



UNIVERSITY OF SHKODRA
“Luigj Gurakuqi”
Faculty of Natural Sciences
Department of Preclinical Subjects

Course name: 4.1 – Fundamentals of Nursing

Head of the course / Lecturer (Doc. Dr. Julian Kraja)

Loads:	Nr. credit	Number of teaching hours in the classroom				
		Lectures	Seminar	Laboratory	Practice	Total
	10	48	36	12	0	96

Academic year: 2025-2026 **Semester:** 1& 2

Subject type: (required)

Study program: Bachelor - General Nursing

Email address of the course head/teacher: julian.kraja@unishk.edu.al

Code of Ethics: (Students are expected to adhere to the tenets set forth in the Code of Ethics, particularly those pertaining to academic integrity. This entails refraining from any form of academic dishonesty, including the copying of exam answers, the use of another individual's work without attribution, the fabrication of data, and the violation of the human and professional dignity and integrity of fellow students, academic and support staff)

SUMMARY AND LEARNING OUTCOMES: Upon completion of the course, the student is expected to have acquired both theoretical and practical knowledge regarding the fundamental concepts underlying nursing interventions. This constitutes the foundation for the subsequent development of the nursing plan, which will inform the student's future practice. The course constitutes 16.6% of the overall formation of the first-year student. Prior to undertaking this course, students are expected to have acquired knowledge in the following areas: anatomy, physiology and sociology-psychology.

BASIC CONCEPTS: The following section outlines the fundamental concepts that form the basis of this course. The course provides students with a foundation in the knowledge and skills that nurses should possess regarding patient/client perception, communication methods, the construction of nursing care plans, vital parameter assessment, exercise and activities, the basic physiological needs of humans, rest and sleep, pain, stress and death, and the administration of injections.

SUBJECT TOPICS explanation (about a paragraph) of each lecture topic by week, accompanied by relevant literature (detailed with pages)

First semester

First week

History of nursing. (Fundamentals of Nursing 2020, pg 4-15)

Deontology, Ethics and Values in Nursing Care. (Fundamentals of Nursing 2020, pg 1168-1194)

Second week

Homeostasis and human needs. (Fundamentals of Nursing 2020, pg 951-966)

Nursing as management and leadership. (Fundamentals of Nursing 2019, pg 213-232)

Third week

Nursing as management and leadership. (Fundamentals of Nursing 2020, pg 903-907)

Scientific research in nursing. (Fundamentals of Nursing 2020, pg 56-62)

Fourth week

The concept of health and illness. (Fundamentals of Nursing 2020, pg 83-98)

The patient and the environment. (Fundamentals of Nursing 2020, pg 367-383)

Week five

The patient and the environment. (Fundamentals of Nursing 2020, pg 255-262)

The patient and the environment. (Fundamentals of Nursing 2020, pg 263-279)

Week six

Disease prevention and health promotion (Fundamentals of Nursing 2020, pg 1126-1140)

Communication processes. (Fundamentals of Nursing 2020, pg 451-459)

Week seven

Communication, the art of nursing. (Fundamentals of Nursing 2020, pg 459-462)

Nursing process and communication. (Fundamentals of Nursing 2020, pg 462-464)

Week eight

Nursing assessment. (Fundamentals of Nursing 2021, pg 211-226)

Nursing diagnosis. (Fundamentals of Nursing 2021, pg 227-237)

Week nine

Identifying goals and planning. (Fundamentals of Nursing 2021, pg 240-256)

Implementation and evaluation of nursing care. (Fundamentals of Nursing 2021, pg 257-280)

Week ten

Vital signs. Breathing; (Fundamentals of Nursing 2020, pg 433-437)

Vital signs. Pulse; (Fundamentals of Nursing 2020, pg 427-432)

Week eleven

Vital signs. Blood pressure; (Fundamentals of Nursing 2020, pg 438-448)

Vital signs. Body temperature. (Fundamentals of Nursing 2020, pg 413-423)

Week twelve

Diagnostic tests and procedures. (Fundamentals of Nursing 2020, pg 213-232)

Patient education. (Fundamentals of Nursing 2021, pg 32-42)

Second semester**First week**

Personal hygiene. (Fundamentals of Nursing 2019, pg 984-1040)

Locomotor apparatus, movements, positions of the patient in bed. (Fundamentals of Nursing 2020, pg 826-836)

Second week

Immobility. (Fundamentals of Nursing 2020, pg 837-858)

Immobility. (Fundamentals of Nursing 2020, pg 837-858)

Third week

Hydraic balance. (Fundamentals of Nursing 2020, pg 1015-1054)

Basic principles of nutrition. (Fundamentals of Nursing 2020, pg 657-704)

Fourth week

Pressure ulcers, care and prevention. (Fundamentals of Nursing 2020, pg 917-954)

Preventing the transmission of microorganisms (Fundamentals of Nursing 2020, pg 504-532)

Week five

Oxygenation. (Fundamentals of Nursing 2020, pg 955-994)

Oxygenation. (Fundamentals of Nursing 2020, pg 955-994)

Week six

Urinary elimination. (Fundamentals of Nursing 2019, pg 1341-1414)

Intestinal elimination. (Fundamentals of Nursing 2019, pg 1415-1478)

Week seven

Rest and sleep. (Fundamentals of Nursing 2019, pg 1198-1229)

Comfort, perception and treatment of pain. (Fundamentals of Nursing 2019, pg 1230-1279)

Week eight

Injections. (Fundamentals of Nursing 2020, pg 596-620)

Injections. (Fundamentals of Nursing 2020, pg 596-620)

Week nine

Nursing supervision during i/v therapy. (Fundamentals of Nursing 2020, pg 620-635)

Medication administration. (Fundamentals of Nursing 2020, pg 635-655)

Week ten

Anxiety, stress and the nurse's role in reducing it. (Fundamentals of Nursing **2019**, pg 1657-1684)

Hospital internship and theory. (Fundamentals of Nursing **2020**, fq 213-232)

Week eleven

Loss, death and grief (Fundamentals of Nursing **2020**, pg 337-361)

Loss, death and grief (Fundamentals of Nursing **2020**, pg 337-361)

Week twelve

Professional legislation and nursing care practice. (Fundamentals of Nursing **2020**, pg 1194-1242)

Nursing file, its use and completion. (Fundamentals of Nursing **2020**, pg 213-232)

FORM OF KNOWLEDGE TESTING**ATTENDANCE:**

Lecture attendance is mandatory at 75%

Seminars attendance is mandatory at 75%

Laboratory attendance is mandatory at 100%

CONTINUOUS TESTING:

For the assessment of practical skills:

The final student assessment is made with 100 points.

☐ Assessment during the year 20 points: 5 points active participation in seminars and laboratories; 10 points course assignment and 5 points minitest

☐ Assessment at the end of the course is an exam with 80 points: 30% are quizzes, 30% are supplementary and 20% are elaboration

LITERATURE (literature represents the list of publications that the student must read during the course, divided into)

a) Basic mandatory literature::

Lectures prepared by the teacher.

Fundamentals of Nursing. The art and science of nursing care. Ninth edition. Carol Taylor, Pamela Lynn, Jennifer Bartlett **2019**

Fundamentals of Nursing. Theory, concepts, and applications. Wilkinson, Treas, Barnett and Smith **2020**

Fundamentals of Nursing. Potter, Perry, Stockert and Hall. **2021**

b. Recommended literature:

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FINAL REMARKS FROM THE SUBJECT TEACHER: (space where the teacher presents opinions, recommendations, observations, limitations, reservations related to the development of the subject in question during the academic year, if any, as well as the elements of the Code of Ethics according to point 2.10 of this decision)

Regular attendance of classes by students is essential for acquiring knowledge and skills in the subject, therefore attendance is mandatory.

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Diverse Patients: Introduction, Basic Concepts, Patient's Bill of Rights (Fundamentals of Nursing 2020, pg 139-160)

Week eight

Cultural Competence: Health Disparities, Culturally Sensitive Care, Cultural Assessment (Fundamentals of Nursing 2020, pg 161-179)

Culturally Responsive Care, Putting It All Together, Learning Activities, (Fundamentals of Nursing 2020, pg 180-189)

Week nine (Fundamentals of Nursing 2020, pg 139-160)

Nursing assessment. (Fundamentals of Nursing 2021, pg 211-226)

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Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or European Education and Culture Executive Agency (EACEA). Neither the European Union nor the granting authority can be held responsible for them.

Head of the Department
Doc. Dr. Julian Kraja