique				
	Respiratory isolation				
25.	**Decontamination of Equipment and Unit**				
	Surgical asepsis				
	Medical asepsis				
	Sterilization				
	Handling sterilized equipment				
	Calculate strengths of lotions				
	Prepare lotions				
	Care of articles				
	Fumigation				
	Terminal sterilization				
26.	**Pre- and Postoperative Care**				
	Pre- and Post-operative assessment				
	Skin preparation for surgery				
	Preparation of postoperative unit preparation				
	Pre- and postoperative teaching and counseling				
	Preoperative preparation				
	• Physical				
	• Psychological				
	• Physiological				
	• Informed consent				
	• Pharmacological				
	• Spiritual				

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	Pre- and postoperative monitoring				
	Care of wound				
	Surgical care				
	Suture care				
	Care of drainage				
	Documentation in pre- and postoperative care				
	Identification of complication				
27.	**Medication Administration**				
	Principles of medication administration				
	Rights of medication administration				
	Administration of medications in different forms and routes				
	Oral, sublingual and buccal				
	Intradermal				
	Subcutaneous				
	Intramuscular				
	Assist with intravenous medications				
	Drug measurements and dose calculation				
	Preparations of lotions and solutions				
	Administers topical applications				
	Insertion of drug into body cavity				
	• Suppository				
	• Medicated packs				
	Instillation of medications and sprays				
	• Ear				
	• Nose				
	• Eyes				
	• Throat				
	• Bladder				
	• Vagina				
	• Rectum				
	Inhalation: moist and dry				
	Documentation in medication administration				
	Medication error				
28.	**First Aid and Bandaging**				
	Principles of first aid				
	Priorities in first aid				
	• Preparation of first aid kit				
	• Snake bite				
	• Accident/bleeding				
	• Shock				

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	• Burns				
	• Epistaxis				
	• Foreign body: Eye, ear, nose and throat				
	• Fracture				
	• Poisoning				
	• Other emergencies				
	CPR-Code blue, crash cort, procedure				
	Documentation in first aid				
	Bandaging				
	• Simple spiral				
	• Reverse spiral				
	• Figure of eight				
	• Head/capline				
	• Eyes, ear, jaw, finger, elbow and knee				
	• Use of triangular bandages				
	• Use of slings				
	• Use of binders				
	Spica				
	a. Thumb				
	b. Shoulder				
29.	**Care of Death and Dying**				
	Care of dying patient				
	Caring and packing of dead body				
	Counseling and supporting of grieving relatives				
	Terminal care of the unit				
	Hospice care				
	Palliative care				
	Care of dead bodies of infectious diseases				
	Protocol for disposal of dead bodies				
	Headling dead bodies in MLC Cases				
	Postpartum				
	Autopsy				
30.	**Observational Visit and Write Report**				
	Health agency				
	CFTRI				
	Milk diary				
	CSSD and infection control unit				
	Clinical pathology and biochemistry lab				
	Blood bank				
	Hospital visit				

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Practical Record/Cumulative Record

for Basic BSc (Nursing) Course

Salient Features

- Prepared as per revised Indian Nursing Council syllabus
- Third year curriculum OBG requirements combined with fourth year
- Current issues and changes are included
- Helpful in monitoring and assess the students clinical performances
- Teachers guide the students to perform the nursing skill confidently
- Helps the teachers to mold their practice
- Helps to integrate theory into practice
- Trained students for systematic learning of clinical skills and also provide quality care to the patients
- Covers all the specialty areas prescribed by the curriculum
- Procedures are organized by year-wise
- Helps the students to obtain confidence for university practical examinations.

I Clement is Professor and Head, Department of Research & Development, RV College of Nursing, Bengaluru, India. He has obtained Doctorate in Nursing from Sri Ramachandra University, MSc (Nursing) from The Tamil Nadu Dr MGR Medical University, MA (Sociology) from Annamalai University, MA (Child Care and Education) from Alagappa University, Tamil Nadu; PG (Hospital Administration) from New Delhi. He received Florence Nightingale Award from Shri Bhardwaj, Governor of Karnataka His Excellency at Raj Bhavan, Bengaluru on International Nurses Day. He is an eminent author and a dynamic personality with a thirst for continuing education in nursing and the allied sciences. He is a Life Member of Nursing Research Society of India, Trained Nurses Association of India, Christian Medical Association of India (New Delhi), Indian Society of Psychiatric Nursing (Bengaluru), Medical Surgical Nursing Society of India (Chennai), Indian Society of Neuroscience Nursing (New Delhi), Asian Association of Cardiac Nurses (Kolkata), Indian Red Cross Society, St Johns Ambulance Association (Bengaluru) and General Secretary of Indian Society of Medical Surgical Nurses. He has contributed articles to Nightingale Nursing Times (New Delhi), Nurses of India, The Nursing Journal of India, Asian Journal of Cardiac Nurses. He has organized many workshops and conferences, presented research and scientific papers in various conferences and workshops at state, national and international level. Presently, he is Member of National Editorial Advisory Board for International Journal of Practical Nursing, New Delhi.

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