

## **Department of Nursing**

### **1000 Level**

#### **NS 1101 Basic Biochemistry for Nurses (3 Credits)**

pH and Buffer solutions, Structure and function of macro-nutrients and micro-nutrients, Structure of Nucleic acids and protein bio synthesis, Metabolism of macronutrients, Practical: Qualitative and quantitative analysis of macronutrients.

#### **NS 1102 Nursing Theory and Practice | (2 Credits)**

Introduction to Nursing, Nursing Process, Nurse- Patient relationship and communication skills, Standards of nursing practice, Patient education, patient comfort and hygiene, Positioning, Lifting and moving, Transporting patients.

#### **NS 1104 Community Health Nursing | (1 credit)**

Introduction to community health nursing, Family health and primary health care, Theories and models of community health care, Standing orders and policies in community health, Functioning of community health care centers, Determinants of family and community health, Issues in community health nursing.

#### **NS 1105 Sociology and Anthropology (1 credit)**

Introduction to Sociology, Sociology of health, Fundamental concepts, Social groups, Culture, Social control, Social problems, Anthropology.

#### **NS 1201 Human Anatomy for Nurses (2 Credits)**

Applied Anatomy (all systems), Clinical application of Cardiovascular system, Digestive system, Urinary system, Reproductive system, Nervous system, Anatomical regions, Introduction to microscopic anatomy.

#### **NS 1202 Nursing Theory & Practice II (4 Credits)**

Theories in Nursing, Functional health patterns as a framework for nursing, Applying nursing process, Documentation and reporting, Life span development and nursing needs. Patient admission, discharge and transfer, Assessment of Vital Signs, Infection control, Food serving, First aid and Bandaging,

Administration of Oral Medication.

#### **NS 1203 Pharmacology | (1 Credit)**

Introduction to Pharmacology, Drug Administration, Pharmacokinetics; Pharmacodynamics, Drug considerations across the lifespan, Holistic pharmacotherapy, Herbal and alternative therapies, Legal and ethical considerations.

#### **NS 1205 Microbiology for Nurses (1 Credit)**

Introduction to Microbiology, Growth of microorganisms, Bacterial Types, Introduction to virology, Fungi, Parasite, Importance of microorganisms in human health.

## **2000 Level**

### **NS 2101 Adult Nursing | (4 Credits)**

Nursing management of patients with medical and surgical conditions in respiratory system and cardiovascular system, Nursing management of a patient with pain, Applying nursing process relevant to the above disorders.

### **NS 2102 Nursing Theory and Practice III (4 Credits)**

Nursing procedures pertaining to care of patient with respiratory and cardiovascular system.

### **NS 2103 Pharmacology II (2 Credits)**

Drugs used for patients with disorders of the nervous system, cardiovascular system, respiratory system urinary system, female and male reproductive system, gastro-intestinal system, endocrine and metabolic disorders, communicable diseases, Malignant conditions, Storage and supply of drugs.

### **NS 2104 Community Health Nursing II (2 Credits)**

Major health problems in community, Health planning and management, Role of community health care team, Principles of management of community health services, The use of data / statistics, Role and responsibilities of community health nurse, National health programmes, Family health, Care of the pregnant mothers and children in the community, Family planning, Suggested practical: Field visits.

### **NS 2105 Communication Skills in Nursing (1 Credit)**

Significance of communication skills in nursing practice, Nurse- Client therapeutic relationships, Therapeutic communication skills, Counseling, Team building and group process, Negotiating process.

### **NS 2106 Pathology for Nurses (2 Credits)**

Pathological conditions of major organ systems, Clinical pathology.

### **NS 2201 Adult Nursing II (5 Credits)**

Care of the patient's Gastrointestinal dysfunctions, Musculoskeletal dysfunctions, Endocrine dysfunctions.

### **NS 2202 Nursing Theory and Practice IV (4 Credits)**

Theory and skills practice pertaining to patients with gastrointestinal, musculoskeletal and endocrine systems.

### **NS 2203 Community Health | (2 Credits)**

Environmental Health, disposal of human excreta, Healthy housing sanitation of fairs, festivals & camps, swimming pools, Town planning.

### **NS 2205 Health Promotion (1 Credit)**

Concepts, approaches and models of health and health promotion, Nurse's role in health promotion and health education. Organizations involved in health promotion.

## **NS 2207 Ethical and professional issues (1 Credit)**

Value formation and value conflict, The discipline of ethics, Ethical concept for nursing practice, Standards for ethical behavior, Ethical analysis and decision making in nursing practice, Ethical responsibilities of the nurse: Applying ethics to nursing practice.

## **NS 2208 Trends in Nursing (1 Credit)**

Nursing as a profession, Trends and issues in Nursing education and service, Roles and responsibilities of nurses, The importance of legal implications in Nursing practice, Professional organizations in nursing, Political strategies, Image building strategies, Evidenced-based practice.

## **3000 Level**

### **NS 3101 Adult Nursing III (4 Credits)**

Overview of Human Reproductive system, Reproductive and Sexual Disorders, Care of patients with disorders of the Urinary system, Nervous system, Care of neurologic disorders, Structures, functions and disorders of Eye, Ear, Nose, Sinuses and Throat.

### **NS 3102 Nursing Theory and Practice V (4 Credits)**

Theory and Skills Practice pertaining to care of patients with neurological, genito-urinal, otolaryngological, dermatological and ophthalmic diseases.

### **NS 3103 Community Health II (1 Credit)**

Environmental Health, Food sanitation, Toxins in food, Food adulteration, Food hygiene, Food poisoning, Animals, parasites, insects and their relationship to health, Transmission of diseases by vectors, Health education (review) and role of community health nurse. Practical : Field trips, Study of environmental conditions in the community

### **NS 3104 Child Health Nursing | (2 Credits)**

Introduction to Child health nursing, Growth and Development: Conception, Foetal growth and development, Developmental milestones, Assessment of children, Nursing care of ill child and family. Practical: Health education and counseling to individuals, families and groups, Physical examination, Measuring anthropometric measurements, Developmental assessment.

### **NS 3105 Epidemiology (1Credit)**

Introduction and concepts of Epidemiology, Theories and Models, History of disease and levels of prevention, Epidemiology of communicable diseases, Surveillance and disease notification, Natural history of diseases, Approaches of epidemiology, Prevention and control of communicable diseases, Role of the nurses in meeting epidemics and emergency situations.

### **NS 3106 A Maternity Nursing I (Theory) (1 Credit)**

Introduction to maternal nursing, Review of Human Reproductive organs, Physiology of Puerperium, Prenatal Development, Embryology, genetics, Preparation of the family and care of the new born (bath, immunization, breast feeding), Practical : Antenatal assessment, Assessment of newborn, Plan nutrition for Antenatal and lactating mother.

### **NS 3106 B Maternity Nursing | (Practical) (1 Credit)**

Observation of the new born, Prenatal Development, Newborn, Preparation of the family for the arrival of the infant, Physical, psychological adjustment soon after birth, Care of the new born (bath, immunization, breast feeding).

### **NS 3109 Nutrition and Dietetics (2 Credits)**

Nutrition in Relation to Health, Common nutritional problems in Sri Lanka, Classification and constituents of food, Energy, Nutritional status, Importance and, methods of assessing nutritional status, Nutrition throughout the life cycle, Meal planning, Selection, storage, preparation and preservation of food, Introduction to diet therapy, Modification of normal diet, Diet for patients with gastro-intestinal, liver, cardiovascular, renal, metabolic disorders, obesity and allergy.

### **NS 3116 B Urology | (1 Credit)**

Assessment of urinary-renal system, Collecting midstream urine specimen, Placing and removing bed pan/urinal, Inserting catheters, Indwelling catheter care, Closed and open catheter irrigation.

### **NS 3201 Adult Nursing IV (3 Credits)**

Pain management, Care of unconscious patient, Care of patients with dermatological conditions, Care of patients with geriatric conditions, Oncology nursing and palliative care, Age related demographics changes, The physical, psychological and social impact of ageing, Death and dying and the role of the nurse, The nursing management of chronic wounds.

### **NS 3202 Nursing Theory and Practice VI (4 Credits)**

Theory and Skills Practice pertaining to patients with dermatological and oncologic conditions, elderly patients, and patients with chronic conditions, Death and dying care.

### **NS 3204 Child Health Nursing-II (2 Credits)**

Paediatric nursing interventions/Procedures, Restraining and positions, Collecting specimens, Enema, Administration of medications and .V. Fluids, Tube Feeding, Cardio pulmonary resuscitation, Assisting with painful procedures, Care of Children in the incubator, Paediatric Respiratory and Gastro-Intestinal disorders.

### **NS 3206 A Maternity Nursing II (Theory) (1 Credit)**

Physiology of normal labor and puerperium, Identification of pregnancy status, duration of pregnancy, presentation, position of foetus and foetal heart rate, Holistic nursing care during pregnancy, Labor and puerperium, Apply nursing process in care of the new born.

### **NS 3206 B Maternity Nursing II (Practical) (1 Credit)**

Assessment and care of the Pregnant Woman, Inducing labor, Preparing for delivery, Partogram documentation, Physical assessment and assessment of foetal responses to labor and birth, Care of the New born, Health Education & discharge plan.

### **NS 3207 Emergency and Disaster Nursing (2 Credits)**

Principles and concepts of emergency and disaster nursing, Emergency resuscitation, Nursing care pertaining to care of patients with trauma, Poisoning, Poisonous bites and altered thermoregulation,

National disasters - definition, types, disaster preparedness and the role of the nurse in disaster management.

### **NS 3208 Critical Care Nursing (2 Credits)**

Care of a critically ill patient, Management of Cardiovascular disorders, Tracheostomy, Fluid, electrolyte & Acid-base Balance, Management of respiratory failure, Management of a patient with head injuries, Sedation & pain relief, Care for Renal failure and Multi Organ Failure in ICU, Infection Control in ICU.

### **NS 3216 B Urology II (1 Credit)**

Assessment parameters for determining the status of renal and urinary function, Nursing management of patients with peritoneal dialysis and haemodialysis, Skills in using urinary diversion collecting appliances. Education and preparation for patients undergoing urological surgeries.

### **4000 Level**

### **NS 4102 Nursing Theory and Practice VII (4 Credits)**

Management of nursing care at individual, team and ward level, Skills and competencies required to care for patients with complex needs, Primary and secondary survey management, Nursing management of

Head Injury, Thoracic Injury, Abdominal Injury and Vascular Injury, Principles and Skills of first aid, Discharge procedures of a patient, Rehabilitation

### **NS 4103 Leadership & Management (1 Credit)**

Introduction, Philosophy, concept and the principles of management, Principles of administration and their application by the nurse, Nursing services of a unit/ward, Principles of supervision, Responsibilities of the nurse in clinical settings, Administration of nursing education systems, Scope and administration of Community Health Nursing.

### **NS 4104 Child Health Nursing III (2 Credits)**

Care of a child with disorders of the Blood forming organs, Genito-urinary disorders, Neurological disorders and Endocrine dysfunctions, Practical: Collection of specimens, Catheterization and care of child with retention catheter, Urine testing for albumin and sugar.

### **NS 4106 A Maternity Nursing III (Theory) (1 Credit)**

Complications of Childbirth, Stimulation of the process of labor, Caesarean birth, The Process of postpartum psychosocial adaptation and physical recovery with nursing applications, Process of parental and family attachment to the newborn, Maternal psychosocial recovery and adjustment, Adolescent mothers, Assessment process during postpartum period.

### **NS 4106 B Maternity Nursing III (Practical) (1 Credit)**

Assist in conducting abnormal delivery. Provide appropriate intervention in emergency situations in obstetrics. Health education and discharge planning following complicated delivery.

## **NS 4109 Scientific Writing and Communication in Nursing (1 Credit)**

Types of scientific publications, Searching information for Scientific writing, Structuring & writing of scientific journal articles and reports, Ethics in scientific writing, Identification of researchable problems, Research objectives, Development of hypothesis & hypothesis testing, Research proposal writing, Writing of progress reports, Thesis writing & formatting.

## **NS 4111 Psychiatric Nursing and Mental Health (5 Credits)**

Introduction to Psychiatric and Mental health nursing, Nursing management of patients with mental health problems, Therapeutic modalities in Mental health nursing, Apply nursing process in specific mental health conditions.

## **NS 4116 B Nursing in Trauma Management | (1Credit)**

Epidemiology of Trauma, Performing First Aid, Initial Management (ABCDE) and Subsequent secondary survey, Nursing management of Head Injury, Thoracic Injury, Abdominal Injury and Vascular Injury, Prevention of injuries, Prevention & management of infection strategies.

## **NS 4202 Nursing Theory & Practice VIII (4 Credits)**

Management of nursing care at individual, team and ward level, Problem solving, Nursing diagnosis, Inter-professional working, Skills and competencies required to care for patients with complex needs.

## **NS 4204 Child Health Nursing IV (2 Credits)**

Caring a child with Integumentary dysfunctions, Skeletal dysfunctions and Neuromuscular dysfunctions, Nursing management of communicable diseases, Disorders of Eye, Ear, and Communication, Caring a child with nutritional disorders, The care of a child with mental health problems, Prevention of accidents.

## **NS 4206 A Maternity Nursing IV (Theory) (1 Credit)**

Complications in Postpartum recovery, Nursing process application in the physiologic adaptation of the neonate to extra uterine life, Physical and psychosocial assessment of the newborn and the family, Ineffective Adaptation of the neonate to extra uterine life.

## **NS 4206 B Maternity Nursing IV (Practical) (1 Credit)**

Management of complications in postpartum recovery, Physical and Psychosocial assessment of the newborn and the family, Baby bath, Phototherapy, Feeding methods and techniques, Safety methods and handling of new born, Health education and discharge plan for mother and family regarding neonatal care.

## **NS 4209 Research Project (6 Credits)**

Search and appraise literature, Research designs, Research methods, Generating and analyzing data, Research ethics, Quantitative and Qualitative research methods, Ethical issues in healthcare research, Disseminating research findings, Developing a research proposal and presentation, conducting research, writing report and marking presentation.

## **NS 4210 Teaching and Learning (2 Credits)**

Theories and principles of education, Philosophy of education, Principles and methods of teaching, Organizational pattern of nursing curriculum, Evaluation of a curriculum, Practical: Class room and clinical teaching, Preparation of master plan and rotation plan.

## **NS 4216 B Nursing in Trauma Management II (1 Credit)**

Orthopaedics — basic management, Nursing management of Fracture, Shock, Wounds, Burns, Miscible and explosive injuries, Rehabilitation of trauma victims.