



**ZIAUDDIN UNIVERSITY**  
EXAMINATION BOARD

**Higher Secondary School  
Certificate (HSSC)**

**Examination syllabus**

**Fundamentals of Nursing  
XI**

**Based on Provincial revised curriculum (Sindh)**

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## PREFACE

The Ziauddin University Examination Board (ZUEB) was established under **Sindh ACT XLI 2018**, with the primary objective of enhancing the quality of education in Sindh. ZUEB is responsible for administering examinations for the **Secondary School Certificate (SSC)** and **Higher Secondary School Certificate (HSSC)** in alignment with the most recent revisions to the **National Curriculum**, as outlined by the **Directorate of Curriculum Assessment and Research (DCAR), Sindh**. Through its ordinance, ZUEB is mandated to provide examination services for both English, Urdu, and Sindhi medium candidates from private schools across Sindh. This examination syllabus reflects ZUEB's dedication to achieving the educational goals set by the provincial authorities.

In collaboration with subject professors, ZUEB has developed a comprehensive syllabus for each subject. It is important to distinguish between the syllabus and the curriculum. The syllabus serves as a guide for both teachers and students, outlining the key areas of focus within the subject. It provides students with a clear understanding of what is expected of them in their studies and helps them prepare effectively for their exams.

This examination syllabus incorporates all cognitive outcomes derived from the **Provincial Curriculum Statement**, ensuring that assessments are both valid and reliable. While the focus is primarily on the cognitive domain, significant emphasis is placed on the application of knowledge and understanding.

The syllabus is made available to all stakeholders via the ZUEB website to assist affiliated schools in planning their teaching. It is crucial to note that the syllabus, rather than the prescribed textbook, forms the foundation of ZUEB examinations. Additionally, this syllabus supports the development of learning materials for both students and teachers. ZUEB remains committed to supporting students undertaking the SSC and HSSC courses by facilitating their learning outcomes through this detailed syllabus document.

To further assist in the learning process, ZUEB provides a dedicated **e-resource tab** on its website, offering both text-based and video content on various subjects. These 15-20 minute instructional videos, created around key subject concepts, allow students to learn at their own pace and convenience. The videos can be used as a reinforcement tool to revisit lessons already taught or as pre-lesson material. This initiative is an ongoing effort, and new videos will continue to be uploaded.

We encourage all students and educators to make the most of these resources for a more enriched and flexible learning experience.

Sincerely,

**Beena Kohati-Bilal**  
**Academic Head – Curriculum Development & Training**  
**Ziauddin University Examination Board**

## Acknowledgement

The Pre-Nursing syllabus has been meticulously developed in alignment with the DCAR (Directorate of Curriculum, Assessment, and Research) Scheme of Studies, ensuring its relevance to contemporary educational standards while enhancing its authenticity and wider acceptance within the academic and healthcare communities. The collective efforts of the faculty members of Ziauddin University Faculty of Nursing — Ms. Fatima Ali Jawad, Ms. Anisa Bhimani, Ms. Aiman Siddiqui, Mr. Kaleem Sarfaraz, and Ms. Iqra Qureshi — with their expertise and dedication, have been instrumental in shaping this curriculum that aligns with both academic and professional standards.

We would also like to extend our heartfelt thanks to the Dean – Ms. Pamela Marshall, Principal – Ms. Sumaira Punjwanu, and Advisor – Ms. Yasmin Noorani Amarsi, College of Nursing, for their collective leadership, guidance, and unwavering support throughout the curriculum development process.

## Rationale For The Reviewed Provincial Curriculum

The process of revising the National Curriculum 2006 began in August 2004, when the newly elected government of Pakistan initiated education reforms across the country. These reforms included the introduction of a new National Education Policy, a National Education Census, and a revision of curricula (Ministry of Education, 2009).

In practice, the overhaul of the secondary school curriculum began in 2006, leading to a review of the scheme of studies for classes I to XII and the revision of curricula for 25 compulsory subjects.

The 18th Amendment to the Constitution of Pakistan, enacted in 2010, significantly altered the federal-provincial relationship by abolishing the "concurrent legislative list." This amendment granted provinces greater legislative and financial autonomy in sectors such as education and health. The most notable implication of the 18th Amendment for education was the transfer of responsibility for curriculum development, syllabus planning, policy formation, and educational standards to the provinces, marking a significant step forward for education.

In Sindh, the School Education Department tasked a Curriculum Review Team with revising the National Curriculum 2006 for all subjects. The goal was to create a curriculum better suited to the needs of students and teachers while aligning with the principles of the 18th Amendment. Subject-specific curriculum review committees were established to critically examine and align the curriculum's content, both contextually and textually, ensuring coherence across various subjects. The Bureau of Curriculum (BoC) played a crucial role in organizing workshops and meetings in Hyderabad to facilitate the completion of this task. The support of numerous educationists, researchers, and teachers was invaluable in successfully revising the curriculum.

The revised National Curriculum, along with the original version, is available on the DCAR website at [http://dcar.gos.pk/BoC\\_Other\\_Pages/curriculum\\_dev.html](http://dcar.gos.pk/BoC_Other_Pages/curriculum_dev.html) for easy access.

The Ziauddin University Examination Board (ZUEB) SSC and HSSC syllabi are developed in accordance with the Sindh Revised Curriculum. To date, textbooks for various subjects have been developed based on the revised curriculum.

## **AIMS AND OBJECTIVES:**

### **Aims of the Fundamentals of Nursing Course**

- The Fundamentals of Nursing course aims to:
- Provide a comprehensive foundation for students to understand the core concepts, principles, and practices of nursing.
- Equip students with essential knowledge about nursing history, healthcare systems, and the roles of nursing professionals in diverse healthcare settings.
- Develop fundamental skills related to patient care, communication, vital sign monitoring, infection control, and emergency first aid.
- Foster critical thinking and clinical reasoning to apply nursing principles in various clinical and community settings.
- Promote ethical and professional nursing practices that are aligned with healthcare standards, patient rights, and legal and regulatory requirements.
- Enhance students' ability to care for patients holistically, addressing their physical, emotional, and psychological needs.
- Support the development of competent, compassionate, and culturally sensitive nursing professionals ready to contribute to healthcare improvement at various levels.

### **Objectives of the Fundamentals of Nursing Course**

- Upon successful completion of this course, students will be able to:
- Describe the key components of nursing practice, including its historical background, principles, and the role of nurses in various healthcare settings.
- Identify and explain the functions of the healthcare team and describe the different types of healthcare facilities.
- Demonstrate effective communication skills, both verbal and non-verbal, in patient care and teamwork scenarios.
- Assess vital signs, including temperature, pulse, respiration, blood pressure, oxygen saturation, and weight, while understanding the physiological implications of abnormal readings.
- Apply infection control measures to prevent the spread of infectious diseases in healthcare settings, including standard precautions and isolation techniques.
- Understand and manage basic nursing procedures, such as administering medications, caring for wounds, and providing comfort to patients in need.

- Demonstrate knowledge of patient admission, transfer, and discharge processes, ensuring the safety and proper documentation of each phase.
- Implement principles of first aid in emergency situations, such as managing wounds, burns, shock, poisoning, and fractures.
- Recognize and manage the emotional and psychological aspects of care for patients experiencing grief, loss, and the end-of-life process.
- Understand the importance of professional and ethical conduct in nursing practice, demonstrating respect for patient dignity, confidentiality, and autonomy.
- Identify cultural, social, and psychological factors that affect patient care and apply cultural competence when providing nursing services.
- Develop a commitment to continuous learning and personal development in nursing practice, emphasizing the importance of evidence-based practice and clinical decision-making.

**ZIAUDDIN UNIVERSITY EXAMINATION BOARD**  
**XI – FUNDAMENTALS OF NURSING**  
**SLOs CATEGORIZATION**  
**Detailed Syllabus**

Unit Title	SLO	Description	K	U	A
<b>1. Introduction to Nursing &amp; History of Nursing</b>	1.1	Describe types of hospitals and their functions	✓		
	1.2	Describe the members and the functions of the healthcare team in hospital setting	✓		
	1.3	Discuss the historical development of the nursing profession		✓	
	1.4	Discuss the life of Florence Nightingale		✓	
	1.5	Describe Nightingale's role in the development of Nursing	✓		
	1.6	State contributions of nursing leaders	✓		
	1.7	Describe the functions of the International Council of Nurses	✓		
	1.8	Identify scientific/ technological changes influencing nursing progress in the 20th and 21st century		✓	
	1.9	Discuss the past, present, and future of Nursing		✓	
	1.10	Relate own role to nursing leaders of the 18th and 19th Century		✓	
	1.11	Explain nursing developments in Pakistan		✓	
	1.12	Describe the functions of the Pakistan Nursing Council	✓		
	1.13	Introduce main functions of the Pakistan Nurse's Federation	✓		
	1.14	Scope of Nursing	✓		
<b>2. Communications</b>	2.1	Definition of communication, elements of the communication process, means of communication and identify the characteristics of effective verbal communication	✓		
	2.2	Describe factors that facilitate and interfere with effective communication		✓	
	2.3	Describe techniques that facilitate and interfere with communication		✓	
	2.4	Define ways to respond therapeutically	✓		
	2.5	Identify non-therapeutic response	✓		
	2.6	Discuss the legal aspects of documentation		✓	

Unit Title	SLO	Description	K	U	A
<b>3. Professional Nursing Skills (Vital Signs)</b>	3.1	Define Vital Signs	✓		
	3.2	Define terms related to vital signs	✓		
	3.3	Describe the physiological concept of temperature, respiration, and blood pressure	✓		
	3.4	Describe the principles and mechanisms for normal thermoregulation in the body	✓		
	3.5	Identify ways that affect heat production and heat loss in the body	✓		
	3.6	Define types of body temperature according to its characteristics	✓		
	3.7	Identify the sign and symptoms of fever		✓	
	3.8	Discuss the normal ranges for temperature, pulse, respiration, and blood pressure		✓	
	3.9	List the factors affecting temperature, pulse, respiration, and blood pressure	✓		
	3.10	Describe the characteristics of pulse and respiration	✓		
	3.11	List factors responsible for maintaining normal blood pressure	✓		
	3.12	Describe various methods and sites used to measure temperature and blood pressure	✓		
	3.13	Monitor oxygen saturation	✓		
	3.14	Monitor weight & height	✓		
	3.15	Define Pain	✓		
<b>4. Process of Hospitalization</b>	4.1	Define the term admission, transfer and discharge and the role of a nurse	✓		
	4.2	Discuss the basic components at the time of admission and discharge		✓	
<b>5. Infection Control</b>	5.1	Identify the six components of the chain of infection	✓		
	5.2	Explain examples of ways that infection may occur		✓	
	5.3	Describe factors that increase the risk of infection in various settings		✓	
	5.4	Discuss the role of health care personnel and health agencies in infection control		✓	
	5.5	Explain types of Universal Precautions (Standard, droplet, airborne & contact)	✓		
<b>6. Skin Management</b>	6.1	List the factors affecting skin integrity	✓		
	6.2	List the sign and symptoms of Pressure Ulcer		✓	
	6.3	Discuss the preventing measures of pressure ulcers		✓	



Unit Title	SLO	Description	K	U	A
	6.4	Describe the Nursing management of pressure ulcers		✓	
<b>7. Concept of Loss &amp; Grieving and Death and Dying</b>	7.1	Assess the physiological signs of death		✓	
	7.2	Discuss the various ways of helping the dying patient meet his / her physiological, spiritual and emotional needs		✓	
	7.3	Discuss nursing care of the body after death		✓	
	7.4	List changes that occur in the body after death		✓	
	7.5	Define terms related to loss and grieving	✓		
	7.6	Identify common manifestations of grief		✓	
	7.7	Describe last orifices	✓		
<b>8. First Aid</b>	8.1	Wound	✓		
	8.2	Hemorrhage	✓		
	8.3	Burn	✓		
	8.4	Shock	✓		
	8.5	Poisoning	✓		
	8.6	Unconsciousness	✓		
	8.7	Fainting	✓		
	8.8	Seizures/epilepsy	✓		
	8.9	Injury of bones and joints	✓		
	8.10	Choking	✓		

**ZIAUDDIN UNIVERSITY EXAMINATION BOARD**  
**XI – FUNDAMENTALS OF NURSING** Number of  
**SLOs by Cognitive Levels**

S. No	Unit Title	K	U	A	Total SLOs
1	Introduction to Nursing & History of Nursing	10	4	0	14
2	Communications	4	2	0	6
3	Professional Nursing Skills (Vital Signs)	15	0	0	15
4	Process of Hospitalization	2	1	0	3
5	Infection Control	5	0	0	5
6	Skin Management	4	0	0	4
7	Concept of Loss & Grieving and Death and Dying	4	3	0	7
8	First Aid	10	0	0	10
<b>Total</b>		<b>54</b>	<b>10</b>	<b>0</b>	<b>64</b>
<b>Percentage</b>		<b>84</b>	<b>16</b>	<b>-</b>	

**ZIAUDDIN UNIVERSITY EXAMINATION BOARD**  
**XI – FUNDAMENTALS OF NURSING**  
**Table of Specifications (TOS)**

S. No	Unit Name	Weightage in Evaluation	MCQ	PBA	CRQ	ERQ
1	Introduction to Nursing & History of Nursing	8%	1	1	2	0
2	Communications	12%	2	2	2	0
3	Professional Nursing Skills (Vital Signs)	16%	3	2	2	1
4	Process of Hospitalization	14%	2	2	2	1
5	Infection Control	12%	2	2	2	0
6	Skin Management	12%	2	2	2	0
7	Concept of Loss & Grieving and Death and Dying	12%	2	2	1	1
8	First Aid	14%	3	2	2	1
<b>Total</b>		<b>100%</b>	<b>17</b>	<b>15</b>	<b>15</b>	<b>4</b>

**ZIAUDDIN UNIVERSITY EXAMINATION BOARD**  
**XI – FUNDAMENTALS OF NURSING SKILLS**  
**(Lab Work)**

1. Medical Hand washing
2. Mouth care
3. Back Care
4. Interviewing skills
5. Vital Sign Skills (TPR – Celsius/Fahrenheit, BP, Oxygen Saturation)
6. Tepid Sponging
7. Height/weight & BMI
8. Deep breathing & coughing Exercise
9. Positioning & Comfort devices, Turning & Lifting
10. ROM
11. First Aid & Bandaging
12. Basic Conversion

**ZIAUDDIN UNIVERSITY EXAMINATION BOARD**  
**XI – FUNDAMENTALS OF NURSING**  
**EQUIPMENT REQUIRED**

1. First Aid Kit
2. Gloves
3. Hand sanitizer
4. Disposal system (Hamper Bags)
5. Mannequin
6. Wheel Chair / Stretcher
7. Sheets
8. Thermometers (Broad ones)
9. Stethoscope
10. BP Apparatus (Mercury & Digital, both)
11. Pulse Oximeter
12. Weighing scale (with height measuring)
13. Shifting Sheet

## DEFINITIONS OF COGNITIVE LEVELS

### Remember

Remembering is the act of retrieving knowledge and can be used to produce things like definitions or lists. The student must be able to recall or recognise information and concepts. The teacher must present information about a subject to the student, ask questions that require the student to recall that information and provide written or verbal assessment that can be answered by remembering the information learnt.

### Question Stems

- Can you name all the ...?
- Describe what happens when ...?
- How is (are) ...?
- How would you define ...?
- How would you identify ...?
- How would you outline ...?
- How would you recognise...?
- List the ... in order.
- What do you remember about ...?
- What does it mean?
- What happened after?
- What is (are) ...?
- What is the best one?
- What would you choose ...?
- When did ...?
- Where is (are) ...?
- Which one ...?
- Who spoke to ...?
- Who was ...?
- Why did ...?

### Understand

The next level in the taxonomic structure is Understanding, which is defined as the construction of meaning and relationships. Here the student must understand the main idea of material heard, viewed, or read and interpret or summarise the ideas in their own words. The teacher must ask questions that the student can answer in their own words by identifying the main idea.

### Question Stems

- Can you clarify...?
- Can you illustrate ...?
- Condense this paragraph.
- Contrast ...
- Does everyone think in the way that ... does?
- Elaborate on ...
- Explain why ...
- Give an example
- How can you describe
- How would you clarify the meaning
- How would you compare ...?
- How would you differentiate between ...?
- How would you describe...?
- How would you generalise...?
- How would you identify ...?
- Is it valid that ...?
- Is this the same as ...?
- Outline ...
- Select the best definition
- State in your own words
- This represents ...
- What are they saying?
- What can you infer from ...?
- What can you say about ...?
- What could have happened next?
- What did you observe?

	<ul style="list-style-type: none"> <li>• What does this mean?</li> <li>• What expectations are there?</li> <li>• What information can you infer from...?</li> <li>• What is the main idea of ...?</li> <li>• What restrictions would you add?</li> <li>• What seems likely?</li> <li>• What seems to be ...?</li> <li>• What would happen if ...?</li> <li>• What would happen if ...?</li> <li>• Which are the facts?</li> <li>• Which statements support ...?</li> </ul>
<p><b>Apply</b></p> <p>The third level in Bloom’s taxonomy, Applying, marks a fundamental shift from the pre-Bloom’s learning era because it involves remembering what has been learnt, having a good understanding of the knowledge, and applying it to real-world exercises, challenges or situations. Students must apply an abstract idea in a concrete case to solve a problem or relate it to prior experience. The teacher must provide opportunities for students to use theories and problem-solving techniques in new situations and review and check their work. Assessment questions should be provided that allow students to define and solve problems.</p> <p><b>Question Stems</b></p> <ul style="list-style-type: none"> <li>• Can you group by characteristics such as ...?</li> <li>• Choose the best statements that apply</li> <li>• Clarify why ...</li> <li>• Do you know of another instance where ...?</li> <li>• Draw a story map</li> <li>• Explain why a character acted in the way that he did</li> <li>• From the information given, can you develop a set of instructions about ...?</li> <li>• How could you develop ...?</li> <li>• How would you change ...?</li> <li>• How would you demonstrate...?</li> <li>• How would you develop ... to present ?</li> <li>• How would you explain ...?</li> </ul>	<p><b>Analyse</b></p> <p>Analysing is the cognitive level where students can take the knowledge they have remembered, understood and applied, then delve into that knowledge to make associations, discernments or comparisons. Students should break down a concept or idea into parts and show relationships between these parts. Teachers must give students time to examine concepts and their requisite elements. Students are required to explain why they chose a solution.</p> <p><b>Question Stems</b></p> <ul style="list-style-type: none"> <li>• Can you distinguish between ...?</li> <li>• Can you explain what must have happened when ...?</li> <li>• Determine the point of view, bias, values, or intent underlying the presented material</li> <li>• Discuss the pros and cons of ...</li> <li>• How can you classify ... according to ...?</li> <li>• How can you compare the different parts?</li> <li>• How can you sort the different parts...?</li> <li>• How is ... connected to ...?</li> <li>• How is ... similar to ...?</li> <li>• How would you categorise...?</li> <li>• How would you explain ?</li> <li>• If ... happened, what might the ending have been?</li> <li>• State the point of view of ...</li> <li>• What are some of the problems of ...?</li> </ul>

- How would you modify ...?
- How would you present...?
- How would you solve ... ?
- Identify the results of ...
- Illustrate the ...
- Judge the effects of ... What would result ...?
- Predict what would happen if ...
- Tell how much change there would be if ...
- Tell what would happen if ...
- What actions would you take to perform ...?
- What do you think could have happened next?
- What examples can you find that ?
- What other way would you choose to ...?
- What questions would you ask of ...?
- What was the main idea ...?
- What would the result be if ...?
- Which factors would you change if ...?
- Who do you think...?
- Why does this work?
- Write a brief outline ...
- Write in your own words ...

- What assumptions ...?
- What can you infer about...?
- What can you point out about ?
- What conclusions ...?
- What do you see as other possible outcomes?
- What does the author assume?
- What explanation do you have for ...?
- What ideas justify the conclusion?
- What ideas validate...?
- What is the analysis of ...?
- What is the function of ...?
- What is the problem with ...?
- What motive is there?
- What persuasive technique is used?
- What statement is relevant?
- What was the turning point?
- What were some of the motives behind ...?
- What's fact? Opinion?
- What's the main idea?
- What's the relationship between?
- Which events could not have happened?
- Why did ... changes occur?
- Why do you think ?

## BLOOM'S TAXONOMY WITH EXAMPLES

### Conclusion

If you are a teacher looking for ways to engage your students in learning, this LIST of questions might be interesting for your classroom practice. Bloom's Taxonomy question stems can help elicit higher-order thinking skills and promote critical thinking among learners at different taxonomy levels. These question stems can also encourage students to think about their knowledge through reflection before answering questions.

### ACTION WORDS FOR COGNITIVE LEVELS

<b>Knowledge</b>	<b>Understand</b>	<b>Apply</b>	<b>Analyze</b>	<b>Evaluate</b>	<b>Create</b>
					
define	explain	solve	analyze	reframe	design
identify	describe	apply	appraise	criticize	compose
describe	interpret	illustrate	judge	evaluate	create
label	paraphrase	modify	support	order	plan
list	summarize	use	compare	compare	combine
name	classify	calculate	decide	classify	formulate
state	compare	change	discriminate	contrast	invent
match	differentiate	choose	recommend	distinguish	hypothesize
recognize	discuss	demonstrate	summarize	infer	substitute
select	distinguish	discover	assess	separate	write
examine	extend	experiment	choose	explain	compile
locate	predict	relate	convince	select	construct
memorize	associate	show	defend	categorize	develop
quote	contrast	sketch	estimate	connect	generalize
recall	convert	complete	grade	differentiate	integrate
reproduce	demonstrate	construct	measure	divide	modify
tabulate	estimate	dramatize	predict	order	organize
tell	express	interpret	rank	prioritize	prepare
Copy	identify	manipulate	score	survey	produce
discover	indicate	paint	select	calculate	rearrange

duplicate	infer	prepare	test	conclude	rewrite
enumerate	relate	teach	argue	correlate	adapt
listen	restate	act	conclude	deduce	anticipate
observe	select	collect	consider	devise	arrange
omit	translate	compute	critique	diagram	assemble
read	ask	explain	debate	dissect	choose
recite	cite	list	distinguish	estimate	collaborate
record	discover	operate	editorialize	evaluate	facilitate
repeat	generalize	practice	justify	experiment	imagine
retell	group	simulate	persuade	focus	intervene
visualize	illustrate	transfer	rate	illustrate	make
	judge	write	weigh	organize	manage
	observe			outline	originate
	order			plan	propose
	report			question	simulate
	represent			test	solve
	research				support
	review				test
	rewrite				validate
	show				