

With Collaboration
Rahim Medical Institute Allied Health Sciences
**NURSING TRAINING SYLLABUS (BSN, LHV
CAN, CMW)**

Internship Duration: 02 Months

Level: Basic to Intermediate

Schedule: Daily Clinical + Weekly Theory

Module No.	Module Title	Topics Covered
01	Basic Nursing Foundations	Introduction to nursing profession, Roles and responsibilities of nurse, Patient safety and dignity, Basic patient assessment, Vital signs, Bed management, Personal hygiene care
02	Infection Control and Safety	Hand hygiene (WHO guidelines), PPE usage, Sterilization and disinfection, Biomedical waste management, Needle stick injury prevention, Isolation precautions
03	Medication Administration	Rights of medication, Oral medication, IM, IV and SC injections, IV cannulation (basic), IV fluids and flow regulation, Drug reactions and allergies
04	Documentation and Monitoring	Nursing notes, Medication charts, Intake and output chart, Handover procedure, Patient confidentiality
05	Emergency and Basic Critical Care	Basic Life Support (CPR), Oxygen therapy, Suctioning, Nebulization, Shock basics, Crash cart awareness
06	Ward, OT and ICU Exposure	Ward nursing, Pre and post operative care, Wound dressing, Catheter and drain care, OT basics, Sterile techniques, Instrument identification, Count policy, ICU and NICU basics, Monitor reading, Ventilator awareness, Infusion pumps
07	Professional and Medical Ethics	Communication skills, Ethics in nursing, Patient rights, Legal responsibilities



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Module #01

1. Basic Nursing Foundation

❖ Introduction to Nursing Profession

Nursing is a profession that focuses on the care of individuals, families, and communities to promote health, prevent illness, and assist in recovery. It involves the application of scientific knowledge, clinical skills, and compassionate care to meet the physical, psychological, social, and spiritual needs of patients.

The nurse plays an important role in patient assessment, planning and providing nursing care, administering medications, maintaining patient safety, and assisting in medical procedures. Nursing is based on ethical principles, professional standards, and a commitment to quality healthcare.

❖ Rules and Responsibilities of Nurse

The main roles and responsibilities of a nurse include;

Providing basic and advanced patient care, Monitoring vital signs ,Administering medications safely , Assisting doctors during procedures, Maintaining patient records and documentation, Ensuring infection control practices

Educating patients and attendants

Maintaining ethical and professional standards

❖ Patient Safety

Patient safety refers to the prevention of harm to patients during healthcare delivery.

Key aspects of patient safety:

Correct patient identification

Safe medication administration

Infection prevention and control

Prevention of falls and injuries

Proper use of medical equipment

❖ Patient Dignity

Patient dignity means respecting the patient' s privacy, values, and rights during care.

Examples:

Maintaining confidentiality

Providing privacy during procedures

Respectful communication

Obtaining consent before care

❖ Basic Patient Assessment

Basic patient assessment is the systematic collection of patient data to evaluate health status.

Includes:

General physical examination

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History taking

Observation of patient condition

Measurement of vital signs

❖ **Vital Signs**

Vital signs are measurements that indicate the body's basic functions.

Vital signs include:

Temperature

Pulse

Respiration

Blood Pressure

Oxygen saturation (SpO₂)

❖ **Bed Management**

Bed management refers to proper arrangement and care of the patient's bed to ensure comfort and safety.

Types of beds:

Closed bed

Open bed

Occupied bed

Purposes:

Patient comfort

Prevention of pressure sores

Maintaining cleanliness

❖ **Personal Hygiene Care**

Personal hygiene care includes activities performed to keep the patient clean and comfortable.

Includes:

Bathing

Oral care

Hair and nail care

Perineal care

Changing clothes and bed linen

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Module #02

2. Infection Control and Safety

❖ **Hand Hygiene (WHO Guidelines)**

Hand hygiene is the most effective method to prevent the spread of infection.

WHO Five Moments of Hand Hygiene:

Before touching a patient

Before clean/aseptic procedure

After body fluid exposure

After touching a patient

After touching patient surroundings

Methods:

Hand washing with soap and water

Alcohol-based hand rub

❖ **Personal Protective Equipment (PPE) Usage**

PPE refers to protective clothing used to protect healthcare workers from infection.

Types of PPE:

Gloves

Mask

Gown

Face shield

Goggles

Purpose:

Prevent cross infection

Protect healthcare workers and patients

❖ **Sterilization and Disinfection**

Sterilization is the process of destroying all microorganisms including spores.

Disinfection is the process of destroying harmful microorganisms except spores.

Methods of Sterilization:

Autoclaving

Dry heat

Methods of Disinfection:

Chemical sterilization

Chemical disinfectants

Boiling

UV radiation

❖ **Biomedical Waste Management**

Biomedical waste is waste generated during diagnosis, treatment, or immunization.

Steps of management:

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Segregation
Collection
Transportation
Treatment
Final disposal

Color Coding (Basic):

Yellow: Infectious waste
Red: Contaminated plastics
Blue: Glassware
Black: General waste

❖ Needle Stick Injury Prevention

Needle stick injury is an accidental puncture caused by a needle.

Prevention:

Do not recap needles
Use safety devices
Dispose needles in sharps container
Follow standard precautions

❖ Isolation Precautions

Isolation precautions are measures used to prevent the spread of infectious diseases.

Types:

Standard precautions
Contact precautions
Droplet precautions
Airborne precautions

Purpose:

Protect patients, staff, and visitors

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Module #03

3. Medication And Administration

❖ **Rights of Medication**

The rights of medication ensure safe drug administration.

Common Rights of Medication:

Right patient

Right drug

Right dose

Right route

Right time

Right documentation

Right reason

Right response

❖ **Oral Medication**

Oral medication is administered through the mouth.

Examples:

Tablets

Capsules

Syrups

Advantages:

Easy to administer

Safe and economical

Injection Routes

Injections deliver medication directly into the body tissues.

Types:

IM (Intramuscular): Given into muscle

IV (Intravenous): Given into vein

SC (Subcutaneous): Given under the skin

❖ **IV Cannulation (Basic)**

IV cannulation is the insertion of a cannula into a vein to administer fluids or medications.

Purposes:

Give IV fluids

Administer emergency drugs

Blood transfusion

❖ **IV Fluids and Flow Regulation**

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IV fluids are liquids administered intravenously to maintain hydration and electrolyte balance.

Types of IV fluids:

Crystalloids

Colloids

Flow regulation:

Adjusting drip rate using flow regulator or infusion pump

❖ **Drug Reactions and Allergies**

A drug reaction is an unwanted effect of a medication.

Common signs:

Rash

Itching

Fever

Nausea

Anaphylaxis (severe)

Nurse' s Role:

Stop medication

Inform doctor

Monitor patient

Document reaction

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Module #04

4. Documentation and Monitoring

❖ **Nursing Notes**

Nursing notes are written records of patient care provided by nurses.

Purpose:

Communicate patient condition

Ensure continuity of care

Provide legal evidence

Evaluate patient progress

Characteristics:

Accurate

Clear

Timely

Confidential

❖ **Medication Charts**

Medication charts are documents used to record all medications given to a patient.

Includes:

Drug name

Dose

Route

Time

Nurse' s signature

Importance:

Prevents medication errors

Ensures safe drug administration

❖ **Intake and Output Chart**

An intake and output chart records all fluids taken in and excreted by the patient.

Intake includes:

Oral fluids

IV fluids

Blood products

Output includes:

Urine

Vomit

Drain output

Purpose:

Monitor fluid balance

Prevent dehydration or overload

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❖ **Handover Procedure**

Handover is the transfer of patient care responsibility from one nurse to another.

Includes:

Patient identification

Current condition

Treatment given

Pending investigations

Special instructions

Importance:

Ensures continuity of care

Prevents errors

❖ **Patient Confidentiality**

Patient confidentiality means protecting patient' s personal and medical information.

Nurse' s responsibility:

Share information only with authorized persons

Secure patient records

Respect patient privac

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Module #05

5. Emergency and Basic Critical Care

❖ **Basic Life Support (BLS / CPR)**

Basic Life Support is an emergency procedure used to maintain airway, breathing, and circulation.

Steps of CPR:

Check responsiveness

Call for help

Open airway

Check breathing

Chest compressions

Rescue breaths

Purpose:

Maintain blood circulation

Prevent brain damage

❖ **Oxygen Therapy**

Oxygen therapy is the administration of oxygen to patients with breathing difficulty.

Indications:

Respiratory distress

Low oxygen saturation

Cardiac conditions

Methods:

Nasal cannula

Face mask

Non-rebreather mask

❖ **Suctioning**

Suctioning is the removal of secretions from the airway.

Purpose:

Maintain airway patency

Improve oxygenation

Types:

Oral suction

Nasal suction

Endotracheal suction

❖ **Nebulization**

Nebulization is the administration of medication in the form of mist inhalation.

Uses:

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Asthma

COPD

Bronchospasm

Common drugs:

Salbutamol

Ipratropium

❖ **Shock (Basic Concept)**

Shock is a life-threatening condition caused by inadequate blood supply to tissues.

Common signs:

Low blood pressure

Cold clammy skin

Rapid pulse

Altered consciousness

❖ **Crash Cart Awareness**

A crash cart is a mobile unit containing emergency equipment and drugs.

Contents include:

Emergency drugs

Defibrillator

Airway equipment

IV supplies

Nurse' s role:

Keep crash cart ready

Check expiry dates

Assist during emergencies

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Module #06

6. Ward, Operation Theatre and ICU exposure

❖ Ward Nursing

Ward nursing refers to comprehensive care of patients admitted in hospital wards.

Duties of a ward nurse:

Admission and discharge of patients

Monitoring vital signs

Medication administration

Maintaining hygiene and comfort

Documentation and reporting

Assisting doctors during rounds

❖ Pre-operative Care

Pre-operative care is the preparation of a patient before surgery.

Includes:

Patient identification and consent

Pre-operative assessment

NPO status

Skin preparation

Psychological support

Pre-operative medications

❖ Post-operative Care

Post-operative care is care provided after surgery.

Includes:

Monitoring vital signs

Pain management

Wound observation

Intake and output monitoring

Early mobilization

Prevention of complications

❖ Wound Dressing

Wound dressing is the application of sterile material to a wound to promote healing.

Purposes:

Prevent infection

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Absorb discharge

Promote healing

Protect wound

Types:

Dry dressing

Wet dressing

❖ **Catheter Care**

Catheter care involves proper management of urinary catheter.

Nursing responsibilities:

Maintain aseptic technique

Ensure free urine flow

Monitor urine output

Prevent infection

❖ **Drain Care**

Drain care involves management of surgical drains.

Includes:

Measuring drainage

Maintaining patency

Preventing infection

Proper documentation

❖ **OT (Operation Theatre) Basics**

OT is a specialized area where surgeries are performed.

Basic principles:

Strict asepsis

Proper attire

Restricted entry

Sterile environment

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Module #07

7. PROFESSIONAL AND MEDICAL ETHICS

❖ **Communication Skills in Nursing**

Communication is the exchange of information between nurse and patient.

Types:

Verbal communication

Non-verbal communication

Written communication

Importance:

Builds trust

Improves patient care

Prevents errors

❖ **Patient Education**

Patient education is the process of teaching patients about their health and treatment.

Includes:

Medication instructions

Disease prevention

Lifestyle modification

Home care advice

Benefits:

Improves compliance

Reduces complications

❖ **Ethics in Nursing**

Ethics are moral principles guiding nursing practice.

Basic ethical principles:

Respect for autonomy

Beneficence

Non-maleficence

Justice

Confidentiality

❖ **Legal Responsibilities of a Nurse**

Legal responsibilities are duties required by law.

Includes:

Safe patient care

Accurate documentation

Following hospital policies

Informed consent

Reporting incidents

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❖ **Professional Conduct**

Professional conduct refers to appropriate behavior of nurses at work.

Includes:

Punctuality

Respectful attitude

Proper uniform

Accountability

Continuous learning

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Staff Nurses duties and responsibilities according to Clinical Rotation

S No	Nurse Name	Duties/Responsibilities	Department
1		1.Communication to the patients and attendant 2.Emergency Care <u>Reason of admission & why ?</u> 3.Prepare patients for surgeries & diagnostic tests 4.Documentation & Records Chart/ Register) 5.Patient Discharge status (either stay or gonna) 6.Checking of nursing notes and patient charts 7.Ensure confidentiality of patient information 8.Information about Empty Rooms 9.Patient Admission Filling 10.Check all investigations before admission 11.Check all patients consent 12.Patient Confirm Admission in whats app group 13.Maintain patient dignity and privacy (Data/Record) 14. patient online registration	Patient Admission Office
2		1. Monitor patient's vital signs (BP, pulse, temperature, SpO ₂) 2. Observe and report any change in patient condition 3. Ensure patient comfort and safety 4. Medication Management 5. Administer medicines as prescribed by the doctor 6. Maintain medication records accurately in chart 7. Check drug name, dose, route, and time (5 rights of medication) 8. Monitor for side effects or adverse reactions Others 9.Assist doctors during examinations/round 10.Manage IV lines, catheters, and drains 11.Wearing dress to the patients 12.Maintain clean and safe patient environment 13.Record intake/output, vitals, and treatment provided 14.Communicate patient status to doctors and seniors 15.Educate patients and attendants about care and medications 16.Follow emergency protocols and SOPs 17.Ethical & Professional Conduct 18. Follow hospital policies and nursing ethics 19. Work as part of the healthcare team 20. Attend duty on time and in proper uniform	Nursing Department
3		1. Confirmation of Patient OT Dress 2.Receiving of patients from ward/Rooms/ Nurses 3.Check patient identity, consent form 4.Verify NBM status, lab reports etc. 5. Assist in shifting and positioning the patient 6.Maintain strict aseptic technique throughout surgery 7.Assist surgeon (scrub nurse role in-case of emergency) 8.Monitor patient condition under supervision of anesthesia team 9.Maintain accurate documentation of procedure and timings 10.Handle specimens correctly and send to lab 11.Invite NICU Team in C-section surgery for baby receiving 12. Monitor vital signs and observe for complications 13. Prepare OT for next surgery	Operation Theatre (OT) Department

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* Good Luck *

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