



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A" Grade by NAAC | 12B Status by UGC | Approved by AICTE

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Sathyabama College of Nursing

1.1.3 Courses having focus on Employability / Entrepreneurship / Skill Development

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Non-Semester from 2019 to 2021 Batch

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Nursing Foundation

Placement: First Year

Practical- 650 Hours

Theory- 265 hours (200 lab and 450 clinical)

Unit I: Introduction

- Concept of Health: Illness continuum
- Factors influencing
- Causes and risk developing illness
- Body defenses: Immunity and immunization
- Illness and illness Behaviour: Impact of illness on patient and family
- Health Care Services: Health Promotion and Prevention. Primary Care. Diagnosis. Treatment. Rehabilitation and Continuing Care
- Health care teams
- Types of health care agencies:
- Hospitals: Types, Organization and Functions
- Health Promotion and Levels of disease Prevention
- Primary health care delivery: Role of nurse

Unit II: Nursing as a profession

- Definition and Characteristics of a profession
 - Nursing:
 - Definition, Concepts, philosophy, objectives
 - Characteristics, nature and Scope of nursing practice
 - Functions of nurse
 - Qualities of a nurse
 - Categories of nursing Personnel
 - Nursing as a professional
 - History of Nursing in India
 - Values: Definition, Types.
 - Values Clarification and values in professional Nursing: Caring and Advocacy
 - Ethics:
 - Definition and Ethical Principles
 - Code of ethics and professional conduct for nurses

Unit III: Hospital admission and discharge

- Admission to the hospital
 - Unit and its preparation- admission bed
 - Admission procedure
 - Special considerations
 - Medico-legal issues
 - Roles and Responsibilities of the nurse
- Discharge from the hospital
 - Types: Planned discharge, LAMA and abscond, Referrals and transfers
 - Discharge Planning
 - Discharge procedure
 - Special considerations
 - Medico-legal issues
 - Roles and Responsibilities of the nurse
 - Care of the unit after discharge

Unit IV: Communication and Nurse patient relationship

- Communication: Levels

Elements, Types, Modes Process, Factors influencing Communication.

- Methods of Effective Communication
 - Attending skills
 - Rapport building skills
 - Empathy skills
- Barriers to effective communication,
- Helping Relationships (NPR): Dimensions of helping relationship phases of a helping relationship
- Communicating effectively is with patient. Families and team members and maintain effective human relations with special reference to communicating with vulnerable group (children, women, physically and mentally challenged and elderly)
- Patient Teaching: Importance, Purposes. Process, role of nurse and Integrating teaching in Nursing Process.

Unit V: The Nursing Process

- Critical Thinking and Nursing Judgment
 - Critical Thinking: Thinking and Learning.
 - Competencies. Attitudes for critical Thinking. Levels of critical thinking in

Nursing

- Nursing Process Overview:
 - Application in Practice
 - Nursing process format INC.
 - Current format
- Assessment
 - Collection of Data: types, Sources. Methods
 - Formulating Nursing judgment: Data interpretation
- Nursing diagnosis
 - Identification of client Problems
 - Nursing diagnosis statement
 - Difference between medical and nursing diagnosis
- Planning
 - Establishing Priorities
 - Establishing Goals and Expected Outcomes.
 - Selection of interventions: Protocols and standing Orders
 - Writing the Nursing Care Plan
- Implementation
 - Implementing the plan of care
- Evaluation
 - Outcome of care
 - Review and Modify
- Documentation and Reporting

Unit VI: Documentation and Reporting

Documentation purposes of Recording and reporting

- Communication within the Health Care team,
- Types of records: ward records, medical/nursing records,
- Common Record-keeping forms, Computerized documentation
- Guidelines for Reporting:
 - Factual Basis: Accuracy, Completeness, Correctness, Organization, confidentiality
- Methods of Recording,
- Reporting: Change-of shift report, Transfer reports. Incident reports

Unit VII: Vital signs

- **Guidelines for taking vital signs:**

- **Body temperature:**
Physiology, Regulation, Factors affecting body temperature,
Assessment of body temperature: sites, equipments and technique, special Considerations
Temperature alterations: Hyperthermia, Heatstroke, Hypothermia
Hot and cold applications
- **Pulse:**
Physiology and Regulation: Characteristics of the pulse, Factors affecting pulse
Assessment of pulse: sites, location, equipments and technique, special considerations
Alteration in pulse
- **Respiration:**
Physiology and Regulation: Mechanics of breathing
Characteristics of the respiration,
Factors affecting respiration
Assessment of respirations: technique, special considerations
Alterations in respiration
- **Blood pressure:**
Physiology and Regulation, Characteristics of the blood pressure, Factors affecting blood pressure
Assessment of blood pressure site: equipments and technique. Special considerations
Alterations in blood pressure
Recording of Vital signs

Minimizing legal Liability through effective record keeping

Unit VIII: Health assessment

- Purposes
- Process of Health assessment
Health history
Physical examination:
Methods- Inspection, Palpation, Percussion, Auscultation, Olfaction
Preparation for examination: patient and unit
General assessment
Assessment of each body system
Recording of health assessment

Unit IX: Machinery, Equipment and linen

- Types: Disposables and reusables – Linen, rubber goods glass ware, metal. Plastics, furniture, machinery
- Introduction
- **Indent**
- **Maintenance**
- **Inventory**

Unit X: Meeting needs of patient

- Basic needs (Activities of daily living)
- Providing safe and clean environment
Physical environment: Temperature, Humidity, Noise, Ventilation, light, odor, pests control
Reduction of Physical hazards: fire, accidents
Safety devices: Restraints, side rails, airways, trapeze, etc
Role of nurse in providing safe and clean environment
Hygiene

Factors Influencing
Hygienic Practice

Hygienic care: Care of the skin-Bath and pressure points, feet and nail. Oral cavity, Hair Care, Eyes, Ears, and Nose

Assessment, Principles,

- Types, Equipments, Procedure, Special Considerations
- Patient environment: Room Equipment and linen, making patient beds
Types of beds and bed making
Comfort:
Factors Influencing
Comfort
Comfort devices
Physiological needs:
 - Sleep and Rest:
Physiology of sleep
Factors affecting, sleep
Promoting Rest and sleep
Sleep Disorders
 - Nutrition: -
Importance
Factors affecting nutritional
Needs
Assessment of nutritional needs: Variables
Meeting Nutritional needs: Principles, equipments, procedure and special considerations
Oral
Enteral: Naso/Orogastric, gastrostomy
Parenteral:
 - Urinary Elimination
Review of Physiology of Urine Elimination, Composition and characteristics of urine
Factors Influencing Urination
Alteration in Urinary Elimination
Types and Collection of urine specimen: Observation, urine testing
Facilitating urine elimination: assessment, types, equipments, procedures and special considerations
 - Providing urinal/ bed Pan
Condom drainage
Perineal care
Catheterization
Care of urinary drainage
Care of urinary diversions
Bladder irrigation
 - Bowel Elimination
Review of Physiology of Bowel Elimination.
Factors affecting Bowel elimination
Alteration in bowel elimination
Type and collection of specimen of faeces: Observation
Facilitating Bowel elimination: assessment, equipments, procedures and special considerations
 - Passing of Flatus tube
Enemas
Suppository
Sitz bath
Bowel wash
Care of Ostomies
 - Mobility and Immobility

- Principles of body Mechanics
- Maintenance of normal body Alignment and mobility
- Factors affecting body Alignment and mobility
 - Hazards associated with immobility
 - Alteration in body Alignment and mobility
 - **Nursing interventions for impaired Body Alignment and Mobility : assessment, types,**
 - Devices used, method and Special considerations, rehabilitation aspects**
 - Range of motion exercise
 - Maintaining body alignment: Positions
 - Moving, Lifting, Transferring;
 - Walking
 - Restraints
- **Oxygenation**
 - Review of Cardiovascular and respiratory Physiology
 - Factors Affecting Oxygenation
 - Alteration in oxygenation, Nursing interventions in Oxygenation: assessment, types, equipment used, procedure and special considerations**
 - Maintenance of patent airway**
 - Oxygen administration
 - Suction
 - Inhalations: dry and moist
 - Chest physiotherapy and postural drainage
 - Care of Chest drainage
 - Pulse oximetry
 - CPR- Basic life support
- **Fluid, Electrolyte and Acid**
 - Base Balances**
 - Review of Physiological Regulation of Fluid, Electrolyte, and Acid - Base Balances
 - Factors Affecting Fluid and electrolyte and Acid - Base Balances
 - Alterations in Fluid, Electrolyte and Acid -- Base Balances**
 - Nursing interventions in Fluid, Electrolyte and Acid Base Imbalances: assessment, types, equipment. Procedure and special considerations**
 - Measuring fluid intake and output
 - Correcting Fluid, Electrolyte Imbalance:
 - Replacement of fluids: Oral and Parenteral- Venipuncture, regulating IV Flow rates, changing IV solutions and tubing, Changing IV dressing,
 - Administering Blood transfusion
 - Restriction of fluids
- **Psychosocial Needs**
 - Concepts of Cultural Diversity, Stress and
 - Adaptation, Self-concept, Sexuality, Spiritual Health, Coping with loss, death and grieving
 - Assessment of psychosocial needs**
 - Nursing intervention for psychosocial needs**
 - Assist with coping and adaptation
 - Creating therapeutic environment
 - Recreational and diversional therapies

Unit XI: Infection control in clinical settings

- Infection control
 - Nature of infection
 - Chain of infection transmission
 - Defenses against infection: natural and acquired
 - Hospital acquired infection (nosocomial infection)

- Concept of asepsis: medical asepsis and surgical asepsis
Isolation precautions (Barrier nursing):
Hand washing: simple. hand antisepsis and surgical antisepsis (scrub)
Isolation: source and protective
Personal protecting equipments: types. Uses and technique of Wearing and removing
Decontamination of equipment and unit
Transportation of infected patients
Standard safety precautions (Universal precautions)
Transmission based precautions
- **Biomedical waste management:**
Importance
Types of hospital waste
Hazards associated with hospital waste
Decontamination of hospital Waste
Segregation and Transportation and disposal

Unit XII: Administration of Medications

General Principles/ Considerations

- Purposes of Medication
- Principles: 5 rights, Special Considerations, Prescriptions, Safety in Administering Medications and Medication Errors
- Drug forms
- Routes of administration
- Storage and maintenance of drugs and Nurses responsibility
- Broad classification of drugs
- Therapeutic effect, SideEffects, Toxic effects, Idiosyncratic Reactions, Allergic Reactions. Drug tolerance. Drug Interactions
- Factors Influencing drug actions
- Systems of Drug Measurement: Metric systems, Apothecary system, Household measurements. Solutions
- Converting Measurements Units: Conversion within one system, conversion between system, Dosage calculation
- Terminologies and abbreviations used in prescriptions of medications

Oral Drugs: Administrations: Oral, Sublingual and Buccal: Equipment, procedure **Parenteral**

- General principles: decontamination and disposal of syringes and needles
- Types of parenteral therapies
- Types of syringes, needles, Cannula and infusion sets
- Protection from Needle stick Injuries: Giving Medications, with a safety syringes
- Routes of parenteral therapies

Intradermal: purpose, site-equipment, procedure, special Considerations,

Subcutaneous: purpose, site, equipment, procedure, Special considerations

Intramuscular: purpose, site, equipment, procedure, special considerations

Intra Venous: purpose. site, equipment, procedure, Special considerations

Advanced Techniques: Epidural, intrathecal, intraosseous , intraperitoneal intraplural
intra arterial

- Role of nurse
- Topical Administration: Purposes, site, equipments, Procedure, Special considerations for
 - Application to Skin
 - Application to mucous membrane
 - Direct application of liquids-Gargle and Swabbing the throat
 - Insertion of Drug into Body cavity: suppository/ medicated packing in rectum/ vagina
 - Nasal Bladder, and rectal
- Instillations: Ear, Eye, Nasal, Bladder, and Rectal
- Spraying: nose and throat.
- Inhalation: Nasal, oral, End tracheal/ tracheal (Steam, Oxygen and medications) - purposes, types, equipment, procedure, special considerations
- Recording and reporting of medications administered

Unit XIII: Meeting needs of Perioperative patients

- Definition and concept of Perioperative Nursing
- Preoperative Phase
 - Preparation of patient for surgery
- Intraoperative
 - Operation theatre Set up and environment
 - Role of nurse
- Postoperative Phase
 - Recovery unit
 - Post operative unit
 - Postoperative care,
- Wounds: types, Classifications, wound Healing Process, Factors affecting wound, complications of wound healing
- Surgical asepsis
- Care of the wound: types, Equipments, procedure and special considerations
 - Dressings, Suture Care,
 - Care of Drainage
 - Application of Bandages, Binders. Splints & Slings
 - Heat and Cold Therapy

Unit XIV: Meeting special needs of the patient

- Care of patients having alteration in
- Temperature (hyper and hypothermia): Types, Assessment, Management
- Sensorium (Unconsciousness): Assessment, Management
- Urinary Elimination (retention and incontinence): assessment, Management
- Functioning of sensory organs :(Visual & hearing impairment)
- Assessment of Self-Care ability
- Communication Methods and special considerations
- Mobility (physically challenged, cast), assessment of Self-Care ability:
 - Communication Methods and Special considerations
- Mental state (mentally challenged): assessment of Self-Care ability
- Communication Methods and Special considerations
- Respiration (distress): Types, Assessment. Management
- Comfort - (Pain) – Nature, types, Factors influencing Pain Coping, - assessment, Management
- Treatments related to gastrointestinal system naso- gastric suction, gastric irrigation, gastric analysis

UNIT-XV: Care of terminally ill patient

- Concepts of Loss, Grief. Grieving Process
- Signs of clinical death
- Care of dying patient: special
 - Considerations
- Advance directives: euthanasia. Will, Dying
- Declaration, organ donation etc
- Medico-legal issues
- Care of dead Body: equipment. Procedure and care of unit
- Autopsy
- Embalming

UNIT-XVI : Professional Nursing concepts and practices

- Conceptual and theoretical models of nursing practice: Introduction to models –holistic modal, health belief model, health promotion model etc
- Introduction to Theories in nursing: Orem's, Neuman's, Roger's and Roy's
Linking theories with nursing process

MEDICAL SURGICAL NURSING-I
(ADULT INCLUDING GERIATRICS) – I

Placement: Second year

Duration: Theory – 210 (215)

hours
Practical – 720 hours

Course Description: The purpose of this course is to acquire knowledge and develop proficiency in caring for patients with medical and surgical disorders in varieties of health care settings and at home.

The learning objectives are:

- Appreciate the trends in medical and surgical nursing
- To describe the role of a nurse in caring for adult patient in hospital and community
- The concepts of Medical Surgical asepsis
- The common signs, symptoms, problems and their specific nursing interventions
- The etiology, patho-physiology, clinical manifestations, diagnostic measures and management of patients (adults including elderly) with disorders of respiratory systems, digestive systems, with blood and cardio vascular problems.
- The vascular conditions and its nursing management
- The etiology, patho-physiology, clinical manifestations, diagnostic measures and management of patients (adults including elderly) with disorders of genito urinary system, male reproductive system, endocrine system, disorders of skin, disorders of musculo – skeletal system, Immunological system, patients with communicable diseases.
- The organization and physical set up of operation theatre
- To identify the various instruments and equipments used for common surgical procedures
- The infection control measures in the operation theatre
- The role of the nurse in Peri Operative Nursing care

Unit I : Introduction

- Introduction to medical surgical nursing – Evolution and trends of medical and surgical nursing
- Review of concepts of health and illness, Disease concepts, causations, classification – International classification Diseases (ICD-10 or later version), Acute illness Chronic illness & Terminal illness stages of illness.
- Review of concepts of comprehensive nursing care in medical surgical conditions based on nursing process.
 - ❖ Role of nurse, patient and family in care of adult patient
 - ❖ Role and responsibilities of a nurse in medical surgical settings
- Out patient department
- In-patient unit
- Intensive care unit
- Home and community settings
- Introduction to Medical Surgical asepsis
- Inflammation and Infection Wound healing
- Care of Surgical Patient
- Pre – operative
- Intra operative
- Post Operative

Unit II: Common signs and symptoms and management

- Fluid and electrolyte imbalance
- Vomiting
- Dyspnea and cough, respiratory obstruction

- Fever
- Shock
- Unconsciousness, Syncope
- Pain
- Incontinence
- Edema
- Age related problems – geriatric

Unit III: Nursing management of patients (adults including elderly) with respiratory problems

- Review of anatomy and physiology of respiratory systems
- Nursing Assessment – History and Physical Assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics and nursing management of adults including elderly with -
 - Upper Respiratory tract infections
 - Bronchitis
 - Asthma
 - Emphysema
 - Empyema
 - Atelectasis
 - Chronic Obstructive Pulmonary Diseases (COPD)
 - Bronchiectasis
 - Pneumonia
 - Pulmonary tuberculosis
 - Lung abscess
 - Pleural effusion
 - Cysts and Tumors
 - Chest injuries
 - Respiratory arrest and insufficiency
 - Pulmonary embolism

Special therapies, alternative therapies

Nursing procedures

Drugs used in treatment of respiratory disorders

Unit IV: Nursing management of patients (adults including elderly) with disorders of digestive problems

- Review of anatomy and physiology of digestive system
- Nursing Assessment – History and Physical Assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics and nursing management
- Disorders of
 - Oral cavity – lips, gums, tongue, salivary glands and teeth
 - Oesophagus – inflammation, stricture, obstruction, bleeding and tumours
 - Stomach and duodenum – hiatus hernia, gastritis, peptic and duodenal ulcer, bleeding tumours, pyloric stenosis
 - Small intestinal disorders – inflammation and infection, enteritis, malabsorption, obstruction, tumour and perforation
 - Large intestinal disorders – Colitis, inflammation and infection and infection, obstruction and tumour and lump
 - Hernias
 - Appendix – inflammation, mass, abscess, rupture
 - Anal & Rectum: hemorrhoids, fissures, Fistulas
 - Peritonitis / acute abdomen
 - Pancreas: inflammation, obstruction, stones and tumours

- Liver: inflammation, cyst, abscess, cirrhosis, portal hypertension, hepatic failure tumours

Special therapies, alternative therapies

Nursing procedures

Drugs used in treatment of disorders of digestive system

Unit V: Nursing management of patients (adults including elderly) with blood and cardio vascular problems

- Review of anatomy and physiology of blood and cardio vascular problems
- Nursing Assessment – History and Physical Assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics and nursing management of
- **Blood & Cardio-Vascular systems**
 - Hypertension, Hypotension
 - Artherosclerosis
 - Raynaud's disease
 - Aneurism and Peripheral vascular disorders
- Heart
 - Coronary artery diseases
 - Ischemic heart disease
 - Coronary atherosclerosis
 - Angina pectoris myocardial infarction
 - Valvular disorders of the heart
 - Congenital and acquired
 - Rheumatic Heart diseases
 - Endocarditis, Pericarditis, Myocarditis
 - Cardio Myopathies
 - Cardio dysrhythmias, Heart block
 - Congestive cardiac failure
 - Cor-pulmonale, pulmonary edema, cardiogenic shock, cardiac tamponade
 - Cardiac emergencies and arrest
 - Cardio Pulmonary Resuscitation (CPR)
 - Blood
 - Anaemias
 - Polycythemia
 - Bleeding disorders, clotting factor defects and platelets defects
 - Thalassemia
 - Leukaemias
 - Leukopenias and agranulocytosis
 - Lymphomas
 - Myelomas
 - ❖ Special therapies
 - Blood transfusion, safety checks, procedure and requirements, management of adverse transfusion, reaction, records for blood transfusion.
 - Management and counseling of blood donors, phlebotomy procedure and post donation management. Blood bank functioning and hospital transfusion committee. Bio – safety and waste management in relation to blood transfusion
 - **Role of a nurse in Organ donation, retrieval and banking**

Alternative therapies

Nursing procedures

Drugs used in treatment of blood and cardio vascular disorders.

Unit VI: Nursing management of patients (adults including elderly) with genito urinary problems

- Review of anatomy and physiology of genito urinary system
- Nursing Assessment – History and Physical Assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics and nursing management of genito urinary system.
- Nephritis
- Nephritic syndrome
- Nephrosis
- Renal calculus
- Tumors
- Acute renal failure
- Chronic renal failure
- End stage renal disease
- Dialysis, renal transplant
- Congenital; disorders, urinary infections
- Benign prostate hypertrophy
- Disorders of ureter, urinary bladder and urethra – inflammation, infection, stricture, obstruction, tumor, prostate
- Special therapies
- Nursing procedures
- Drugs used in treatment of genitor urinary disorders.

Unit VII: Nursing management of disorders of male (adults including elderly) reproductive system

- Review of anatomy and physiology of male reproductive system
- Nursing Assessment – History and Physical Assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics and nursing management of disorders of male reproductive system
- Congenital; malformations; cryptorchidism
- Hypospadias
- Infections
- Testis and adjacent structures
- Penis
- Prostate : inflammation, infection, hypertrophy, tumour
- Sexual Dysfunction
- Infertility
- Contraception
- Breast; gynecomastia, tumour
- Climacteric changes, special therapies, alternative therapies
- Nursing procedures
- Drugs used in treatment of disorders of male reproductive system

Unit VIII: Nursing management of patients (adults including elderly) with disorders of endocrine system

- Review of anatomy and physiology of endocrine system
- Nursing Assessment – History and Physical Assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics and nursing management of disorder of endocrine system.
 - Disorders of thyroid and Parathyroid
 - Diabetes mellitus
 - Diabetes insipidus
 - Adrenal tumour
 - Pituitary disorders

Special therapies
Alternative therapies
Nursing procedures

Drugs used in treatment of disorders of endocrine system

Unit IX: Nursing management of patients (adults including elderly) with disorders of Integumentary system

- Review of anatomy and physiology of Skin and appendages
- Nursing Assessment – History and Physical Assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics and nursing management of disorders of skin and its appendages
 - Lesions and abrasions
 - Infection and infestations; Dermatitis
 - Dermatoses; infectious and Non infectious
 - “ inflammatory dermatoses”
 - Acne Vulgaris
 - Psoriasis
 - Malignant melanoma
 - Alopecia

Special therapies
Alternative therapies
Nursing procedures

Drugs used in treatment of disorders of Integumentary system

Unit X: Nursing management of patients (adults including elderly) with musculo skeletal problems

- Review of anatomy and physiology of musculo skeletal system
- Nursing Assessment – History and Physical Assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics and nursing management of disorder of musculoskeletal system.
- Disorders of :
 - Muscles, Ligaments and Joints – inflammation, infection, trauma
 - Bones – inflammation, infection, dislocation, fracture, tumour and trauma
 - Osteomalacia and osteoporosis
 - Arthritis
 - Congenital deformities
 - Spinal column – defects and deformities, Tumor, Prolapsed inter vertebral disc, pott's spine
 - Paget's disease
- Amputation
- Prosthesis
- Transplant and replacement surgeries
- Rehabilitation, Special therapies, alternative therapies

Nursing procedures

Drugs used in treatment of disorders of musculo skeletal system

Unit XI: Nursing management of patients (adults including elderly) with Immunological problems

- Review of anatomy and physiology of Immune system

- Nursing Assessment – History and Physical Assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics and nursing management of
- Immuno deficiency disorder
 - Primary immune deficiency.
 - Phagocyte dysfunction
 - B-cell and T-cell deficiencies
 - Secondary immunodeficiencies
 - Acquired immunodeficiency syndrome (AIDS)
 - Incidence of HIV & AIDS
 - Epidemiology
 - Transmission – Prevention of Transmission
 - Standard safety precautions
 - Role of Nurse; Counseling
 - Health education and home care consideration
- National AIDS control program – NACO, various national and international agencies
- Infection control program
 - Rehabilitation
 - Special therapies, alternative therapies
 - Nursing procedures
- Drugs used in treatment of disorders of immunological system

Unit XII: Nursing management of patients (adults including elderly) with communicable diseases:

- Overview of infectious disease, the infectious process
- Nursing Assessment – History and Physical Assessment
- Epidemiology, infectious process, clinical manifestations, diagnosis, treatment, prevention and dietetics. Control and eradication of common communicable Diseases –
 - Tuberculosis
 - Diarrhoeal diseases
 - Hepatitis A-E
 - Herpes
 - Chicken pox
 - Small pox
 - Typhoid
 - Meningitis
 - Gas gangrene
 - Leprosy
 - Dengue
 - Plague
 - Malaria
 - Diphtheria
 - Pertussis
 - Poliomyelitis
 - Measles
 - Influenza
 - Tetanus
 - Yellow fever
 - Filariasis
- Reproductive Tract Infections
- Special Infection control measures: Notification, Isolation, Quarantine, Immunization, Infectious Disease Hospitals

Special therapies, alternative therapies
Nursing procedures
Drugs used in treatment of communicable disease.

Unit XIII: Peri operative nursing:

- Organization and Physical set up of the Operation Theatre (OT):
 - Classification
 - O.T Design
 - Staffing
 - Members of the OT team
 - Duties and responsibilities of nurse in O.T
 - Principles of Health and operating room attire
 - Instruments
 - Sutures and suture materials
 - Equipments
 - O.T tables and sets for common surgical procedures
 - Scrubbing procedures
 - Gowning and gloving
 - Preparation of O.T sets
 - Monitoring patient during surgical procedures
- Maintenance of therapeutic environment in O.T
- Standard safety measures
 - Infection control; fumigation, disinfection and sterilization
 - Biomedical waste management
 - Prevention of accidents and hazards in O.T
- Anaesthesia
 - Types
 - Methods of administration
 - Effects and Stages
 - Equipments
 - Drugs
- Cardio Pulmonary Resuscitation (CPR)
- Pain management techniques
- Legal aspects

Unit XIV: Biomedical Waste Management *

- ❖ Introduction
 - What is Biomedical Waste Management
 - Risk from Biomedical Waste Management If not managed properly
 - Environmental Hazard
 - Occupational Hazard
 - Public Health Hazard
 - Advantages of proper Management of Bio Medical waste
- ❖ Legal Provision
 - Salient features of Biomedical Waste Management
 - Categories of Biomedical Waste
 - Category wise Treatment and Disposal Methodology
 - Segregation, Packaging ,storage and transportation

❖ Occupational Safety and health of health care worker

- ⌚ Occupational risk of chemical reactions
- ⌚ Disease transmission
- ⌚ Nurses safety
- ⌚ **Role of Nurse in Biomedical Waste Management**

❖ Bio Medical Waste Management

- Bio Medical Waste Management in Hospitals where common Bio medical waste Management Facility is Not Available
- Bio Medical Waste Management in Hospitals where common Bio medical waste Management Facility is Available
- Bio Medical Waste Management in primary Health centers and small scale Hospitals in Rural Areas
- Unit Wise Generation of Bio Medical Waste and its Requirement
- Facilities Required for Managing Bio Medical Waste
- Do's and Don't In Bio-Medical Waste Management

❖ **Management Structure and Assignment of Responsibilities**

The teaching learning activities will be in the form of Lecture discussions, demonstrations, practice session, supervised clinical practice, seminar, case discussion, explaining using charts, slides, models, films, graphs, Drug book presentation, health education, participation in blood donation camps, visit to blood bank, counseling, orientation visit to hospital etc.

The internal assessment will be done through tests consisting of essay type, short answer questions, assessment of skills with check list, Assessment of patient management problem.

COMMUNITY HEALTH NURSING – I

**Placement : Second year
(105) hours**

Duration : Theory – 90

Practical – 135 hours

Course Description: This course is designed for students to appreciate the principles of promotion and maintenance of health.

The learning objectives are:

- The concept and dimensions of health
- The determinants of health
- The concept, scope, uses, methods and approaches of epidemiology
- The epidemiology and nursing management of common communicable diseases, common non - communicable diseases
- The concepts and scope of demography
- The methods of data collection, analysis and interpretation of demographic data
- The impact of population explosion in India
- The methods of population control

Unit I : **Introduction**

- Community Health Nursing
- Definition, concept and dimensions of health
- Promotion of health
- Maintenance of health

Unit II: **Determinants of health**

- Eugenics
- Environment:
 - Physical: Air, light, Ventilation, Water, Housing, Sanitation; disposal of waste, disposal of dead bodies, Forestation, Noise, Climate, Communication: infrastructure facilities and Linkages
 - Acts regulating the environment: infrastructure facilities and linkages
 - Acts regulating the environment : National Pollution control board
 - Bacterial & viral: Agents, host carriers and immunity
 - Arthropods and Rodents
- Food Hygiene: Production, Preservation, Purchase, Preparation, Consumption
- Acts regulating food hygiene – Prevention of food adulteration act, Drugs and cosmetic act
- Socio – cultural
 - Customs, taboos
 - Marriage systems
 - Family structure
 - Status of special groups; Females, Children, Elderly, challenged groups and sick persons
- Life style
- Hygiene
- Physical activity
 - Recreation and sleep
 - Sexual life

- Spiritual life philosophy self reliance
- Dietary pattern
- Education
- Occupation
- Financial Management
 - Income
 - Budget
 - Purchasing power
 - Security

Unit III: **Epidemiology**

- Definition, concept, aims, scope uses and terminology used in epidemiology
- Dynamics of disease transmission: epidemiological triad
- Morbidity and mortality: measurements
- Levels of prevention
- Methods of epidemiology of
 - Descriptive
 - Analytical: Epidemic investigation
 - Experimental

Unit IV: **Epidemiology and nursing management of common communicable disease**

- Respiratory infections
 - Small pox
 - Chicken pox
 - Measles
 - Influenza
 - Rubella
 - ARI's & Pneumonia
 - Mumps
 - Diphtheria
 - Whooping cough
 - Meningococcal meningitis
 - Tuberculosis
 - SARS
- Intestinal Infections
 - Poliomyelitis
 - Viral Hepatitis
 - Cholera
 - Diarrhoeal diseases
 - Typhoid fever
 - Food poisoning
 - Amoebiasis
 - Hook worm infection
 - Ascariasis
 - Dracunculiasis
- Arthropod infections
 - Dengue
 - Malaria
 - Filariasis
- Zoonoses Viral

- Rabies
- Yellow fever
- Japanese encephalitis
- Kyasnur Forest Disease
- **Bacterial**
 - Brucellosis
 - Plague
 - Human Salmonellosis
 - Anthrax
 - Leptospirosis
- **Rickettsial diseases**
 - Rickettsial Zoonoses
 - Scrub typhus
 - Murine typhus
 - Tick typhus
 - Q fever
- **Parasitic zoonoses**
 - Taeniasis
 - Hydatid disease
 - Leishmaniasis
- **Surface infection**
 - Trachoma
 - Tetanus
 - Leprosy
 - STD & RTI
 - Yaws
 - HIV / AIDS

Any other

Unit V: Epidemiology and nursing management of common non-communicable disease

- **Malnutrition: under nutrition, over nutrition, nutritional deficiencies**
- Anaemia
- Hypertension
- Stroke
- Rheumatic, Heart Disease
- Coronary Heart Disease
- Cancer
- Diabetes mellitus
- Blindness
- Accidents
- Mental illness
- Obesity
- Iodine Deficiency
- Fluorosis
- Epilepsy

Unit VI: Demography

- Definition, concept and scope
- **Methods of collection, analysis and interpretation of demographic data**
- Demographic rates and ratios

Unit VII: Population and its control

- Population explosion and its impact on social, economic development of individual, society and country
- Population Control
- Overall development: Women empowerment, social economic and educational development
- Limiting family size:
 - Promotion of small family norm
 - Methods: spacing(natural, biological, chemical, mechanical methods etc)
 - Terminal: surgical methods
 - Emergency contraception

Unit: VIII – Multidisciplinary nature of environmental studies *

- Definition, Scope and importance
- Need for public awareness

Unit: IX - Environmental Pollutions *

- Definition
- Cause, effects and control measures of:-
 - Air pollution
 - Water pollution
 - Soil pollution
 - Marine pollution
 - Noise pollution
 - Thermal pollution
 - Nuclear pollution
- Solid waste Management : Causes, effects and control measures of urban and industrial waste
- Role of an individual in prevention of pollution
- Pollution case studies
- Disaster management : floods, earthquake, cyclone and landslides

The teaching learning activities will be in the form of Lecture discussions demonstration explaining using charts, slides, models, films, seminar, supervised practice – health centres, clinics and homes, group projects/ health education, visits to water supply, slaughter house etc, counseling, The internal assessment will be done through tests consisting of essay type, short answer questions, Assessment survey report.

MEDICAL SURGICAL NURSING (ADULT INCLUDING GERIATRICS) – II

Placement: Third year
270 hours

Duration: Theory 120 hours Practical –

Course Description: The purpose of this course is to acquire knowledge and develop proficiency in caring for patients with medical and surgical disorders in varieties of health care settings and at home.

The learning objectives are:

- To know the etiology, patho-physiology, clinical manifestations, diagnostic measures and management of patients with disorders of Ear, Nose and Throat, disorders of eye, neurological disorders, and disorders of female reproductive system.
- The concepts of reproductive health and family welfare programme
- To know the etiology, patho-physiology, clinical manifestations, diagnostic measures and management of patients with burns, reconstructive and cosmetic surgery, patients with oncology.
- Organization of emergency and disaster services
- The role of nurse in disaster management
- The role of nurse in management of common emergencies
- The concept and problems of aging
- Nursing care of the elderly
- To know organization of critical care units
- The role of nurse in management of patients in critical care units
- To know the etiology, patho-physiology, clinical manifestations, diagnostic measures and management of patients with occupational and industrial health disorder

Unit I: Nursing management of patients with disorders of Ear, Nose & Throat

- Review of anatomy and physiology of the Ear, Nose and Throat
- Nursing Assessment – History and Physical Assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics and nursing management of Ear, Nose and Throat disorders:
 - External ear: deformities otalgia, foreign bodies and tumors
 - Middle Ear – Impacted wax, Tympanic membrane perforation, otitis media, otosclerosis, mastoiditis, tumors
 - Inner ear – Meniere's Disease, labyrinthitis, ototoxicity, tumours
 - Upper airway infections – Common cold, sinusitis, ethinitis, rhinitis, pharyngitis, tonsillitis and adenoiditis, peritonsillar abscess, laryngitis
 - Upper respiratory airway – epistaxis
 - Nasal obstruction, laryngeal obstruction, cancer of the larynx
 - Cancer of the oral cavity
 - Speech defects and speech therapy
 - Deafness –
 - Prevention, control and rehabilitation
 - Hearing aids, implanted hearing devices

Special therapies, Nursing procedures

Drugs used in treatment of disorders of Ear, Nose and Throat

Role of nurse communicating with hearing impaired and muteness.

Unit II: Nursing management of patients with disorders of eye

- Review of anatomy and physiology of the eye.
- Nursing Assessment – History and Physical Assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics and nursing management of eye disorders:
 - Refractive errors

- Eyelids – infection, tumours and deformities
- Conjunctiva – inflammation and infection, bleeding
- Cornea – inflammation and infection
- Lens – Cataracts
- Glaucoma
- Disorder of the uveal tract
- Ocular tumours
- Disorders of posterior chamber and retina: Retinal and vitreous problems
- Retinal detachment
- Ocular emergencies and their prevention
- Blindness
- National blindness control program
 - Eye banking
 - Eye prostheses and Rehabilitation

Role of a nurse – Communication with visually impaired patient, Eye camps

Special therapies

Nursing procedures

Drugs used in treatment of disorders of eye.

Unit III: Nursing management of patients with neurological disorders

- Review of anatomy and physiology of neurological system
- **Nursing Assessment – History and Physical and neurological assessment and Glasgow coma scale**
- **Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics and nursing management of neurological disorders**
- Congenital malformations
- Headache
- Head injuries
- Spinal injuries
 - Paraplegia
 - Hemiplegia
 - Quadriplegia
- Spinal cord compression – herniation of nvertibral disc
- Tumours of the brain & spional cord
- Intra cranial and cerebra; aneurysms
- Infections
 - Meningitis, Encephalitis, Brain abscess, neurocysticercosis
- Movement disorders
 - Chorea
 - Seizures
 - Epilepsies
- Cerebro Vascular Accidents (CVA)
- Cranial, Spinal Neuropathies – Bell’s palsy, trigeminal neuralgia
- Peripheral Neuropathies; Guilliain – Barr’e Syndrome
- Myasthenia gravis
- Multiple sclerosis
- Degenerative diseases
 - Delirium
 - Dementia
 - Alzheimer’s disease
 - Parkinson’s disease
- Management of unconscious patients and patients with stoke
- Role of the nurse in communicating with patient having neurological deficit

Role of nurse in long stay facility (institutions) and at home

Special therapies

Nursing procedures

Drugs used in treatment of neurological disorders.

Unit IV: Nursing management of patients with disorders of female reproductive system

- Review of anatomy and physiology of the female reproductive system
- Nursing Assessment – History and Physical assessment
- Breast Self examination
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical & surgical management of disorder of female reproductive system
- Congenital abnormalities of female reproductive system
- Sexuality and Reproductive Health
- Menstrual Disorders;
- Dysmenorrhea, Premenstrual Syndrome
- Abnormal Uterine Bleeding;
- Menorrhagia, Metrorrhagia
- Pelvic Inflammatory Disease
- Ovarian and fallopian tube disorders; infections, cysts, tumours
- Uterine and cervical disorders; Endometriosis, polyps, Fibroids, Cervical and uterine tumours, uterine displacement, Cystocele / Urethrocele / Rectocele
- Vaginal disorders; Infections, cysts, tumours
- Diseases of breasts; Deformities, Infections, Cysts and Tumours
- Menopause and Hormonal Replacement Therapy
- Infertility
- Contraception; Type Methods, Risk and effectiveness
 - Spacing methods
 - Barrier methods, Intra uterine devices, Hormonal, Post Contraception Methods, etc
 - Terminal methods
 - Sterilization
- Emergency Contraception methods
- Abortion – Natural, Medical and surgical abortion – MTP Act
- Toxic Shock Syndrome
- Injuries and Trauma; Sexual violence

Special therapies

Nursing procedures

Drugs used in treatment of Gynaecological disorders

National family welfare programme

Unit V: Nursing management of patients with Burns, reconstructive and cosmetic surgery

- Review of anatomy and physiology of the skin and connective tissues and various deformities
- Nursing Assessment – History and Physical assessment and Assessment of burns and fluid and electrolyte loss
- Etiology, Classification, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical & surgical management of burns and Re-constructive and Cosmetic surgery
- Types of Re-constructive and Cosmetic surgery; for burns, congenital deformities, injuries and cosmetic purposes
- Role of nurse
- Legal aspects
- Rehabilitation
- Special therapies

- Psycho social aspects

Nursing procedures

Drugs used in treatment of Burns, reconstructive and cosmetic surgery

Unit VI: Nursing management of patients with oncological conditions

- Structure and characteristics of normal and cancer cells
- Nursing Assessment – History and Physical assessment
- Prevention, Screening, Early detection, Warning signs of cancer
- Epidemiology, Etiology, Classification, Pathophysiology, Staging, clinical manifestations, diagnosis, treatment modalities and medical & surgical management of oncological conditions
- Common malignancies of various body systems; Oral, larynx, lung, Stomach and Colon, Liver, Leukemias and lymphomas, Breast, Cervix, Renal, Bladder, Prostate etc
- Oncological disorders
- Modalities of treatment
 - Immunotherapy
 - Chemotherapy
 - Radiotherapy
 - Surgical Interventions
 - Stem cell and Bone marrow transplants
 - Gene therapy
 - Other forms of treatment
- Psychological aspects of cancer
- Rehabilitation
- Palliative care: Symptom and Pain Management, Nutritional support
- Home care
- Hospice
- Stomal therapy
 - Psycho social aspects
- Nursing procedures

Unit VII: Nursing management of patients with Emergency and Disaster situations

Disaster Nursing

- Concepts and principles of Disaster Nursing
- Causes and Types of Disaster: Natural and Manmade:
 - Earthquakes, Flood, Epidemics, Cyclones
 - Fire, Explosion, Accidents
 - Violence, Terrorism; bio-chemical, War
- Policies related to emergency ./ disaster management; International, national, state institutional
- Disaster preparedness:
 - Team, Guidelines, protocols, equipments, Resources
 - Coordination and involvement of; Community, various govt departments, non govt. organizations and International agencies
 - Role of nurse: working
 - Legal Aspects of Disaster Nursing
 - Impact on Health and after effects; Post Traumatic Stress Disorder
 - Rehabilitation; physical, psycho – social, Financial, Relocation

Emergency Nursing

- Concepts, priorities, principles and Scope of Emergency Nursing
- Organization of emergency services: physical set up, staffing, equipment and supplies, protocols, Concepts of triage and role of triage nurse
- Coordination and involvement of different departments and facilities

- Nursing Assessment History and Physical Assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical and surgical nursing management of patient with medical and surgical emergency
- Principles of emergency management
- Common emergencies;
- Respiratory emergencies
- Shock and Haemorrhage
- Pain
- Poly – Trauma, road accidents, crush injuries, wound
- Bites
- Poisoning
- Seizures
- Thermal Emergencies; Heat stroke & cold injuries
- Psychiatric Emergencies
- Obstetrical Emergencies
- Violence, Abuse, Sexual assault
- Cardio Pulmonary Resuscitation
- Crisis prevention
- Role of the nurse; Communication and Inter Personal Relations
- Medico – legal Aspects;

Unit VIII: Nursing care of the elderly

- Nursing Assessment – History and Physical assessment
- Ageing;
- Demography; Myths and realities
- Concepts and theories of ageing
- Cognitive Aspects of Ageing
- Normal biological ageing
- Age related body systems changes
- Psychosocial Aspects of Aging
- Medications and elderly
- Stress and coping in older adults
- Common health problems and Nursing Management
- Cardiovascular, Respiratory, Musculoskeletal
- Endocrine, genito – urinary, gastrointestinal
- Neurological, Skin and other sensory organs
 - Psychosocial and Sexual abuse of elderly
- Role of nurse for caregivers of elderly
- Role of family and formal and non formal caregivers
- Use of aids and prosthesis (hearing aids, dentures)
- Legal and Ethical Issues
- Provisions and Programmes for elderly; privileges, Community Programs and health services;
- Home and institutional care

Unit IX: Nursing management of patient in critical care units

- Nursing Assessment – History and Physical assessment
- Classification
- Principles of critical care nursing
- Organization: physical setup, policies, staffing norms,
- Protocols, equipment and supplies
- Special equipments and supplies
- Special equipments; ventilators, cardiac monitors, defibrillators
- Resuscitation equipments

- Infection Control Protocols
- Nursing management of critically ill patient
- Monitoring of critically ill patient
- CPR – Advance Cardiac Life support
- Treatments and procedures
- Trnational care
- Ethical and Legal Aspects
- Communication with patient and family
- Intensive care records
- Crisis Intervention
- Death and Dying – coping with
- Drugs used in critical care unit

Unit X: Nursing management of patients with adults including elderly with Occupational and Industrial disorders

- Nursing Assessment – History and Physical assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical and surgical nursing management of occupational and industrial health disorders
- Role f nurse

Special therapies, alternative therapies, Nursing procedures

Drugs used in treatment of Occupational and Industrial disorders

The teaching & learning activities will be in the form of Lecture discussions, demonstrations, practice session, supervised clinical practice, seminar, case discussion, explaining using charts, slides, models, films, graphs, Drug book presentation, health education, participation in eye camps visit to eye bank, counseling, orientation visit to eye hospital, visit to rehabilitation centre, Disaster management drills, visit to old age home, etc.

CHILD HEALTH NURSING

Placement: Third year

Duration: Theory – 90 hours

Practical – 270 hours

Internship – 145 hours

Course Description: This course is designed for developing an understanding of the modern approach to child – care, identification, prevention and nursing management of common health problems of Neonates and children.

The learning objectives are:

- The modern concept of child care and principles of child health nursing
- The national policy programmes and legislation in relation to child health and welfare
- List major causes of death during infancy, early and late childhood
- The major functions and role of the paediatric nurse in caring for a hospitalized child
- The principles of child health nursing
- The normal growth and development children at different ages
- To identify the needs of children at different ages and provide parental guidance
- To identify the nutritional needs of children at different ages and ways of meeting the needs
- To appreciate the role of play for normal and sick children
- To appreciate the preventive measures and strategies for children
- To provide care to normal and high risk neonates
- To perform neonatal resuscitation
- To recognize and manage common neonatal problems
- To provide nursing care in common childhood diseases
- To identify measures to prevent common childhood diseases including immunization
- To manage the child with behavioural and social problems
- To identify the social and welfare services for challenged children

Unit I : Introduction to Modern concepts of child care

- Internationally accepted rights of the child
- National policy and legislations in relation to child health and welfare
- National programmes related to child health and welfare
- Agencies related to welfare services to the children
- Changing trends in hospital care, preventive, promotive and curative aspects of child health
- Child morbidity and mortality rates
- Differences between an adult and child
- Hospital environment for a sick child
- Impact of hospitalisation on the child and family
- Grief and bereavement
- The role of a Child health nurse in caring for a hospitalized child
- Principles of pre and post operative care of infants and children
- Child nursing procedures

Unit II: The healthy child

- Principles of growth and development
- Factors affecting growth and development
- Growth and development from birth to adolescence
- The needs of normal children through the stages of developmental and parental guidance
- Nutritional needs of children and infants: Breast feeding, exclusive breast feeding supplementary/artificial feeding and weaning
- Baby friendly hospital concept
- Accidents : causes and prevention
- Value of play and selection of play material
- Preventive immunization, immunization programme and cold chain

- Preventive paediatrics
- Care of under 5 and under 5 clinics / well baby clinics

Unit III: Nursing care of neonate

- Nursing care of a normal new born / essential new born care
- Neonatal resuscitation
- Nursing management of a low birth weight baby
- Kangaroo mother care
- Nursing management of common neonatal disorders
- Organisation of neonatal unit
- Identification and nursing management of common congenital malformations

Unit IV: Integrated management of neonatal and childhood illness (IMNCI)

Unit V: Nursing management in common childhood diseases

- Nutritional deficiency disorders
- Respiratory disorders and infections
- Gastrointestinal infections, infestations and congenital disorders
- Cardio vascular problem: congenital defects and rheumatic fever, rheumatic heart disease
- Genito – urinary disorders: acute glomerulonephritis, nephritic syndrome, Wilms' tumor, infection congenital disorders
- Neurological infections and disorders: convulsions, epilepsy, meningitis, hydrocephalus, spina-bifida
- Hematological disorders: anemias, thalassemia, ITP, Leukemia, hemophilia
- Endocrine disorders :juvenile diabetes mellitus
- Orthopedic disorders : clubfeet, hip dislocation and fracture
- Disorders of skin, eye and ears
- Common communicable diseases in children, their identification, nursing management in hospital and home and prevention
- Child health emergencies: poisoning foreign bodies hemorrhage, burns and drowning
- Nursing care of infant and children with HIV /AIDS.

Unit VI: Management of behavioral and social problems in children

- Management of common behavioural disorders
- Management of common psychiatric problems
- Management of challenged children : Mentally, physically and socially challenged
- Welfare services for challenged children in India
- Child guidance clinics

The teaching learning activities will be through lecture discussion, demonstration of common paediatric procedures, developmental study of infant and children, observation study of normal and sick child, field visit to Anganwadi, child guidance clinic, film show on breast feeding, clinical practice/field, workshop on neonatal resuscitation.

MENTAL HEALTH NURSING

Placement: Third year

Duration: Theory – 90 hours

Practical – 270 hours

Internship – 95 hours (2 weeks)

Course Description: This course is designed for developing an understanding of the modern approach to mental health, identification, prevention and nursing management of common mental health problems with special emphasis on therapeutic interventions for individuals, family and community.

The learning objectives are:

- The historic development and current trends in mental health nursing
- The epidemiology of mental health problems
- The National Mental health Act, programmes and mental health policy
- The scope of mental health nursing
- The concept of normal and abnormal behavior
- The classification of mental disorders
- The psychodynamics of maladaptive behavior
- The etiological factors, psychopathology of mental disorders
- The principles and standards of Mental health Nursing
- The conceptual models of mental health nursing
- The nature, purpose and process of assessment of mental health status
- To identify therapeutic communication techniques
- To know therapeutic relationship
- The therapeutic process and its intervention
- The treatment modalities and therapies used in mental disorders and role of the nurse
- The etiology, psycho-pathology, clinical manifestations, diagnostic criteria and management of patients with Schizophrenia and other psychotic disorders
- The etiology, psycho – pathology, clinical manifestations, diagnostic criteria and management of patients with mood disorders, patients with neurotic, stress related and somatization disorders, patients with substance use disorders, patients with personality, sexual and eating disorders, management of childhood and adolescent disorders including mental deficiency, organic brain disorders
- To identify psychiatric emergencies and carry out crisis intervention
- Legal aspects applied in mental health settings and role of the nurse
- The model of preventive psychiatry
- Community mental health services and role of the nurse.

Unit I: **Introduction**

- Perspectives of Mental Health and Mental Health Nursing: evolution of mental health services, treatments and nursing practices.
- Prevalence and incidence of mental health problems and disorders
- Mental Health Act
- National Mental Health
- National Mental health policy vis a vis National Health Policy
- National Mental Health programme
- Mental health team
- Nature and scope of mental health nursing
- Role and functions of mental health nurse in various settings and factors affecting the level of nursing practice
- Concepts of normal and abnormal behavior

Unit II: **Principles and Concepts of Mental Health Nursing**

- Definition: mental health nursing and terminology used
- Classification of mental disorders: ICD



- Review of personality development, defense mechanisms
- Maladaptive behavior of individuals and groups: stress, crisis and disasters
- Etiology – bio-psycho-social factors
- Psychopathology of mental disorders: review of structure and function of brain, limbic system and abnormal neuro transmission
- Principles of Mental Health Nursing
- Standards of Mental health Nursing practice
- **Conceptual models and the role of nurse**
 - Existential Model
 - Psycho – analytical model
 - Interpersonal model

Unit III: **Assessment of mental health status**

- History taking
- Mental status examination
- Mini mental status examination
- Neurological examination: Review
- Investigations : Related Blood chemistry, EEG, CT &MRI
- **Psychological tests**

Role and responsibilities of nurse

Unit IV: **Therapeutic communication and nurse patient relationship**

- Therapeutic communication: Types, techniques, characteristics
- Types of relationship
- Ethics and responsibilities
- Elements of nurse patient contract
- Review of technique of IPR-Johari Window
- Golas, phases, tasks, therapeutic techniques
- **Therapeutic impasse and its intervention**

Unit V: **Treatment modalities and therapies used in mental disorders**

- Psycho Pharmacology
- **Psychological therapies: Therapeutic community, psycho therapy - individual: psycho – analytical, cognitive and supportive, Family, Group, Behavioural, Play, Psycho-drama, Music, Dance, Recreational and Light therapy, Relaxation therapies: Yoga meditation, bio feed back**
- Alternative systems of Medicine
- Occupational therapy
- Physical Therapy: electro convulsive therapy
- Geriatric considerations

Role of nurse in above therapies

Unit VI: **Nursing management of patients with Schizophrenia and other psychotic disorders**

- Classification : ICD
- Etiology, psycho – pathology, types, clinical manifestations, diagnosis
- Nursing Assessment – History and Physical and assessment
- **Treatment modalities and nursing management of patients with Schizophrenia and other psychotic disorders**
- Geriatric considerations
- **Follow – up and home care and rehabilitation**

Unit VII: **Nurse Management of patient with mood disorders**

Mood disorders: Bipolar affective disorder, Mania depression and dysthymia etc

- Etiology, psycho – pathology, types, clinical manifestations, diagnosis

- Nursing Assessment – History and Physical and assessment
- Treatment modalities and nursing management of patients with mood disorders
- Geriatric considerations
- Follow up and home care and rehabilitation

Unit VIII: Nurse management of patient with neurotic, stress related and somatization disorders

- Anxiety disorder, Phobias, Dissociation and Conversion disorder, Obsessive compulsive disorder
- Etiology, psycho – pathology, types, clinical manifestations, diagnosis
- Nursing Assessment – History and Physical and assessment
- Treatment modalities and nursing management of patients with neurotic, stress related and somatization disorders
- Geriatric considerations
- Follow up and home care and rehabilitation

Unit IX: Nurse Management of patient with substance used disorders

commonly used psychotropic substance: Classification, forms, routes, action, intoxication and withdrawal

- Etiology of dependence: tolerance, psychological and physical dependence, withdrawal syndrome, diagnosis
- Nursing Assessment – History and Physical, mental assessment and drug assay
- Treatment (detoxication, antabuse and narcotic antagonist therapy and harm reduction) nursing management of patients with substance use disorders
- Geriatric considerations
- Follow up and home care and rehabilitation

Unit X: Nursing management of patient with personality, sexual and eating disorders

- Classification of disorders
- Etiology, psycho-pathology, characteristics, diagnosis
- Nursing Assessment – History and Physical, mental assessment
- Treatment modalities and nursing management of patients with personality, sexual and eating disorders.
- Follow-up and home care and rehabilitation

Unit XI: Nursing management of child hood and adolescent disorders including mental deficiency

- Classification
- Etiology, psycho-pathology, characteristics, diagnosis, Nursing Assessment – History and Physical, mental and IQ assessment
- Treatment modalities and nursing management of childhood disorders including mental deficiency
- Follow-up and home care and rehabilitation

Unit XII: Nursing management of organic brain disorders

- Classification: ICD?
- Etiology, psycho-pathology, clinical features, diagnosis and Differential diagnosis (parkinsons and alzheimers)
- Nursing Assessment – History and Physical, mental and neurological assessment
- Treatment modalities and nursing management of organic brain disorders
- Geriatric considerations
- Follow-up and home care and rehabilitation

Unit XIII: **Psychiatric emergencies and crisis intervention**

- Type of psychiatric emergencies and their management
- Stress and adaption model: stress and stressor, coping, resources and mechanism
- Grief: Theories of grieving process, principles techniques of counseling
- Types of crisis
- **Crisis Intervention: Principles, Techniques and Process**
- Geriatric considerations

Role and responsibilities of nurse

Unit XIV: **Legal issues in Mental Health Nursing**

- The Mental Health Act 1987: Act, Sections, Articles and their implications etc.
- Indian Lunacy Act.1912
- Rights of mentally ill clients
- **Forensic psychiatry**
- Acts related to narcotic and psychotropic substances and illegal substances and illegal drug trafficking
- Admission and discharge procedures

Role and responsibilities of nurse

Unit XV: **Community Mental Health Nursing**

- **Development of Community Mental Health Services:**
- **National Mental Health Programme**
- Institutionalization Versus Deinstitutionalization
- Model of Preventive psychiatry: Levels of Prevention
- Mental Health Services available at the primary, secondary, tertiary levels including rehabilitation and Role of nurse
- Mental Health Agencies: Government and voluntary, National and International
- Mental Health nursing issues for special populations: Children, Adolescence, Women, Elderly, Victims of violence and abuse, handicapped, HIV / AIDS etc.
- The Mental Health Act 1987: Act, Sections, Articles and their implications etc.
- Indian Lunacy Act.1912
- Rights of mentally ill clients
- Forensic psychiatry
- Acts related to narcotic and psychotropic substances and illegal substances and illegal drug trafficking
- Admission and discharge procedures

NURSING RESEARCH AND STATISTICS

PLACEMENT: Third year

DURATION: Theory – 45 hrs
Practical – 45 hrs

COURSE DESCRIPTION: This course is designed to enable students to acquire understanding of basic concepts of research, research process and statistics. It is further, structured to conduct / participate in need based research bodies in various settings and utilize the research findings to provide quality nursing care. The hours for practical will be utilized for conducting individual / group research project.

The learning objectives of are:

- To know the concept of research, terms, needs and areas of research in nursing
- The steps of research process
- To identify and state the research problem and objectives
- The review related literature
- The research approaches and designs
- To know the sampling process
- The methods of data collection
- To analyze, interpret and summarize the research data
- The use of statistics, scales of measurement and graphical presentation of data
- The measures of central tendency and variability and methods of correlation
- To communicate and utilize the research findings

Unit I : Research and research process

- Introduction and need for nursing research
- Definition of Research and nursing research
- Steps of scientific method
- Characteristic process – overview

Unit II: Research Problem / Question

- ⌚ Identification of problem area
- ⌚ Problem statement
- ⌚ Criteria of a good research problem
- ⌚ Writing objectives
- ⌚ Material management: equipment and supplies

Unit III: Review of Literature

- ⌚ Location
- ⌚ Sources
- ⌚ Online search; CINHALL, COCHRANE etc
- ⌚ Purposes
- ⌚ Method of review

Unit IV: Research and approaches and designs

- ⌚ Historical, survey and experimental
- ⌚ Qualitative and quantitative designs

Unit V: Sampling and data collection

- ⌚ Definition of Population, Sample, Sampling criteria, factors influencing sampling process, types of sampling process, types of sampling techniques
- ⌚ Data – why, what, from whom, when and where to collect.

- ⌚ Data collection methods and instruments:
 - Methods of data collection
 - Questioning, interviewing
 - Observations, record analysis and measurement
 - Types of instruments
 - Validity and Reliability of the Instrument
 - Pilot study
 - Data collection procedure

Unit VI: **Analysis of data:**

- ⌚ Compilation, Tabulation, classification, summarization, presentation, interpretation of data

Unit VII: **introduction to statistics**

- ⌚ Definition, use of statistics, scales of measurement
- ⌚ Frequency distribution and graphical presentation of data
- ⌚ Mean, Median and Mode, Standard Deviation
- ⌚ Normal probability and tests of significance
- ⌚ Co-efficient of correlation
- ⌚ Statistical packages and its application

Unit VIII: **Communication and utilization of research**

- ⌚ Communication of research findings
 - Verbal report
 - Writing research report
 - Writing scientific article / paper
 - Critical review of published research
 - Utilization of research findings

The teaching learning activities will be in the form of Lecture discussions, narrate steps of research process followed from examples of published studies, exercise of writing statement of problems and objectives, prepare annotated bibliography. to explain types of research approaches used from examples of published and unpublished research studies with rationale, reading assignments on example of data collection tools, Preparation of sample data collection tool, conduct group research project, preparation of sample tables.

The internal assessment will be done through tests consisting of essay type, short answers, oral presentation, and assessment of group research project.

In old regulation the theory and 180 practical hours of Midwifery and Obstetrical Nursing was placed in third year. But in modified syllabus both (theory and 180 practical hours) has been placed in fourth year

MIDWIFERY AND OBSTETRICAL NURSING

**Placement: Fourth year
hours**

Duration: Theory – 90

Practical – 180 hours

Course Description: This course is designed for the students to appreciate the concepts and principles of midwifery and obstetrical nursing. It helps them to acquire knowledge and skills in rendering nursing care to normal and high risk pregnant woman during antenatal, natal and post natal periods in hospitals and community settings. It also helps to develop skills in managing normal and high risk neonates and participate in family welfare programme.

The learning objectives are:

- To recognize the trends and issues in midwifery and obstetrical nursing
- The anatomy and physiology of female reproductive system
- The diagnosis and management of women during antenatal period
- The physiology and stages of labour
- The management of women during intranatal period
- The physiology of puerperium
- The management of women during post-natal period
- The assessment and management of normal neonate
- The management of women with high risk pregnancy
- The management of abnormal labour and obstetrical emergencies
- Management of post natal complications
- To identify the high risk neonates and their nursing management
- The indication, dosage, action, side effects and nurses responsibilities in the administration of drugs used for mothers
- To appreciate the importance of family welfare programme
- The methods of contraception and role of nurse in family welfare programme.

Unit I : Introduction to midwifery and obstetrical nursing

- Introduction to concepts to midwifery and obstetrical nursing
- Trends in midwifery and obstetrical nursing
 - Historical perspectives and current trends
 - Legal and ethical aspects
 - Pre – conception care and preparing for parenthood
 - Role of nurse in midwifery and obstetrical care
 - National policy and legislation in relation to maternal health and welfare
 - Maternal, morbidity, mortality and fertility rates
 - Perinatal, morbidity and mortality rates

Unit II: Review of anatomy and physiology of female reproductive system and foetal development

- Female pelvis – general description of the bones joints, ligaments, planes of the pelvis diameters of the true pelvis , important landmarks, variations in pelvis shape
- Female organs of reproduction – external genitalia, internal genital organs and their anatomical relations, musculature – blood – supply, nerves, lymphatics, pelvic cellular tissue, pelvic peritoneum
- Physiology of menstrual cycle.
- Human sexuality
- Foetal development
 - Conception
 - Review of fertilization , implantation (embedding of the ovum), development of the embryo and placenta at term – functions, abnormalities, the foetal sac, amniotic fluid, the umbilical cord

- Foetal circulation, foetal skull, bones, sutures and measurements.
- Review of genetics

Unit III: Assessment and management of pregnancy (ante-natal)

- Normal pregnancy
- Physiological changes during pregnancy
 - Reproductive system
 - Cardiovascular system
 - Respiratory system
 - Urinary system
 - Gastro intestinal system
 - Metabolic changes
 - Skeletal changes
 - Skin changes
 - Endocrine system
 - Psychological changes
 - Discomforts of pregnancy
- Diagnosis of pregnancy
 - Signs
 - Differential diagnosis
 - Confirmatory tests
- Ante-natal care
 - Objectives
 - Assessment
 - History and physical examination
 - Antenatal examination
 - Signs of previous child birth
 - Relationship of foetus to uterus and pelvis: Lie, Attitude, Presentation, Position
 - Per vaginal examination
- Screening and assessment for high risk;
- Risk approach
- History and Physical Examination
- Modalities of diagnosis; Invasive and Non – invasive, ultrasonics, cardiotomography, NST, CZST
- Antenatal preparation
 - Antenatal counseling
 - Antenatal exercises
 - Diet
 - Substance use
 - Education for child-birth
 - Husband and families
 - Preparation for safe –confinement
 - Prevention from radiation
- Psycho-social and cultural aspects of pregnancy
 - Adjustment to pregnancy
 - Unwed mother
 - Single parent
 - Teenage pregnancy
 - Sexual violence
- Adoption

Unit IV: Assessment and management of intra – natal period

- Physiology of labour, mechanism of labour

- Management of labour
 - First stage
 - Signs and symptoms of onset labour; normal and abnormal
 - Duration
 - Preparation of : labour room, Woman
 - Assessment and observation of women in labour; partogram – maternal and foetal monitoring
 - Active management of labour, Induction of labour
 - Pain relief and comfort in labour
 - Second stage
 - Signs and symptoms; normal and abnormal
 - Duration
 - Conduct of delivery: Principles and techniques
 - Episiotomy (only if required)
 - Receiving the new born
 - Neonatal resuscitation; initial steps and subsequent resuscitation
 - Care of umbilical cord
 - Immediate assessment including screening for congenital anomalies
 - Identification
 - Bonding
 - Initiate feeding
 - Screening and transportation of the neonate
 - Third stage
 - Signs and symptoms; normal and abnormal
 - Duration
 - Method of placental expulsion
 - Management ; Principles and techniques
 - Examination of the placenta
 - Examination of the perineum
 - Maintaining records and reports
 - Fourth stage

Unit V: Assessment and management of women during post natal period

- Normal puerperium; Physiology Duration
- Postnatal assessment and management
- Promoting physical and emotional well – being
- Lactation management
- Immunization
- Family dynamics after child birth
- Family welfare services; methods, counseling
- Follow-up
- Records and reports

Unit VI: Assessment and management of normal neonates

- Normal Neonate;
- Physiological adaptation
- Initial and Daily Assessment
- Essential new born care; Thermal control
- Breast feeding, prevention of infections
- Immunization
- Minor disorders of newborn and its management
- Levels of neonatal care (level , II and III)
- At primary, secondary and tertiary levels
- Maintenance of reports and records

Unit VII: High – risk pregnancy – assessment and management

• Screening and assessment

- Ultrasonics, cardiotomography , NST, CST, non – invasive & invasive
- Newer modalities of diagnosis
- High – risk approach
- Levels of care; primary, secondary and tertiary levels
 - Hyper – emesis gravidarum, bleeding in early pregnancy, abortion, ectopic
 - Pregnancy, vesicular mole
 - Ante – partum haemorrhage
- Urinary abnormality and displacement
- Diseases complicating pregnancy
 - Medical and surgical conditions
 - Infections, RTI (STD), UTI, HIV, TORCH
 - Gynaecological diseases
 - Pregnancy induced hypertension & diabetes, Toxemia of pregnancy, hydramnios
 - Rh compatibility
 - Mental disorders
- Adolescent pregnancy, Elderly primi and grand multipara
- Multiple pregnancy
- Abnormalities of placenta and cord
- Intra-uterine growth retardation
- Nursing management of mothers with high-risk pregnancy
- Maintenance of records and reports

Unit VIII: Abnormal labour – Assessment and Management

- Disorders in labour
- CPD and contracted pelvis
- Malpositions and malpresentations
- Premature labour, disorders of uterine actions – precipitate labour, prolonged labour
- Complications of third stage: injuries to birth canal
- Obstetrical emergencies and their management
 - Presentation and prolapsed of cord, Vasa praevia, amniotic fluid embolism, rupture of uterus, shoulder dystocia, obstetrical shock
- Obstetrical procedures and operations;
 - Induction of labor, forceps, vacuum, version, caesarean section, destructive operations
- Nursing management of women undergoing Obstetrical operations and procedures

Unit IX: Abnormalities during Postnatal Periods

• Assessment and management of woman with postnatal complications

- Puerperal infections, breast engorgement and infections, UTI, thrombo – Embolic disorders, post-partum haemorrhage, Eclampsia and subinvolution
- Psychological complications:
 - Post partum blues
 - Post partum depression
 - Post partum Psychosis

Unit X: Assessment management of High risk new born

- Admission of neonates in the neonatal intensive care units – neonatal intensive care units – protocols
- Nursing management of
 - Low birth weight babies
 - Infections
 - Respiratory problems

- Haemolytic disorders
- Birth injuries
- Malformations
- Monitoring of high risk neonates
- Feeding of high risk neonates
- Organization and management of neonatal intensive care units
- Infection control in neonatal intensive care units
- Maintenance of reports and records

Unit XI: **Pharmaco-therapeutics and obstetrics**

- Indication, dosage, action, contra indication and side effects of drugs
- Effect of drugs on pregnancy, labour and puerperium,
- Nursing responsibilities in the administration of drug in Obstetrics – oxytocins, antihypertensives, diuretics, tocolytic agents, anti – convulsants;
- Analgesics anesthetics in obstetrics
- Effects of maternal medication on foetus and neonate

Unit XII: **Family Welfare Programme**

- Population trends and problems in India
- Concepts, aims, importance and history of family welfare programme
- National population; dynamics, policy and education
- National family welfare: programme; RCH, ICDS, MCH safe mother hood
- Organization and administration ; at national, state, district, block and village levels
- Methods of contraception; spacing, temporary and permanent, emergency contraception
- Maintenance of vital statistics
- Role of national, international and voluntary organizations
- Role of a nurse in family welfare programme
- Training / Supervision / Collaboration with other functionaries in community like ANMs, LHV's, Anganwadi workers, TBAs (Traditional birth attendant – Dai)

COMMUNITY HEALTH NURSING – II

**Placement : Fourth year
(110) hours**

Duration : Theory – 90

Practical – 135 hours

Course Description: This course is designed for students to practice community health nursing for the individual, family and groups at both urban and rural settings by using concept and principles of health and community health nursing

The learning objectives are:

- The concepts, scope, principles and historical development of Community Health and Community Health Nursing
- The health plans, policies, various health problems in India.
- The system of delivery of community health services in rural and urban areas
- To list the functions of various levels and their staffing pattern
- The components of health services
- The alternative systems of health promotion and health maintenance
- The chain of referral system
- The community Health Nursing approaches and concepts
- The roles and responsibilities of Community Health Nursing Personnel.

Unit I : **Introduction**

- Definition, concept and scope of Community Health and Community Health Nursing
- Historical development of
 - Community health
 - Community Health Nursing
 - Pre-independence
 - Post – independence

Unit II: **Health planning and policies and problems**

- National health planning in India – five Year Plans
- Various committees and commissions on health and family welfare
 - Central council for health and family welfare (CCH and FW)
 - National population policy

❖ **Health problems in India**

Unit III: **Delivery of community health services**

- **Planning, budgeting and material management of Scs, PHC and CHC**
- Rural: Organization, staffing and functions of rural health services provided by government at
 - Village
 - Subcentre
 - Primary health centre
 - Community health centre / subdivisional
 - Hospitals
 - District
 - State
 - Centre
- Urban : Organization, staffing and functions of urban health services provided by government at
 - Slums

- Dispensaries
- Maternal and child health centres
- Special clinics
- Hospitals
- Corporation / Municipality Board
- Subcentre
- Primary health centre
- Community health centre / subdivisional
- Components of health services
 - Environmental sanitation
 - Health education
 - Vital statistics
 - M.C.H – antenatal, natal, postnatal, MTP Act, female foeticide act, Child adoption act
 - Family welfare
 - National health programmes
 - School health services
 - Occupational health
 - Defence services
 - Institutional services
- Systems of medicine and health care
 - Allopathy
 - Indian System of Medicine and Homeopathy
 - Alternative health care systems like yoga, meditation, social and spiritual healing NETC.
- Referral System

Unit IV: Community Health Nursing approaches, concepts and roles and responsibilities of nursing personnel

- Approaches
 - Nursing theories and nursing process
 - Epidemiological approach
 - Problem solving approach
 - Evidence based approach
 - Empowering people to care for themselves
- Concepts of Primary Health Care:
 - Equitable distribution
 - Community participation
 - Focus on prevention
 - Use of appropriate technology
 - Multi-sectoral approach
- Roles and responsibilities of Community Health Nursing personnel in
 - Family health services
 - Information Education Communication (IEC)
 - Management Information System (MIS): Maintenance of Records and reports
 - Training and supervision of various categories of health workers
 - National Health Programmes
 - Environmental sanitation
 - Maternal, Child Health and Family Welfare
 - Treatment of Minor ailments
 - School health services
 - Occupational Health
 - Organization of clinics, camps, Types, Preparation, planning conduct and evaluation
 - Waste management in the centre, clinics etc.
- Home Visit: Concept, Principles, Process, Techniques: Bag technique home visit

- Qualities of Community Health Nurse
- Job Description of Community health nursing personnel

Unit V: **Assisting individuals and groups to promote and maintain their health**

- Empowerment for self care of individuals, families and groups in -
- A. Assessment of self and family
 - Monitoring growth and development
 - Mile stones
 - Weight measurement
 - Social development
 - Temperature and blood pressure monitoring
 - Menstrual cycle
 - Breast self examination and testicles
 - Warning signs of various diseases
 - Tests: Urine for sugar and albumin, blood sugar
- B. Seek health services for
 - Routine check up
 - Immunization
 - Counseling
 - Diagnosis
 - Treatment
 - Follow up
- C. Maintenance of health records for self and family
- D. Continue medical care and follow up in community for various diseases and disabilities
- E. Carryout therapeutic procedures as prescribed / required for self and family
- F. Waste management
 - Collection and disposable of waste at home and community
- G. Sensitize and handle social issues affecting health and development for self and family
 - Women Empowerment
 - Women and child abuse
 - Abuse of elders
 - Female Foeticide Commercial sex workers
 - Food adulteration
 - Substance abuse
- H. Utilize community resources for self and family
 - Trauma services
 - Old age homes
 - Orphanage
 - Homes for destitute

Unit VI: **National health and family welfare programmes and the role of a nurse**

- National ARI programme
- Revised National Tuberculosis Control Programme (RNTCP)
- National Anti – Malaria programme
- National Filaria control programme
- National Guinea worm eradication programme
- National Leprosy eradication programme
- National AIDS control programme
- STD control programme
- National programme for control of blindness
- Iodine deficiency disorder programme
- Expanded programme for immunization
- National family Welfare Programme – RCH Programme historical development, organization, administration, research, constraints

- National Water supply and sanitation programme
 - Minimum Need Programme
 - National Diabetes Control programme
 - Polio Eradication: Pulse Polio Programme
 - National Cancer Control Programme
 - Yaws Eradication Programme
 - national Nutritional Anemia Prophylaxis programme
 - 20 point programme
 - Health schemes
-
- ESI
 - CGHS
 - Health Insurance

Unit VII: Health Agencies

International – WHO, UNFPA, UNDP, World Bank, FAO, UNICEF, DANIDA, European Commission (EC), Red Cross, USAID, UNESCO, Colombo Plan, ILO, CARE etc.

National – Indian Red Cross, Indian Council for child welfare, Family Planning Association of India (FPAI), Tuberculosis Association of India, Hindu Kusht Nivaran Sangh, Central Social Welfare Board, All India Women 's Conference, Blind Association of India etc.

Unit VIII: Biodiversity and its conservation *

- Introduction — Definition: genetic, species and ecosystem diversity.
- Biogeographically classification of-India
- Value of biodiversity: consumptive use, productive use, social, ethical, aesthetic and option values
- Biodiversity at global, National and local levels.
- India as a mega»-diversity nation
- Hot~spots of biodiversity.
- Threats to biodiversity: habitat loss, poaching of wildlife, man—wildlife conflicts
- Endangered and endemic species of India
- Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity

Unit IX: Human Population and the Environment *

- Population growth, variation among nations
- Population explosion — Family Welfare “Programme
- Environment and human health
- Human Rights
- Value Education
- HIV/AIDS
- Women and Child Welfare.
- Role of information Technology in Environment and human health
- Case studies

The teaching learning activities will be in the form of Lecture discussion, demonstration, practice session, panel discussion, group project, participation in camps, Individual / group / family / community health education, participation in national health programme, field visits etc. The internal assessment will be done through tests consisting of essay type, short answer question

MANAGEMENT OF NURSING SERVICES AND EDUCATION

PLACEMENT: Fourth year

DURATION: Theory - 90 hours

COURSE DESCRIPTION: This course is designed to enable students to acquire understanding of management of clinical and community health nursing services, nursing educational programmes. This is also designed to enable students to acquire the understanding of the professional responsibilities, prospects and contribution to the growth of the profession.

The learning objectives of are:

- To know the principles and functions of management
- The elements and process of management
- The management of nursing services in the hospital and community
- The concepts, theories and techniques of organizational behavior and human relations
- Participate in planning and organizing in service education program
- The management of Nursing Educational institutions
- The ethical and legal responsibilities of a professional nurse
- The nursing practice standards
- The various opportunities

Unit I : **Introduction to management in nursing**

- Definition, concepts and theories
- Functions of management
- Principles of Management
- Role of Nurse as a manager

Unit II: **Management process**

- Planning; mission, philosophy, objective, operational plan
- Staffing; philosophy, staffing study, norms, activities, patient classification systems, scheduling
- Human resource management; recruiting, selecting, deployment, retaining, promoting, super annuation etc
- Budgeting: concept, principles, types, cost benefit analysis, audit
- Material management: equipment and supplies
- Directing process (leading)
- Controlling : Quality management
- Program Evaluation Review Technique (PERT), Bench marking, Activity Plan (Gantt Chart)

Unit III: **Management of nursing services in the hospital and community**

Planning

- Hospital and patient care units including ward management
- Emergency and disaster management
- ⌚ Human resource management:
 - Recruiting, selecting, deployment, retaining, promoting, super annuation etc
 - Categories of nursing personnel including job description of all levels
 - Patients/population assignment and Nursing care responsibilities
 - Staff development and welfare
- ⌚ Budgeting: Proposal, projecting requirement for staff, equipment and supplies for
 - Hospital and patient care units
 - Emergency and disaster management

- ⌚ Material Management; procurement, inventory control, auditing and maintenance in
 - Hospital and patient care units
 - Emergency and disaster management
- ⌚ Directing and leading; delegation, participatory management
 - Assignments, rotation, delegations
 - Supervision and guidance
 - Implement Standards, policies, procedures and practices
 - Staff development and welfare
 - Maintenance of discipline
- ⌚ Controlling / Evaluation:
 - Nursing protocols, Manuals
 - Quality Assurance Model, documentation –
 - Records and reports
- ⌚ Organizational behavior and human relations
 - Concepts and theories of organizational behaviours
 - Review of channels of communication
 - Leadership styles
 - Review of Motivation;
 - Quality Assurance Model, documentation –
 - Records and reports, performance appraisal

Unit IV: **Organizational behavior and human relations**

- ⌚ Concepts and theories of organizational behaviours
- ⌚ Reviews of Channels of communication
- ⌚ Leadership styles
- ⌚ Review of motivation; concepts and theories
- ⌚ Group dynamics
- ⌚ Techniques of ;
 - Communication and
 - Interpersonal relationships
 - Human relations

⌚ Public relations in context of nursing

⌚ Relations with professional associations and employee unions and collective bargaining

Unit V: **In service education**

- ⌚ Nature and scope of in service education program.
- ⌚ Organization of in service education
- ⌚ Principles of adult learning
- ⌚ Planning for in –service education program, techniques, methods and evaluation of staff education program
- ⌚ Preparation of report

Unit VI: **Management of nursing education institutions**

- ⌚ Establishment of Nursing educational institution – INC norms and guidelines
- ⌚ Co-ordination with –
 - Regulatory bodies
 - Accreditation
 - Affiliation
 - Philosophy / objectives
 - Organization
 - Structure
 - Committees
 - Physical facilities

- College / school
- Hostel
- Students
- Selection
- Admission
- Guidance and counseling
- Maintaining discipline
 - Faculty and staff
- Selection
- Recruitment
- Job description
- Placement
- Performance appraisal
- Development and welfare
- ⌚ Budgeting
- ⌚ Equipment and supplies: audio visual equipments, laboratory equipment, books, journals etc
- ⌚ Curriculum; Planning, implementation and evaluation
- ⌚ Clinical facilities transport facilities
- ⌚ Institutional Records and reports – administrative, faculty, staff and students

Unit VII: **Nursing as a Profession**

- ⌚ Nursing as a profession
 - Philosophy; nursing practice
 - Aims and objectives
 - Characteristics of a professional nurse
 - Regulatory bodies; INC, SNC Acts:- constitution, functions
 - Current trends and issues in Nursing
- ⌚ Professional ethics
 - Code of ethics: INC, ICN
 - Code of professional conduct; INC, ICN
- ⌚ Practice standards for nursing: INC
- ⌚ Consumer protection Act
- ⌚ Legal aspects in Nursing
 - Legal terms related to practice; registration and licensing
 - Laws related to nursing practice; Breach and penalties
 - Malpractice and negligence

Unit VIII: **Professional Advancement:**

- ⌚ Continuing education
- ⌚ Career opportunities collective bargaining
- ⌚ Membership with professional organizations; National and International
- ⌚ Participation in research activities
- ⌚ Publications; Journals, newspapers etc.

SEMESTER SYLLABUS
NURSING FOUNDATION - I (including First Aid module) PLACEMENT: I

THEORY: 6 Credits (120 hours)

PRACTICUM: Skill Lab: 2 Credits (80 hours) and Clinical: 2 Credits (160 hours)

DESCRIPTION: This course is designed to help novice nursing students develop knowledge and competencies required to provide evidence-based, comprehensive basic nursing care for adult patients, using nursing process approach.

COMPETENCIES: On completion of the course, the students will be able to

1. Develop understanding about the concept of health, illness and scope of nursing within health care services.
2. Apply values, code of ethics and professional conduct in professional life.
3. Apply the principles and methods of effective communication in establishing communication links with patients, families and other health team members.
4. Develop skill in recording and reporting.
5. Demonstrate competency in monitoring and documenting vital signs.
6. Describe the fundamental principles and techniques of infection control and biomedical waste management.
7. Identify and meet the comfort needs of the patients.
8. Perform admission, transfer, and discharge of a patient under supervision applying the knowledge.
9. Demonstrate understanding and application of knowledge in caring for patients with restricted mobility.
10. Perform first aid measures during emergencies.
11. Identify the educational needs of patients and demonstrate basic skills of patient education.

***Mandatory Module used in Teaching/Learning:**

First Aid: 40 Hours (including Basic CPR)s

COURSE OUTLINE

T – Theory, SL – Skill Lab

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
I	5 (T)	Describe the concept of health and illness	Introduction to health and illness • Concept of Health – Definitions (WHO), Dimensions • Maslow's hierarchy of needs • Health – Illness continuum • Factors influencing health • Causes and risk factors for developing illnesses • Illness – Types, illness behavior • Impact of illness on patient and family	• Lecture • Discussion	• Essay • Short answer • Objective type
II	5 (T)	Describe the levels of illness prevention and care, health care services	Health Care Delivery Systems – Introduction of Basic Concepts & Meanings • Levels of Illness Prevention – Primary (Health Promotion), Secondary and Tertiary • Levels of Care – Primary, Secondary and Tertiary • Types of health care agencies/ services – Hospitals, clinics, Hospice, rehabilitation centres, extended care facilities • Hospitals – Types, Organization and Functions • Health care teams in hospitals – members and their role	• Lecture • Discussion	• Essay • Short answer • Objective type
III	12 (T)	Trace the history of Nursing Explain the concept, nature and scope of nursing Describe values, code of ethics and professional conduct for nurses in India	History of Nursing and Nursing as a profession • History of Nursing, History of Nursing in India • Contributions of Florence Nightingale • Nursing – Definition – Nurse, Nursing, Concepts, philosophy, objectives, Characteristics, nature and Scope of Nursing/ Nursing practice, Functions of nurse, Qualities of a nurse, Categories of nursing personnel • Nursing as a profession – definition and characteristics/criteria of profession	• Lecture • Discussion • Case discussion • Role plays	• Essay • Short answers • Objective type

			• Values – Introduction – meaning and importance • Code of ethics and professional conduct for nurses – Introduction		
IV	8 (T) 3 (SL)	Describe the process, principles, and types of communication Explain therapeutic, non-therapeutic and professional communication Communicate effectively with patients, their families and team members	Communication and Nurse Patient Relationship • Communication – Levels, Elements and Process, Types, Modes, Factors influencing communication • Methods of effective communication/therapeutic communication techniques • Barriers to effective communication/non-therapeutic communication techniques • Professional communication • Helping Relationships (Nurse Patient Relationship) – Purposes and Phases • Communicating effectively with patient, families and team members • Maintaining effective human relations and communication with vulnerable groups (children, women, physically and mentally challenged and elderly)	• Lecture • Discussion • Role play and video film on Therapeutic Communication	• Essay • Short answer • Objective type
V	4 (T) 2 (SL)	Describe the purposes, types and techniques of recording and reporting Maintain records and reports accurately	Documentation and Reporting • Documentation – Purposes of Reports and Records • Confidentiality • Types of Client records/Common Record-keeping forms • Methods/Systems of documentation/Recording • Guidelines for documentation • Do's and Don'ts of documentation/Legal guidelines for Documentation/Recording	• Lecture • Discussion • Demonstration	• Essay • Short answer • Objective type

			• Reporting – Change of shift reports, Transfer reports, Incident reports		
VI	15 (T) 20 (SL)	Describe principles and techniques of monitoring and maintaining vital signs	Vital signs • Guidelines for taking vital signs • <i>Body temperature</i> – ○ Definition, Physiology, Regulation, Factors affecting body temperature ○ Assessment of body temperature – sites, equipment and technique ○ Temperature alterations – Hyperthermia, Heat Cramps, Heat Exhaustion, Heatstroke, Hypothermia ○ Fever/Pyrexia – Definition, Causes, Stages, Types • Nursing Management ○ Hot and Cold applications • <i>Pulse</i>: ○ Definition, Physiology and Regulation, Characteristics, Factors affecting pulse ○ Assessment of pulse – sites, equipment and technique ○ Alterations in pulse • <i>Respiration</i>: ○ Definition, Physiology and Regulation, Mechanics of breathing, Characteristics, Factors affecting respiration ○ Assessment of respirations – technique ○ Arterial Oxygen saturation ○ Alterations in respiration • <i>Blood pressure</i>: ○ Definition, Physiology and Regulation, Characteristics, Factors affecting BP ○ Assessment of BP – sites, equipment and technique,	• Lecture • Discussion • Demonstration & Re-demonstration	• Essay • Short answer • Objective type • Document the given values of temperature, pulse, and respiration in the graphic sheet • OSCE

			Common Errors in BP Assessment ○ Alterations in Blood Pressure • Documenting Vital Signs		
VII	3 (T)	Maintain equipment and linen	Equipment and Linen • Types – Disposables and reusable ○ Linen, rubber goods, glassware, metal, plastics, furniture • Introduction – Indent, maintenance, Inventory		
VIII	10 (T) 3 (SL)	Describe the basic principles and techniques of infection control and biomedical waste management	Introduction to Infection Control in Clinical setting Infection • Nature of infection • Chain of infection • Types of infection • Stages of infection • Factors increasing susceptibility to infection • Body defenses against infection – Inflammatory response & Immune response • Health care associated infection (Nosocomial infection) Introductory concept of Asepsis – Medical&Surgicalasepsis Precautions • Hand Hygiene • (Hand washing and use of hand Rub) • Use of Personal Protective Equipment (PPE) • Standard precautions Biomedical Waste management • Types of hospital waste, waste segregation and hazards – Introduction	• Lecture • Discussion • Demonstration • Observation of autoclaving and other sterilization techniques • Video presentation on medical & surgical asepsis	• Essay • Short answer • Objective type

IX	15 (T) 15 (SL)	Identify and meet the comfort needs of the patients	<i>Comfort, Rest & Sleep and Pain</i> • Comfort ○ Factors Influencing Comfort ○ Types of beds including latest beds, purposes & bed making ○ Therapeutic positions ○ Comfort devices • Sleep and Rest ○ Physiology of sleep ○ Factors affecting sleep ○ Promoting Rest and sleep ○ Sleep Disorders • Pain (Discomfort) ○ Physiology ○ Common cause of pain ○ Types ○ Assessment – pain scales and narcotic scales ○ Pharmacological and Non-pharmacological pain relieving measures – Use of narcotics, TENS devices, PCA ○ Invasive techniques of pain management ○ Any other newer measures ○ CAM (Complementary & Alternative healing Modalities)	• Lecture • Discussion • Demonstration & Re-demonstration	• Essay • Short answer • Objective type • OSCE
X	5 (T) 3 (SL)	Describe the concept of patient environment	Promoting Safety in Health Care Environment • Physical environment – Temperature, Humidity, Noise, Ventilation, Light, Odor, Pest control • Reduction of Physical hazards – fire, accidents • Fall Risk Assessment • Role of nurse in providing safe and clean environment • Safety devices – ○ Restraints – Types, Purposes, Indications, Legal Implications and Consent, Application of Restraints-Skill and Practice guidelines ○ Other Safety Devices – Side rails, Grab bars, Ambu alarms, non-skid slippers etc.	• Lecture • Discussion • Demonstration	• Essay • Short answer • Objective type

XI	6 (T) 2 (SL)	Explain and perform admission, transfer, and discharge of a patient	Hospital Admission and discharge • Admission to the hospital Unit and preparation of unit ○ Admission bed ○ Admission procedure ○ Medico-legal issues ○ Roles and Responsibilities of the nurse • Discharge from the hospital ○ Types – Planned discharge, LAMA and Abscond, Referrals and transfers ○ Discharge Planning ○ Discharge procedure ○ Medico-legal issues ○ Roles and Responsibilities of the nurse ○ Care of the unit after discharge	• Lecture • Discussion • Demonstration	• Essay • Short answer • Objective type
XII	8 (T) 10 (SL)	Demonstrate skill in caring for patients with restricted mobility	Mobility and Immobility • Elements of Normal Movement, Alignment & Posture, Joint Mobility, Balance, Coordinated Movement • Factors affecting Body Alignment and activity • Exercise – Types and benefits • Effects of Immobility • Maintenance of normal Body Alignment and Activity • Alteration in Body Alignment and mobility • Nursing interventions for impaired Body Alignment and Mobility – assessment, types, devices used, method ○ Range of motion exercises ○ Muscle strengthening exercises ○ Maintaining body alignment – positions ○ Moving ○ Lifting ○ Transferring ○ Walking • Assisting clients with ambulation • Care of patients with Immobility using Nursing process approach • Care of patients with casts	• Lecture • Discussion • Demonstration &	• Essay • Short answer • Objective

XII I	4 (T) 2 (SL)	Describe the principles and practice of patient education	Patient education • Patient Teaching – Importance, Purposes, Process • Integrating nursing process in patient teaching	• Discussion • Role plays	• Essay • Short answer • Objective type
XI V	20 (T) 20 (SL)	Explain and apply principles of First Aid during emergencies	First Aid* • Definition, Basic Principles, Scope & Rules • First Aid Management ○ Wounds, Hemorrhage & Shock ○ Musculoskeletal Injuries – Fractures, Dislocation, Muscle injuries ○ Transportation of Injured persons ○ Respiratory Emergencies & Basic CPR ○ Unconsciousness ○ Foreign Bodies – Skin, Eye, Ear, Nose, Throat & Stomach ○ Burns & Scalds ○ Poisoning, Bites & Stings ○ Frostbite & Effects of Heat ○ Community Emergencies	• Lecture • Discussion • Demonstration & Re-demonstration • Module completion • National Disaster Management Authority (NDMA) / Indian Red Cross Society (IRCS) First Aid module	• Essay • Short answer • Objective type • OSCE

NURSING FOUNDATION - II

(including Health Assessment Module)

PLACEMENT: II SEMESTER

THEORY: 6 Credits (120 hours)

PRACTICUM: Skill Lab: 3 Credits (120 hours), Clinical: 4 Credits (320 hours)

DESCRIPTION: This course is designed to help novice nursing students develop knowledge and competencies required to provide evidence-based, comprehensive basic nursing care for adult patients, using nursing process approach.

COMPETENCIES: On completion of the course, the students will be able to

1. Develop understanding about fundamentals of health assessment and perform health assessment in supervised clinical setting
2. Demonstrate fundamental skills of assessment, planning, implementation and evaluation of nursing care using Nursing process approach in supervised clinical settings
3. Assess the Nutritional needs of patients and provide relevant care under supervision
 - a. Identify and meet the hygienic needs of patients
4. Identify and meet the elimination needs of patient
5. Interpret findings of specimen testing applying the knowledge of normal values
6. Promote oxygenation based on identified oxygenation needs of patients under supervision
7. Review the concept of fluid, electrolyte balance integrating the knowledge of applied physiology
8. Apply the knowledge of the principles, routes, effects of administration of medications in administering medication
9. Calculate conversions of drugs and dosages within and between systems of measurements
10. Demonstrate knowledge and understanding in caring for patients with altered functioning of sense organs and unconsciousness
11. Explain loss, death and grief
12. Describe sexual development and sexuality
13. Identify stressors and stress adaptation modes
14. Integrate the knowledge of culture and cultural differences in meeting the spiritual needs
15. Explain the introductory concepts relevant to models of health and illness in patient care

***Mandatory Module used in Teaching/Learning:**

Health Assessment Module: 40 hours

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
I	20 (T) 20 (SL)	Describe the purpose and process of health assessment and perform assessment under supervised clinical practice	Health Assessment - Interview techniques - Observation techniques - Purposes of health assessment - Process of Health assessment - o Health history - o Physical examination: ▪ Methods: Inspection, Palpation, Percussion, Auscultation, Olfaction ▪ Preparation for examination: patient and unit ▪ General assessment ▪ Assessment of each body system ▪ Documenting health assessment findings	- Modular Learning *Health Assessment Module - Lecture cum Discussion - Demonstration	- Essay - Short answer - Objective type - OSCE
II	13 (T) 8 (SL)	Describe assessment, planning, implementation and evaluation of nursing care using Nursing process	The Nursing Process - Critical Thinking Competencies, Attitudes for Critical Thinking, Levels of critical thinking in Nursing - Nursing Process Overview - o Assessment ▪ Collection of Data: Types, Sources, Methods ▪ Organizing Data ▪ Validating Data ▪ Documenting Data - o Nursing Diagnosis ▪ Identification of client problems, risks and strengths ▪ Nursing diagnosis statement – parts, Types, Formulating, Guidelines for formulating Nursing Diagnosis ▪ NANDA approved diagnoses ▪ Difference between	- Lecture - Discussion - Demonstration - Supervised Clinical Practice	- Essay - Short answer - Objective type - Evaluation of care plan

			medical and nursing diagnosis ○ Planning ▪ Types of planning ▪ Establishing Priorities ▪ Establishing Goals and Expected Outcomes – Purposes, types, guidelines, Components of goals and outcome statements ▪ Types of Nursing Interventions, Selecting interventions: Protocols and Standing Orders ▪ Introduction to Nursing Intervention Classification and Nursing Outcome Classification ▪ Guidelines for writing care plan ○ Implementation ▪ Process of Implementing the plan of care ▪ Types of care – Direct and Indirect ○ Evaluation		
III	5 (T) 5 (SL)	Identify and meet the Nutritional needs of patients	Nutritional needs • Importance • Factors affecting nutritional needs • Assessment of nutritional status • Review: special diets – Solid, Liquid, Soft • Review on therapeutic diets • Care of patient with Dysphagia, Anorexia, Nausea, Vomiting	• Lecture • Discussion • Demonstration • Exercise • Supervised Clinical practice	• Essay • Short answer • Objective type • Evaluation of nutritional assessment & diet planning
			Meeting Nutritional needs: Principles, equipment, procedure, indications ○ Oral ○ Enteral: Nasogastric/ Orogastric ○ Introduction to other enteral feeds – types, indications, Gastrostomy, Jejunostomy ○ Parenteral – TPN (Total Parenteral Nutrition)		

IV	5 (T) 15 (SL)	Identify and meet the hygienic needs of patients	Hygiene • Factors Influencing Hygienic Practice • Hygienic care: Indications and purposes, effects of neglected care ○ Care of the Skin – (Bath, feet and nail, Hair Care) ○ Care of pressure points ○ Assessment of Pressure Ulcers using Braden Scale and Norton Scale ○ Pressure ulcers – causes, stages and manifestations, care and prevention ○ Perineal care/Meatal care ○ Oral care, Care of Eyes, Ears and Nose including assistive devices (eye glasses, contact lens, dentures, hearing aid)	• Lecture • Discussion • Demonstration	• Essay • Short answer • Objective type • OSCE
V	10 (T) 10 (SL)	Identify and meet the elimination needs of patient	Elimination needs • Urinary Elimination ○ Review of Physiology of Urine Elimination, Composition and characteristics of urine ○ Factors Influencing Urination ○ Alteration in Urinary Elimination ○ Facilitating urine elimination: assessment, types, equipment, procedures and special considerations ○ Providing urinal/bed pan ○ Care of patients with ▪ Condom drainage ▪ Intermittent Catheterization ▪ Indwelling Urinary catheter and urinary drainage ▪ Urinary diversions ▪ Bladder irrigation • Bowel Elimination ○ Review of Physiology of Bowel Elimination, Composition and characteristics of feces ○ Factors affecting Bowel	• Lecture • Discussion • Demonstration	• Essay • Short answer • Objective type • OSCE

			elimination ○ Alteration in Bowel Elimination ○ Facilitating bowel elimination: Assessment, equipment, procedures ▪ Enemas ▪ Suppository ▪ Bowel wash ▪ Digital Evacuation of impacted feces ▪ Care of patients with Ostomies (Bowel Diversion Procedures)		
VI	3 (T) 4 (SL)	Explain various types of specimens and identify normal values of tests Develop skill in specimen collection, handling and transport	Diagnostic testing • Phases of diagnostic testing (pre-test, intra-test & post-test) in Common investigations and clinical implications ○ Complete Blood Count ○ Serum Electrolytes ○ LFT ○ Lipid/Lipoprotein profile ○ Serum Glucose – AC, PC, HbA1c ○ Monitoring Capillary Blood Glucose (Glucometer Random Blood Sugar – GRBS) ○ Stool Routine Examination ○ Urine Testing – Albumin, Acetone, pH, Specific Gravity ○ Urine Culture, Routine, Timed Urine Specimen ○ Sputum culture ○ Overview of Radiologic & Endoscopic Procedures	• Lecture • Discussion • Demonstration	• Essay • Short answer • Objective type
VI I	11 (T) 10 (SL)	Assess patients for oxygenation needs, promote oxygenation and provide care during oxygen therapy	Oxygenation needs • Review of Cardiovascular and Respiratory Physiology • Factors affecting respiratory functioning • Alterations in Respiratory Functioning • Conditions affecting	• Lecture • Discussion • Demonstration & Re-demonstration	• Essay • Short answer • Objective type

			○ Airway ○ Movement of air ○ Diffusion ○ Oxygen transport • Alterations in oxygenation • Nursing interventions to promote oxygenation: assessment, types, equipment used & procedure ○ Maintenance of patent airway ○ Oxygen administration ○ Suctioning – oral, tracheal ○ Chest physiotherapy – Percussion, Vibration & Postural drainage ○ Care of Chest drainage – principles & purposes ○ Pulse Oximetry – Factors affecting measurement of oxygen saturation using pulse oximeter, Interpretation • Restorative & continuing care ○ Hydration ○ Humidification ○ Coughing techniques ○ Breathing exercises ○ Incentive spirometry		
VII I	5 (T) 10 (SL)	Describe the concept of fluid, electrolyte balance	Fluid, Electrolyte, and Acid – Base Balances • Review of Physiological Regulation of Fluid, Electrolyte and Acid-Base Balances • Factors Affecting Fluid, Electrolyte and Acid-Base Balances • Disturbances in fluid volume: ○ Deficit ▪ Hypovolemia ▪ Dehydration ○ Excess ▪ Fluid overload ▪ Edema • Electrolyte imbalances	• Lecture • Discussion • Demonstration	• Essay • Short answer • Objective type • Problem solving – calculations

			(hypo and hyper) ○ Acid-base imbalances ▪ Metabolic – acidosis & alkalosis ▪ Respiratory – acidosis & alkalosis ○ Intravenous therapy ▪ Peripheral venipuncture sites ▪ Types of IV fluids ▪ Calculation for making IV fluid plan ▪ Complications of IV fluid therapy ▪ Measuring fluid intake and output ▪ Administering Blood and Blood components ▪ Restricting fluid intake ○ Enhancing Fluid intake		
IX	20 (T) 22 (SL)	Explain the principles, routes, effects of administration of medications Calculate conversions of drugs and dosages within and between systems of measurements Administer oral and topical medication and document accurately under supervision	Administration of Medications • Introduction – Definition of Medication, Administration of Medication, Drug Nomenclature, Effects of Drugs, Forms of Medications, Purposes, Pharmacodynamics and Pharmacokinetics • Factors influencing Medication Action • Medication orders and Prescriptions • Systems of measurement • Medication dose calculation • Principles, 10 rights of Medication Administration • Errors in Medication administration • Routes of administration • Storage and maintenance of drugs and Nurses responsibility • Terminologies and abbreviations used in prescriptions and medications orders • Developmental considerations • Oral, Sublingual and Buccal routes: Equipment, procedure	• Lecture • Discussion • Demonstration & Re-demonstration	• Essay • Short answer • Objective type • OSCE

			• Introduction to Parenteral Administration of Drugs – Intramuscular, Intravenous, Subcutaneous, Intradermal: Location of site, Advantages and disadvantages of the specific sites, Indication and contraindications for the different routes and sites. • Equipment – Syringes & needles, cannulas, Infusion sets – parts, types, sizes • Types of vials and ampoules, Preparing Injectable medicines from vials and ampoules ◦ Care of equipment: decontamination and disposal of syringes, needles, sets ◦ Prevention of Needle-Stick Injuries • Topical Administration: Types, purposes, site, equipment, procedure ◦ Application to skin & mucous membrane ◦ Direct application of liquids, Gargle and swabbing the throat ◦ Insertion of Drug into body cavity: Suppository/medicated packing in rectum/vagina ◦ Instillations: Ear, Eye, Nasal, Bladder, and Rectal ◦ Irrigations: Eye, Ear, Bladder, Vaginal and Rectal ◦ Spraying: Nose and throat • Inhalation: Nasal, oral, endotracheal/tracheal (steam, oxygen and medications) – purposes, types, equipment, procedure, recording and reporting of medications administered ◦ Other Parenteral Routes: Meaning of epidural, intrathecal, intraosseous, intraperitoneal, intra-pleural, intra-arterial		
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X	5 (T) 6 (SL)	Provide care to patients with altered functioning of sense organs and unconsciousness in supervised clinical practice	Sensory needs • Introduction • Components of sensory experience – Reception, Perception & Reaction • Arousal Mechanism • Factors affecting sensory function • Assessment of Sensory alterations – sensory deficit, deprivation, overload & sensory poverty • Management ◦ Promoting meaningful communication (patients with Aphasia, artificial airway & Visual and Hearing impairment) Care of Unconscious Patients • Unconsciousness: Definition, causes & risk factors, pathophysiology, stages of Unconsciousness, Clinical Manifestations • Assessment and nursing management of patient with unconsciousness, complications	• Lecture • Discussion • Demonstration	• Essay • Short answer • Objective type
XI	4 (T) 6 (SL)	Explain loss, death and grief	Care of Terminally ill, death and dying • Loss – Types • Grief, Bereavement & Mourning • Types of Grief responses • Manifestations of Grief • Factors influencing Loss & Grief Responses • Theories of Grief & Loss – Kubler Ross • 5 Stages of Dying • The R Process model (Rando's) • Death – Definition, Meaning, Types (Brain & Circulatory Deaths) • Signs of Impending Death • Dying patient's Bill of Rights • Care of Dying Patient • Physiological changes occurring after Death • Death Declaration, Certification	• Lecture • Discussion • Case discussions • Death care/last office	• Essay • Short answer • Objective type

			• Autopsy • Embalming • Last office/Death Care • Counseling & supporting grieving relatives • Placing body in the Mortuary • Releasing body from Mortuary • Overview – Medico-legal Cases, Advance directives, DNI/DNR, Organ Donation, Euthanasia		
XII	3 (T)	Develop basic understanding of self-concept	A. Self-concept • Introduction • Components (Personal Identity, Body Image, Role Performance, Self Esteem) • Factors affecting Self Concept • Nursing Management	• Lecture • Discussion • Demonstration • Case Discussion/ Role play	• Essay • Short answer • Objective type
XII I	2 (T)	Describe sexual development and sexuality	B. Sexuality • Sexual development throughout life • Sexual health • Sexual orientation • Factors affecting sexuality • Prevention of STIs, unwanted pregnancy, avoiding sexual harassment and abuse • Dealing with inappropriate sexual behavior	• Lecture • Discussion	• Essay • Short answer • Objective type
XIV	2 (T) 4 (SL)	Describe stress and adaptation	C. Stress and Adaptation – Introductory concepts • Introduction • Sources, Effects, Indicators & Types of Stress • Types of stressors • Stress Adaptation – General Adaptation Syndrome (GAS), Local Adaptation Syndrome (LAS) • Manifestation of stress – Physical & psychological • Coping strategies/ Mechanisms • Stress Management ◦ Assist with coping and adaptation	• Lecture • Discussion	• Essay • Short answer • Objective type

			○ Creating therapeutic environment • Recreational and diversion therapies		
XV	6 (T)	Explain culture and cultural norms Integrate cultural differences and spiritual needs in providing care to patients under supervision	D. Concepts of Cultural Diversity and Spirituality • Cultural diversity ○ Cultural Concepts – Culture, Subculture, Multicultural, Diversity, Race, Acculturation, Assimilation ○ Transcultural Nursing ○ Cultural Competence ○ Providing Culturally Responsive Care • Spirituality ○ Concepts – Faith, Hope, Religion, Spirituality, Spiritual Wellbeing ○ Factors affecting Spirituality ○ Spiritual Problems in Acute, Chronic, Terminal illnesses & Near-Death Experience ○ Dealing with Spiritual Distress/Problems	• Lecture • Discussion	• Essay • Short answer • Objective type
XVI	6 (T)	Explain the significance of nursing theories	Nursing Theories: Introduction • Meaning & Definition, Purposes, Types of theories with examples, Overview of selected nursing theories – Nightingale, Orem, Roy • Use of theories in nursing practice	• Lecture • Discussion	• Essay • Short answer • Objective type

Nursing Foundations-practical

Placement: First Year

**Time: Theory-265 hours
Practical- 650**

hours

(200 lab and 450

clinical)

Course Description: This course is designed to help the students to develop an understanding of the philosophy, objectives, theories and process of nursing in various Clinical settings. It is aimed at helping the students to acquire knowledge, understanding and skills in techniques of nursing and practice them in Clinical settings

Areas: Demonstration Lab General Medical and surgery ward

The learning objectives of are:

- Performs admission and discharge procedure
 - Prepares nursing care plan as per the nursing process format
 - Communicate effectively with patient families and team members
 - Maintain effective human relations
 - Develops plan for patient teaching
 - Prepare patient reports
 - Presents report
 - Monitor vital signs
 - Perform health assessment of each body system
 - Provide basic nursing care to patients
 - Perform infection control procedures
 - Provide care to pre and post operative patients
 - Perform procedures for care of wounds
 - Administer drugs
 - Provide care to dying and dead
 - Counsel and support relatives

Skills:

Hospital admission and discharge(III)

- Admission
- Prepare Unit for new patient
- Prepare admission bed
- Performs admission procedure
 - New patient
 - Transfer in
 - Prepare patient records
- Discharge/Transfer out
 - Gives discharge counseling
 - Perform discharge procedure (Planned discharge).
 - LAMA and abscond, (Referrals and transfers)
 - Prepare records of Discharge/ transfer
- Dismantle and disinfect unit and equipment after discharge/transfer
- *Perform assessment:*

(History taking, Nursing diagnosis, problem list, Prioritization, Goals & Expected Outcomes, selection of Interventions Write Nursing Care plan Gives care as per the plan)

- Communication
 - Use verbal non verbal communication techniques
 - Prepare a plan for patient teaching session
- Write patient report
 - Change-of shift reports, Transfer reports, Incident reports etc.
 - Presents patient report
- Vital signs
 - Measure, Records and interpret alterations in body temperature- pulse respiration and blood pressure
- Health assessment
 - Health history taking Perform assessment
 - General
 - Body systems
 - Use various methods of physical examination
 - Inspection, Palpation, Percussion, Auscultations Olfaction
 - Identification of system wise deviations
- Prepare patient's unit
 - Prepare beds: Open, closed, occupied operation, amputation, Cardiac, fracture, burns.
 - Divided & Fowlers bed
- Pain assessment and provision for comfort

Use comfort devices hygienic care:

- Oral hygiene:
- Baths and care of pressure points
- Hair slash. Pediculosis treatment

Feeding

- Oral. Enteral, Naso /Orogastric, Gastrostomy and Parenteral Feeding
- Naso-gastric insertion, suction, and irrigation

Assisting patient in urinary elimination

- Provides urinal bed pan
- Condom drainage
- Perineal care
- Catheterization
- Care of urinary drainage

Bladder irrigation Assisting bowel Elimination:

- Insertion of Flatus tube
- Enemas
- Insertion of Suppository

Bowels wash Body Alignment and Mobility:

- Range of motion exercises
- Positioning: Recumbent. Lateral (Rt. Lt). Fowlers, Sims, Lithotomy, Prone, Trendelenburg position
 - Assist patient in moving lifting transferring walking
 - Restraints

Oxygen administration Suctioning:

oropharyngeal, nasopharyngeal , Chest physiotherapy and postural drainage , Care of Chest drainage , CPR- Basic life support ,Intravenous therapy ,Blood and blood component therapy Collect/assist for collection of specimens for investigations Urine, sputum, faeces, vomitus, blood and other body fluids

Perform lab tests:

- Urine: sugar, albumin, acetone
- Blood: sugar (with strip/ gluco-meter)

Hot and cold applications: local and general Sitz bath

Communicating and assisting with self-care of visually & hearing impaired patients

Communicating and assisting with self-care of mentally Challenged/ disturbed patients

Recreational and diversional Therapies Caring of patient with alteration in sensorium

Infection control

- Perform following procedures:
- Hand washing techniques
- (Simple. hand antisepsis and surgical antisepsis (scrub))
- Prepare isolation unit in lab/Ward
- Practice technique of searing and removing
- Personal protective equipment (PPE)
- Practice Standard safety precautions (Universal Precautions)

Decontamination of equipment and unit: -

- Surgical asepsis: Sterilization
- Handling sterilized equipment
- Calculate strengths of lotions
- Prepare lotions
- Care of articles

Pre and post operative care:

- Skin preparations for surgery: Local
- Preparation of Post operative unit
- Pre & post operative teaching and counseling
- Pre and post operative monitoring
- Care of the wound:
- Dressings, Suture Care, care of Drainage, Application of Bandages, and Binders. Splints & Slings
- Bandaging of various body parts

Administration of medications

- Administer Medications in different forms and routes
- Oral, Sublingual and Buccal
- Parenteral of Intradermal, Subcutaneous, Intramuscular etc.
- Assist with Intra Venous medications
- Drug measurements and dose calculations
- Preparation of lotions and solutions
- Administers topical applications
- Insertion of drug into body cavity: Suppository & medicated packing etc.
- Instillation of medicines and spray into Ear, Eye, Nose and throat
- Irrigations: Eye, Ear, Bladder, Vagina and Rectum
- Inhalations: dry and moist

Care of dying patient

- Caring and packing of dead body
- Counseling and supporting grieving relatives
- Terminal care of the unit

Assignments:

- Practice in unit /hospital

- Write nursing process records of patient
- Simulated -1
- Actual-1
- Role –Plays in simulated situations on situations on communication techniques
- HealthTalk-1
- Write nurses notes and present the patient report 2-3 assigned patient
- Lab practices
- Measure Vital signs of assigned patient
 - Practice in lab & hospital
 - Simulated exercise on CPR manikin
 - Observation study -2
 - Department of Infection control & CSSD
- Visits CSSD Write Observation 1
- Collection of samples for culture
- Do clinical posting in infection control department and write report
- Practice in lab/ward

Assessment methods

- Evaluate with checklist
- Assessment of clinical Performance with rating scale
- Completion of practical record
- Assessment of Nursing Process Records with checklist
- Assessment of actual care given with rating scale
- Assess role play with the checklist on communication techniques

Assess health talk with the checklist

- Assessment of communication techniques by rating scale
- Assessment of performance with rating scale
- Assessment of each skill with check list
- Completion of activity record
- Assessment of each skill with rating scale
- Completion of activity record
- Assess observation study with checklist
- Evaluate all procedures with checklist

MEDICAL SURGICAL NURSING PRACTICAL

(ADULT INCLUDING GERIATRICS) – I

Placement: Second year
Practical – 720 hours

Duration:

The objectives are:

- To provide nursing care to adult patients with medical disorders
- Counsel and educate patients and families
- To provide pre and post operative nursing care to adult patients with surgical disorders
- Counsel and educate patients and families
- To provide nursing care to patients with cardiac disorders
- Counsel and educate patients and families
- To identify skin problems
- To provide nursing care to patients with skin disorders and communicable diseases
- Counsel and educate patients and families
- To provide nursing care to patients with musculo skeletal disorders
- Counsel and educate patients and families
- To identify instruments used in common operations
- To participate in Infection control practices in the Operation Theatre
- Set-up the table / trolleys for common operative procedures
- Assist in giving anaesthesia
- Assist in the operative procedures
- Provide peri operative nursing care
- To gain proficiency in ICU nursing
- To develop advance skill in special procedures used in critical care unit
- To identify potential problems and provide accordingly.
- Skill in setting and handling ventilator
- Administer injection in infusion pump
- To record accurately findings and medications
- To develop IPR with family members
- To acquaint with OT technique.
- To develop skill in neurological assessment
- Give care to the patient with head injury and spinal injury.
- Care with chest surgery and cranial surgery
- To assess the severity of burns
- To administer rehydration therapy
- Observe reconstructive surgery
- To identify instrument
- To assist in OT set up
- Supervise sterilization
- Assist in OT table lay out
- Observe immediately after operation
- Supervise infection control

Areas:

General Medical Ward (Respiratory, GI, Endocrine, Renal, Hematology)

- Assessment of the patient
 - Taking History
 - Perform general and specific physical examination
 - Identify alterations and deviations
- Practice medical surgical asepsis – Standard safety measures
- Administer medications
 - Oral, IC, IM, Subcutaneous

- IV therapy

- IV cannulation

Maintenance and monitoring

- Oxygen therapy by different methods
- Nebulization
- Chest physiotherapy
- Naso gastric feeding
- Assist in common diagnostic
- Perform / Assist on therapeutic procedures
- Blood and component therapy
- Throat suctioning
- Collect specimens for common investigations
- Maintain elimination
 - Catheterization
 - Bowel wash
 - Enema
 - Urinary drainage

❖ Maintain intake, output and documentation

❖ Counsel and teach related to specific disease conditions

General Surgical Ward: (GI, Urinary CTVS)

- Practice medical surgical asepsis – Standard safety measures.
- Pre operative preparation of patients
- Post operative care – Receiving pt, assessment, monitoring care
- Care of wounds and drainage
- Suture removal
- Ambulation and exercise
- Naso gastric aspiration
- Care of chest drainage
- Ostomy care
 - Gastrostomy
 - Colostomy
 - Enterostomy
- Blood and component therapy
- Practice universal precautions

Cardiology ward

- Physical examination of the cardio vascular system Recoding and interpreting ECG
- Monitoring of patients
- Preparation and assisting in non-invasive and invasive diagnostic procedures
- Administer cardiac drugs
- Cardio pulmonary Resuscitation
- Teach patients and families
- Practice, medical and surgical asepsis – Standard safety measures

Skin and communicable diseases ward:

- Assessment of patients with skin disorders
- Assist in diagnostic and therapeutic procedures
- Administer topical medication
- Practice medical surgical asepsis – Standard safety measures
- Use of personal protective equipment (PPE)
- Give Medicated baths
- Counseling HIV positive patients
- Teach prevention of infectious diseases

Orthopaedic ward:

- Assessment of orthopaedic patients
- Assist in application of plaster cast and removal of cast
- Apply skin traction – buck's extension traction
- Assist in application and removal of prosthesis
- Physiotherapy – Range of motion exercised (ROM), muscle strengthening exercises
- Crutch maneuvering technique
- Activities of daily living
- Ambulation
- Teach and counsel patients and families

Operation Theatre:

- Scrubbing, gowning and gloving
- Identify instruments used in common operations
- Disinfection, Carbolization, fumigation, Preparation of instrument sets for common operations
- Sterilization of sharps and other instruments
- Prepare the OT table depending upon the operation
- Positioning and monitoring of patients
- Endotracheal intubation
- Assisting in minor and major operations
- Handling specimens
- Disposal of waste as per the guidelines

Assignments :

- Plan and give care to 3-4 assigned patients
- Nursing care plan – 2
- Nursing care study / presentation / Health talk– 1
- Drug presentation – 1
- Maintain drug book
- Maintain practical record book
- Plan and give care to 2-3 assigned patients
- Counseling HIV patients and families -1
- Assist as a circulatory nurse in major cases – 10
- Minor cases 3-5
- Assist as a scrub nurse in major cases – 10
- Minor cases 5

The internal assessment will be in the form of assessing clinical performance with rating scale, assess each skill with check list, evaluation of case study, observation report and health talk, completion of practical record, activity record.

Internship

Duration – 260 hours

The objectives are :

- To gain proficiency in ICU nursing
- Develop advance skill in special procedures used in critical care unit
- Identify potential problems and provide accordingly
- Skill in setting and handling ventilator
- Administer injection in infusion pump
- Record accurately findings and medications
- Develop IPR with family members
- Acquaint with OT technique.

Areas: ICU, CCU, CARDIAC OT

- Assist in arterial puncture for blood gas analysis
- Perform ECG and interpret accordingly conduct and analysis pulse oximetry
- Care with artificial airway
- Assist in endotracheal intubation
- Setting up ventilator
- Giving care in ventilator
- Drug sheet
- Observation of special procedure in OT.

Areas: Neuro ICU, ITU, OT

- Assess neurological status
- Implement care to head injury, spinal injury patients
- Drug sheet
- Pre and post operative care with neuro surgery patients

Areas: Burns and plastic Reconstructive surgery

- Nursing care

Assignments:

- Arterial puncture – 5
- Taking out ECG stripe – 5
- Tracheal suction - 5
- for all assigned patients
- oxygen administration by CPAP mask and use Ambu bag
- Assessment for all assigned patients
- Nursing care with ventilator
- Drug sheet
- Assist cases
- The assessment will be done through record book, checking with supervisor, observation check list.

Skill Development

COMMUNITY HEALTH NURSING PRACTICAL– I

**Placement: Second year
hours**

Duration: Practical – 135

The objectives are:

- Build and maintain rapport
- Identify demographic characteristics, health determinants and community health resources
- Diagnose health needs of individual and families
- Provide primary care in health centre
- Counsel and educate individual, family and community

Unit: X – Field Work *

- Visit to a local area to document environmental assets- river/forest/grassland/hill/mountain
- Visit to a local polluted site-Urban/Rural/Industrial/Agriculture
- Study of common plants, insects, birds
- Study of simple ecosystems-pond, river, hill, slopes, etc.

SKILLS

- Use techniques of interpersonal relationship
- Identification of health determinants of community
- History taking
- Physical examination
- Collect specimens – sputum, malaria, smear
- Perform simple lab tests at centre – blood for Haemoglobin and sugar, urine or albumin and sugar
- Administer vaccines and medications to adults
- Counsel and teach individual, family and community
 - Nutrition
 - Hygiene
 - Self health monitoring
 - Seeking health services
 - Healthy life style
 - Family welfare methods
 - Health promotion

Assignments:

- To work with 2 assigned families each in urban and rural
- Family study – 1
- Observation report of community – 1
- Health talks 2 (1 in urban and in rural)

**MEDICAL SURGICAL NURSING
(ADULT INCLUDING GERIATRICS) – II PRACTICAL**

Placement: Third year

**Duration: Theory – 120 hours
Practical –270
hours
Internship – 430
hours**

The objectives are:

- To provide care to patients with ENT disorders
- Counsel and educate patients and families for grief and bereavement
- To provide care to patients with Eye disorders
- Counsel and educate patients and families
- To provide care to patient with neurological disorders, gynecological disorders, patients with burns, , patients with cancer, critically ill patients, patients in emergency and disaster situation

Areas: ENT

- Perform examination of ear, nose and throat
- Assist with diagnostic procedures
- Assist with therapeutic procedures
- Instillation of drops
- Perform / assist with irrigations
- Apply ear bandage
- Perform tracheotomy care
- Teaching patients and families

Ophthalmology:

- Perform examination of eye
- Assist with diagnostic procedures
- Assist with therapeutic procedures
- Perform / assist with irrigations
- Apply eye bandage
- Apply eye drops/ointments
- Assist with foreign body removal
- Teaching patients and families

Neurology

- Perform Neurological examination
- Use Glasgow coma scale
- Assist with diagnostic procedures
- Teaching patients and families
- Participate in rehabilitation program

Gynaecology

- Assist with gynaecological Examination
- Assist with diagnostic procedures
- Teaching patients and families
- Teaching self breast examination
- Assist with PAP smear collection

Burns unit Operation Theatre:

- Assessment of the burns patient
 - Percentage of burns
 - Degree of burns

- Fluid and electrolyte replacement therapy
 - Assess
 - Calculate
 - Replace
 - Record intake / output
- Care of Burn wounds
 - Bathing
 - Dressing
- Perform active and passive exercises
- Practice medical and surgical asepsis
- Counsel and Teach patients and families
- Participate in rehabilitation program

Oncology unit

- Screen for common cancers – TNM classification
- Assist with diagnostic procedures
 - Biopsies
 - Pap smear
 - Bone – marrow aspiration

- Breast examination
- Assist with therapeutic procedures
- Participates in various modalities of treatment
 - Chemotherapy
 - Radiotherapy
 - Pain management
 - Stomal therapy
 - Hormonal therapy
 - Immuno therapy
 - Gene therapy
 - Alternative therapy
- Participate in palliative care
- Counsel and teach patients families
- Self Breast examination
- Warning signs
- Participate in rehabilitation program

Critical care unit

- Monitoring of patients in ICU
- Maintain flow sheet
- Care of patient on ventilators
- Perform Endotracheal suction
- Demonstrate uses of ventilators, cardiac monitors etc
- Collect specimens and interpret ABG analysis
- Assist with arterial puncture
- Maintain CVP line
- Pulse oxymetry
- CPR – ALS
- Defibrillators
- Pace makers
- Bag mask ventilation
- Emergency tray / trolley – Crash cart
- Administration of drugs
 - Infusion pump

- Epidural
- Intra thecal
- Intracardiac
- Total parenteral therapy
- Chest physiotherapy
- Perform active passive exercises
- Counsel the patient and family in dealing with grieving and bereavement

Casualty / Emergency

- Practice “triage”
- Assist with assessment, examination, investigations and their interpretations in emergency and disaster situations
- Assists in documentations
- Assists in legal procedures in emergency unit
- Participate in managing crowd
- Counsel patient and families in grief and bereavement

Assignments:

- Plan and give care to 3-4 assigned patients
- Nursing care plan – 1
- Observation of OPD, Eye bank, burns unit, , cancer unit, critical care unit , emergency unit
- Drug presentation – 1
- Maintain drug book
- Maintain practical record book
- Plan and give care to 2-3 assigned patients
- Counseling HIV patients and families -1
- Assist as a circulatory nurse in major cases – 10
- Minor cases 3-5
- Assist as a scrub nurse in major cases – 10
- Minor cases 5

The internal assessment will be in the form of assessing clinical performance with rating scale, assess each skill with check list, evaluation of case study, observation report and health talk, completion of practical record, activity record.

Placement: **Internship**

Duration – **9 weeks**

Areas: Medical ward, Surgical ward, Critical care unit / ICCU, Casualty / Emergency, Operation Theatre (Eye, ENT, Neuro)

The objectives are:

- To provide comprehensive care to patients with medical and surgical conditions including emergencies
- Assist with common operations

The assessment will be done through clinical performance with rating scale.

CHILD HEALTH NURSING PRACTICAL

Placement: Third year
Fourth year
weeks)

Duration: – 270 hours (9 weeks)
Internship – 145 hours (3

The learning objectives are:

- Provide nursing care to children with various medical disorders
- Counsel and educate parents
- Recognize different paediatric surgical conditions / malformations
- Provide pre and post operative care to children with common paediatric surgical conditions / malformation
- Counsel and educate parents
- Perform assessment children: Health, Developmental and Anthropometric
- Perform immunization
- Give health Education / Nutritional Education
- Provide nursing care to critically ill children

Areas & Skills

Paediatric Medicine Ward

- Taking Paediatric History
- Physical examination and assessment of children
- Administer of oral I/M and IV medicine / fluids
- Calculation of fluid requirements
- Prepare different strengths of I.V fluids
- Apply restraints
- Administer O2 inhalation by different methods
- Give baby bath
- Feed children by Katori spoon etc.
- Collect specimens for common investigations.
- Assists with common diagnostic procedures
- Teach mothers / parents
 - Malnutrition
 - Oral rehydration therapy
 - Feeding and Weaning
 - Immunization schedule
 - Play therapy
 - Specific Disease conditions

Paediatric Surgery Ward

- Calculate, prepare and administer I/V fluids
- Do bowel wash
- Care for ostomies
 - Colostomy irrigation
 - Ureterostomy
 - Enterostomy
- Urinary catheterization and drainage
- Feeding
 - Nastro – gastric
 - Gastrostomy
 - Jejunostomy
- Care of surgical wounds
 - Dressing
 - Suture removal

Paediatric OPD / Immunization room

- Assessment of children
 - Health assessment
 - Developmental assessment
- Immunization
- Health / Nutritional Education

Paediatric Medicine and surgery ICU

- Care of a baby in incubator / warmer
- Care of a child on ventilator
- Endotracheal suction
- Chest physiotherapy
- Administer fluids with infusion pump
- Total parenteral nutrition
- Phototherapy
- Monitoring of babies
- Cardio Pulmonary resuscitation

Assignments:

Give care to assigned paediatric patients

Nursing care Plan – 1

Case study / presentation – 1

Health Talk – 1

The assessment of the skills will be done by assessing performance with rating scale, assess each skill with check list OSCE/OSPE, evaluation of case study / presentation and Health Education session, completion of activity record.

Internship

- To provide comprehensive care to children with medical conditions in Paediatric medicine ward / ICU
- To provide comprehensive care to children with surgical conditions in Paediatric surgery ward / ICU
- To provide intensive care to neonates

The assessment of the skills will be done by assessing clinical performance with rating scale.

MENTAL HEALTH NURSING PRACTICAL

Placement: Third year

**Duration: –Practical – 270 hours
Internship – 95 hours (2**

weeks)

The learning objectives are:

- Assess patients with mental health problems
- Observe and assist in therapies
- Counsel and educate patient, and families
- Assessment of children with various mental health problems
- Counsel and educate children, families and significant others
- Assess patients with mental health problems
- To provide nursing care for patients with various mental health problems
- Assist in various therapies
- Counsel and educate patients, families and significant others
- To identify patients with various mental disorders
- To motivate patients for early treatment and follow up
- To assist in follow up clinic
- Counsel and educate patient, family and community.

Areas & Skills

Psychiatric OPD

- History taking
- Assist in Psychometric assessment
- Perform Neurological examination
- Observe and assist in therapies
- Teach patients and family members

Child guidance clinic

- History taking in psychometric assessment
- Observe and assist in various therapies
- Teach family and significant others

In patient ward

- History taking
- perform mental status examination (MSE)
- Assist in Psychometric assessment
- Record therapeutic communication
- Administer medications
- Assist in Electro conclusive therapy (ECT)
- Participate in all therapies
- Prepare patients for Activities of Daily living (ADL)
- Conduct admission and discharge counseling
- Counsel and teach patients and families

Community psychiatry

- Conduct case work
- Identify individuals with mental health problems
- Assist in mental health camps and clinics
- Counsel and teach family members, patients and community.

Assignments:

- History taking and mental status examination – 2
- Health education – 1
- Observation of OPD

- Case work – 1
- Observation report of different therapies – 1
- Giving care to 2 to 3 patients with various mental disorders
- Case study - 1
- Clinical presentation – 1 Process recording – 2
- Maintain drug book
- Case work - 1
- Observation report on field visits

The assessment of the skills will be done by assessing performance with rating scale, assess each skill with check list, evaluation of case study / presentation and Health Education session, completion of activity record, evaluation of the observation report and case study.

Internship

- To provide comprehensive care to patients with mental health in psychiatry ward.
- The assessment of the skills will be done by assessing clinical performance with rating scale.

In old regulation Nursing Research and statistics was placed in fourth year. But in the modified regulation it has been placed in third year

MIDWIFERY AND OBSTETRICAL NURSING - PRACTICAL

**Placement: Fourth year
hours**

Duration: –180

Internship – 240 +180

hours

The learning objectives are:

- Assessment of pregnant women
- Assess woman in labour
- Carry out pre – vaginal examinations
- Conduct normal deliveries
- Perform episiotomy and suture it
- Resuscitate new borns
- Assist with Caesarean Sections, MTP and other surgical procedures
- Provide nursing care to post natal mother and baby
- Counsel and teach mother and family for parent hood
- Provide nursing care to new born at risk
- Rotation from post natal ward

Areas & Skills

Antenatal Clinic / OPD

- Antenatal history taking
- Physical examination
- Recording of weight and B.P
- Hb and Urine testing for sugar and albumin
- Antenatal examination – abdomen and breast
- Immunization
- Assessment of risk status
- Teaching antenatal mothers
- Maintenance of antenatal records

Labour room O.T

- Assessment of Woman in labour
- Prevaginal examinations and interpretation
- Monitoring and caring of woman in labour
- Maintenance of partograph
- Conduct normal delivery
- New born assessment and immediate care
- Resuscitation of new borns
- Assessment of risk status of new born
- Episiotomy and suturing
- Maintenance of labour and birth records
- Arrange for assist with Caesarean
- Arrange for and assist with MTP and other surgical procedures

Post natal ward

- Examination and assessment of mother and Baby
- Identification of deviations
- Care of post natal mother and baby
- Perineal care
- Lactation management
- Breast feeding
- Baby bath
- immunization
- teaching post natal mother
 - Mother craft
 - Post natal care and

- Exercises
- Immunization

New born nursery:

- New born assessment
- Admission of neonates
- Feeding of at risk neonates
 - Katori spoon, paladin, tube feeding, total parental nutrition
- Thermal management of neo nates – kangaroo mother care, care of baby in incubator
- Monitoring and care of neo nates
- Administering medications
- Intravenous therapy
- Assisting with exchange transfusion
- Care of baby on ventilator
- Phototherapy
- Infection control protocols in the nursery
- Teaching and counseling of parents
- Maintenance of neo natal records

Family planning clinic:

- Counseling technique
- Insertion of IUD
- Teaching on use of famiilu planning methods
- Arrange for and assist with family planning operations
- Maintenance of records and reports

Assignments:

*Conduct of Antenatal examination-30

Conduct normal deliveries – 20

Prevaginal examinations – 5

- Perform and suture the episiotomies – 5
- Resuscitate new borns – 5
- Assist with caesarean sections- 2
- Witness abnormal deliveries - 5, give care to post natal, IUD insertion
- Assist with MTP and other surgical procedures -1
- Case book recordings
- Observation study
- Counseling
- Stimulation exercise on recording and reporting
- Health talk
- IUD insertion – 5
- Give care to Post natal mothers - 20
- *Essential requirements for registration as midwife
- * Antenatal Examination 30
- Conduct normal deliveries in hospital /
- Home / health centre 20
- * Vaginal examination 5
- * Episiotomy and suturing 5
- * Neonatal resuscitation 5
- * Assist with caesarean section 2
- * Witness / Assist abnormal deliveries 5
- *Post natal cases nursed in hospital /
- Home / health care centre 20
- Insertion of IUD 5

Note: All cases must be certified by teacher on completion of essential requirements

Internship obstetrical nursing
Internship Duration – 5 weeks

Area	Objective	Skills	Assignment	Assessment methods
Labour ward Neonatal intensive care unit / NICU Antenatal	Provide comprehensive care to mothers and to neonates	Integrated practice	Completion of other essential requirements Case book recordings	Assess clinical performance with rating scale Completion of case book recordings

The assessment of the skills will be done by assessing performance with rating scale, assess each skill with check list, evaluation of case study / presentation and Health Education session, completion of activity record.



Skill Development

COMMUNITY HEALTH NURSING – II – PRACTICAL

Areas	Duration (in weeks)	Objective	Skills	Assignment	Assessment Methods
Community health nursing	1 wk for urban 4 wk for rural	- Identify community profile - Identify prevalent communicable and non-communicable diseases - Diagnose health needs of Individual, families and community - Plan, provide and evaluate care - Participate in school health programme - Participate in national health programmes - Organize group for self help and involve clients in their own health activities - Provide family welfare services - Counsel and educate individual, family and community - Collect vital health statistics - Maintain records & reports	- Community health survey - Community diagnosis - Family care: Home adaptation of common procedures - Home visit: Bag technique - Organize and conduct clinics antenatal, postnatal, well baby clinic, camps etc. - Screen manage and referrals for: High risk mothers and neonates - Accidents and emergencies - Illness: Physical and mental - Disabilities - Conduct delivery at center/home: episiotomy and suturing - Resuscitate newborn - School Health programme - Screen, Manage refer children - Collaborate with health and allied agencies - Train and supervise health workers - Provide family welfare services: insertion of IUD - Counsel and teach individual, family and community about: HIV, TB, Diabetes, Hypertension, Mental Health, Adolescents,	- Community survey report - Family care study-1 - Project –1 - Health talk - Case book recording	- Assess clinical performance with rating scale - Evaluation of community survey report family care study, project and health talk - Completion of activity record

			elderly's health, physically and mentally challenged individuals etc. • Collect and calculate vital health statistics • Document and maintain - Individual, family and administrative records - Write reports center, disease, and national health programme/ projects.		
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Placement : Fourth Year

Time : Practical 135 Hours

Internship - 195 + 60 = 255 hours

Placement: Internship

Time: 4 Weeks

Areas	Duration (in weeks)	Objective	Skills	Assessment Methods
Urban	4 Weeks	Provide comprehensive care to individual, family and community	Integrated practice and group project-1 in each rural and urban	- Assess clinical performance with rating scale - Evaluation of project. - Roles and responsibilities of Middle Level Health Provider

Note: During the rural posting they should stay in health centres under the supervision of teachers

Nursing Foundation - I
CLINICAL PRACTICUM

Clinical Practicum: 2 Credits (160 hours), 10 weeks × 16 hours per week

PRACTICE COMPETENCIES: On completion of the clinical practicum, the students will be able to

1. Maintain effective human relations (projecting professional image)
2. Communicate effectively with patient, families and team members
3. Demonstrate skills in techniques of recording and reporting
4. Demonstrate skill in monitoring vital signs
5. Care for patients with altered vital signs
6. Demonstrate skill in implementing standard precautions and use of PPE
7. Demonstrate skill in meeting the comfort needs of the patients
8. Provide safe and clean environment
9. Demonstrate skill in admission, transfer, and discharge of a patient
10. Demonstrate skill in caring for patients with restricted mobility
11. Plan and provide appropriate health teaching following the principles
12. Acquire skills in assessing and performing First Aid during emergencies.

SKILL LAB

Use of Mannequins and Simulators

S.No .	Competencies	Mode of Teaching
1.	Therapeutic Communication and Documentation	Role Play
2.	Vital signs	Simulator/Standardized patient
3.	Medical and Surgical Asepsis	Videos/Mannequin
4.	Pain Assessment	Standardized patient
5.	Comfort Devices	Mannequin
6.	Therapeutic Positions	Mannequin
7.	Physical Restraints and Side rails	Mannequin
8.	ROM Exercises	Standardized patient
9.	Ambulation	Standardized patient
10.	Moving and Turning patients in bed	Mannequin
11.	Changing position of helpless patients	Mannequin/Standardized patient
12.	Transferring patients bed to stretcher/wheel chair	Mannequin/Standardized patient
13.	Admission, Transfer, Discharge & Health Teaching	Role Play

CLINICAL POSTINGS –

General Medical/Surgical Wards 10 weeks × 16 hours/week = 160 Hours

Clinical Unit	Duration (in Weeks)	Learning Outcomes	Procedural Competencies/ Clinical Skills (Supervised Clinical Practice)	Clinical Requirements	Assessment Methods
General Medical/ Surgical wards	2	Maintain effective human relations (projecting professional image) Communicate effectively with patient, families and team members Demonstrate skills in techniques of recording and reporting	Communication and Nurse patient relationship • Maintaining Communication with patient and family and interpersonal relationship • Documentation and Reporting ◦ Documenting patient care and procedures ◦ Verbal report ◦ Written report		• OSCE
	2	Demonstrate skill in monitoring vital signs Care for patients with altered vital signs Demonstrate skill in implementing standard precautions and use of PPE	<i>Vital signs</i> • Monitor/measure and document vital signs in a graphic sheet ◦ Temperature (oral, tympanic, axillary) ◦ Pulse (Apical and peripheral pulses) ◦ Respiration ◦ Blood pressure ◦ Pulse oximetry • Interpret and report alteration • Cold Applications - Cold Compress, Ice cap, Tepid Sponging • Care of equipment – thermometer, BP apparatus, Stethoscope, Pulse oximeter <i>Infection control in Clinical settings</i> • Hand hygiene • Use of PPE	• Care of patients with alterations in vital signs- 1	• Assessment of clinical skills using checklist • OSCE

	3	Demonstrate skill in meeting the comfort needs of the patients	○ Cardiac bed ○ Fracture bed • Comfort devices ○ Pillows ○ Over bed table/cardiac table ○ Back rest ○ Bed Cradle • Therapeutic Positions ○ Supine ○ Fowlers (low, semi, high) ○ Lateral ○ Prone ○ Sim's ○ Trendelenburg ○ Dorsal recumbent ○ Lithotomy ○ Knee chest <i>Pain</i> • Pain assessment and provision for comfort <i>Promoting Safety in Health Care Environment</i> • Care of Patient's Unit • Use of Safety devices: ○ Side Rails • Restraints (Physical) • Fall risk assessment and Post Fall Assessment	• Fall risk assessment -1	• Assessment of clinical skills using checklist • OSCE
		Demonstrate skill in caring for patients with restricted mobility	<i>Mobility and Immobility</i> • Range of Motion Exercises • Assist patient in: ○ Moving ○ Turning ○ Logrolling • Changing position of helpless patient • Transferring (Bed to and from chair/wheelchair/stretcher) ○ <i>Patient education</i>	• Individual teaching-1	• Assessment of clinical skills using checklist • OSCE

	1	Demonstrate skills in assessing and performing First Aid during emergencies	First aid and Emergencies • Bandaging Techniques ○ Basic Bandages: ▪ Circular ▪ Spiral ▪ Reverse-Spiral ▪ Recurrent ▪ Figure of Eight ○ Special Bandages: ▪ Caplin ▪ Eye/Ear Bandage ▪ Jaw Bandage ▪ Shoulder Spica ▪ Thumb spica ▪ Triangular Bandage/ Sling (Head & limbs) ▪ Binders	• Module completion National Disaster Management Authority (NDMA) First Aid module (To complete it in clinicals if not completed during lab)	• Assessment of clinical skills using checklist • OSCE (first aid competencies)
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Nursing Foundation - II
CLINICAL PRACTICUM

Clinical: 4 Credits (320 hours)

PRACTICE COMPETENCIES: On completion of the course, the student will be able to

1. Perform health assessment of each body system
2. Develop skills in assessment, planning, implementation and evaluation of nursing care using Nursing process approach
3. Identify and meet the Nutritional needs of patients
4. Implement basic nursing techniques in meeting hygienic needs of patients
5. Plan and Implement care to meet the elimination needs of patient
6. Develop skills in instructing and collecting samples for investigation.
7. Perform simple lab tests and analyze & interpret common diagnostic values
8. Identify patients with impaired oxygenation and demonstrate skill in caring for patients with impaired oxygenation
9. Identify and demonstrate skill in caring for patients with fluid, electrolyte and acid – base imbalances
10. Assess, plan, implement & evaluate the basic care needs of patients with altered functioning of sense organs and unconsciousness
11. Care for terminally ill and dying patients

SKILL LAB

Use of Mannequins and Simulators

S.No.	Competencies	Mode of Teaching
1.	Health Assessment	Standardized Patient
2.	Nutritional Assessment	Standardized Patient
3.	Sponge bath, oral hygiene, perineal care	Mannequin
4.	Nasogastric tube feeding	Trainer/ Simulator
5.	Providing bed pan & urinal	Mannequin
6.	Catheter care	Catheterization Trainer
7.	Bowel wash, enema, insertion of suppository	Simulator/ Mannequin
8.	Oxygen administration – face mask, venture mask, nasal prongs	Mannequin
9.	Administration of medication through Parenteral route – IM, SC, ID, IV	IM injection trainer, ID injection trainer, IV arm (Trainer)
10.	Last Office	Mannequin

CLINICAL POSTINGS –

General Medical/Surgical

Wards (16 weeks × 20

hours per week = 320

hours)

Clinical Unit	Duration (Weeks)	Learning Outcomes	Procedural Competencies/ Clinical Skills (Supervised Clinical Practice)	Clinical Requirements	Assessment Methods
General Medical/ Surgical wards	3	Perform health assessment of each body system	Health Assessment • Nursing/Health history taking • Perform physical examination: - oGeneral - oBody systems • Use various methods of physical examination – Inspection, Palpation, Percussion, Auscultation, Olfaction • Identification of system wise deviations • Documentation of findings	• History Taking – 2 • Physical examination – 2	• Assessment of clinical skills using checklist • OSCE
	1	Develop skills in assessment, planning, implementation and evaluation of nursing care using Nursing process approach	The Nursing Process • Prepare Nursing care plan for the patient based on the given case scenario	• Nursing process – 1	• Evaluation of Nursing process with criteria
	2	Identify and meet the Nutritional needs of patients Implement basic nursing techniques in meeting hygienic needs of	Nutritional needs, Elimination needs & Diagnostic testing • Nutritional needs • Nutritional Assessment • Preparation of Nasogastric tube feed • Nasogastric tube feeding • Hygiene • Care of Skin & Hair: - Sponge Bath/ Bed bath	• Nutritional Assessment and Clinical Presentation – 1 • Pressure sore assessment – 1	• Assessment of clinical skills using checklist • OSCE

		patients	- Care of pressure points & back massage • Pressure sore risk assessment using Braden/Norton scale - Hair wash - Pediculosis treatment • Oral Hygiene • Perineal Hygiene • Catheter care		
	2	Plan and Implement care to meet the elimination needs of patient Develop skills in instructing and collecting samples for investigation.	Elimination needs • Providing - Urinal - Bedpan • Insertion of Suppository • Enema • Urinary Catheter care • Care of urinary drainage Diagnostic testing	• Clinical Presentation on Care of patient with Constipation – 1 • Lab values – interpretation	• Assessment of clinical skills using checklist • OSCE
		Perform simple lab tests and analyze & interpret common diagnostic values	• Specimen Collection - oUrine routine and culture - oStool routine - oSputum Culture • Perform simple Lab Tests using reagent strips - oUrine – Glucose, Albumin, Acetone, pH, Specific gravity • Blood – GRBS Monitoring		
	3	Identify patients with impaired oxygenation and demonstrate skill in caring for patients with impaired oxygenation	Oxygenation needs, Fluid, Electrolyte, and Acid – Base Balances Oxygenation needs • Oxygen administration methods - o Nasal Prongs - o Face Mask/Venturi Mask • Steam inhalation		• Assessment of clinical skills using checklist • OSCE

		Identify and demonstrate skill in caring for patients with fluid, electrolyte and acid – base imbalances	• Chest Physiotherapy • Deep Breathing & Coughing Exercises • Oral Suctioning Fluid, Electrolyte, and Acid – Base Balances • Maintaining intake output chart • Identify & report complications of IV therapy • Observe Blood & Blood Component therapy • Identify & Report Complications of Blood & Blood Component therapy		• Assessment of clinical skills using checklist • OSCE
	3	Explain the principles, routes, effects of administration of medications Calculate conversions of drugs and dosages within and between systems of Measurements Administer drugs by the following routes- Oral, Intradermal,	Administration of Medications • Calculate Drug Dosages • Preparation of lotions & solutions • Administer Medications ○ Oral ○ Topical ○ Inhalations ○ Parenteral ▪ Intradermal ▪ Subcutaneous		• Assessment of clinical skills using checklist • OSCE
		Subcutaneous, Intramuscular, Intra Venous Topical, inhalation	▪ -Intramuscular ▪ Instillations ○ Eye, Ear, Nose – instillation of medicated drops, nasal sprays, irrigations		
	2	Assess, plan, implement & evaluate the basic care needs of patients with altered functioning of sense organs and unconsciousness	Sensory Needs and Care of Unconscious patients, Care of Terminally ill, death and dying <i>Sensory Needs and Care of Unconscious patients</i> • Assessment of Level of Consciousness using Glasgow Coma Scale	• Nursing rounds on care of patient with altered sensorium	• Assessment of clinical skills using checklist • OSCE

		Care for terminally ill and dying patients	<i>Terminally ill, death and dying</i> Death Care		Assessment of clinical skills using checklist
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 Skill Development