



Course Specifications

Course Title:	Fundamentals of Nursing- Theory
Course Code:	NUR 233
Program:	B. Sc. in Nursing
Department:	Dept. of Nursing
College:	College of Applied Medical Sciences in Al-Dawadmi
Institution:	Shaqra University

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A. Course Identification

1. Credit hours: 4 Credit hours
2. Course type
a. University <input type="checkbox"/> College <input checked="" type="checkbox"/> Department <input type="checkbox"/> Others <input type="checkbox"/>
b. Required <input checked="" type="checkbox"/> Elective <input type="checkbox"/>
3. Level/year at which this course is offered: Level 3/ 2 nd Year
4. Pre-requisites for this course (if any): NUR 231; NUR 232
5. Co-requisites for this course (if any): NUR 234

6. Mode of Instruction (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom		
2	Blended	4 hours x 15	100%
3	E-learning		
4	Distance learning		
5	Other		

7. Contact Hours (based on academic semester)

No	Activity	Contact Hours
1	Lecture	60 hours
2	Laboratory/Studio	
3	Tutorial	
4	Others (specify)	
	Total	60 hours

B. Course Objectives and Learning Outcomes

1. Course Description

The Fundamentals of Nursing (Theory) course provides the foundation for professional nursing knowledge. This is designed to provide nursing students with the knowledge and information basic to the arts and science of nursing guided by the past and recent history of nursing. The course introduces nursing students to intertwining concepts of physiological, psychosocial, and spiritual health needs of a person. Moreover, contemporary nursing practice, legal aspects and values, ethics and advocacy, and the use of nursing process to meet the needs of clients are emphasized. Throughout the course, students will be introduced to variety of concepts and nursing theories. Specific emphasis will be placed on the nursing process and its applications in nursing practice through the principle of the basic nursing skills, hygiene, nutrition, mobility, safety, and medication calculations and administration. At the conclusion of this course, students will be provided with the concepts of fundamental

nursing necessary for safe delivery of holistic, patient-centered and evidence-based nursing care.

2. Course Main Objective

The main objective of this course is to provide nursing students with foundational knowledge on concepts and theories related to the four basic metaparadigm concepts in nursing that address the patient as a whole (person), the patient's health and well-being (health), the patient's environment (environment) and the nursing responsibilities (nursing). It aims to introduce students to nursing as a dynamic and caring profession incorporating foundational overview of health care system by studying key concepts, frameworks, and processes related to health care organizations. Learning experiences aim to introduce students to nursing process and to communication skills as a foundation for beginning health assessment and basic nursing care for individuals throughout the lifespan, while at the same time stimulating critical thinking skills and evidence-based nursing practices.

3. Course Learning Outcomes

CLOs		Aligned PLOs
1	Knowledge and Understanding	
1.1	Outline the physical, social, natural and health sciences and humanities in the fundamental concepts of nursing.	K1
1.2	Recognize the concepts, theories, and disciplines underpinning fundamental nursing care and the nursing process.	K2
1.3	Outline the nursing management for health problems related to the basic physiologic human needs.	K3
2	Skills :	
2.1	Illustrate effective oral and written communication skills with peers and faculty members.	S2
2.2	Explain the concepts of health promotion and prevention, curative, and rehabilitative care.	S3
2.3	Explain the roles and responsibilities of a professional nurse in the healthcare delivery system.	S3
2.4	Summarize research findings related to the delivery of fundamental nursing care.	S5
3	Values:	
3.1	Show harmonious relationship and collegial teamwork.	C1
3.2	Show professionalism, responsibility, and accountability while working with peers and faculty members.	C2
3.3	Show awareness of the complex and dynamic ethico-legal, cultural and political issues in providing safe, quality, evidence-based, and holistic fundamental nursing care.	C3
3.4	Show interest in own personal development and maintenance of competence.	C4

C. Course Content

No	List of Topics	Contact Hours
1	Unit 1: The Nature of Nursing <ul style="list-style-type: none"> Introduction of Nursing Historical Perspectives (Overview of Selected Nursing Theories) 	4 hours

	<ul style="list-style-type: none"> • The Metaparadigm for Nursing • Roles and Functions of the Nurse • Criteria of a Profession • Socialization to Nursing • Nursing Education • Nursing Organizations • Contemporary Nursing Practice • Factors Influencing Contemporary Nursing Practice 	
2	Unit 2: Integral Component of Client Care <ul style="list-style-type: none"> • Asepsis • Types of Microorganisms that Cause Infections • Types of Infections • Healthcare-Associated Infections • Chain of Infection • Body Defenses Against Infection • Factors Increasing Susceptibility to Infection 	8 hours
3	Unit 3: Assessing Health <ul style="list-style-type: none"> • Body Temperature • Pulse • Respiration • Blood Pressure • Oxygen Saturation First Midterm Examination (Week 7)	10 hours
4	Unit 4: Medications <ul style="list-style-type: none"> • Introduction • Drug Standards • Legal Aspects of Drug Administration • Effects of Drugs • Drug Misuse • Actions of Drugs on the Body • Factors Affecting Medication Action • Routes of Administration • Medication Orders • Systems of Measurement • Administering Medication Safely 	12 hours
5	Unit 5: The Nursing Process <ul style="list-style-type: none"> • Critical Thinking and Clinical Reasoning • Assessment • Diagnosis • Planning • Implementation • Evaluation 	6 hours
6	Unit 6: Promoting Physiological Health <ul style="list-style-type: none"> • Hygiene • Activity and Exercise • Sleep Second Midterm Examination (Week 12) <ul style="list-style-type: none"> • Nutrition • Urinary Elimination • Fecal Elimination 	20 hours

	<ul style="list-style-type: none"> • Oxygenation • Circulation 	
Total		60 hours

D. Teaching and Assessment

1. Alignment of Course Learning Outcomes with Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
1.0	Knowledge and Understanding		
1.1	Outline the physical, social, natural and health sciences and humanities in the fundamental concepts of nursing.	Active lecture, reading assignments, use of audio-visual, question and answer period, recitations	<ul style="list-style-type: none"> • Quizzes and Quizzes, examinations, and assignments with items such as fill-in-the-blank, matching, labeling, or multiple-choice questions. • Graded recitation using a rubric
1.2	Recognize the concepts, theories, and disciplines underpinning fundamental nursing care and the nursing process.		
1.3	Outline the nursing management for health problems related to the basic physiologic human needs.		
2.0	Skills		
2.1	Illustrate effective oral and written communication skills with peers and faculty members.	Active lecture, discussions, reflection, use of audio-visual	Graded recitation using a rubric, Peer-to-peer evaluation
2.2	Explain the concepts of health promotion and prevention, curative, and rehabilitative care.	Active lecture, discussions, reflection, use of audio-visual	Examinations, and assignments with items such as fill-in-the-blank, matching, labeling, or multiple-choice questions. Graded recitation using a rubric
2.3	Explain the roles and responsibilities of a professional nurse in the healthcare delivery system.	Active lecture, discussions, reflection, use of audio-visual	Quizzes, examinations, and assignments with items such as fill-in-the-blank, matching, labeling, or multiple-choice questions. Graded recitation using a rubric

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
2.4	Summarize research findings related to the delivery of fundamental nursing care.	Active lecture, discussions, reflection, use of audio-visual	Evaluation of the presentations or reports using a rubric, Graded recitations using a rubric
3.0	Values		
3.1	Show harmonious relationship and collegial teamwork.	Group discussions, peer teaching	Peer-to-peer evaluation, attendance monitoring
3.2	Show professionalism, responsibility, and accountability while working with peers and faculty members.	Interactive lecture, group discussions, peer teaching	Peer-to-peer evaluation, attendance monitoring
3.3	Show awareness of the complex and dynamic ethico-legal, cultural and political issues in providing safe, quality, evidence-based, and holistic fundamental nursing care.	Interactive lecture, group discussions	Peer-to-peer evaluation, attendance monitoring
3.4	Show interest in own personal development and maintenance of competence.	Reflection, discussion	Peer-to-peer evaluation, attendance monitoring

2. Assessment Tasks for Students

#	Assessment task*	Week Due	Percentage of Total Assessment Score
1	First Midterm Examination	6 th Week	20%
2	Second Midterm Examination	12 th week	15%
3	Quizzes	At the end of each unit	5%
4	Assignments (Individual and group)	At the end of each unit	5%
5	Graded recitations, oral presentations, attendance	Through the course	5%
6	Examination Final	At the end of the semester	50%

*Assessment task (i.e., written test, oral test, oral presentation, group project, essay, etc.)

E. Student Academic Counseling and Support

Arrangements for availability of faculty and teaching staff for individual student consultations and academic advice :
 Sunday and Monday (10 AM to 12 NN)
 Tuesday and Wednesday (2 PM to 4 PM)

F. Learning Resources and Facilities

1. Learning Resources

Required Textbooks	Berman, A., Shirlee, S., & GERALYN, F. (2016). Kozier & Erb's Fundamentals of Nursing: Concepts process and practice (10th Edition). Boston, MA: Pearson.
Essential References Materials	Fundamentals of Nursing Made Incredibly Easy! (1st Edition) Published by Lippincott Williams & Wilkins.
Electronic Materials	International Journal of Nursing Studies (https://www.journals.elsevier.com/international-journal-of-nursing-studies) Journal of Advanced Nursing (https://onlinelibrary.wiley.com/journal/13652648) Journal of Clinical Nursing (https://onlinelibrary.wiley.com/journal/13652702) Journal of Nursing Scholarship (https://sigmapubs.onlinelibrary.wiley.com/journal/15475069) Worldviews on Evidence-Based Nursing (https://sigmapubs.onlinelibrary.wiley.com/journal/17416787)
Other Learning Materials	Virtual Clinical Excursions 3.0 for Fundamentals of Nursing (7th Edition) by Patricia A. Potter CD-ROM, Published by Mosby Kozier & Erb's Fundamentals of Nursing: Concepts, Process, and Practice (DVD) by Audrey Berman, Shirlee J. Snyder, Published 2008 by Pearson Education.

2. Facilities Required

Evaluation Areas/Issues	Evaluators	Evaluation Methods
Effectiveness of teaching	Program leaders, students	Course evaluation survey, Classroom observations, Analysis of course reports & student's results
Effectiveness of assessments	Faculty, Program leaders, peer reviewers	Evaluation of examinations and quizzes questions, Evaluation of assignments, Evaluation of rubrics
Extent of achievement of course learning outcomes	Program leader, faculty	Analysis of the students' performance in a given tasks, Internal reviewing of the course contents, outcomes, reports & student's results
Quality of learning resources	Faculty, Program leaders, peer reviewers, students	Evaluation using rubrics

G. Course Quality Evaluation

Evaluation Areas/Issues	Evaluators	Evaluation Methods
Effectiveness of teaching and assessment	Program Head Students	Direct
Quality of learning Resources	Head of Quality Control Program Head Students	Direct and indirect

Evaluation areas (e.g., Effectiveness of teaching and assessment, Extent of achievement of course learning outcomes, Quality of learning resources, etc.)

Evaluators (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify))

Assessment Methods (Direct, Indirect)

H. Specification Approval Data

Council / Committee	
Reference No.	
Date	September 14, 2020