

COURSE DESCRIPTIONS

Faculty	Technical College				
Department	Associate Nursing	NQF level	6		
Course Title	Fundamentals of Nursing / Practical	Code	60403255	concurrent	60403152
Credit Hours	1	Theory	-	Practical	3
Course Leader	Luma Alomari	email	l.alomari@jadara.edu.jo		
Lecturers	Dr. Akram Amoush Dr. Majed Alzaareer Bushra Amoush Ruba Alzoubi	emails	a.amoush@jadara.edu.jo M.Alzaareer@jadara.edu.jo b.alamoush@jadara.edu.jo r.alzoubi@jadara.edu.jo		
Lecture time	Sunday (8:30-11:30)	Classroom	LAB	Attendance	Fulltime
Semester	1 st semester	Production	10\2025	Updated	10\2025
Type of Teaching	☒ Face to Face ☐ Blended ☐ Online				

Short Description

This course uses the nursing process, interpersonal communication, critical thinking, and safety as foundational concepts for the provision of essential skills for nursing practice. Nursing skills related to physiological health process, mobility, comfort, infection, protection, fatigue, sleep, oxygenation, and elimination are emphasized. The course builds on knowledge gained through the theoretical part of foundations of nursing to encourage the delivery of nursing care.

Course Objectives

By the end of this course, students will be able to:

1. Perform basic nursing care procedures safely and accurately according to nursing standards.
2. Conduct and document routine assessments, including vital signs.
3. Apply infection control and safety practices consistently in clinical settings.
4. Demonstrate correct use of body mechanics during mobility and transfer techniques.
5. Prepare and assist in administering medications safely.
6. Exhibit professional, ethical, and responsible behavior during all clinical activities.
7. Demonstrate the use of principles accurately in reporting and recording nursing actions and intervention and client's response.

Course Intended Learning Outcomes (CILOs)	
A. Knowledge- Theoretical Understanding	
a1. Understand the nursing process as a framework for providing nursing care for a client with selected alterations in function health patterns. a2. Discuss concepts related to functional health patterns and their utilization in providing nursing care for client.	
B. Knowledge- Practical application	
a3. Utilize the principles underlying all nursing intervention procedures related to providing care to client in different care settings.	
C. Skills- Generic Problem-Solving and Analytical Skills	
b1. Apply principles of body mechanics in positioning, transferring and ambulating the clients. b2. Prepare and assist in administering medications safely. b3. Apply pain assessment as the fifth vital sign. b4. Apply the principles of infection prevention in any clinical setting. b5. Provide a safe and therapeutic environment for client care.	
D. Skills- Communication, ICT, and Numeracy	
E. Competence – Autonomy, Responsibility, and Context	
c1. Demonstrate the use of principles accurately in reporting and recording nursing actions and intervention and client's response.	
Teaching and Learning Methods	
☒ Face to Face Lectures ☐ Brainstorming ☐ Synchronous remote ☐ Asynchronous remote ☐ Presentation ☐ Discussions ☐ Research Project ☐ Case Study ☐ Field visit ☐ Problem solving	
Assessment Methods	
☒ Formative Assessment ☒ Quiz ☐ Lab Exam ☒ Homework ☐ Project Assessment ☐ Oral Presentation ☒ Midterm ☒ Final Exam	

Course Contents					
Week	Hours	CILOs	Topics	Teaching & Learning Methods	Assessment Methods
1	3	a1,a2,a3,b4	Introduction - Perform Hand Washing - Perform Surgical Hand Washing - Body mechanics	Laboratory demonstration, Group work, videos, sim. Doll.	Quizzes homework exams
2	3	b1,b5	Bed making and Safety - Making beds (Unoccupied beds, Occupied beds, surgical beds). - Using side rails.	Laboratory demonstration, Group work, videos, sim. Doll.	Quizzes homework exams
3	3	b1,b4,b5,a2,c1	Hygiene - Provide Eye care for the unconscious client. - Special oral care. - Brushing and flossing. - Cleaning artificial dentures. - Perform Bathing (adult) - Perform hair Shampoo - Back massage.	Laboratory demonstration, Group work, videos, sim. Doll.	Quizzes homework exams

4+5	6	a2,a3,b 3,b5,c1	Vital signs • Apply Taking and Recording of Temperature • Obtaining the Client's Pulse • Obtaining the Client's Apical Pulse • Obtaining the Client's Radial Pulse • Perform Respiratory Rate Assessment • Perform Blood Pressure Assessment • Measuring Height and Weight of an Adult • Pain assessment	Laboratory demonstration, Group work, videos, sim. Doll.	Quizzes homework exams
Mid-term exam					
6+ 7	6	a2,b4,b 3,c1	Infection control • Wear A Protection (Isolation) Barrier • Open a sterile package • Donning and Removing Sterile Gloves (open & closed) • Obtain A Specimen of Wound Drainage • Clean A Wound and Apply Sterile Dressing • Remove Suture and surgical clips • Apply Bandage for Hand and Foot • Apply arm sling • Apply hot bag • Apply cold compress and ice bag	Laboratory demonstration, Group work, videos, sim. Doll.	Quizzes homework exams
8	3	a1,b1,b 5	Activity and exercise • Put Patient in Supine Position with Support • Put Patient in Lateral Position with Support • Put Patient in Prone Position with Support • Put Patient in Sitting Position with Support • Transferring Patient from Bed to Chair • Transferring Patient from Bed to stretcher • Moving Patient Up in Bed • Mechanical aids for walking	Laboratory demonstration, Group work, videos, sim. Doll.	Quizzes homework exams
9	3	a1,a4,b 2,b4,c1	Nutrition • Assisting Patient to Eat • Provide Care for Patient with Nasogastric Tube	Laboratory demonstration, Group work,	Quizzes homework

			• Removing Nasogastric Tube • Give Feeding Through Nasogastric Tube • Lavage and gavage • Give Medication Through Nasogastric Tube • Provide Gastric Lavage	videos, sim. Doll.	exams
10	3	a2,b1,b5,b4,c1	Fecal and Urinary Elimination • Offer Bedpan and Urinal for Patient and genital care / medication • Insert Rectal Tube for Flatus Removal • Perform Rectal Enema and perform care • Collecting Stool Specimen(Analysis & Culture) • Collecting Urine Specimen for Culture • Collecting Urine Specimen for Analysis • Provide Care of Folly's Catheter • Remove the Folly's Catheter	Laboratory demonstration, Group work, videos, sim. Doll.	Quizzes homework exams
11	3	a1,a4,b2,b4,c1	Medication • Administer Oral Medication • Preparing Medication from Vial and Ampoule • Assist in Administering Intramuscular, Intradermal, and Subcutaneous Injection • Intravenous Infusion and monitoring • Discontinuing an Intravenous Infusion • Blood Transfusion • Assist in Administering Topical Eye Medication • Assist in Administering Topical Nose Medication • Assist in Administering Topical Ear Medication • Assist in Administering Topical Dermal Medication	Laboratory demonstration, Group work, videos, sim. Doll.	Quizzes homework exams
12	3	a1,a4,b2,b4,c1	Medication • Types of drug preparation • Legal aspects of drug administration. • Routes of administration. • Medication orders (types) and their essential parts. • Calculating dosages	Laboratory demonstration, Group work, videos, sim. Doll.	Quizzes homework exams

			- The ten "rights" of safe medication administration. - Oral medications - Topical medications (Ophthalmic, Optic, Vaginal, Rectal instillations) - Parenteral medication (ID, SC, I.V and I.M)		
13	3	a2,a3,b1,b4	Grieving, and death Postmortem care.	Laboratory demonstration, Group work, videos, sim. Doll.	Quizzes homework exams
Final exam					

Infrastructure	
Textbook	Berman, A.T. & Snyderworld, S. (2015). Kozier&Erb's Fundamentals of Nursing (10 th Ed.) Pearson Education Limited.
References	- Kozier, B.,Abdalahim, M., Abu-Moghli, F., &Saleh, M. (2012). Fundamentals of nursing: Concepts, process, and practice. (Arab World Ed.). UK: Pearson Education Limited. - Smeltzer, S., & Bare, B., Hinkle, J., & Cheever, K. (2014). Brunner and Suddarth's textbook of medical surgical nursing (13th Ed.). Philadelphia, PA.: Lippincott. - Hogan-Quigley, B. Palm, L. Bickley, L. (2013). Bates' Nursing guide to physical examination and history taking (11th ed.). Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins.
Required reading	All references are provided for reading
Electronic materials	Non
Other	Safety: Safety guidelines will be covered at the beginning of the semester. The following are to be added to the guidelines. - Wearing a lab coat is mandatory. - Follow all instructions provided by the instructor before, during, and after lab activities. - Do not perform any procedure unless you have been taught, demonstrated competency, and received instructor approval. - Report all accidents, injuries, or near misses immediately to the instructor — no matter how minor. - Always Maintain a professional attitude, avoid horseplay or distractions in the lab. - Keep the lab environment clean, organized, and clutter-free to reduce hazards.

Course Assessment Plan		
Assessment Method	Grade	CILOs

			A1	A2	A3	B1	B2	B3	B4	B5	C1
First (Midterm)		30	7	6	5	3	-	-	3	3	3
Second (if applicable)		-	-	-	-	-	-	-	-	-	-
Final Exam		50	6	7	7	5	5	5	5	5	5
Coursework		20									
Coursework assessment methods	Assignments	5	1	2	2	-	-	-	-	-	-
	Case study	-	-	-	-	-	-	-	-	-	-
	Discussion and interaction	5	-	2	3	-	-	-	-	-	-
	Group work activities	-	-	-	-	-	-	-	-	-	-
	Lab tests and assignments	-	-	-	-	-	-	-	-	-	-
	Presentations	-	-	-	-	-	-	-	-	-	-
	Quizzes	10	2	2	2	-	-	2	2	-	-
Total		100	16	19	19	8	5	7	10	8	8

Plagiarism	
Plagiarism is claiming that someone else's work is your own. The department has a strict policy regarding plagiarism and, if plagiarism is indeed discovered, this policy will be applied. Note that punishments apply also to anyone assisting another to commit plagiarism (for example by knowingly allowing someone to copy your code). Plagiarism is different from group work in which a number of individuals share ideas on how to carry out the coursework. You are strongly encouraged to work in small groups, and you will certainly not be penalized for doing so. This means that you may work together on the program. What is important is that you have a full understanding of all aspects of the completed program. In order to allow proper assessment that this is indeed the case, you must adhere strictly to the course work requirements as outlined above and detailed in the coursework problem description. These requirements are in place to encourage individual understanding, facilitate individual assessment, and deter plagiarism.	