

ELECTIVE MODULE FOR NORMAL (TECHNICAL) STUDENTS

Module Title: Fundamentals of Nursing

Duration: 20 hours
(7T 13P)

Pre-requisite: Nil

Aims of Module

- (i) To expose students to a possible career in the healthcare industry especially nursing by giving them a snapshot of the skills and knowledge required in nursing.
- (ii) To build a basic foundation & knowledge on simple nursing skills and procedures.

Learning Outcomes

At the end of the module, students will be able to:

- (a) Monitor vital signs, blood pressure, height & weight.
- (b) Transfer, position, ambulate & perform pressure ulcer protocol.
- (c) Perform bed-bath & assisted bath.
- (d) Assist in elimination needs.
- (e) Demonstrate use of continence devices.
- (f) Perform simple wound dressing
- (g) Perform wearing and removing of personal protective equip .
- (h) Perform hand washing
- (i) Illustrate types of disinfections.
- (j) Proper handling and disposal of body fluids
- (k) Assist in naso-gastric tube feeding, supervised and oral feeding.
- (l) Comprehend balance diet and healthy lifestyle
- (m) Possess more insight on weight management
- (n) Understand male and female reproductive systems
- (o) Identify types of birth control
- (p) Gain knowledge on sexually transmitted diseases and Human Immunodeficiency virus

Outline of Module Syllabus

<u>Item</u>	<u>Technical Skills/Knowledge</u>	<u>Instructional Hours</u>
		T=Theory P=practical
1.	Measure & record vital signs, Blood pressure, height & weight Taking temperature using digital thermometer Taking of pulse (depth & rhythm) Taking of respiration Taking of blood pressure using sphygmomanometer set Understand normal vital signs and blood pressure range Taking of height and weight Documentation on clinical chart <u>Assessment 1 (Perform vital signs & blood pressure taking)</u>	1T 2P

- 2. Transfer, ambulate and perform Pressure ulcer protocol** 1T 3P
 Body mechanics
 Transfer patient from bed to wheelchair & vice versa
 Types of positioning
 Use of mobility/ambulating devices
 Pressure ulcer protocol
Assessment 2 (Perform transfer from bed to wheelchair and wheelchair To bed)
- 3. Assist patient in personal hygiene and elimination needs** 1T 2P
 Bed-bath
 Assisted bath (toilet-bath)
 Use of bedpans, urinals and other continence devices
 Skin care and assessment of skin condition
Assessment 3 (role play and participation on bed-bath)
- 4. Perform simple wound dressing and infection control protocol** 1T 2P
 Aseptic techniques
 Common types of dressing and solutions
 Types of wounds
 Demonstrate wound dressing
 Infection control protocol
 -Hand washing
 -Types of disinfections
 -Handling and disposal of body fluids
 -use of personal protective equipment (PPE)
Assessment 4 (Perform use of PPE)
- 5. Assist in feeding** 1T 2P
 Assist in oral feeding
 Assist in supervised feeding
 Assist in naso-gastric tube feeding
Assessment 5 (Participation in group work on nasogastric tube feeding)
- 6. Nutrition & Healthy lifestyle** 1T 1P
 Diet and healthy lifestyle
 Weight management
Case Study Participation
- 7. Sex Education** 1T 1P
 Reproductive system
 Methods of birth control
 STD & HIV
Quiz

Teaching and Learning Approaches

This elective will consist of 5 hours of theory lessons and 15 hours of practical training, with emphasis on demonstrations and group work. Students' interest will be sustained through the use of a wide variety of learning activities, including lectures, group discussions, role plays and demonstrations.

Role play and group work participation in assessment 3 and 5 respectively will be carried out in a buzz group activity basis. Students will work independently in their respective teams during practical sessions and the teacher will go round to supervise and guide (if necessary). Feedbacks and evaluation sessions will be given after each group has completed their tasks.

Completion Criterion

Students will be deemed to have successfully completed the module if they pass all assessments.

The guidelines for the assessments are given below.

Assessment Component

Assessment Guidelines

- | | |
|---|---|
| (i) <u>Assessment 1</u>
Perform vital signs & blood pressure taking | Work in pairs, teachers will assess the students' performance in vital signs and blood pressure taking. Feedbacks will be given at the end of the assessment. |
| (ii) <u>Assessment 2</u>
Perform transfer from bed to wheelchair and wheelchair to bed | Role play and demonstrate on transferring techniques from bed to wheelchair & vice versa. Safety and proper technique used will be assessed. |
| (iii) <u>Assessment 3</u>
Role play and participation on bed-bath | Work in group of 4s, Teachers will assess and supervise students' demonstrations and provide feedbacks. |

(iv) Assessment 4
Perform use of PPE

One-to-one demonstration of use of PPE. Donning and removal techniques of PPE will be assessed.

(v) Assessment 5
Participation in group work on nasogastric tube feeding

Work in group of 4s, teachers will assess and supervise students' demonstrations and provide feedbacks.

(vi) Case Study Participation

Work in group of 4s, Participate in group discussions, teacher will observe, stimulate discussion & provide feedbacks.

(vii) Quiz
Participation in Q & As

Class involvement, informal Q & A sessions

Target Audience

Sec 3/ 4 Normal (Technical) students

Target Size

20 students per class

Duration

20 instructional hours

Certification

ITE certification of Attendance will be issued upon successful completion of the course.