Appendix - II

Government of West Bengal

WEST BENGAL NURSING COUNCIL

NOTIFICATION:

No. 2048/213/70 dt. 14.8.67. The following regulations which have been made by the West Bengal Nursing Council with previous sanction of the State Government under sub-section (1) of section 32 of the Bengal Nurses' Act, 1934 (Cen. Act I of 1934) in modification of existing regulations in training of General Nursing Midwifery Course are hereby published as required under sub-section (2) of that section (32) for general information.

Duration of the Course

The course in General Nursing and Midwifery shall be of 3 years which shall be divided as follows:

2 years in theory and practical in General Nursing and
1 year in Midwifery and Community Health Nursing. However, Community Health Nursing is integrated throughout the 3 years.

The maximum hours per week per student shall be 36 hours only including instruction and clinical/field experience. Students should be admitted to schools only once in a year.

General Nursing-Midwifery Examinations:

The examinations shall consist of three parts, namely:

I. Preliminary Examination: Theory and practical,
II. Second Examination: Theory and practical,
III. Final Examination: Theory and practical.
**Preliminary Examination**

1) The examination shall consist of:

<table>
<thead>
<tr>
<th>Paper</th>
<th>Fundamental of Nursing (includes first aid, emergency nursing and Physics and Chemistry applied to nursing)</th>
<th>Total</th>
<th>Internal</th>
<th>External</th>
<th>Hours of Exam</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>100</td>
<td>25</td>
<td>75</td>
<td>3</td>
</tr>
</tbody>
</table>

| Paper | Anatomy and Physiology and Microbiology                                                                 | 100   | 25       | 75       | 3             |

| Paper | Community Health Nursing (includes Nutrition Psychology, Sociology, Hygiene, Personnel and Environmental, Health Education and Communication skills) | 100   | 25       | 75       | 3             |

| Practical | Fundamentals of Nursing                                                                                     | 100   | 25       | 75       | contd .......  |
Second Examination

The examination shall consist of:

<table>
<thead>
<tr>
<th>Subject Description</th>
<th>Total Marks</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Exem.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper I: Comprehensive Nursing (Medical Surgical Nursing)</td>
<td>100</td>
<td>25</td>
<td>75</td>
<td>3</td>
</tr>
<tr>
<td>Paper II: Comprehensive Nursing (Medical Surgical Nursing-II, including specialties - Eye, ENT, Gynaecological and Communicable diseases)</td>
<td>100</td>
<td>25</td>
<td>75</td>
<td>3</td>
</tr>
<tr>
<td>Paper III: Paediatric Nursing, Health and Psychiatric Nursing</td>
<td>100</td>
<td>25</td>
<td>75</td>
<td>3</td>
</tr>
<tr>
<td>Practical II: Advanced Nursing</td>
<td>100</td>
<td>25</td>
<td>75</td>
<td></td>
</tr>
</tbody>
</table>

Final Examination

The examination shall consist of a written paper in the subjects of IIIrd year of three hours in each subject and an oral-practical examination conducted in the ward, and the marks shall be:

<table>
<thead>
<tr>
<th>Subject Description</th>
<th>Total Marks</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Exem.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper I: Community Health Nursing-II including Professional Trade Management and Supervision</td>
<td>100</td>
<td>25</td>
<td>75</td>
<td>3</td>
</tr>
<tr>
<td>Paper II: Midwifery/Speciality for Male Students</td>
<td>100</td>
<td>25</td>
<td>75</td>
<td>3</td>
</tr>
<tr>
<td>Paper III: Midwifery/Speciality for Male Students</td>
<td>100</td>
<td>25</td>
<td>75</td>
<td>3</td>
</tr>
</tbody>
</table>
SYLLABUS

There shall be a preliminary period of 12 weeks during which the student is not assigned any ward duties. The student may attend the wards for observation and supervised practice not exceeding 16 hours per week.

An assessment for the student's ability to continue the course shall be carried out at the end of this period.

The subjects, their hours and placements are subject to revision from time to time.

<table>
<thead>
<tr>
<th>I. Basic Science applied to Nursing</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anatomy and Physiology</td>
<td>40</td>
</tr>
<tr>
<td>Physics and Chemistry applied to Nursing</td>
<td>30</td>
</tr>
<tr>
<td>Microbiology</td>
<td>30</td>
</tr>
<tr>
<td>Hygiene-personal and Environmental</td>
<td>40</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>II. Behavioural Sciences as applied to Nursing</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychology</td>
<td>10</td>
</tr>
<tr>
<td>Sociology and Economics</td>
<td>30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>III. Community Health Nursing-I,</th>
<th>Total: 160 hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition</td>
<td>30</td>
</tr>
<tr>
<td>Health Education and Communication skill</td>
<td>10</td>
</tr>
<tr>
<td>Community Health Nursing practice-I</td>
<td>60</td>
</tr>
</tbody>
</table>

Total: 160 hrs.
XV. **Nursing**:  

Fundamentals of Nursing at home and in hospital 120 hours  

Year-time distribution of work, days and hours is as follows:-  

<table>
<thead>
<tr>
<th>Year</th>
<th>Weeks</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st year</td>
<td>42</td>
<td>250</td>
</tr>
<tr>
<td>2nd year</td>
<td>42</td>
<td>250</td>
</tr>
<tr>
<td>3rd year</td>
<td>42</td>
<td>250</td>
</tr>
</tbody>
</table>

*Note:* Since Sundays are already subtracted these weeks are 6 days for instruction practice.

Louve available annually 42 x 36 hours — 1500 hours approximately.

It is recommended that hours of instruction and Clinical Field Experience be divided as follows for each year:

<table>
<thead>
<tr>
<th>Year</th>
<th>Instruction including Supervised practice (Hours)</th>
<th>Clinical Field Experience (Hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>First year</td>
<td>565</td>
<td>935</td>
</tr>
<tr>
<td>Second year</td>
<td>350</td>
<td>1150</td>
</tr>
<tr>
<td>Third year</td>
<td>250</td>
<td>1850</td>
</tr>
</tbody>
</table>

Total hours: 4500

**Curriculum:** The curriculum for General Nursing and Midwifery shall include the clinical/field experience. Minimum subjects and time allotted as prescribed, or as revised from time to time.
Minimum Hours for Instruction and Supervised Practice

I. Basic Sciences applied to Nursing:
   - Anatomy and Physiology 80 (40 hours in PTS period)
   - Physics and Chemistry applied in Nursing 20 (PTS period)
   - Microbiology 30 (PTS period)
   - Hygiene-Personal and Environmental Health 40 (PTS period)

II. Behavioural Sciences applied to Nursing:
   - Psychology 30 (10 hours in PTS period)
   - Sociology and Economics 20 (PTS period)
   - Total: 820 hours

III. Community Health Nursing:
   - Nutrition 30 (PTS period)
   - Health Education and Communication Skill 10 (PTS period)
   - Community Health Nursing Practice-1 140 (60 hours in PTS period)
   - Total: 180 hours

IV. Nursing:
   - Fundamentals of Nursing at Home and Hospital 165 hours (120 hours PTS Period)
   - Total in the first year: 525 hours

Minimum Hours for Instruction and Supervised Practice.
SECOND Year

Medical Surgical Nursing I and II

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Surgical Nursing (including Pharmacology, Eye, ENT, Communicable Disease)</td>
<td>240</td>
</tr>
<tr>
<td>Psychiatric Nursing and Mental Health</td>
<td>30</td>
</tr>
<tr>
<td>Pediatric Nursing</td>
<td>50</td>
</tr>
<tr>
<td>Advanced Nursing practice related to Medical Surgical Nursing</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
</tr>
</tbody>
</table>

Total in Second year 350 hours

Third Year

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Midwifery/special Course for Male Nursing</td>
<td>100</td>
</tr>
<tr>
<td>Community Health Nursing II</td>
<td>100</td>
</tr>
<tr>
<td>Professional Trends and Adjustments</td>
<td>30</td>
</tr>
<tr>
<td>Management in Nursing</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>250</td>
</tr>
</tbody>
</table>

Total in Third year: 250 hours

Grand Total: 1150 hours

Note: Wherever it is feasible male students may take Midwifery or may elect one 6 months clinical nursing course (approved by the Indian Nursing Council) in Annexure I, e.g., TL, Leprosy, O.T. Ophthalmological Nursing, V.D., Geriatric and neurological nursing.
Students may be assigned for observing and practicing what they are learning, under careful supervision in the clinical area. A careful and continuous assessment of a student's knowledge, abilities, and attitudes will determine whether s/he should continue in nursing after the first 3 months. On successful completion of a formal school test, minimum clinical/field experience required and its suggested placement in the curriculum is as follows:

<table>
<thead>
<tr>
<th>Clinical Area</th>
<th>1st Year</th>
<th>2nd Year</th>
<th>3rd Year</th>
<th>Total of each</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Nursing Area</td>
<td>288</td>
<td>-</td>
<td>-</td>
<td>288 (3)</td>
</tr>
<tr>
<td>Community Health</td>
<td>360</td>
<td>10</td>
<td>576</td>
<td>576 (10)</td>
</tr>
<tr>
<td>Medical Surgical Nursing</td>
<td>718 (20)</td>
<td>-</td>
<td>1006</td>
<td>(20)</td>
</tr>
<tr>
<td>Pediatric Nursing</td>
<td>100</td>
<td>(3)</td>
<td>432</td>
<td>(12)</td>
</tr>
<tr>
<td>Psychiatric Nursing</td>
<td>-</td>
<td>144 (4)</td>
<td>-</td>
<td>144 (4)</td>
</tr>
<tr>
<td>Midwifery/Speciality for Male Nurse</td>
<td>-</td>
<td>-</td>
<td>890 (24)</td>
<td>890 (24)</td>
</tr>
<tr>
<td>Total</td>
<td>935</td>
<td>1250</td>
<td>3335</td>
<td></td>
</tr>
</tbody>
</table>

* Regarding relation of Nutrition to health,
* Regarding Health Nursing Administration & Family Planning,
Night Shift:

Students must be under the supervision of a registered nurse when assigned to night shift. This assignment should not be given until after the 1st year and a total of 8 weeks during the entire course.

ANATOMY AND PHYSIOLOGY

Course Description: This course is designed to help students gain knowledge of structure and functions of body, recognize deviation from normal in order to perform effective Nursing care.

Objectives:

a) The general structure and functions of the human body.
b) The detailed structure of different system organs and their functions.
c) To develop an ability to apply the principles of Anatomy and Physiology in the Nursing practice.

Unit - I, Introduction; and Anatomical terms.

Unit - II, The body as a whole organization of body; cells, tissues, organs, systems, membrane and glands.

Unit - III, Skeletal system, Bones-types, structure functions Axial Skeleton, Appendicular Skeleton, joints-classification, Structure and function.

Unit - IV, Muscular system, types structure functions of muscle position and action of chief muscles of the body.

Unit - V, Nervous system structure and function of neuron, Central Nervous System- Structure and functions, Autonomic nervous structure and functions.
Unit - VI.  a) Blood — Composition, Clothing and group.
Cardio-Vascular System:  b) Heart-position, structure, conduction system, functions and cardiac cycle.
  c) Blood vessels, structural difference and positions of chief vessels.
  d) Circulation of blood; systemic, Pulmonary, and Portal.
  e) Blood pressure and pulse.
  f) Lymphatic system— Lymph vessels, glands, ducts and lymph circulation.

Unit - VII. Respiratory system
  Structure and function of respiratory organs. — Physiology of respiration.

Unit - VIII. Digestive System.
  Structure and function of organs of digestion and necessary organs.
  — Process of digestion and absorption
  — Metabolism—meaning
  — Metabolism of food constituent.

Unit - IX. Excretory system
  Structure and function of the organs of Urinary system.
  — Structure and function of skin
  — Regulation of body temperature.
  — Fluid and Electrolyte balance.

Unit - X. Endocrine system
  Structure and functions of Pituitary, pancreas, thyroid, Parathyroid, thymus, supra renals.

Unit - XI. Sense Organs:
  Physiology of vision, hearing and equilibrium.
Unit - All. Female reproductive system —

- structure and functions of reproductive and necessary organs.
- Menstrual cycle, Menopause and process of reproduction, Male reproductive system.
- Structures and functions.

PHYSICS AND CHEMISTRY

Course Description: This course is designed to help students to understand and apply their knowledge of scientific principles in Nursing care.

Objective:

1. To acquire such knowledge of the basic principles of Physics as related to the functions of the body.

2. To acquire a knowledge of chemistry which will assist in understanding the body functions and other allied subjects, e.g., Pharmacology, nutrition etc.

3. To develop an ability to apply these principles in the practice of Nursing.

PHYSICS:

Unit - I.

Unit and Measurement. Metric and British System of Units, conversion tables.

Unit - II.

Forms of matter with their characteristics application to Nursing of:
- Surface tension.
- Capillary action.
- Density, specific gravity, principles of Archimedes etc.
Unit III. Mechanics: Equilibrium, Centre of gravity, levers and pulleys, traction fraction and principles in body mechanics.

Unit IV. Pressure: Concept of pressure, hydrostatic pressure, Atmospheric pressure and Measurement of pressure.

Unit V. Heat: Unit of heat and temperature- Calorimetry, thermometry, changes of state, evaporation, freezing, sterilization, distillation, transmission of heat, L.V., and its measurement.

Unit VI. Light: Reflection and refraction, image formation by lens and mirrors, defects of vision and correction, Therapeutic uses of light, simple optical instruments.

Unit VII. Sound: Its nature, sound waves, sound production and detection, defects of hearing, audiology, hearing aids, mitigation of noise, Music, resonance, Stethoscope etc.

Unit VIII. Electricity & Magnetism: Nature of electricity and magnetism, static electricity, electricity-safety precautions, electric lighting and power, electro-medical apparatus, X-rays, radioactive isotopes, etc.

Unit IX. Ionizing Radiation: X-rays, radioactive isotopes- uses and hazards.

Chemistry

Unit I. Physical and Chemical changes.

— Types of chemical reaction with examples, inorganic.
— Combination, Decomposition, replacement, oxidation-reduction.
— Organic Addition, substitution, Polymerisation, oxidation in the human system.
Unit II. Oxygen — Importance and properties with reference to Physiological system.

— application of radio elements;

— Coding and identification of gas cylinders.

Unit III. Solutions: — True and Colloidal; properties of true solutions, colloids, emulsions, suspensions; their applications.

Unit IV. Ionisation: — Theory, water as an ionising agent, water and electrolyte balance in the body.

Unit V. Osmosis: — Osmotic pressure; isotonic, hypertonic and hypotonic solution — their applications.

Unit VI. Electrolytes — Inorganic and Organic:

— Acids, bases, salts and buffers — their properties and applications.

Unit VII. Elementary Chemistry and Role of Nurses:

— Common drugs— natural and synthetic; Vitamins; hormones, Nucleic acids and Nucleo proteins, enzymes.

Unit VIII. Elementary Chemistry of Carbohydrates, Fats, Proteins, Digestion, Absorption and Metabolism.

Course Description: This course is designed to develop an understanding about the principles of personal and environmental health and its relation to Nursing in Health and Disease.

Objectives:

1) To acquire knowledge of the principles of health and an understanding for their relation to nursing and healthy living.

2) To acquire knowledge of the health problems of the country and the services available to meet them.
Personal hygiene:

Unit I: Introduction; Concept of optimum health and its relation to successful living.

Unit II: Maintenance of health; Building of good health habits, immunization correlation of defects, maintenance of health records.

Unit III: Physical health; Care of skin, hair, teeth, eyes, ears, hands and feet; menstrual hygiene, rest and sleep; exercise; recreation and posture; nutrition; elimination.

Unit IV: Mental health; Mental health as a component of total health; foundations and contributing factors; characteristics of a mentally healthy person; an integrated personality. Adjustment — nature and concept, causes of mal-adjustment in security, frustration, tensions, conflicts, healthy ways of meeting frustrations and conflicts.

Unit V: Introduction; relation of environment to health.

Unit VI: Factors Contributing to health; Clean air and ventilation; safe water; adequate lighting; good housing; safe food; Sanitation — acceptable standard and methods commonly used in relation to each.

Unit VII: Health Hazards; Accidents risks; polluted atmosphere; water, food, insects, parasites, rodents; infections.

Unit VIII: Community Organization to promote environment mental health; National, State and Local Services, water supply; sanitation; collection and disposal of refuse; food and milk laws; pest control; immunization and control of infectious disease, health education, importance of town planning.

MICROBIOLOGY

Hours: 30

Course 1: This course is designed to acquire a knowledge and understand the characteristics and activities of micro-organisms and their relation to health and disease.

contd
2. This would enable the student to apply the principles of microbiology in nursing practice in the hospital and community.

Objectives:

The student understands:

1. The classification and characteristics of micro-organisms.


3. The importance and methods of controlling and destroying micro-organisms, and the application of the principles of microbiology in nursing practice.

Unit I. General Introduction:

Brief historical review of bacteriology and microbiology, scope and usefulness of knowledge in nursing.

Unit II. The Basic Structure and Active Micro-organisms:

Classification; Characteristics — size, method and rate of reproduction factors influencing growth; pathogenic and non-pathogenic organisms — Common diseases caused by different types of organisms.

Unit III. Source of Infection, mode of exist and transmission of disease.

Ingestion, inhalation, through skin and mucous membrane and congenital-transfer of infection via. throat, nose, urine and faeces, wounds and discharges, methods of collecting specimens — direct and indirect infection and cross infection.

Unit IV. Reaction of the body.

Local, general and specific effects to certain organisms; immunity-active and passive/immunization schedule.

— allergy.

Unit V. The Control and Destruction of Micro-organisms.

Principles and methods of microbial control.

— Sterilization— dry heat, moist heat; chemicals;

— Disinfections— Physical natural gases, chemicals used and prep. of lotions.

contd......
PSYCHOLOGY

Course Description:
This course is designed to help students to understand the human behaviour psychology of learning and concepts of mental health. This will enable them to develop positive attitudes and human relationships in practice of nursing in hospitals and community.

Objectives:
The students develop a clear understanding of:

1. The concept of mind and dynamics of human behaviour.
2. Personality, mental mechanisms and emotions in health and sickness.
3. Learning and the factors influencing it.

Unit I. Introduction:
Definition and scope of psychology and its importance for nurses; Nature of behaviour.

Unit II. Psychology of human behaviour:
Dynamics of behaviour, Motivation and behaviour process of Adjustments. Adjustments and Mal-adjustments Unconscious behaviour.

contd ......
a. Emotions in health Disease — normal developments — Psychological illness.
b. Attitudes: meaning, development and change, effect of attitude on behaviour, attitude and nurse.
c. Habits: meaning, development, habit formation and breaking habits and the nurse.
d. Frustration and conflicts: sources and nature of frustration, types of conflicts and coping with stress.
e. Defence mechanisms: meaning, importance & classification.

Unit III. Personality:
a. Meaning, types, development and growth.
b. Characteristics of various age groups — child, adolescent and adult.

c. Will & character.

Unit IV. Intelligence and related factors:

b. Thinking and reasoning:
   — Nature and types of thinking and the nurse.
   — Problem solving and reasoning.
c. Observation: Attention and perception, factors affecting observation and errors in perception.

Unit VI. Mental Health:
— Characteristics of a mentally healthy person.
— Mental hygiene in infancy and childhood in adolescence and adulthood.
— National mental health programmes and role of nurses.
Unit VII. Social Psychology.

Course Description: Psychology in relation to Nursing:

Objective:

Unit VIII.

Different age groups — children, adolescent, adult and aged.

Social Psychology.

a. Group behaviour — social and antisocial behaviour.

b. Inter-personal relationship, inter-group relationship and group morale.

SOCIIOLOGY

Course Description: This course gives a basic understanding of sociology and its relevance to Nursing.

Objectives:

a. The concepts of the family as a social unit and the status of the individuals in the family.

b. The dynamics of society and common social problems.

c. The socio-cultural and economic aspects of the Community.

Unit I. The Individual.

a. Brief review of human growth and development and effect of environment on childhood, adolescence, adulthood and aged.

b. The rights and responsibilities of the individual in a democratic society.

Unit II. The Family.

a. Family as a social institution and basic unit of health services.

b. The family cycle, the importance of inter-dependence of family members and basic needs of the family.

c. Advantages of planned parenthood.
Unit III. The Society.

- Definition and meaning.

- Group types, structure intergroup relationship, group cycle, group behaviour, group morale.

- Social changes, social control, social satisfaction.

- Rural and urban society.

- Social problems - unmarried mothers, doory system, prostitution, drug addiction, alcoholism, delinquency and handicapped citizens.

- Social agencies and remedial measures.

Unit IV. The Community.

- Definition, culture, variations of cultural patterns - languages, religion, traditions and customs, mode of living, eating, housing, marriage.

Unit V. Economy.

- Review of natural resources of the country, occupation, industrialisation, standards of living, national income, per capita income.

- Social security.

- Population explosion effect on economy and the need for population control.

- National income, per capita income and Budgeting for a family.

- Health economics.

Reference Books:
2. Ebyl Hariss - Nursing and Social Change.
COMMUNITY HEALTH NURSING I.  
(First year)  
Hours : 30

NUTRITION

Course Description: This course is designed to help students to develop understanding of Nutrition as an integral part of total health care programme.

Objectives: The students acquire an understanding of:

1. the principles of good nutrition and its relation to the body in health and disease.
2. the ability to apply this knowledge in the promotion of health and in the care of sick.
3. the foods in common use in health and disease and develops skill in the preparation of such foods.

Unit I.  
Introduction: Relation of Nutrition to health.

Unit II.  
Constituents of food:  
a. Protein, Fat, Carbohydrates, minerals, vitamins, water.
b. Their functions, sources and daily requirements.
c. Metabolism.
d. Influence on growth and development.
e. Effect of deficiencies and early detection of deviation from normal.

Unit III.  
Food requirements:  
a. The calorie.
b. Methods of calculating normal food requirements.  
- influence of age, sex, occupation.
c. Nutritive value of common food stuffs.

Unit IV.  
Preservation Storage:  
a. Household methods of preserving and storing food.
b. Contamination and its effect on health.

contd ......
a. Commercially prepared foods and adulteration.
d. Precaution in selection.

Unit V.
Cooking:

Unit VI.
Normal Diet:

Unit VII.
Teaching good nutrition:

Introduction to Diet Therapy:

Unit VIII.
Diet as a Therapeutic agent:

Unit IX.
Diet and the patient:

Unit X.
Hospital diets:

- Milk product preparation:
  - Whey, curd, butter milk, lactic acid milk.
- Egg preparation - egg flip, albumin water.
- Soups - bones, vegetable, dal, liver.
b) Light diets: toast, poached and boiled eggs, steamed fish.
   — Porridge; soft rice preparations khichdi, conjee, sago.
   — Boiled vegetables, salads jelly and custard.

Unit XI.
Particulars: a) To have an experience in planning and calculation of menus.

b) To have practice in
   — Selected therapeutic cookery,
   — Planning and cooking of cheap and nutritious food for the treatment and prevention of malnutrition.

HEALTH EDUCATION AND COMMUNICATION SKILLS.

Course: 10

Description: This course is designed to help students to acquire an understanding of the basic principles and methods of health education and develop an ability to communicate with others.

Objectives: 1. To develop the ability to recognise and utilise opportunities for informal health education.
   2. To develop an ability to communicate with others.

Unit I.
Health Education: Planning & Principles.

Methods of health education.

Opportunities for health education in hospital and community.

Role of a nurse as a teacher.
Unit II. Communication Skills:
- b. Art of listening and observing.
- c. Importance of language fluency.
- d. Principles of reporting and recording.

Unit III. Audio visual Aids:
- a. Definition and need.
- b. Advantages and dis-advantages.
- c. Uses of selected aids.
- d. Simple teaching aids— preparation and uses.

Course Description:
This course is designed to develop understanding of Concept of Health, and to introduce the student to the wider horizons of Nursing in the Community in Urban and Rural Area.

Objectives:
1. To develop an understanding of positive health and the essentials required of a nurse for community health nursing practice.
2. To develop an ability to apply the principles of nursing care and of healthy living to individuals and families in their homes.
3. To develop an ability to apply the principles and techniques of home visiting.

Unit I. Health & Disease:
- a. Definition of Health & Disease— concept.
- b. Community Health— Definition, Concept, History and development & present concept.
- c. Primary health care and health for All by 2000 A.D.
Unit II.
Community health Nursing:

a) Its history and development in India.
b) Differences between institutional and Community health Nursing—its principles.
c) Qualities & functions of a Community health Nurse.

Unit III.
Aspects of Community health Nursing:

a) Family health Services — maternal and child care, M.C.C. & family planning Services.
b) School health Services.

Unit IV.
Weli& Problem of India:

a) Causes of poor health.

b) National plans to meet the needs.
   - Control and eradication of various diseases.
   - National programme.
   - Family welfare programme.
   - Water & sanitation programme.
   - Special programme.

Unit V.
Tours of Visits:
a) Principal
b) Planning
c) Teaching and evaluation
d) Equipment and their care.

Unit VI.
Adaptations of Simple nursing procedure at home:

a) Improvement and nursing procedure at home.
b) Referral System — ways to develop.

Unit VII.
Clinics:

Setting up of health clinics.
a) Organisation.
b) Functions of health personnel in clinics.
Unit VII. a) Difference, types, values and uses.
Records & Reports
b) Legal implications.
c) Preparation and maintenance.

Unit IX. Health Education: Plan & assessment.
a) At home.
b) Clinic.
c) Hospital.

Unit X. Health Assessment: Of various age groups.
a) Infant
b) Pre-school
c) School going
d) Aged person.

Unit XI. Treatment: Of minor ailments according to standing orders.

FUNDAMENTALS OF NURSING

Course Description: This course is designed to develop the ability to meet the health needs of individuals and families and to provide comprehensive nursing care. This will enable a nurse to develop the competencies for skilled patient care.

Objectives: 1. To develop an understanding of the concept of comprehensive nursing and to be able to meet the needs of the individual patients.
2. To develop beginning ability to carry out the basic nursing techniques and the care with the application of scientific principles.
3. To develop an ability to communicate effectively and establish good interpersonal relationship.

Hours: 168

contd ....
4. To understand the principles and develop skill in observation, recording and reporting.

5. To develop an understanding of different emergency situations and become skilled in giving first aid treatment to patients in hospital and community.

Unit I. Introduction to Nursing.

a) Hospital — Set up and its functions and the health team.

b) Patient — As an individual the reaction of the patient and his family to illness.

c) Nursing — Basic nursing principles.

- Concept of Nursing.
  - Nursing as a community service.
  - Nature and scope of nursing.
  - History and development of nursing in ancient times, early Christian era, middle ages & modern nursing.

d) Nurse — Qualities professional and ethical behaviour expected.

f) Health agencies — Hospital and community.

Unit II. The patient and his illness.

a) Introduction to care of the sick.

b) Admission of a patient.
  - Patient unit set up and care.
  - Admission procedure and recognition of patient.
  - Care of patient belonging.

c) Maintaining therapeutic environment.
  - Temperature
  - Lighting
  - Noise and humidity.
d) Psychosocial environment.
   — Meaning and its importance.
   — Aesthetic consideration in the environment — colour schemes, beauty and flowers.

e) Discharging a patient.
   — Preparation of the patient physically and mentally.
   — Discharge procedures.
   — Hospital policies.
   — Preparation of the relative of the patient for discharge.

f) The dying patient
   — Signs and symptoms of approaching death.
   — Needs of the dying patient and his relatives.
   — Care of the dying and the last offices.

Unit III
Basic Nursing Care.

1. Hygienic needs
   a) Importance of maintaining good personal hygiene in health and disease.
   b) Nurses role in maintaining good personal hygiene.

2. Physical Comforts.
      — Comfort devices and its uses.
   b) Positions for comfort and positioning.

contd ......
c) Beds and Bed Making

- Factors to be considered in selecting and making beds - different types of beds and uses.

d) Principles of Lifting and Moving Patients in Bed.

3. Nutritional Needs

a) Importance of diet in health and diseases.

b) Factors affecting the normal nutrition in sickness.

c) Nurse's role in maintaining good nutrition.

d) Feeding helpless patients.

4. Elimination Needs

a) Problem in Sickness.

- Constipation and diarrhoea.

- Retention and incontinence of urine.

- Nurse's role.

5. Activity and Exercise

a) Importance of activity and exercise in health and sickness.

- Active and passive exercise.

b) Bed sores - causes, signs and symptoms prevention and nursing care.

6. Safety Needs

7. Communication Needs

8. Psychological and Spiritual Needs

1) Asepsis - Medical and Surgical

2) Treatments related to cardio-vascular system

contd ....
3) Respiratory system.
4) Gastro-intestinal tract.
5) Genito-urinary system.
6) Nervous system.
7) Musculo-skeletal system.
8) Eye and E., N. T.
9) Skin and mucous membrane.

Unit V.
Observation and Assessment of patient.

1) Principles, process and importance of observation and developing skill in observation.

2) Observation of Physical and Physiological State, height, weight, posture, speech and level of consciousness, observation of common signs and symptoms.

3) Psychological observation
   - Mood, intelligence, emotion
   - Characteristics of normal behaviour and deviations.

4) Physical examination and nurses role.

5) Body discharges
   - Urine and Stool - Normal and abnormal characteristics.
   - Sputum and vomit.
   - Collection of specimens, routine and culture examination.

6) Vital signs
   - Temperature, pulse and respiration.
   - Blood pressure.
   - Characteristics of normal and abnormal and factors influencing the variation.

contd .....
7) Recording and reporting — types and importance of records and reports and nurses role.

Unit VI.
Basic needs in special conditions.

Unit VII.
First Aid & Emergency Nursing.

1. Care of patient with fever.
2. Unconscious patient.
3. Patient with fluid imbalance.
4. Patient with communicable diseases.
5. Dyspnea patient.

1. Introduction.
   a) Importance of first aid and rules of first aid.
   b) Concept of emergency.

2. First Aid in emergencies.
   a) Fire, burns, fractures, accidents, poisoning, drowning, hemorrhages, insect bites, foreign bodies.

3. Community emergencies and resources.
   a) Community emergencies: Fire explosions, floods, earth quakes, famine.
      — Immediate and latter role of nurse.
      — Need for rehabilitation.
   b) Community resources: Police assistance.
      — Voluntary agencies: Local, national and international agencies.
      — Ambulance service: their function in relation to emergencies.
Medical-Surgical Nursing I & II

Course Description:
This Course is designed to help students to acquire an understanding of various medical—surgical disorders, and their treatment. Students will be able to give comprehensive nursing care to patients in the Medical Surgical wards.

Objectives:
To help the students,

1. To acquire an understanding of the causes, symptoms, treatment, and prevention of medical and surgical diseases commonly seen in the hospital and community.

2. To develop an ability to carry out nursing techniques with application of scientific principles.

3. To develop skill and right attitude in giving comprehensive care to patients with medical and surgical diseases. This study of Medical-Surgical Nursing should include:
   1. Application of principles from allied sciences including social preventive and rehabilitative aspects.
   2. The causes, signs and symptoms, diagnostic assessment, treatment including diet and drug therapy.
   3. The related nursing procedures specific to the patient care needed in the hospital and home.

Unit I: Introduction
Brief history of evolution of modern medicine.

Unit II: Causes of Diseases
- Congenital defects: heredity age trauma infections poison.
- Metabolic disorders.

contd ....
Unit III. Reaction of body to Diseases.
- Endocrine disorders
- Nutritional deficiencies and dietary excess
- Neoplasia.

Emotional stresses
- Social and environmental factors.
- Inflammation
- Haemorrhage & thrombosis and embolism
- Shock
- Disorders of growth
- Tissue changes
- Neoplastic changes.

Unit IV. Modern Surgery;
- Brief history of development
- Surgical routine
- Anaesthesia—general, spinal and other complications of anaesthesia and surgery
- Asepsis, and antiseptic techniques and control of infection.
- Pre-operative and post-operative care.

Unit V. Pharmacology Introduction.
- Laws regulating drugs "National" International Pharmacopoeias.
- Sources of drugs.
- Pharmaceutical preparations.
- Weights & measures.
- Prescribing of drugs.
- Administration of drugs.
- Action of drugs.

contd .......
Factors influencing action of drugs

Unit VI.
Disorders of the respiratory system: Asthma; Pneumonia; lung abscess; pleurisy; emphysema; bronchiectasis; pulmonary tuberculosis; tumours.

- Common diseases of the respiratory system.
- Causes, signs and symptoms; treatment and common complications.
- Diet therapy.
- Preventive and rehabilitative aspects.

Unit VII.
Diseases of Heart: Cardio-Vascular System:
- Cardiac arrhythmias
- Cardiac arrests
- Heart block
- Pericarditis, myocarditis and endocarditis
- Congestive heart failure
- Hypertension
- Angina pectoris
- Valvular diseases.

Vascular Diseases: Raynaud's and Buerger's disease
- Arteriosclerosis
- Atherosclerosis
- Varicose veins and aneurysms.

Blood Diseases: Anaemia
- Leukaemia

contd.....
Blood Transfusion:
- Agranulocytosis
- Haemophilia
- Hodgkin's Disease.

Diseases of the Stomach and Intestinal Tracts:
- Agranulocytosis
- Haemophilia
- Hodgkin's Disease.
- Indications
- Grouping and matching
- h.F. factor
- Plasma
- Precautions in administration

Blood Bank:

Unit VIII.
Diseases of the Gastro-Intestinal System:
- Stomatitis, Gingivitis & Parotitis
- Dental caries
- Tumours
- Obstructive conditions of the oesophagus
- Malignancy
- Fistula hernia

Diseases of the Stomach and Intestinal Tract:
- Gastritis
- Peptic ulcers
- enteritis
- Colitis
- Appendicitis
- Tuberculosis
- Hernia
- Fistula and fissures in ano

(contd ......)
Diseases of liver

- Haemorrhoids
- Ischio - rectal abscess.

Spleen, gall bladder & Pancreas

- Hepatitis
- Cirrhosis of liver
- Liver abscess
- Cholecystitis
- Tumours
- Hepatic coma
- Spleenomegaly
- Pancreatitis
- Carcinoma of liver and pancreas.

Unit IX
Disorders and diseases of bones and joints

- Sprains
- Dislocations
- Fractures (splints, casts, internal fixation)
- Arthritis
- Osteomyelitis
- Tumours
- Tuberculosis
- Deformities (bone-grafts, arthrodesis, amputation, prosthesis).

Unit X
Diseases of kidney

- Genito-Urinary System
- Congenital abnormalities
- Acute and chronic nephritis

contd ....
- Mephrosis
- Urama
- Tumours
- Obstruction
- Tuberculosis
- Injury
- Pyelitis and pyelonephritis
- Cystitis.
- Disorders of micturation
- Urethritis
- Cancer penis.

Diseases and disorders of the male reproductive system
- Inflammation of testes, epididymis and prostate
- Prostatic hypertrophy
- Abnormalities and diseases of testes and adjacent structures
- Malignancy.

Unit XI.
Diseases of brain
- Headache, migraine
- Epilepsy
- Tumours
- Chorea
- Parkinsonism
- Meningitis
- Encephalitis

contd .....
— Brain abscess
— Injury, cerebro-vascular accidents haemorrhage, embolism and thrombosis.

Diseases of spinal cord
— Myelitis
— Injuries
— Tumours
— Spinal cord compressions

Diseases of nerves:
— Neuritis and neuralgia
— Myasthenia-gravis
— Sciatica
— Tetanus, lock-jaw, exhaustion and hydrophobia

Unit XII: Endocrine System, Metabolic disorders, deficiency diseases.

1. Hyper and hypo secretions of
   — Thyroid
   — Parathyroid
   — Pituitary
   — Adrenal gland

2. Cysts

3. Tumours.

Metabolic disorders:
— Diabetes mellitus
— Obesity
— Gout.
Deficiency Diseases:
1. Common deficiency diseases.
2. Their prevalence in India.

Unit XIII.
The Skin Diseases — Allergy
of Skin:
- Congenital abnormalities
- Eczema
- Infections
- Psoriasis & pemphigus
- Tumours.

Disorders of the Skin:
- Burns, including radiation burns
- Scalds
- Plastic surgery.

Unit XIV.
Operation Theatre:
1. General set up of operation theatre and team
2. Theatre technique — handwashing, gowning & gloving.
3. Preparation of theatre equipment and instruments in common use.
4. Theatre Technique.
5. Role of a nurse in care of patient in the theatre.

Unit XV.
Intensive care Nursing:
1. Concept.
3. Role of a nurse in I.C.U.
Unit XVI. Oncology Nursing

1. Introduction
2. Incidence of cancer in India
3. Various modalities of therapy for cancer

Medical - Surgical Nursing II

Course Description:
This course is a continuation of Medical Surgical Nursing, aims at understanding of the diseases and disorders of the female reproductive system, eye, ear, nose and throat conditions including communicable diseases and the nursing care.

Objective:
1. To develop an understanding of the diseases and disorders of the female reproductive system.
2. To develop an understanding of the diseases of eye, ear, nose and throat.
3. To develop an ability to carry out treatments related to the systems and give comprehensive nursing care.
4. To develop an understanding of the problem and management of communicable diseases.

Unit I. Sea Life
- Health hygiene
- Fertility and infertility
- Sterilisation

Unit II. Diseases and disorders of female reproductive system including breasts:
- Infections
- Cysts, tumours and fibroids
- Abortion
- Ectopic pregnancy
- Vaginal fistula

contd ......
- Erosion of cervix
- Venereal diseases.

Disorders
- Abnormalities of menstruation
- Menopause.

Breast
- Mastitis
- Breast abscesses
- Malignancy.

Unit III. Special Senses:
The Eye
- Eye health
- Testing vision
- Refraction
- Blindness—cause & prevention.
- Community services.

Diseases and disorders of eye.
- Conjunctivitis
- Stye blepharitis
- Deco cystitis
- Glaucoma
- Cataract
- Retinal detachment
- Corneal lesions and tumours
- Injury and haemorrhage.

Diseases of the ear — Wax
- Foreign bodies
- Furunculosis

contd ......
Diseases of nose and throat

- Fungal infections
- Otitis media
- Injuries & deafness
- Mastoiditis
- Oto sclerosis
- Meniere's syndrome.

- Rhinitis
- Deflected septum
- Sinusitis
- Allergy
- Adenoids
- Polalities
- Laryngitis
- Pharyngitis
- Injury

Unit IV. Diseases caused:

Communicable Diseases:

1. Virus - measles, influenza, chicken pox, smallpox, mumps, infective hepatitis, poliomyelitis
2. Bacterial - diphtheria, whooping cough, tetanus, leprosy, typhoid, dysentery, gastro-enteritis and cholera.
3. Zoonoses -aba-zaar, plague and relapsing fever.
4. Mosquito - Malaria, filaria and yellow fever.
5. Sexually - Gonorrhoea, Syphilis

Transmitted Diseases.
PSYCHIATRIC NURSING

Course description: This course is to help students develop concept of mental illness and psychiatric nursing and to teach the current methods on management of mental ill patients.

Objectives:
1. To acquire a knowledge of the cause of mental ill health and how these can be prevented.
2. To develop an ability to recognize deviations from mental health.
3. To develop a desirable attitude towards the mentally sick.

Unit I: Introduction & Review:
- Meaning of mental illness
- Review of mental health and mental mechanisms.

Unit II: Mental Illness:
- History and trends in care.
- Etiology of mental illness and contributing factors.
- Legal aspects in the care of the mentally sick.

Unit III: Community Responsibility:
- Attitudes
- Misconceptions
- Health and social services for the mentally sick.

Unit IV: Diagnosis:
- Early recognition of deviations from normal
- Classification of mental disorders.
- Signs and symptoms of common mental illness.

Unit V: Management:
- a) Physical therapy
  - Drug therapy nar-counseling, shock therapy.

contd ....
b) Psychotherapy
- Hypnosis, psychoanalysis, behaviour therapy, recreational and social therapy, occupational therapy.

a) Legal aspects in psychiatric nursing.

b) Legal aspects in the care of mentally sick patients.

Procedure for admission into and discharge from mental hospitals.

Unit VI

The role of the nurse in hospital and community in psychiatric nursing:

a) Attitude to mental illness
- Adaptation required in meeting basic and nursing needs.
- Ways of meeting aggression and violent behaviour.
- Depression
- Withdrawal and mania.
- Prevention of accidents amongst mentally ill
- Observation reporting and recording.

b) Legal aspects in the care of mentally sick patients.
Course Description:
This course is aimed at developing an understanding of the modern approach to child care, the common health problems of children and to be able to meet the needs of children in health and sickness.

Objectives:
1. To understand the Modern Concept of child health and the principles of child care.
2. To develop an understanding of normal growth and development of children and be able to recognise deviations from normal.
3. To develop skill in meeting the needs of the sick as well as healthy children.

Unit I: Introduction
Modern concept of child health.
- Changing trend in paediatric nursing.
- Changing attitude towards hospital care—promotive, preventive and curative aspect of child health.
- Hospital environment for a sick child.
- The role of a paediatric nurse, the concept of child care.

Unit II: The Healthy Child
a) Growth and development from birth to adolescence
- Importance of understanding growth and development.
- Promoting and inhibiting factors.
- Assessment of growth and development.
- Early detection of deviation from normal.
b) Nutritional needs of children.
- Nurses responsibility to meet the nutritional needs.
- Planning diet for different age groups.
contd ......
a) Accidents - principles, causes and prevention.

d) Value of play and selection of play and selection of play materials.

e) Revising of immunization schedule.

Unit III.

The Infant:

a) Care of the cord, skin, eye, mouth, buttocks and clothing.

b) Disorders of infant

- Vomiting
- Diarrhoea
- Convulsions
- Distension.

c) Recognition and management of congenital anomalies.

- Causes, prevention and management
- Parents' preparation
- Parent's counselling.

d) Breast feeding

- Importance and principles
- Preparation of mother
- Difficulties of breast feeding
- Factors inhibiting and promoting lactation.

e) Introduction of solids

- Developing healthy food habits
- Customs and taboos in relation to food habits
- Diet of healthy child
- Management.

contd ....
f) Artificial feeding.
- Reason, importance and maintenance of hygiene
- Modification and feeding technique
- Common problems.

Unit IV. The Sick Child: a) The manifestation of illness in the child, including early deviation from normal.
- Assessment, planning and meeting the needs of the sick child.
- Adaptation of procedures
- The role of the mother.

b) Concept of neo-natal surgery
- Preparation of parents for surgery of the infant child.
- Pre and post operative care.

Unit V. Diseases of Children:
- Etiology, signs and symptoms, medical and surgical management, nursing care, complications, diet and drug therapy, prevention and rehabilitation of children with diseases of.

a) Gastro-intestinal System
- Thrush
- Gastro enteritis- acute and chronic diarrhea
- Cere lip and cleft palate
- Oesophageal stressia and fistula
- Pyloric stenosis
- Hernia
- Intussusception, megacolon, appendicitis, imperforated anus.

contd ...
— Rectal strasis and recto-vaginal fistula
— Rectal prolapse
— Vol-culus
— Jaundice
— Worm infestation.
b) Respiratory system
— Common Cold coryza and rhinitis
— Tonsils and adenoids
— Foreign bodies
— Croup, influenza
— Bronchitis, pneumonia, empyema etc.
c) Genito-Urinary system
— Nephritis, nephrotic syndromes, nephrosis
— Epispadiasis, hypospadia, phimosis and undescended testes
— Extrophy of bladder
— Pseudopemphigus, phritiam Odreagenital syndrome
— Wilms tumour, post, urethral valves.
d) Cardio-vascular system
— Patent ductus arteriosus
— Atrial septal defect
— Fallots tetralogy
— Transposition of great vessels
— Rheumatic fever.

contû ...
e) Nervous System
- Convulsions
- Meningitis
- Encephalitis
- Epilepsy
- Cerebral palsy
- Mental retardation
- Hydrocephalus
- Spina bifida, meningoele
- Mongolism

f) Eye and Ear
- Conjunctivitis
- Squint
- Congenital cataract
- Visual defects
- Defects of eye-lids
- Retrolental fibroplasia
- Otorrhoea
- Deafness
- Otitis media

g) Nutritional Disorders
- Marasmus
- Megaloblastosis
- Anaemia
- Vitamin deficiencies

contd...
b) Communicable disease
- Measles, small-pox and chicken pox
- Poliomyelitis
- Mumps
- Tetanus
- Diphtheria and whooping cough
- Infective hepatitis.

i) Malignancies
- Leukaemia
- Haemophilia

j) Endocrine diseases
- Diabetes insipidus
- Dwarfism

k) Burns

l) Orthopaedic conditions
- Fractures
- Club foot or talipes equinovarus

m) Skin conditions
- Dungus, impetigo
- Scabies, eczema, ringworm
- Moulds and warts
- Genital syphilis
- Furunculosis
- Allergy
- Pediculosis

contd......
n) Psychological disorders and problems
- Enurisis
- Tic
- Speech defects
- Pedasote
- Thumb sucking
- Bed wetting
- Semimambulism
- Delinquency
The handicapped child
- Importance of early diagnosis
- Care of the physically and mentally handicapped child
- Deprived child
- Community facilities
- Adoption laws
- Foster homes and orphanages
- The battered child syndrome.

MIDWIFERY

Course Description: This course is designed to prepare a nurse to acquire knowledge and develop skill to meet the needs of women during the entire period of pregnancy, labour, puerperium and also to care for the new born in the hospital and community.
Objectives:

1. Acquire an understanding of the physiological changes in pregnancy, labour and puerperium.

2. Understand the principles of antepartum, intrapartum and postpartum care, and be able to give comprehensive care to mothers in hospital and community.

3. Develop skill in conducting normal labour.

4. Understand the deviation from the normal and take appropriate action and assist in care.

Clinical facilities for Training in Midwifery:

- The minimum number of beds shall be 20, and the minimum number of deliveries per annum 400. The ratio of deliveries to total number of students shall not be less than 35:1.

- There should be provision for clinical experience in: antenatal care; deliveries; domiciliary midwifery; and ante-natal clinics. This should include both normal and abnormal midwifery. The clinical field, both hospital and community, should be sufficiently well equipped for a good standard of patient care to be given. There should be satisfactory arrangements for the nursing of septic patients.

Clinical Experience:

1. During the period of training, each student midwife shall have four weeks in the post-natal wards (including neo-borns).

2. Conduct ante-natal examinations on not less than 30 women.

3. Receive clinical instruction in the conduct of labour witnessing not less than ten deliveries before conducting one herself.

4. Conduct not less than 15 deliveries including 3 in the home.

5. Must have practice in performing an episiotomy and suturing a first degree tear.

contd.....
6. Nurse not less than 15 lying-in women and their babies during the puerperium.

7. Be required to make five vaginal examinations;

8. Have a minimum of five attendances at an ante-natal and post-natal clinic.

Unit I

Introduction: a) Historical review.

b) Development of maternity services.

c) Morbidity and mortality rates and their significance.

Unit II

Review of reproductive system and embryology: b) Menstrual cycle.

c) Maturation, fertilization and implantation of the ovum.

d) Formation of foetal membranes and placenta.

e) Foetus development and foetal circulation.

f) Foetal bones, sutures and fontanelles

g) Measurement.

Unit III

Normal Pregnancy:

a) Physiological changes due to pregnancy.

b) Signs, symptoms and diagnosis.

c) Influence of hormones.

d) Pre-natal care.

— Objectives

— History taking

— Calculation of expected date of delivery

— Routine examinations.

contd ......
Care and advice regarding:
- Diet in pregnancy
- Antenatal exercises.
- Minor disorders of pregnancy
  - Alleviation of discomfort.

Unit IV. Diseases Associated with Pregnancy:
- Cardiovascular
- Urinary
- Respiratory
- Metabolic
- Nutritional deficiencies
- Sexually transmitted.

Unit V. Normal Delivery:
- Preparations for mother and baby
  - Preparation of patient and delivery room: hospital and home
  - Psychological preparation of mother and family.

Unit VI. Normal Labour:
- Onset
- Physiological changes
- Mechanisms
- Stages of labour
- Technique of vaginal examination
- Management of labour and nursing care of mother in labour.

Unit VII. Puerperium:
- Physiology
- Management of puerperium and nursing care
- Post natal examination and care

contd ....
Unit VIII
Care of Newborn:

d) Care of episiotomy
e) Establishment of breast feeding
f) Postnatal exercises
g) Minor ailments and management
h) Family welfare.

Unit IX
Abnormal Midwifery

a. Pregnancy:

- Complications of pregnancy — medical and gynecological
  - Contracted pelvis
  - Hemorrhages
  - Abortions
  - Ectopic gestation
  - Pydeditiform mole
  - Antepartum hemorrhage
  - Toxaemias of pregnancy and management
  - Multiple pregnancy and management
  - Polyhydramnios.

contd .....
b. Labour complications:
1. Mal-presentation and mal-positions
   - Occipito posterior position
   - Breach and shoulder
   - Face and brow
   - Cord presentation and prolapse
2. Obstructed labour
3. Obstetric shock - ruptured uterus
4. Multiple pregnancy management and nursing care.

5. Operative Procedures:
   1. Version - Internal & external
   2. Episiotomy
   3. Forceps
   4. Vacuum extraction
   5. Caesarian section
   6. Embryotomy
   7. M.T.P. (Medical Termination of pregnancy)
   8. Repair of perineal and cervical tear
   9. Laparoscopy

c. Puerperal:
   1. Causes, signs & symptoms

C. Abnormalities:
1. Major and minor disorders of newborn and management:
   - Asphyxia neonatorum
   - Haemolytic diseases
   - Rhesus factor (Rh factor) cont'd ....
2. Infections of new born

Unit X.
Domiciliary Midwifery:
1. Planning for domiciliary programmes
2. Home confinement
3. Family planning devices and role of the midwife.

Unit XI.
Miscellaneous:
1. Drugs used in midwifery
2. Anaesthesia and analgesia during labour
3. Radiology in obstetrics
4. Induction of labour
5. Post maturity
6. Intra-uterine foetal death
7. Record keeping and statistics related to mother and child.

COMMUNITY HEALTH NURSING II (Third year)

Course Description: This course is designed to provide an in-depth study of Community Health Nursing and various components, based on previous courses. It is expected that on completion of this course the students will be able to function as a first level community health nurse in urban and rural areas.

Objectives:
The students:
1. Acquire knowledge of community health nursing administration at various levels in the community in urban and rural areas.
2. Acquire knowledge of major health problems and national health programmes in India.

contd ....
3. Acquire knowledge and develop skills for rural health nursing practice.

4. Develop an understanding the vital role of health education in community health nursing practices.

Unit I.
- Health Services organization at different levels
  - National
  - States
  - Local both at urban and rural areas.

Unit II.
- Health and social services in India
- Health plans and health reports.

Unit III.
- Nurse and rural health services
- Primary health centres—its set up
- Function, services, sub-centre and personnel.

Unit IV.
- Special Community Health Services and Nurses’ roles
  - Industrial nursing
  - Tuberculosis nursing
  - Geriatric nursing
  - Leprosy nursing
  - Oncology nursing.

Unit V.
- Health team
- Members, their functions and relationship
  - The District Public Health Nurse
  - Position and functions.
Unit VI. 1. Multipurpose Health Workers Programme:
   - Personnel and preparation
   - Supervision of Health Personnel by Community Health Nurses.

Unit VII. 1. Health assessment:
   - Antenatal
   - Postnatal
   - Paps test
   - Breast palpation
   - Collection of blood slides, sputum and other
   - Available resources for various pathological investigations.

Unit VIII. 1. Vital Statistics
   - Mode of presentation.

2. Recording
   - Its importance and utilisation

3. Standing Orders in Community Health Nursing


Unit IX. Human sexuality:

1. Meaning

2. Revise of male and female reproductive system

3. Puberty in male and female

4. Psychology of adolescence male and female

5. Social and cultural constraints in human sexuality

contd ......
8. Importance of education and sex hygiene
9. Counselling and guidance and attitudes
10. Problems of sex affecting health
11. Sex therapy
12. Revise of sexually transmitted diseases (STD) and mechanics of sexual intercourse.

**Unit X.**

Community Health Nurse:
- As an administrator and teacher
- Self development
- Continuing education programme in community health nursing.

**Unit XII.**

Study of Community and planning of programme:
- Surveys
- Helping in conducting studies and action research.

Demography and Family Welfare:
1. Demography
2. Meaning of family Welfare
   - Aims
   - Objectives
   - Importance.
3. National programme of Family Welfare
   - Social
   - Biological
   - Economic implication of population growth on the health of a nation.

contd ......

5. Family Planning why and how
   - Different methods
   - Natural biological, chemical and surgical
   - Planning and organising Family Planning programme in an area
   - Organising clinics
   - Home and Community Services
   - Setting up targets, plans etc.

6. Role of the nurse in Family Planning Programme.

7. Supervisory responsibilities of the nurse in terms of Family Planning Programme.

8. Records and reports maintained for Family Planning.

M.E. Studies of male and female reproductive system. Subject matter of family planning to be integrated in other subjects like, nutrition, personal and community hygiene, antenatal and postnatal care as indicated earlier by Indian Nursing Council.

Field Experience — Integrated field experience in the community health services including family planning.

Areas to be highlighted in terms of family planning programme

1. Survey of the area
2. Contacting eligible couples, preparing registers
3. Interview technique
4. Organising home visit and follow up service

contd ......
5. Clinics for family planning
   - Clinics for distributing of conventional contraceptives
   - Insertion of I.U.C.D. by Nurse pre and post application examination, advice and care

6. Organising health education programmes:
   - Family planning camps and campaigns
     (Vasectomy, tubectomy camps etc.)

7. Maintain diary and records in terms of family planning programmes.

PROFESSIONAL ADJUSTMENTS AND TRENDS

Course Description: This course aims of developing adequate understanding of the responsibilities, limitations and professional involvement of a trained nurse and the opportunity available for further growth.

Objectives:
1. To acquire an understanding of adjustments to professional life, and civic and professional responsibilities.
2. To develop an understanding of the need for continuing education.

Unit I.
Introduction:
   a) Qualities required of a professional nurse
   b) Expectations from a trained nurse, by the professional, medical team, and public
   c) Relationship with patients family, members of the medical team, non-professional and public
   - Ethical behaviour
Unit III: Nursing as a profession:

a) Meaning of profession
   - Professional nursing and educational preparation

b) The characteristics and role of professional nurse

c) Importance of research:

Unit III: Personal and Professional growth:

a) Career opportunities
   - Importance of setting goals
   - Opportunities available for a trained nurse
   - Choosing, and applying for undertaking a job
   - Interview
   - Resignation
   - Agreement and bonds.

b) Continuing education
   - Concept and its importance
   - Means of continuing education
   - Opportunities available for the post basic education
   - Utilisation of opportunities and leisure time activities.

c) Personal bind getting
   - Social security
   - Scheme
   - Scope for counselling and guidance.
Unit IV. Legislation in Nursing

a) Law in Nursing
   - Purpose and importance of laws in nursing
   - Laws and regulations affecting nurses in India — General and State legislation
   - Service, conduct and institutional rules.

b) I.N.C. and State Registration Council
   - Development
   - Composition
   - Functions.

c) Registration and reciprocity
   - Importance and procedure for registration.

d) Legal aspects in Nursing
   - Legal aspects of liability
   - Responsibilities of a nurse for protection
   - Writing statement of incidence
   - Nurse as a witness.

Unit V. Professional and profession related Organisation

a) Professional organisation
   - I.N.A.T.
   - S. W. A.
   - N.V.L. and A.W.H.
   - Midwife association
   - Catholic Nurses Guild
   - C.M.A.I. and others
   - Nurses responsibility towards professional organisations
   - Implications of nurses unions.
b) related organisations
- I.C*N.
- W.H.O. and UNICEF
- Red cross & St. John's Ambulance
- Colombo Plan
- Their contributions to nursing.

### Course Description
This course aims to acquire an elementary understanding of the basic administration and their application to the management of ward or health unit.

### OBJECTIVES:
1. To develop an awareness of the administrative principles underlying the organisation of a ward or department.
2. To acquire knowledge of the principles of nursing Administration and an understanding of how these are applied in the administration of a ward or public health unit.

### Unit I. Management:
- a) Definition of Management.
- b) Basic principles of administration applied to management.

### Unit II. Administrative:
1. The environment:
   - a) Provision of Physical and personal facilities.
   - House keeping
   - Cleanliness
b) Supplies and equipment, e.g., central or other supply system for
   —Drugs
   —Diet
   —Linen.

c) Inventories and ordering of supplies and equipment.

2. Patient Care
   a) Patterns of patient care and their respective value functional.
      — Patient assignment
      — Private duty
      — Team concept.

3. Planning
   — Objectives, principles and factors to be considered.
   — Methods of planning. Daily routine & weekly
   — Establishment of priorities.

4. Assignment of duties to different categories of personnel.

5. Records and reports
   a) Importance of records and reports,
   b) Maintenance of records,
   c) Giving and taking
      — Ward reports pertaining to patient care.
      — Administrative reports on complaints, mistakes and accidents etc.
Unit III: Educational

a) Principles of ward teaching
   - Importance
   - Methods.

b) Role of the Staff Nurse in students education
   a) Supervision
      - Concept
      - Importance
      - Principles and methods
      - Problem faced in supervision and problem solving.

d) In service education
   - Definition
   - Value.

e) Committee procedure.