NURSING FOUNDATION
Assignment 1 (Block 1 & 2) (Tutor Marked)

Programme Code: B.Sc. N. (PB)
Course Code: BNS -201
Assignment Code: BNS 201/TMA-1/2026
Maximum Marks: 100
Last date for Submission: August 31st, 2026

Note: All questions are compulsory

1) a) Discuss the criteria of Nursing as a profession.

b) Explain the characteristics of Nursing profession

c) Describe the expanded and extended role of Nurses (3+3+9=15)

2) a) Define the nursing standards.

b) List purposes of developing nursing standards.

c) Explain the meaning of structure, also here standards giving examples from nursing field.

d) Discuss the structure, also here standards in nursing practice with the help example

(2+2+3+8=15)

3) Explain biomedical and ecological concept of health, highlight the differences between these two concepts of health. Support your answer with suitable examples. (5+5=10)

4) Explain the self care deficit theory by Dorthy Oram. Discuss application of this theory in community health nursing/hospital setting. (4+6=10)

5) Explain stress management techniques which you will use to reduce your own stress while working in hospital or community. Support your answer with examples. (10)

6) a) List down the phases of nursing process

b) Select a patient from your clinical field collect subjective and objective deta, mak nursing diagnosis, prioritize the needs, plan and implement the nursing care using nursing process approach. (2+8=10)

7) Discuss the significance of studying ethics in nursing. Explain with help of example the ethical dilemma in nursing faced by you while working in hospital / community. (5+5=10)

8) Discuss the concept of holistic health. Describe the dimensions of holistic health with examples from community setting. (3+7=10)

9) Explain legal and ethical implications in various nursing situations.

(10)

1) a) Discuss the criteria of Nursing as a profession.
b) Explain the characteristics of Nursing profession
c) Describe the expanded and extended role of Nurses (3+3+9=15)

Answer

a) Criteria of nursing as a profession

Nursing is a profession because it is a disciplined service based on scientific knowledge, practical skill and responsibility towards people. A profession is different from an ordinary occupation: its members have specialised education, follow a recognised code of behaviour and are accountable for their decisions. Nursing meets these criteria in the following ways.

- **Specialised body of knowledge:** Nurses study anatomy, physiology, psychology, microbiology, pharmacology, community health and nursing theories. They apply this knowledge while assessing needs and giving individualised care.
- **Organised education and training:** Recognised nursing programmes combine classroom learning, laboratory practice and supervised clinical experience. Qualification and registration are required for professional practice according to applicable rules.
- **Service to society:** The purpose of nursing is to promote health, prevent illness, care for sick people and support rehabilitation. Service continues in homes, schools, communities and hospitals.
- **Ethical code and accountability:** Nurses protect dignity, privacy, safety and informed choice. They are answerable for care given, omissions and accurate records.
- **Professional organisation and continuing growth:** Nursing councils and professional associations help maintain standards. Research, continuing education and professional development improve the quality of care.

b) Characteristics of the nursing profession

Nursing is **caring and patient-centred**. A nurse treats a person with kindness without discrimination on the basis of religion, gender, age, disability or economic condition. It is also **holistic**, because physical illness is linked with emotional, social, cultural and spiritual needs. For example, a patient recovering from surgery may need pain relief, reassurance, help with mobility and family teaching at the same time.

Nursing involves **independent judgement and teamwork**. A nurse makes nursing assessments, identifies actual or potential problems and selects nursing