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Fundamentals of Clinical Nursing

For First Year GNM Students

As per the INC syllabus



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Contents

1. Practical Record for First Year GNM Students 1
2. Snapshots for Quick Review 12
3. Procedure Record Book of Fundamentals of Nursing 23
4. Clinical Diary 97
5. Evaluation Criteria 247
6. Annexures 251

PRACTICAL RECORD FOR FIRST YEAR GNM STUDENTS

Note: Student should get the signatures from concerned teacher in nonclinical columns whereas in clinical columns student should get signatures from clinical instructor or preceptor.

Subject—Foundations of Nursing						*Placement—First Year*
		Nonclinical		*Clinical*		
		Demonstration	*Return demonstration*	*Observed*	*Assisted*	*Performed*
S.No.	*Skills and procedures*	*Date/signature*	*Date/signature*	*Date/signature*	*Date/signature*	*Date/ signature*
1.	**Admission in hospital:**					
a.	Prepare unit for new patient					
b.	Prepare admission bed					
c.	Perform admission procedure					
d.	New patient transfer in					
e.	Prepare patient records					
2.	**Discharge/transfer out:**					
a.	Gives discharge counseling					
b.	Perform discharge procedure					
c.	Planned discharge					
d.	LAMA					
e.	Abscond					
f.	Referrals and transfers					
g.	Prepare records of discharge/transfer					
h.	Disinfect unit					
i.	Dismantle/disinfect equipments					
3.	**Perform assessment:**					
a.	History taking					
b.	Physical examination					
c.	Nursing diagnosis					
d.	Problem list and prioritization					

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S.No.	Skills and procedures	Nonclinical		Clinical			Page No.
		Demonstration	Return demonstration	Observed	Assisted	Performed	
		Date/signature	Date/signature	Date/signature	Date/signature	Date/ signature	
e.	Goals						
f.	Expected outcomes						
g.	Selection of interventions						
h.	Write nursing care plan						
i.	Gives care as per the plan						
4.	**Communication:**						
a.	Verbal communication						
b.	Nonverbal techniques						
c.	Communicate with patient and families						
d.	Making IPR with patient and family						
e.	Verbal report						
f.	Written report						
g.	Prepare patient records						
5.	**Prepare a plan for patient teaching session:**						
a.	Individual health talk						
b.	Family health talk						
6.	**Write patient report:**						
a.	Change of shift reports						
b.	Transfer reports						
c.	Incident reports						
d.	Presents patient report						
7.	**Vital signs:**						
a.	Core temperature (mercury/digital):						

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S.No.	Skills and procedures	Nonclinical		Clinical		
		Demonstration	*Return demonstration*	*Observed*	*Assisted*	*Performed*
		Date/signature	*Date/signature*	*Date/signature*	*Date/signature*	*Date/ signature*
a.a.	Oral					
a.b.	Axillary					
a.c.	Rectal					
b.	Surface temperature:					
b.a.	Infrared thermometer					
b.b.	Touch (dorsum of hand)					
c.	Pulse:					
c.a.	Apical					
c.b.	Radial					
c.c.	Brachial					
c.d.	Femoral					
c.e.	Other					
d.	Respiration					
e.	Blood pressure					
f.	Recording vital signs					
8.	**Health history taking:**					
9.	**Health assessment:**					
a.	Perform general assessment					
b.	Perform assessment of body systems					
c.	Methods of physical examination:					
c.a.	Inspection					
c.b.	Palpation					
c.c.	Percussion					
c.d.	Auscultation					
c.e.	Olfaction					
d.	Identify system wise deviations					

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S.No.	Skills and procedures	*Nonclinical*		*Clinical*		
		Demonstration	*Return demonstration*	*Observed*	*Assisted*	*Performed*
		Date/signature	*Date/signature*	*Date/signature*	*Date/signature*	*Date/ signature*
a.a.	Open bed					
a.b.	Closed bed					
a.c.	Occupied bed					
a.d.	Operation bed					
a.e.	Amputation bed					
a.f.	Cardiac bed					
a.g.	Fracture bed					
a.h.	Burn bed					
a.i.	Divided bed					
a.j.	Fowler's bed					
b.	Pain assessment					
c.	Provision for comfort					
11.	**Use comfort devices:**					
a.	Pillows					
b.	Cardiac table					
c.	Back rest					
d.	Bed cradle					
12.	**Hygienic care:**					
a.	Oral hygiene					
b.	Baths and care of pressure points					
c.	Hair wash					
d.	Pediculosis treatment					

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S.No.	Skills and procedures	Nonclinical		Clinical		
		Demonstration	*Return demonstration*	*Observed*	*Assisted*	*Performed*
		Date/signature	*Date/signature*	*Date/signature*	*Date/signature*	*Date/ signature*
13.	**Feeding:**					
a.	Nutritional needs					
b.	Nutritional assessment					
c.	Oral feeding					
d.	Enteral feeding					
e.	Naso-/orogastric feeding					
f.	Gastrostomy feeding					
g.	Parenteral feeding					
h.	Nasogastric tube insertion					
i.	Nasogastric suction					
j.	Nasogastric irrigation					
14.	**Assisting patient in urinary elimination:**					
a.	Provide urinal/bed- pan					
b.	Condom drainage					
c.	Perineal care					
d.	Catheterization					
e.	Care of urinary drainage					
f.	Bladder irrigation					
15.	**Assisting bowel elimination:**					
a.	Insertion of flatus tube					
b.	Enemas					
c.	Insertion of suppository					
d.	Bowel wash					
16.	**Alignment and mobility:**					

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a.	Range of motion exercises					
b.	Positioning:					
b.a.	Recumbent					
b.b.	Lateral					
b.c.	Fowler's					
b.d.	Sim's					
b.e.	Lithotomy					
b.f.	Prone					
b.g.	Trendelenburg					
b.h.	Dorsal recumbent					
b.i.	Lithotomy					
b.j.	Knee chest					
c.	Assist patient in moving					
d.	Assist patient in lifting					
e.	Assist patient in transferring					
f.	Assist patient in walking					
g.	Assist patient in Moving Turning Logrolling					
17.	**Oxygen administration:**					
a.	Oxygen mask					
b.	Oxygen prongs					
c.	Oxygen tent					
d.	Oxygen catheters					
e.	Oropharyngeal suctioning					
g.	Nasopharyngeal suctioning					
h.	Steam inhalation					
i.	Deep breathing exercises					
18.	**CPR (basic life support)**					
19.	**Intravenous therapy**					
a.	Check patency IV cannula					

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b.	Maintain intake and output chart					
c.	Maintain fluid, acid and base balance					
20.	**Blood and blood component therapy**					
21.	**Specimens collection:**					
a.	Urine					
b.	Sputum					
c.	Feces					
d.	Vomitus					
e.	Blood					
f.	Other body fluids					
22.	**Perform lab tests:**					
a.	Urine					
b.	Sugar					
c.	Albumin					
d.	Acetone					
e.	Blood sugar (POCT)					
23.	**Hot and cold applications:**					
a.	Local					
b.	General					
c.	Dry					
d.	Moist					
e.	Sitz bath					
f.	Cold compress					
g.	Tepid sponge					
h.	Ice cap					

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S.No.	Skills and procedures	Nonclinical		Clinical		
		Demonstration	*Return demonstration*	*Observed*	*Assisted*	*Performed*
		Date/signature	*Date/signature*	*Date/signature*	*Date/signature*	*Date/ signature*
24.	**Communicating and assisting with self-care of:**					
a.	Visually impaired patients					
b.	Hearing impaired patients					
c.	Mentally challenged					
d.	Disturbed patients					
25.	**Recreational and diversional therapies:**					
26.	**Caring of patient with altered sensorium:**					
27.	**Infection control:**					
a.	Handwashing technique					
a.a.	Medical hand- washing					
a.b.	Surgical hand- washing					
b.	Prepare isolation unit lab/ward					
c.	Technique of wearing PPE					
d.	Technique of removing PPE					
e.	Practice standard safety precautions					
28.	**Decontamination of equipment and unit:**					
a.	Surgical asepsis					
b.	Sterilization					
c.	Handling sterilized equipment					
d.	Calculate strength of lotions					

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S.No.	Skills and procedures	Nonclinical		Clinical		
		Demonstration	Return demonstration	Observed	Assisted	Performed
		Date/signature	Date/signature	Date/signature	Date/signature	Date/ signature
e.	Prepare lotions					
g.	Care of articles					
29.	**Pre-and post-operative care:**					
a.	Skin preparations for surgery: Local					
b.	Preparation of post-operative unit					
c.	Pre- and post- operative teaching					
d.	Pre- and post- operative monitoring					
e.	Care of the wound					
f.	Dressings					
g.	Suture care					
h.	Care of drainage					
i.	Application of bandages					
j.	Application of binders					
k.	Application of splints					
l.	Application of slings					
m.	Bandaging of various body parts					
30.	**Administration of medications:**					
a.	Oral medication					
b.	Sublingual medication					
c.	Buccal medication					
d.	Parenteral:					
d.a.	Intradermal					
d.b.	Subcutaneous					
d.c.	Intramuscular					

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S.No.	Skills and procedures	Nonclinical		Clinical		
		Demonstration	*Return demonstration*	*Observed*	*Assisted*	*Performed*
		Date/signature	*Date/signature*	*Date/signature*	*Date/signature*	*Date/ signature*
d.d.	Any other parenteral route					
e.	Assist with intra- venous medications					
f.	Drug measurements					
g.	Dose calculations					
h.	Preparation of lotions and solutions					
i.	Administers topical applications					
k.	Insertion of drug into body cavity:					
k.a.	Suppository					
k.b.	Medicated packing					
l.	Instillation of medicines into:					
l.a.	Ear					
l.b.	Nose					
l.c.	Eye					
l.d.	Throat					
m.	Irrigations:					
m.a.	Eye					
m.b.	Ear					
m.c.	Bladder					
m.d.	Vagina					
m.e.	Rectum					
n.	Inhalations:					
n.a.	Nebulization					
o.	Identification of spurious drugs					
31.	**Care of dying patient:**					

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S.No.	Skills and procedures	*Nonclinical*		*Clinical*		
		Demonstration	*Return demonstration*	*Observed*	*Assisted*	*Performed*
		Date/signature	*Date/signature*	*Date/signature*	*Date/signature*	*Date/ signature*
a.	Provide care for the terminally ill					
b.	Caring and packing of dead body					
c.	Supporting grieving relatives					
d.	Handing over the body and valuables					
e.	Transferring dead body to mortuary					
f.	Terminal care of the unit					
32.	**First Aid**					
a.	Basic bandages: Circular Spiral Reverse spiral Figure of eight					
b.	Special bandages: Capline Eye/Ear bandage Jaw bandage Shoulder spica Thumb spica Triangular bandage/ sling Binders					

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Salient Features

- Student-friendly practical record book designed specifically for GNM nursing students during clinical posting.
- Comprehensive coverage of basic nursing procedures, enabling students to systematically document their clinical experiences.
- Structured record formats for recording nursing procedures, care plan, and patient assessment.
- Step-wise documentation formats that help students maintain accurate and organized clinical records.
- Encourages clinical observation and critical thinking through guided documentation of patient care.
- Separate sections for different clinical activities, helping students record procedures performed, assisted, or observed.
- Evaluation and signature sections for clinical instructors to assess and authenticate students' clinical work.
- Simple, clear, and organized layout that helps students easily complete records during busy clinical schedules.

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