

**Material Study title: Fundamentals of nursing (theoretical) (the first Course)**

**Course outline**

**Part I: Nursing Evolution**

- 1.1. Nursing definition
- 1.2. Health definition
- 1.3. Roles of nurse
- 1.4. Characteristics of a good nurse

**Part II: Vital Signs**

- 2.1. Body temperature
- 2.2. Pulse
- 2.3. Respiration
- 2.4. Blood Pressure
- 2.5. Oxygen saturation

**Part III: Personal & patient hygiene**

- 3.1. Definition
- 3.2. Tips for keeping good personal hygiene
- 3.3. Wash the hands
- 3.4. Wash the hair
- 3.5. Brush the teeth
- 3.6. Body odor and sweat
- 3.7. Clean feet
- 3.8. Clean ears
- 3.9. Personal hygiene in health facility for patient
- 3.10. Bathing in a Bathroom
- 3.11. Self-Wash in Bed
- 2.12. Bed Bath
- 2.13. Dental Care
- 2.14. Hair care
- 2.15. Nail care
- 2.16. Nursing team monitoring

## **Part IV: Asepsis and Infection Control**

- 3.1. Types of microorganisms causing infection
- 3.2. Types of infection
- 3.3. Chain of infection
- 3.4. Body defense against infection
- 3.5. Factors increasing susceptibility to infection
- 3.6. Infection control for health care workers
- 3.7. Roles of the infection control nurse

## **Part V: Wound Care and Healing Process**

- 4.1. Definition
- 4.2. Causes of wounds
- 4.3. Types of wounds
- 4.4. Wound healing
- 4.5. Types of healing
- 4.6. Factors affecting wound healing
- 4.7. Wound complications

## **Part VI: Pressure Sure**

- 5.1. Definition
- 5.2. Risk factors
- 5.3. Pathophysiology
- 5.4. Complications
- 5.5. Prevention
- 5.6. Nursing roles

## **Part VII: Midterm Examination**