SEMESTER-I

Nursing Foundations-I

| Sl. No. | Procedural Competencies/Skills | Performs Independently | Assists/ Observes Procedures A/O | Date | | Signature of the Tutor/ Faculty |
				Skill Lab/ Simulation Lab	Clinical Area	
1.	**Communication and Documentation**					
	Maintaining communication and interpersonal relationship with patient and families					
	Verbal report					
	Recording/documentation of patient care (written report)					
2.	**Monitoring Vital Signs**					
	Temperature					
	Oral					
	Axillary					
	Rectal					
	Tympanic					
	Pulse					
	Radial					
	Apical					
	Respiration					
	Blood Pressure					

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3.	**Hot & Cold Application**					
	Cold compress					
	Hot compress					
	Ice cap					
	Tepid sponge					
4.	**Health Assessment (Basic—First Year Level)**					
	Health history					
	Physical assessment—general & system wise					
	Documentation of findings					
5.	**Infection Control in Clinical Settings**					
	Hand hygiene (hand washing & hand rub)					
	Use of personal and protective equipment					
6.	**Comfort**					
	Open bed					
	Occupied bed					
	Postoperative bed					
	Supine position					
	Fowler's position					

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				Skill Lab/ Simulation Lab	Clinical Area	
	Lateral position					
	Prone position					
	Semi prone position					
	Trendelenburg position					
	Lithotomy position					
	Changing position of helpless patient (moving/turning/ logrolling)					
	Cardiac table/over-bed table					
	Back rest					
	Bed cradle					
	Pain assessment (initial & reassessment)					
7.	**Safety**					
	Side rail					
	Restraint (physical)					
	Fall risk assessment & post fall assessment					
8.	**Admission & Discharge**					
	Admission					
	Discharge					
	Transfer (within hospital)					

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9.	**Mobility**					
	Ambulation					
	Transferring patient from & to bed & wheelchair					
	Transferring patient from & to bed & stretcher					
	Range of motion exercises(ROM)					
10.	**Patient Education**					
	Individual patient teaching					