

FHT

BSc Nursing

1st Semester Books

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For Any Support on BSc Nursing – All 8 Semesters

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Applied Anatomy

By Few Helping Turtles

S No	Topic
1	All Units Syllabus Wise Notes
2	Most Repeated Questions
3	Last Minute Revision Notes



Applied Anatomy Unit-1

By Few Helping Turtles

Unit-I Syllabus

- Introduction to anatomical terms relative to position: anterior, ventral, posterior, dorsal, superior, inferior, median, lateral, proximal, distal, superficial, deep, prone, supine, palmar and plantar
 - Anatomical planes: axial/transverse/horizontal, sagittal/vertical plane, and coronal/frontal/oblique plane
 - Movements: flexion, extension, abduction, adduction, medial rotation, lateral rotation, inversion, eversion, supination, pronation, plantar flexion, dorsal flexion and circumduction
 - Cell structure and cell division
 - Tissue definition, types, characteristics, classification, and location
 - Membrane and gland classification and structure
 - Major surface and bony landmarks in each body region
 - Types of cartilage: hyaline, fibrocartilage, elastic cartilage
 - Features of skeletal, smooth and cardiac muscle
 - Application and implication in nursing
-

Q. Introduction to anatomical terms

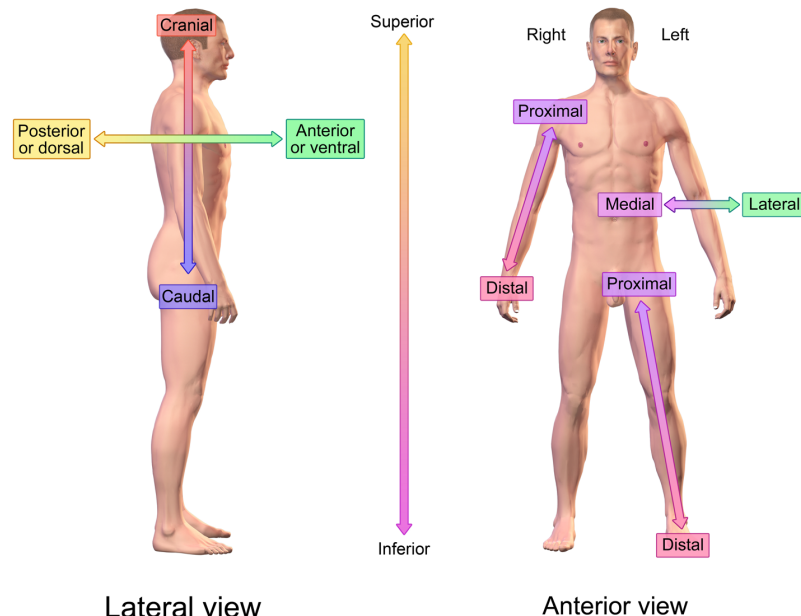
1. Anatomical Position

1.1 Universal Reference Point

The anatomical position serves as the universal reference point for all directional terms in anatomy. In this position:

- The person stands upright
- Face directed forward
- Arms at sides with palms facing forward (thumbs pointing away from the body)
- Feet slightly apart and parallel with toes pointing forward

This standardized position eliminates confusion when describing body parts and their relationships to one another. All anatomical terms are based on this reference position, regardless of the actual position of the patient.



Directional References

2. Directional Terms

2.1 Anterior and Posterior

2.1.1 Anterior (Ventral)

Anterior (Ventral): Refers to the front of the body or a position toward the front surface. For example, the toes are anterior to the foot, and the eyes are on the anterior aspect of the head.



Applied Anatomy

Last-Minute Revision Notes

10 Mark Questions

1) Respiratory tract parts + lungs (with applied)

Subheading	Exam-ready points
Overview (1–2 lines)	Respiratory tract = conducting (air passage) + respiratory (gas exchange). Upper cleans/conditions air; lower conducts to alveoli.
Upper tract	Nose, nasal cavity, paranasal sinuses, pharynx, larynx (above cords): filter, warm, humidify; resonance, smell, defense.
Lower tract	Larynx (below cords), trachea, main bronchi, lobar/segmental bronchi, bronchioles, terminal → respiratory bronchioles, ducts, sacs, alveoli.
Trachea & bronchi	C-shaped cartilages (trachea), pseudostratified ciliated epithelium, mucus escalator; right main bronchus wider, shorter, more vertical → aspiration risk.
Lungs: lobes	Right: 3 lobes (S, M, I); Left: 2 lobes (S, I) + cardiac notch + lingula.
Surfaces & borders	Surfaces: costal, mediastinal, diaphragmatic; Borders: anterior, inferior, posterior; Apex above 1st rib, base on diaphragm.
Hilum & root	Bronchus, pulmonary artery, pulmonary veins, nerves, lymphatics; left lung bronchus inferior to artery (“ABV” left to right patterns vary — learn your diagram).
Microscopy	Alveoli: Type I pneumocytes (gas exchange), Type II (surfactant), alveolar macrophages; blood-air barrier is ultra-thin for diffusion.
Pleura	Visceral + parietal; pleural cavity with fluid → low friction; negative pressure keeps lungs expanded.
Applied	Pneumothorax (air → collapse), pneumonia (alveolar exudate), COPD/asthma (obstruction), neonatal RDS (low surfactant), hemoptysis causes; pleuritic chest pain.

Applied Sociology

By Few Helping Turtles

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Applied Sociology Unit-1

By Few Helping Turtles

Unit-I Syllabus

- Definition, nature and scope of sociology
- Significance of sociology in nursing

Q. Definition, nature and scope of sociology

A. Core Definition Sociology is the scientific and systematic study of human society, focusing on social relationships, social interaction, and the structures that shape human behavior. It examines how societies are formed, how they function, how they change over time, and how individuals are shaped by the social groups, institutions, and cultures to which they belong.

B. Etymological Origin The term 'Sociology' was coined by French philosopher Auguste Comte in 1838. It is a hybrid term derived from the Latin word *socius*, meaning 'companion' or 'associate', and the Greek word *logos*, meaning 'study' or 'science'. Thus, sociology literally means the science of society.

★ 1.2 The Nature of Sociology

A. Sociology as a Social Science Sociology belongs to the family of social sciences, which also includes anthropology, psychology, economics, and political science. Unlike the natural sciences that study the physical world, sociology studies the complexities of human social behavior and the contexts in which people live.

B. Sociology as a Scientific Discipline Sociology is a scientific discipline because it employs systematic methods of empirical investigation, critical analysis, and theoretical development to build a body of knowledge about society. It is not based on common sense or speculation. Its scientific nature is characterized by the following:

- It is empirical and based on observation and evidence.
- It strives for objectivity and to be value-neutral in its descriptions.
- It is theoretical, developing frameworks to explain social phenomena.
- It is cumulative, building upon previous research and theories.

C. Sociology as a Categorical and Generalizing Science Sociology is primarily a categorical, or descriptive, science, not a normative one; it describes and analyzes society 'as it is' rather than prescribing 'what it ought to be'. Furthermore, it is a generalizing science, meaning it is not concerned with unique individual actions but aims to identify general patterns, principles, or laws that govern human social interaction and group life.

★ 1.3 The Scope of Sociology

A. Major Fields of Study The scope of sociology is extremely broad as it studies all aspects of human social life. Key fields include the study of social institutions (family, religion), social stratification (caste, class), social processes (cooperation, conflict), social control (norms, laws), social change (urbanization, modernization), and social problems (poverty, crime).



Applied Sociology

Last-Minute Revision Notes

10 Mark Questions

Q1: Nature, Scope, and Significance of Sociology in Nursing

Aspect	Explanation	Significance & Application in Nursing Practice
Nature of Sociology	- Scientific Study: Sociology is the scientific and systematic study of human society, social behavior, and social interactions. - Objective & Empirical: It uses empirical investigation and critical analysis to understand social order, problems, and change. - Focus on Groups: Its primary focus is on the group, not the individual in isolation.	- Evidence-Based Care: Helps nurses base their care plans on evidence about social determinants of health, rather than just assumptions. - Holistic Approach: Encourages viewing the patient not just as a biological entity but as a person within a social context (family, community, culture).
Scope of Sociology	- Micro-sociology: Focuses on small-scale, face-to-face interactions (e.g., doctor-patient relationship, family dynamics during illness). - Macro-sociology: Focuses on large-scale social structures and systems (e.g., healthcare policies, social inequality, hospital as an organization).	- Enhanced Patient Interaction (Micro): Improves communication by understanding family roles, power dynamics, and individual social cues, leading to better therapeutic relationships. - System Awareness (Macro): Helps nurses understand how hospital policies, insurance systems, and public health infrastructure affect patient access and outcomes.
Sociological Perspectives	- Functionalism: Views society as a system of interconnected parts that work together to maintain stability. Illness is a form of deviance that disrupts social function. - Conflict Theory: Focuses on social inequality and power struggles. Sees healthcare as a resource that is unequally distributed among different social groups. - Symbolic Interactionism: Studies how people use symbols (language, gestures) to create meaning. Focuses on how people define and experience health and illness.	- Understanding the 'Sick Role' (Functionalism): Nurses manage the 'sick role,' helping patients navigate their rights (exemption from duties) and obligations (seeking help to get well). - Advocacy (Conflict Theory): Motivates nurses to advocate for vulnerable and marginalized patients who face barriers to care due to class, race, or gender. - Patient-Centered Care (Interactionism): Enables nurses to understand the patient's subjective experience of illness, their personal beliefs, and how they interpret their symptoms, leading to more personalized care.
Significance in Nursing	- Understanding Social Determinants: Provides a framework to understand how factors like poverty, education, and housing (social determinants) directly impact health. - Cultural Competence: Explains the role of culture, norms, and values in shaping health behaviors, dietary habits, and treatment preferences. - Therapeutic Relationship: Improves the nurse-patient relationship by fostering empathy and a non-judgmental attitude based on an understanding of the patient's social world.	- Holistic Assessment: Nurses conduct more thorough assessments by asking about the patient's family support, living conditions, and financial stability. - Culturally Sensitive Care: Nurses can adapt care plans to respect a patient's cultural or religious beliefs (e.g., dietary restrictions, death rituals). - Effective Health Education: Tailoring health education to a patient's social and educational background makes it more understandable and effective.

"All 8 Semester BSc Nursing Books?

Yes 

BSc Nursing Online Notes?

Yes 

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