

## LESSION PLAN Adult Health Nursing



Tribhuvan University  
Institute of Medicine  
Birgunj Nursing Campus

### TEACHING PLAN

<b>Faculty:</b>	Pammi shah	<b>Department:</b>	Adult Health Nursing
<b>Level:</b>	B.Sc. Nursing	<b>Year:</b>	Second
<b>Subject:</b>	Adult Health Nursing II	<b>Course Code:</b>	BSN 10
<b>Full Marks:</b>	100	<b>Total Period:</b>	25
<b>References Books:</b>	<ol style="list-style-type: none"><li>1. Arulkumaran, S., Sivanesaratnam V. &amp; Chatterjee A. (Ed.) (2005). Essentials of Gynaecology. New Delhi: Jaypee Brothers.</li><li>2. Basavanthapa B.T. (2003). Medical Surgical Nursing. New Delhi: Jaypee Brothers.</li><li>3. Dawn, C.S. (2003). Text Book of Gynaecology, Contraception and Demography. (14th ed.) Kolkata: Dawn Books.</li><li>4. Dingra, PL (1998). Diseases of Ear, Nose and Throat. (3rd ed.). New Delhi: Elsevier.</li><li>5. Dutta, D.C. (2003). Text Book of Gynecology including Contraception. (4th ed.). Calcutta: New Central Book.</li><li>6. Suzanne, C. S. and Brenda, G. (2004). Brunner and Siddarth's Textbook of Medical Surgical Nursing. Philadelphia: Lippincott Williams and Wilkins.</li><li>7. Thresyamma, C. P. (2005). Operating Room Technique and Anaesthesia for General Nursing Course. New Delhi: Jaypee Brothers.</li></ol>		
<b>Evaluation</b>	Internal Assessment and assignments		

### Detail Plan of Action for Course Facilitation (THEORY)

Month	Week	Date	Day	Topic	Content	Teaching learning Method	Teaching learning Media
Magh	1 <sup>st</sup>	2082/10/7	Wednes	Review anatomy and physiology of nose and throat,assessment of client with nose and throat disorder	Review anatomy and physiology of nose and throat, and assessment of client with nose and throat disorder	Interactive lecture and discussion	Multimedia Projector White board
Magh	1 <sup>st</sup>	2082/10/7	Wednes	Foreign body in nose	Introduction, Causes, sign and symptoms, diagnostic investigation,management,nursing management, prevention of Foreign body in nose.	Interactive lecture and discussion	Multimedia Projector White board
Magh	3 <sup>rd</sup>	2082/10/19	Mon	Deviated nasal septum	Definition, types,causes, sign and symptoms, diagnostic investigation,management,nursing management of deviated nasal septum	Interactive lecture and discussion	Multimedia Projector White board
Magh	3 <sup>rd</sup>	2082/10/19	Mon	Epistaxis	Definition, Types,Causes,sign and symptoms, diagnostic investigation,management,nursing management of epistaxis	Interactive lecture and discussion	Multimedia Projector White board
Magh	3 <sup>rd</sup>	2082/10/20	Tues	Nasal polyps	Definition,Types,Causes,sign and symptoms, diagnostic investigation,management,nursing management of nasal polyps	Interactive lecture and discussion	Multimedia Projector White board
Magh	3 <sup>rd</sup>	2082/10/21	Wednes	Nasal tumor	Definition,types,causes,stages,sign and symptoms, diagnostic investigation of nasal tumor.	Interactive lecture and discussion	Multimedia Projector White board
Magh	4 <sup>th</sup>	2082/10/25	Sun	Nasal tumor	Management,nursing management of nasal tumor	Interactive lecture and discussion	Multimedia Projector White board
Magh	4 <sup>th</sup>	2082/10/26	Mon	Disorder of throat: Foreign body in throat	Definition,Types,Causes,sign and symptoms, diagnostic investigation,management,nursing management of foreign body in throat	Interactive lecture and discussion	Multimedia Projector White board
Magh	4 <sup>th</sup>	2082/10/26	Mon	Pharyngitis	Definition,Types,Causes,Pathogenesis, sign and symptoms, diagnostic investigation,management,nursing management of pharyngitis	Interactive lecture and discussion	Multimedia Projector White board
Magh	4 <sup>th</sup>	2082/10/27	Tues	Laryngitis	Definition,Types,Causes,Pathogenesis, sign and symptoms, diagnostic investigation,management,nursing management of laryngitis	Interactive lecture and discussion	Multimedia Projector White board
Magh	4 <sup>th</sup>	2082/10/29	Thurs	Tonsillitis	Definition,Types,Causes,Pathogenesis, sign and symptoms, diagnostic investigation,management,nursing management of tonsillitis	Interactive lecture and discussion	Multimedia Projector White board

Month	Week	Date	Day	Topic	Content	Teaching learning Method	Teaching learning Media
Falgun	6 <sup>th</sup>	2082/11/14	Thurs	Tumor of larynx	Definition,Types,Causes,Pathogenesis, sign and symptoms, diagnostic investigation,management,nursing management of tumor of larynx	Interactive lecture and discussion	Multimedia Projector White board
Falgun	6 <sup>th</sup>	2082/11/14	Thurs	Diagnostic investigation of nose and throat problems	History taking,Physical examination,Nasal endoscopy,rhinoscopy,laryngoscopy,throat swab,X-ray and CT scan of nose and throat.	Interactive lecture and discussion	Multimedia Projector White board
Falgun	6 <sup>th</sup>	2082/11/15	Fri	Special nursing care for tracheostomy	Introduction,review relevant anatomy,indication,types,procedure,nursing management of patient with tracheostomy and complication of it.	Interactive lecture and discussion	Multimedia Projector White board
Falgun	6 <sup>th</sup>	2082/11/15	Fri	Special nursing care for tonsillectomy	Introduction,review relevant anatomy,indication,procedure,nursing management of patient with tonsillectomy and complication of it.	Group work,presentation	Multimedia Projector White board
Falgun	8 <sup>th</sup>	2082/11/25	Mon	Commonly used medication in nose and throat	Introduction,class,MOA,doses,indication,sideeffects,nursing consideration of medication used in throat and nose disorders.	Group work,presentation	Multimedia Projector White board
Falgun	8 <sup>th</sup>	2082/11/26	Tues	Pre and post operative nursing management of patient with nose and throat surgery	Assessment, diagnosis, intervention and evaluation of pre and post operative nursing management of patients with nose and throat surgery.	Group work,presentation	Multimedia Projector White board
Falgun	8 <sup>th</sup>	2082/11/27	wednes	Review of anatomy and physiology of skin, management of patients with skin disorders: acne vulgaris	Review of anatomy and physiology of skin, definition, types, causes, pathogenesis, signs and symptoms, diagnostic investigation, management, and nursing management of acne vulgaris.	Interactive lecture and discussion	Multimedia Projector White board
Falgun	8 <sup>th</sup>	2082/11/28	Thurs	Management of patients with skin disorders: herpes simplex and zoster,dermatitis	Definition, types, causes, pathogenesis, signs and symptoms, diagnostic investigation, management, and nursing management of herpes simplex and zoster, dermatitis.	Interactive lecture and discussion	Multimedia Projector White board
Falgun	8 <sup>th</sup>	2082/11/29	Fri	Management of patients with skin disorders: impetigo and eczema	Definition, types, causes, pathogenesis, signs and symptoms, diagnostic investigation, management, and nursing management of impetigo and eczema.	Interactive lecture and discussion	Multimedia Projector White board
Chaitra	9 <sup>th</sup>	2082/12/01	Sun	Management of patients with skin disorders:	Definition, types, causes, pathogenesis, signs and symptoms, diagnostic investigation, management, and nursing management of psoriasis	Interactive lecture and discussion	Multimedia Projector White

				psoriasis			board
Chaitra	10 <sup>th</sup>	2082/12/08	Sun	Management of a patient suffering from skin cancer	Definition, types, causes, pathogenesis, Stages ,signs and symptoms, diagnostic investigation of skin cancer.	Interactive lecture and discussion	Multimedia Projector White board
Chaitra	11 <sup>th</sup>	2082/12/15	Sun	Management of a patient suffering from skin cancer	Management, and nursing management of skin cancer	Interactive lecture and discussion	Multimedia Projector White board
Chaitra	12 <sup>th</sup>	2082/12/22	Sun	Nursing management of patient suffering from burn	Definition, types of burn, causes, effect of burn and management of burn.	Interactive lecture and discussion	Multimedia Projector White board
Chaitra	13 <sup>th</sup>	2082/12/29	Sun	Nursing management of patient suffering from burn	Management and nursing management and complication of burn.	Interactive lecture and discussion	Multimedia Projector White board
Baisakh	14 <sup>th</sup>	2083/01/06	Sun	Nursing management of patient suffering from gas gangrene.	Definition, types, causes, pathogenesis, signs and symptoms, diagnostic investigation, management, and nursing management of gas gangrene.	Interactive lecture and discussion	Multimedia Projector White board

