LALA AMI CHAND COLLEGE OF NURSING

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Syllabus and Regulations

Diploma in General Nursing & Midwifery (G.N.M)

FIRST YEAR

CURRICULUM

BIO-SCIENCE

Placement- FIRST YEAR **Time: Theory- 120 hours**

Anatomy and Physiology-90 hours

Microbiology- 30 hours

ANATOMY AND PHYSIOLOGY

Course Description

This course is designed to help students gain knowledge of the structure and function of the human body and recognize any deviation from normal health in order to render effective nursing services.

General Objective

Upon completion of the course, the student shall be able to:

1. Describe in general the structure and functions of the human body.
2. Describe in detail the structure and functions of the different organs and systems in the human body.
3. Apply the anatomical and physiological principles in the practice of nursing.

Total Hours – 90

Unit No.	Learning Objectives	Content	Hr.	Teaching learning activities	Assessment methods
I	Define and spell various anatomical terms.	**Introduction to anatomical terms organization of the human body** a) Anatomical terms b) Systems and cavities of the human body	4	Lecture cum Discussions. Explain using charts Record book	Short answer questions Objective type
II.	Describe different organs of the body, systemic function and their inter-relationship.	**Introduction to the detailed structure of the body** a) The cell: Structure, reproduction and function b) Tissues including membranes and glands : types, structure and functions c) Body cavities and their contents	6	Lecture cum Discussions. Explain using microscopic slides, Skeleton and torso	Short answer questions Objective type
III	Describe the composition of blood and its functions.	**Blood** a) Composition and formation of blood b) Functions of blood c) Blood clotting, blood grouping and cross matching d) Blood products and their use.	6	Lecture cum Discussions. Explain using microscopic slides	Short answer questions Objective type Essay type

Unit No.	Learning Objectives	Content	Hr.	Teaching learning activities	Assessment methods
				Demonstration of blood grouping and cross-matching, Hb estimation	
IV.	Describe the structure and functions of heart and blood vessels	**The Circulatory System** a) Heart : Structure, functions including conduction system and cardiac cycle b) Blood vessels : Types, Structure and position c) Circulation of blood d) Blood pressure and pulse	6	Lecture cum discussions. Explain using charts, models and specimen	Short answer questions Objective type Essay type
V.	Describe structure and functions of lymphatic system	**The Lymphatic system** - Structure and function of lymph vessels, Lymph nodes and lymph circulation, lymphatic tissue - spleen and thymus	6	Lecture cum discussions. Explain using charts and models	Short answer Objective type Essay type
VI.	Describe the structure and functions of respiratory system	**The Respiratory system** a) The structure and functions of respiratory organs b) The physiology of respiration c) Characteristics of normal respiration and deviation.	6	Lecture cum discussions. Explain using charts and models, specimens Demonstration of spirometry	Short answer Objective type Essay type
VII.	Describe the structure and function of digestive system	**The Digestive system** a) Structure and functions of the alimentary tract and is accessory organs. b) The process of digestion, absorption and metabolism of food constituents.	6	Lecture cum discussions. Explain using charts, models and videos	Short answer Objective type Essay type
VIII.	Describe the structure and functions of organs of Excretory system.	**The Excretory system** a) Structure and functions of the kidney, ureters, urinary bladder, and urethra b) Formation and composition of urine. c) Fluid and electrolyte balance d) Structure and functions of the skin. e) Regulation of the body temperature.	6	Lecture cum discussions. Explain using charts, slides models and videos	Short answer Objective type Essay type

Unit No.	Learning Objectives	Content	Hr.	Teaching learning activities	Assessment methods
IX.	Describe the structure and functions of endocrine glands.	**The Endocrine system** - The structure and functions of the pituitary, thyroid, parathyroid and adrenal glands, pancreas (islets of Langerhans), ovaries and testes	6	Lecture cum discussions. Explain using charts and models	Short answer Objective type Essay type
X.	Describe the structure and functions of male and female reproductive system and accessory organs	**The Reproductive system** a) Structure and functions of the female reproductive system b) Process of menstrual cycle, reproduction and menopause c) Structure and functions of breasts d) Structure and functions of the male reproductive system e) Reproductive health	8	Lecture cum discussions. Explain using charts, videos, models and specimens	Short answer Objective type Essay type
XI.	Describe the structure and functions of Nervous system.	**The nervous system** a) Types of nerves- structure and functions b) Brain and cranial nerves. c) Spinal cord and motor and sensory pathways of the spinal cord, autonomic nervous system.	10	Lecture cum discussions. Explain using charts and models	Short answer Objective type Essay type
XII.	Describe the structure and function of sensory organs	**The sense organs** a) Skin, eye, ear, nose and tongue b) Physiology of vision, hearing, smell, touch, taste and equilibrium.	6	Lecture cum discussions. Explain using charts, videos and models	Short answer Objective type Essay type
XIII.	Describe the structure and functions of skeletal system.	**The Skeleton** a) Formation and growth of bones b) Tendons, ligaments and cartilages c) Classification of bones, joints d) Joint movement e) Axial and appendicular skeleton	8	Lecture cum discussions. Explain using charts, models and skeleton	Short answer Objective type Essay type
XIV	Describe structure and functions of Muscular system.	**The Muscular System** a) Type, structure and functions of muscle b) Origin, Insertion, and action of muscles	6	Lecture cum discussions. Explain using charts, slides and models	Short answer Objective type Essay type

MICROBIOLOGY

Course Description

This course is designed to help students gain knowledge and understanding of the characteristics and activities of micro- organisms, how they react under different conditions and how they cause different disorders and diseases. Knowledge of these principles will enable student to understand and adopt practices associated with preventive and promotive health care.

General Objectives

Upon completion of the course, the students shall be able to:

1. Describe the classifications and characteristics of micro-organisms
2. List the common disease producing micro-organisms
3. Explain the activities of micro-organism in relation to the environment and the human body.
4. Enumerate the basic principles of control and destruction of micro-organisms.
5. Apply the principles of microbiology in nursing practice.

Total Hours – 30

Unit. No.	Learning Objectives	Content	Hr.	Teaching learning activities	Assessment methods
I	Describe evolution of microbiology and its relevance in nursing.	**Introduction** a) History of bacteriology and micro-biology. b) Scope of microbiology in Nursing	3	Lecture cum discussions.	Objective type Short answers
II	Classify the different types of micro organism. Describe the normal flora and the common diseases caused by pathogens Explain the methods to study microbes	**Micro Organisms** a) Classification, characteristics, (Structure, size, method and rate of reproduction) b) Normal flora of the body. c) Pathogenesis & common diseases. d) Methods for study of microbes, culture & isolation of microbes.	8	Lecture cum discussions. Explain using slides, films, videos, exhibits, models Staining and fixation of slides.	Short answer Objective type Essay type
III	Describe the sources of infection and growth of microbes. Explain the transmission of infection and the principles in collecting specimens	**Infection and its transmission** a) Sources and types of infection, nosocomial infection. b) Factors affecting growth of microbes. c) Cycle of transmission of infection portals of entry, exit, modes of transfer. d) Reaction of body to infection, mechanism of resistance. e) Collection of specimens.	4	Lecture Demonstrations Specimens Explain using charts	Short answer Objective type Essay type

IV	Describe various types of immunity, hypersensitivity autoimmunity and immunizing agents	**Immunity** a) Types of immunity – innate and acquired. b) Immunization schedule. Immunoprophylaxis (vaccines, sera etc.) c) Hypersensitivity and autoimmunity. d) Principles and uses of serological tests	5	Lecture cum discussions. Demonstration Exhibits	Short answer Objective type Essay type
V	Describe the various methods of control and destruction of microbes	**Control and destruction of Microbes** a) Principles and methods of microbial control -Sterilization -Disinfection -Chemotherapy and antibiotics -Pasteurization b) Medical and surgical asepsis c) Bio-safety and waste management	5	Lecture, Demonstration Videos Visit to the CSSD	Short answer Objective type Essay type
VI.	Demonstrate skill in handling & care of microscopes Identify common microbes under the microscope	**Practical Microbiology** a) Microscope – Parts, uses, handling and care of microscope b) Observation of staining procedure, preparation and examination of slides and smears c) Identification of common microbes under the microscope for morphology of different microbes.	5	Lecture, Demonstrations Specimens Slides	

BEHAVIOURAL SCIENCES

Placement- FISRT YEAR **Time- 60 Hours**

Psychology- 40 hours

Sociology- 20 hours

PSYCHOLOGY

Course Description

This course is designed to help students understand the dynamics of human behavior and concept of mental health. This shall enable them to develop positive attitude and good inter – personal relationships in the practice of nursing in all health care settings.

General Objectives

Upon completion of the course, the students shall be able to:

1. Describe the concept of mental health and psychology.
2. Explain the dynamics of human behavior, personality and learning.
3. Discuss the role of adjustment mechanisms and emotions in health and illness.
4. Demonstrate skills in the application of principle of psychology in nursing practice in all kind of health care settings.

Total Hours – 40

Unit. No.	Learning Objectives	Content	Hr.	Teaching learning activities	Assessment methods
I	State the concept, scope and importance of psychology.	**Introduction** a) Definition, nature and scope of psychology b) Importance of psychology for Nurses	2	Lecture cum discussion.	Short answer Objective type
II.	Describe the structure of the mind.	**Structure of the mind** a) Conscious, pre-conscious b) Id, ego and super ego	2	Lecture cum discussions.	Short answer Objective type
III.	Illustrate the dynamics of human behavior. Describe the concept of mental health	**Psychology of Human Behavior** a) Basic human needs, dynamics of behavior, motivation drives b) Body mind relationship, mental health, characteristics of mentally healthy person, emotional control, psychological problems of patients and relatives.	12	Lecture cum discussions. Role play	Short answer Objective type Essay type

Unit. No.	Learning Objectives	Content	Hr.	Teaching learning activities	Assessment methods
		c) Stress and conflicts, natural sources and types of stress and conflicts, dealing with stress and conflict, frustration – sources and overcoming frustration d) Mental mechanism their uses and importance e) Attitudes - meaning, development changes in attitude, effects of attitudes on behavior, importance of positive attitude for the nurse. f) Habits-meaning and formation. g) Breaking of bad habits, importance of good habit formation for the nurse.			
IV	Describe and apply the process of learning, thinking, reasoning, observation and perception	**Learning** a) Nature, types and laws of learning, b) Factors affecting learning, memory and forgetting. **Thinking and Reasoning** - Nature and types of thinking, reasoning, problem solving, importance of creative thinking for nurse. **Observation and Perception** - Attention, perception, laws of perception, factors affecting attention and perception, and errors in perception	13	Lecture cum discussions. Roleplay	Short answer Objective type Essay type
V.	Discuss the concept and development of personality.	**Personality** a) Meaning, nature and development, types of personality b) Assessment of personality importance of knowledge of personality for the nurse. c) Characteristics of various age groups – child adolescent, adult and aged d) Will and character.	6	Lecture cum discussions. Role play Psychometric assessment	Short answer Objective type Essay type
VI.	Discuss the nature and measurement of intelligence.	**Intelligence** a) Definition, Meaning, individual differences in intelligence b) Mental ability, nature of intelligence and development c) Assessment of intelligence	5	Lecture cum discussions. Demonstration Role play IQ testing	Short answer Objective type Essay type

SOCIOLOGY

Course Description

This course is designed to help student gain an understanding of sociology in the context of its relevance to nursing practice.

General Objectives

Upon completion of the course, the students shall be able to:

1. Describe the concept of the family as a social unit and the status of the individual in the family.
2. Explain the dynamics of society and identify common social problems.
3. Demonstrate ability to understand the socio – cultural and economic aspects of the community in the light of their effects on health and illness.
4. Utilize the knowledge and understanding of sociology in nursing practice.

Total Hours - 20

Unit No.	Learning Objectives	Content	Hr.	Teaching learning activities	Method of assessment
I	Describe the nature, scope & content of sociology and its importance in nursing	**Introduction** a) Definition and scope of sociology b) Its relationship with other social sciences c) Uses of sociology for nurses.	2	Lecture cum discussions	Short answer Objective type
II	Describe the influence of the environment on individual development and the rights and responsibilities of the individual in the society	**Individual** a) Review of human growth and development b) The socialization process c) Effect of environment on human growth and development d) Rights and responsibilities of the individual in a democratic society.	2	Lecture cum discussions	Short answer Objective type Essay type
III	Describe the concept of family as a social unit	**The Family** a) Definition, characteristics and types of family. b) Family cycle and basic needs of family c) Importance of interdependence of family members. d) Important functions of family and their problems. e) Types of Marriage, medical and sociology aspects of marriage.	4	Lecture cum discussions	Short answer Objective type Essay type

Unit No.	Learning Objectives	Content	Hr.	Teaching learning activities	Method of assessment
IV	Describe about social groups, social change, control, stratification and social problems	**Society** a) Definition and meaning. b) Social groups - Types, Structure, intergroup relationship group cycle, group behavior and group morale. c) Social change -Meaning, factors affecting and effect on society and institution leading to social problems. d) Social control e) Social stratification f) Social problems-Prostitution, crime divorce, dowry system, juvenile delinquency, drug addiction alcoholism, handicapped, over population and slum g) Social agencies and remedial measures	8	Lecture cum discussions Visits to social institutions	Short answer Objective type Essay type
V	Describe the culture and characteristics of community	**The Community** a) Community – Definition and types – Rural and urban b) Culture and characteristics	4	Lecture cum discussions	Short answer Objective type Essay type

NURSING FOUNDATIONS

Placement- FIRST YEAR **Time- 210 hours**

Fundamentals of Nursing- 190 hours

First- Aid- 20 hours

FUNDAMENTALS OF NURSINGS

Course Description

This course is designed to help students develop an ability to meet the basic health need of the patients with regard to nursing care and develop skill in the competencies required for rendering effective patient care.

General Objectives

Upon completion of the course, the students shall be able to:

1 Describe the physical, mental and social adjustment required of a sick individual and his family.

2 Carry out basic nursing techniques and care with the application of sound scientific principle.

3 Explain the concept of comprehensive nursing care.

4 Develop skills in assessment, planning, implementation and evaluation of the nursing care rendered to the patients.

5 Communicate effectively and establish good interpersonal relationship with the patients, their relatives and other health team members.

6 Demonstrate skills in observation, recording and reporting.

7 Recognize and utilize opportunities for planning and implementing need based health teaching programme (s) for individuals, groups, families and communities.

Total Hours - 190

Unit. No.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
I	Define nursing and explain its nature, meaning, scope,ethics and principles in nursing. Identify the qualities of	**Introduction to Nursing** a) Nursing – concept, meaning, definitions,scope and functions. b) History of nursing in India c) Nursing as a profession d) Nursing professional – qualities and preparation.	**25**	Lecture cum discussions	Short answer Objective type Essay type

Unit. No.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
	a professional nurse health care agencies and its functions. Describe the holistic approach to nursing and the determinants of health and the effects of illness.	e) Ethics in Nursing-roles and responsibilities of a nurse. f) Health care agencies – hospital and community service – types and function of hospitals health team. g) Modern approaches to nursing care including holistic nursing care h) Health and Disease - Definition of health, determinants of health status. - Basic human needs - Illness and its effects on individual			
II	Describe nursing care of the patient/client in hospital using nursing process. Demonstrate skill in the admission and discharge process, maintenance of safe environment and records and reports	**Nursing care of the patient** a) Patient Environment in the hospital: Patients unit b) Therapeutic environment - Physical factors – lighting temperature, ventilation, humidity, noise, pestilence. - Safety needs, prevention of environmental hazard - Psychosocial and aesthetic factors. c) Patient's Adjustment to the Hospital. - Understanding the patient as a person, socio-economic, and cultural background, health status etc. - Effect of hospitalization on patient and family. - Admission, transfer, discharge procedures d) Basic Nursing Skills- - Communication - Nursing interview - Recording and reporting e) Nursing Process - Meaning and importance - Assessment, Nursing diagnosis Planning, Implementation and Evaluation - Nursing care plan.	6	Lecture cum discussions. Demonstration of maintaining the records and reports Role Play	Short answer Objective type Essay type Return demonstration

Unit. No.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
III	Describe basic needs of the patient Demonstrate skill in meeting basic care of the patient	**Meeting the Basic Needs of a patient** a) Physical needs- - Comfort, rest, sleep and exercise –Importance and its promotion - Body mechanics –moving, lifting, transferring - Position and posture maintenance - Comfort devices - Beds and bed making – Principles of bed making, types and care of bed linen - Safety devices, restraints and splints - Exercises – Active and Passive b) Hygienic needs - Personal and environmental hygiene personal - Nurses note in maintaining personal and environmental hygiene. - Care of eyes, nose, ears, hands and feet. - Care of mouth, skin, hair and genitalia - Care of pressure areas, bed sores. c) Elimination needs - Health and sickness - Problems – constipation and diarrhea, retention and incontinence of urine. - Nurse's role in meeting elimination needs. - Offering bed-pan and urinal, - Observing and recording abnormalities. - Preparation and giving of laxative, suppositories, enemas, bowel wash, flatus tube. - Perineal care, care of patient with urinary catheter, diapers. - Maintenance of intake and output records d) Nutritional needs - Diet in health and disease - Factors affecting nutrition in illness, - Nurse's role in meeting patients nutritional needs. - Modification of diet in illness. - Diet planning and serving. - Feeding helpless patients including artificial methods of feeding. e) Psychological and spiritual needs	65	Lecture cum discussion Demonstration	Short answer Objective type Essay type Return demonstration Assessment using checklist

Unit. No.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
		- Importance - Nurse's role -Diversional and Recreational therapy f) Care of terminally ill and dying patient - Dying patient's signs and symptoms needs of dying patient and family, - Nursing care of dying-: special considerations; advance directives, euthanasia, will, dying declaration, organ donation etc. - Medico legal issues - Care of the dead body - Care of unit - Autopsy - Embalming			
IV	Describe the principles of assessment demonstrate skills in assessing the patient	**Assessment of patient/client** a) Physical Assessment - Importance, principles, methods of assessment - Height, Weight, posture - Head to toe examination. b) Physiological Assessment - Vital signs, normal, abnormal Characteristics, factors influencing the variations, - Observation and collection of specimens-urine, stool, vomitus and sputum. c) Psychological Assessment - Mood, Intelligence, Emotions Normal and Abnormal behavior.	14	Lecture cum discussions Demonstration	Short answer Objective type Essay type Return demonstration Assessment using checklist
V	Describe the infection control, methods in the clinical setting. Demonstrate infection control practices	**Infection control** a) Infection control : - Nature of infection - Chain of infection transmission - Defence against infection: natural and acquired - Hospital acquired infection (nosocomial infection) b) Concept of asepsis: - Medical and surgical asepsis - Isolation precautions , barrier nursing - Hand washing : simple, hand asepsis, surgical asepsis (scrub) - Isolation – source and protection - Personal protective equipments types, uses and techniques of wearing and removing		Lecture cum discussion Demonstration Explain using manual of biomedical waste management of Government of India Demonstration Videos Simulation exercises	Short answers Essay type Objective type

Unit. No.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
		- Decontamination of unit and equipment - Transportation of infected patient -. Standard safety precaution - Transmission based precautions c) Bio-medical waste management - Importance - Types of hospital wastes - Hazards associated with hospital waste - Decontamination of hospital waste - Segregation and transportation - Disposal	20		
VI	Describe therapeutic nursing care	**Therapeutic Nursing Care** a) Care of patients with respiratory problems/dyspnea - Deep breathing and coughing exercises - O2 inhalation - Dry and moist inhalation - Oro nasal suctioning b) Care of patient with altered body temperature-Hot and cold Applications c) Care of patients with Fluid and Electrolyte imbalance d) Care of unconscious patient e) Care of the bed-ridden patient(traction, fractures etc.) f) Care of patient with pain g) Care of patients with body elimination deviation	30	Lecture cum discussions. Demonstration	Short answer Objective type Essay type Return demonstration Assessment using checklist
VIII	Explain the principles, routes, effects of administration of medications	**Introduction to clinical Pharmacology** Administrationof medication: a) General Principles/Considerations - Purposes of medication - Principles: Rights, special considerations, prescriptions, safety in administering medications and medication errors - Drugs forms - Routes of administration - Storage and maintenance of drugs and nurses responsibility - Broad classification of drugs - Therapeutic effect, side effect, toxic effect, allergic reaction, drug tolerance, drug interactions - Factors influencing drug actions - Systems of drug measurement: metric system, household measurements.	30	Lecture cum discussions. Demonstration	Short answer Objective type Essay type Return demonstration Assessment using checklist

Unit. No.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
		- Converting measurements units: conversion within one system, between systems, dosage calculations. - Terminologies and abbreviations used in prescription of medications. b) Oral drug administration: oral, sublingual, buccal : equipment and procedure. c) Parentral: - General principles - Types of parentral therapies. - Types of syringes, needles, canulas and infusion sets, - Protection from needle stick injuries, giving medications with a safety syringe. - Routes of parentral therapies: - Purposes, site equipment, procedure and special considerations in giving intradermal, subcutaneous, intramuscular and intravenous medications. - Advanced techniques : epidural, intrathecal, intraosseous, intraperitoneal, intrapleural, intra arterial - Role of nurse d) Topical administration: purposes, site, equipment, procedure, special considerations for applications to skin and mucous membrane. e) Direct application: - Gargle, throat swab - Insertion of drug into body cavities : nasal pack, suppositories / medicated packing into rectum / vagina - Instillations: ear, eye, nasal, bladder and rectal. - Irrigations: eye, ear, bladder, vaginal and rectal. Spray: nose and throat f) Inhalations: nasal, oral, endotracheal, tracheal (steam, oxygen and medications) – purposes, types, equipment, procedure and special considerations. g) Recording and reporting of medications administered.			

FIRST AID

Course Description

This course is designed to help students develop and understanding of community emergencies and be able to render first aid services as and when need arises.

General Objectives

Upon completion of this course, the students shall be able to:

1. Describe the rules of first aid.
2. Demonstrate skills in rendering first aid in case of emergencies.

Total Hours - 20

Unit	Learning Objectives	Content	Hr.	Teaching learning activities	Assessment methods
I	Describe the importance and principle of first aid	**Introduction** a) Definition, Aims and Importance of first aid b) Rules/ General principles of First Aid c) Concept of emergency	2	Lecture cum discussions	Short answer Objective type
II	Demonstrate skill in first aid techniques	**Procedures and Techniques in First Aid** a) Preparation of First Aid kit. b) Dressing, bandaging and splinting(spiral, reverse spiral, figure of 8 spica, shoulder, hip, ankle, thumb, finger, stump, single and double eye, single and double ear, breast, jaw, capelin), triangle bandage uses, abdominal binder and bandage, breast binder, T and many tail bandage, knots reef, clove. c) Transportation of the injured d) CPR : Mouth to mouth, Sylvester, Schafer, External cardiac massage	8	Lecture cum discussions Demonstration Videos Simulation exercises.	Short answer Objective type Return demonstration
III	Describe first aid in common emergencies	**First Aid in emergencies** a) Asphyxia, drowning, shock b) Wounds and Bleeding c) Injuries to the Bones, Joints and Muscle - fractures, sprains, strains, hanging, falls	6	Lecture cum discussions. Videos Demonstration	Short answer Objective type Return demonstration

Unit	Learning Objectives	Content	Hr.	Teaching learning activities	Assessment methods
		d) Burns and scalds e) Poisoning – ingestion, inhalation, bites and stings f) Foreign body in eye, ear, nose and throat.			
IV	List various community emergencies and community resources.	**Community Emergencies & Community Resources** a) Fire, explosion, floods, earth-quakes, famines etc b) Role of nurses in disaster management c) Rehabilitation d) Community Resources - Police, Ambulance services - Voluntary agencies-local, state national and international	4	Lecture cum discussions. Videos Mock drill Simulation exercise Videos Field visit to voluntary agencies.	Short answer Objective type Essay type

NUSING FOUNDATIONS- PRACTICAL

Placement: FIRST YEAR **Time: Practical – 880 hours**

Lab - 200 hours

Clinical – 680 hours

Course Description: This course is designed to help the students to acquire knowledge, attitude and skills in techniques of nursing and practice them in clinical settings

The nurse on completion of this course will be able to:

- ❑ Demonstrate appropriate attitudes and skills in providing comprehensive nursing care to patients based on nursing process.
  - Assess the nursing needs of the clients by collecting complete data, making relevant observation and analyze the data collected.
  - Plan for appropriate nursing care by prioritizing the needs and executing competent nursing actions.
  - Implement effective nursing care by integrating scientific principles for maintaining health optimum
  - Promote the health of the individual and the community by giving appropriate health teaching.
  - Evaluate the patients response to nursing care provided.
  - Apply the theoretical knowledge to the appropriate clinical nursing practice.
  - Demonstrate skill in the use of problem solving methods in nursing practice.
  - Contribute for promotion of health prevention of illness & restoration of health of people by working with other health team members.
  - Gain knowledge of health resources in the community and the country.
  - Demonstrate leadership skills in working with health team, community and others in the provision of health care.
  - Recognize the need for continuing education for professional development.
  - Demonstrate use of ethical values in their personal and professional life.
  - Assist in research activities.

Areas	Time (Hours)	Objectives	Skills	Assignments	Assessment methods
Supervised practice in Lab General Medical and surgery wards	200 680 (Minimum practice time in clinical area)	• Performs admission and discharge procedure	**Hospital admission and discharge** a) Admission: • Prepare Unit for new patient • Prepare admission bed • Perform admission procedure • New patient • Transfer in • Prepare patient records **b) Discharge/Transfer out** • Gives discharge counseling • Perform discharge procedure (Planned discharge, LAMA and abscond, Referrals andtransfers) • Prepare records of discharge/ transfer • Dismantle, and disinfect unit and equipment after discharge/transfer	• Practice in Unit/ hospital	• Evaluate with checklist • Assessment of clinical performance with rating scale • Completion of Practical record
		• Prepares nursing care plan as per the nursing process format	**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	• Write nursing process records of patient • Simulated -1 • Actual - 1	• Assessment of nursing process records with checklist • Assessment of actual care given with rating scale
		• Communic ates effectively with patient, families and team members and • Maintains effective human relations	**Communication** • Use verbal and non verbal communication techniques **Prepare a plan for patient teaching session**	• Role-plays in simulated situations on communi-cation techniques-1 • Health talk-1	• Assess role plays with the checklist on comm. unication techniques • Assess health talk with the checklist • Assessment of comm.-unication techniques by rating scale

Areas	Time (Hours)	Objectives	Skills	Assignments	Assessment methods
		• Develops plan for patient teaching			
		• Prepares patient reports • Presents reports	**Write patient report** • Change-of shift reports, • Transfer reports, Incident reports etc. • Present patient report	• Write nurses notes and present the patient report of 2-3 assigned patients	• Assessment of performance with rating scale
		• Monitors vital signs	**Vital signs** • Measure, records and interpret alterations in body temperature, pulse, respiration and blood pressure	• Lab practice • Measure Vital signs of assigned patient	• Assessment of each skill with checklist • Completion of activity record
		• Performs health assess-ment of each body system	**Health assessment** • Health history taking • Perform assessment: General Body systems • Use various methods of physical examination • Inspection, Palpation, Percussion, Auscultation, Olfaction Identification of system • wise deviations		
		• Provides basic nursing care to patients	**Prepare Patient's unit:** • Prepare beds: • Open, closed, occupied, operation, amputation, • Cardiac, fracture, burn, Divided, & Fowler's bed • Pain assessment and provision for comfort **Use comfort devices Hygienic care:** • Oral hygiene: • Baths and care of pressure points • Hair wash, Pediculosis treatment	• Practice in lab & hospital	

Areas	Time (Hours)	Objectives	Skills	Assignments	Assessment methods
			Feeding: • Oral/ Enteral,Naso/Orogastric, gastrostomy and Parenteral feeding • Naso-gastric tube insertion, suction, and irrigation **Assisting patient in urinary elimination** • Provide 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 **Bowel wash Body Alignment and Mobility:** • Range of motion exercises • Positioning: Recumbent, Lateral, Fowlers, Sims, Lithotomy, Prone, Trendelenburg positon- • Assist patient in Moving, lifting, transferring, walking • Restraints **Oxygen administration** • Mask • Prongs • Tent • Catheters **Suctioning: oropharyngeal, nasopharyngeal** **Chest physiotherapy and postural drainage** **Care of Chest drainage** **CPR- Basic life support** **Observation of Intravenous therapy**	• Simulated exercise on CPR manikin	

Areas	Time (Hours)	Objectives	Skills	Assignments	Assessment methods
			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) **Application of hot and cold therapies:** • Local and general • Dry and moist **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**		
		• Performs infection control procedures	**Infection control** • Perform following procedures: • Hand washing techniques • Simple, hand antisepsis and surgical antisepsis (scrub) • Prepare isolation unit in lab/ ward	• Observation study -2 • Department of Infection control & CSSD • Visits CSSD write observation report 1	• Assess observation study with checklist • Evaluate all procedures with checklist

Areas	Time (Hours)	Objectives	Skills	Assignments	Assessment methods
			• Practice technique of wearing 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 solutions, • Prepare solutions • Care of articles	• Collection of samples for culture • Do clinical posting in infection control department and write report • Practice in lab/ward	
		• Provide care to pre and post-operative patients • Perform procedures for care of wounds	**Pre and post-operative care:** • Skin preparations for surgery: Local • Preparation of Post-operative unit • Pre & post- operative teaching and counselling. • Pre and post-operative monitoring • Care of the wound: • Dressings of minor wounds, careof Drainage / Application of Binders, Splints& Slings • Bandaging of various body parts		
		Administers drugs	**Administration of medications** • Administer Medications in different forms and routes • Oral, Sublingual and Buccal • Parenteral : Intradermal, subcutaneous, Intramuscular etc. • Assist with Intravenous medications		

			• Drug measurements and dose calculations • Preparation of lotions and solutions • Administer topical applications • Insertion of drug into body cavity: Suppository & medicated packing etc. • Instillation of medicines into Ear, Eye, Nose and throat • Irrigations: Eye, Ear, bladder, Vagina and Rectum • Inhalations: dry and moist • Medicated/Nebulization • Identification of spurious drugs. • Record date, time, medication, dose, route And sign immediately after administration		
		• Provide care to dying and dead • Counsel and support relatives	**Care of dying patient** • Provide care for the terminally ill • Caring and packing of dead Body • Counseling and supporting grieving relatives • Handing over the body & valuables • Transferring to mortuary with proper identification • Terminal care of the unit		

COMMUNITY HEALTH NURSING

Placement- FIRST YEAR **Time- 180 hours**

CHN-I – 80 hours

Environmental Hygiene- 30 hours

Health Education & Communication skills- 40 hours

Nutrition- 30hours

COMMUNITY HEALTH NURSING – I

Course Description

This course is designed to help students gain an understanding of the concept of community health in order to introduce them to the wider horizons of rendering nursing services in a community set – up, both in urban and rural areas.

General Objectives

Upon completion of this course, the students shall be able to:

1 Describe the concept of health, community health and community health nursing.

2 State the principles of epidemiology and epidemiological methods in community health nursing practice.

3 Explain the various services provided to the community and role of the nurse.

4 Demonstrate skills to practice effective nursing care of the individuals and families in the clinics as well as in their homes, using scientific principles.

Total Hours – 80

Unit No.	Learning Objectives	Content	Hr	Teaching Learning activities	Method of Assessment
I	Describe the concept of health and disease and community health	**Introduction to Community Health** a) Definitions: Community, Community health, community health nursing b) Concept of Health and disease, dimensions and indicators of health, Health determinants c) History & development of Community Health in India& its present concept. d) Primary health care, Millennium Development Goals e) Promotion and maintenance of Health	10	Lecture cum discussions.	Short Answers

Unit No.	Learning Objectives	Content	Hr	Teaching Learning activities	Method of Assessment
II	Explain various aspects of Community Health Nursing. Demonstrate skills in applying nursing process in Community Health Nursing settings	**Community Health Nursing** a) Philosophy, goals, objectives & principles , concept and importance of Community Health Nursing, b) Qualities and functions of Community Health Nurse c) Steps of nursing process; community identification, population composition, health and allied resources, community assessment, planning & conducting community nursing care services.	14	Lecture cum discussions.	Short answers Essay type
III	Demonstrate skill in assessing the health status and identify deviations from normal parameters in different age groups.	**Health Assessment** a) Characteristics of a healthy individual b) Health assessment of infant, preschool, school going, adolescent, adult, antenatal woman, postnatal woman, and elderly.	10	Lecture cum discussions. Demonstration Role Play Videos	Short answers Objective type Essay type Return demonstration
IV	Describe the principles of epidemiology and epidemiological methods in community health nursing practice.	**Principles of Epidemiology and Epidemiological methods** a) Definition and aims of epidemiology, communicable and non-communicable diseases. b) Basic tools of measurement in epidemiology c) Uses of epidemiology d) Disease cycle e) Spectrum of disease f) Levels of prevention of disease. g) Disease transmission – direct and indirect. h) Immunizing agents, immunization and national immunization schedule. i) Control of infectious diseases. j) Disinfection.	10	Lecture cum discussions. Non-communicable disease module of government of India. Field visit	Short answers Objective type Essay type
V	Demonstrate skill in providing comprehensive nursing care to the family.	**Family Health Nursing Care** a) Family as a unit of health b) Concept, goals, objectives c) Family health care services d) Family health care plan and nursing process.	12	Lecture cum discussions. Role play Family visit	Short answers Essay type

Unit No.	Learning Objectives	Content	Hr	Teaching Learning activities	Method of Assessment
		e) Family health services – Maternal, child care and family welfare services. f) Roles and function of a community health nurse in family health service. g) Family health records.			
VI.	Describe the principles and techniques of family health care services at home and in clinics.	**Family Health Care Settings Home Visit:** a) Purposes, Principles b) Planning and evaluation c) Bag technique d) Clinic: Purposes, type of clinics and their functions e) Function of Health personnel in clinics	10	Lecture cum discussions. Demonstration Visits – Home, health center	Short answer Return demonstration
VII	Describe the referral system and community resources for referral	**Referral System** a) Levels of health care and health care settings. b) Referral services available c) Steps in referral. d) Role of a nurse in referral	6	Lecture cum discussions. Mock drill	Short answer Objective type
VIII	List the records and reports used in community health nursing practice	**Records and reports** a) Types and uses b) Essential requirements of records and reports c) Preparation & Maintenance	3	Lecture cum discussions. Exhibit the records.	Short answer Objective type
IX.	Explain the management of minor ailments.	**Minor Ailments** a) Principles of management b) Management as per standing instructions/orders.	5	Lecture cum discussions.	Short answer Objective type

COMMUNITY HEALTH NURSING I- PRACTICAL

Placement: FIRST YEAR **Time: Practical – 320 hours (8 weeks)**

Areas	Duration	Objectives	Skills	Assignments	Assessment methods
Community health Nursing - urban / rural	8 weeks	a) Organize home visit b) Prepare bagand demonstrate bag technique. c) Build up and maintain rapport with family. d) Identify needs of community e) Practice procedure f) Make referrals. g) Plan and conduct health education on identified health needs. h) Set up clinics with help of staff. i) Maintain records and reports j) Collect and record vital health statistics. k) Learn about various organizations of community health importance. l) Health Assessment family m) Identify the health needs of various age groups. n) Assess the environment o) Maintain family folders. p) Assessment nutritional needs q) Demonstrate different method of preparing food according to the nutritional need of family.	• Conducting Home visits. • Nutritional assessment of individuals. • Provide care at home as per Standing Orders / protocol. • Conduct health Education. • Set up of different Clinics. • Maintain Records & Reports. • Practice family health nursing. • Demonstrate different methods of preparation of Meals.	• Daily Diary • Health talk -2 • Family care plan based on family study -2. • Health assessment of an individual -2 • Community Profile – 2 • Report of visit to water purification plant, sewage plant, milk dairy, panchayat.	• Assess clinical performance with rating scale. • Evaluation of daily diary, health talk, family care plan, health assessment, community profile, observation report.

ENVIRONMENTAL HYGIENE

Course Description

This course is designed to help students acquire the concept of health, understanding of the principles of environmental health and its relation to nursing in health and disease.

General Objectives

Upon completion of this course, the students shall be able to:

1 Describe the concept and principles of environmental health.

2 Demonstrate skills to apply the principles of environmental hygiene in caring for self and others.

3 Describe the environmental health hazards, related health problems and the services available to meet them.

Total Hours – 30

Unit.	Learning Objectives	Content Unit wise	Hr	Teaching learning activities	Method of assessment
I	Explain the importance of healthy environment and its relation to health and disease.	**Introduction** a) Components of environment b) Importance of healthy environment	2	Lecture cum discussions.	Short answer
II	Describe the environmental factors contributing to health andillness.	**Environmental Factors Contributing to Health** a) Water : - Sources and characteristics of safe and wholesome water - Uses of water. - Rain water harvesting - Water pollution – natural and acquired impurities - Water borne diseases - Water purification-small and large scale b) Air : - Composition of air - Airborne diseases - Air pollution and its effect on health - Control of air pollution and use of safety measures.	22	Lecture cum discussions Demonstration Exhibits Visit to water Purification plant, sewage treatment plant	Short answers Objective type Essay type

Unit.	Learning Objectives	Content Unit wise	Hr	Teaching learning activities	Method of assessment
		c) Waste : - Refuse – garbage, excreta and sewage - Health hazards - Waste management: collection, transportation and disposal. d) Housing: - Location - Type - Characteristics of good housing - Basic amenities - Town planning e) Ventilation: - Types and standards of ventilation f) Lighting: - Requirements of good lighting - Natural and artificial lighting - Use of solar energy g) Noise - Sources of noise - Community noise levels - Effects of noise pollution - Noise Control measures h) Arthropods: - Mosquitoes, housefly, sand fly, human louse, rat fleas, rodents, ticks etc. - Control measures			
III.	Describe the community organization to promote environmental health.	**Community organizations to promote environmental health** a) Levels and types of agencies: - National, state, local - Government, voluntary and social agencies. b) Legislations and acts regulating the environmental hygiene.	6	Lecture cum discussions.	Short answer Objective type.

HEALTH EDUCATION AND COMMUNICATION SKILLS

Course Description

This course is designed to help students to

1. Acquire the concept of health education and develop an ability to select and/or prepare appropriate audio-visual aids and use them effectively to communicate with the individuals and community
2. Understand the principles of communication and counseling, and its application in nursing practice.

General Objectives

Upon completion of this course, the students shall be able to:

1 Describe the concept of health education, communication skills including soft skills, audio – visual aids and health education agencies.

2 Identify and utilize opportunities for health education.

3 Describe the application of information technology in preparation and use of various health teaching aids.

4 Develop effective communication and counseling skills.

Total Hours – 40

Unit.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
I	Describe the concept and different aspects of communica-tion	**Communication Skills** a) Definition, process, purposes, principles, types and importance of communication b) Barriers in communication c) Establishment of successful communication. d) Observing and listening skills.	8	Lecture cum discussions. Demonstration Role play	Short answers Objective type Return demonstration
II	Describe the aims and objectives, scope, levels, approaches and principles of health education	**Health Education** a) Concept, definition, aims and objectives of health education b) Principles of health education c) Process of change/modification of health behavior d) Levels and approaches of health education e) Methods of health education f) Scope and opportunities for health education in hospital and community g) Nurse's role in health education.	6	Lecture cum discussions.	Short answers Objective type

Unit.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
III	Demonstrate the skills of counseling.	**Counseling** a) Definition, purpose, principles, scope and types b) Counseling process: steps and techniques c) Qualities of a good counselor d) Difference between health education and counseling e) Role of nurse in counseling	8	Lecture cum discussion Role play	Short answer Essay type.
IV	Describe the types of AV aids. Demonstrate skill in preparing and using different kinds of audio – visual aids	**Methods and Media of Health Education** a) Definition, purpose and types of audio-visual aids and media b) Selection, preparation and use of audio-visual aids : graphic aids, printed aids, three dimensional aids and projected aids c) Advantages and limitations of different media d) Preparation of health education plan	18	Lecture cum discussions Exhibits. Demonstration	Evaluation of prepared audio visual aids. Written test

NUTRITION

Course Description

This course is designed to help students understand that nutrition is an integral component of health as nutrients play a vital role in the growth, development and maintenance of the body.

General Objectives

Upon completion of this course, the students shall be able to:

1 Describe the principles of nutrition and dietetics and its relationship to the human body in health and disease.

2 Describe the balanced diet in promotion of health

3 Apply this knowledge in providing therapeutic diet in care of the sick.

4 Demonstrate skills in selection, preparation and preservation of food.

Total Hours – 30

Unit.	Learning Objectives	Content	Hr.	Teaching learning activities	Methods of assessment
I	Describe the relationship between nutrition and health	**Introduction** a) Meaning of food, nutrition, nutrients etc. b) Food Habits and customs c) Factors affecting nutrition d) Changing concepts in food and nutrition. e) Relation of Nutrition to Health	**2**	Lecture cum discussions. Explain using charts	Short answer types Objective type
II	Describe the classification of food.	**Classification of food** a) Classification by origin: - Food and animal origin - Food of plant origin b) Classification by chemical composition and sources - Carbohydrates - Proteins - Fats - Minerals - Vitamins - Water c) Classification by predominant functions - Body building food - Energy giving food - Protective food	**2**	Lecture cum discussions. Real food items Exhibits charts	Short answers Objective type Essay type

Unit.	Learning Objectives	Content	Hr.	Teaching learning activities	Methods of assessment
		d) Classification by nutritive value - Cereals and millets - Pulses and legumes - Vegetables - Nuts and oil seeds - Fruits - Animal food - Fats and oils - Sugar and jiggery - Condiments and spices - Miscellaneous food.			
III	Explain normal dietary requirements Demonstrate skill in calculating normal food requirements.	**Normal Dietary Requirements** a) Energy: Calorie, Measurement, Body Mass Index, BasalMetabolic Rate – determination and factors affecting b) Balanced Diet – nutritive value of foods, calculation for different categories of people, normal food requirement calculation. Menu plan. Combination of food affecting and enhancing the nutritive value of the diet. c) Budgeting for food, low cost meals, food substitutes. d) Diseases and disorders caused by the imbalance of nutrients. e) Food allergy –causes, types, diet modifications in glutein, lactose and protein intolerance etc. f) Food intolerance - inborn errors of metabolism	4	Lecture cum discussions. Charts exhibits Real food Practical exercise	Short answer Objective type Essay type
IV	Describe theprinciples and various methods of preparation, preservation and storage of food.	**Food Preparation, Preservation & Storage** a) Principles of cooking, methods of cooking and the effect of cooking on food and various nutrients. Safe food handling, health of food handlers.	2	Lecture cum discussions. Field visit to food processing unit.	Short answer type Objective type

Unit.	Learning Objectives	Content	Hr.	Teaching learning activities	Methods of assessment
		b) Methods of food preservation– household and commercial, precautions. c) Food storage – cooked and raw, household and commercial, ill effects of poorly stored food. d) Food adulteration and acts related to it.		Demonstration exhibits	Evaluation of exhibit preparation.
V	Describe about therapeutic diet	**Therapeutic Diet** a) Diet modification in relation to medical and surgical condition of the individual such as Protein Energy Malnutrition (PEM), Diabetes, Cardio Vascular disease, Hepatitis, Renal, Gouts, Irritable Bowel Syndrome (IBS), Obesity, cholecystectomy, partial gastrectomy, gastrostomy, bariatric surgery and colostomy etc. b) Special diet – low sodium diet, fat free diet, diabetic diet, bland diet, high protein diet, low protein diet, low calorie diet, geriatric diet,iron rich diet, liquid diet, semi-solid diet, soft diet and high fiber dietetc c) Factors affecting diet acceptance, feeding the helpless patient. d) Health education on nutrition needs and methods in diet modification .	8	Lecture cum discussions. Practical of planning Therapeutic diet Demonstration Charts Exhibits	Short answers Objective type Essay type
VI	Describe the concept of community nutrition	**Community Nutrition** a) Nutritional problems and programs in India b) Community food supply, food hygiene and commercially prepared and grown food available locally. c) National and international food agencies – Central food training research institute (CFTRI), Food and agriculture organization	4	Lecture cum discussions. Videos Government of India nutrition manuals.	Short answer Objective type

Unit.	Learning Objectives	Content	Hr.	Teaching learning activities	Methods of assessment
		(FAO), National Institute of Nutrition (NIN), Food Safety and Standards Authority of India (FSSAI), CARE (Cooperative for Assistance and Relief Everywhere), National Institute of Public Cooperation and Child Development (NIPCCD) etc.		Visit to the local food preparation / processing agency.	
VII	Demonstrate skill in preparation of common food items.	**Preparation of diet / practical** a) Beverages: hot and cold, juice, shakes, soups, lassi, barley water b) Egg preparation: egg flip, scramble, omlet, poached egg c) Light diet: porridges, gruel, khichari, dahlia, kanji, boiled vegetables, salads, custards. d) Low cost high nutrition diets - chikki, multigrain roti	8	Lecture cum discussions Cookery practical	Practical evaluation

ENGLISH

Placement- FIRST YEAR **Time- 30 hours**

Course Description

This course is designed to help students develop an ability to comprehend spoken and written English, so as to communicate effectively.

General Objectives

Upon completion of this course, the students shall be able to:

1 Read and write correct English.

2 Communicate effectively in English.

Total Hours-30

Unit	Learning Objective	Content	Hr.	Method of Teaching	Assessment Method
I.	Speak and write correct grammatical English	**Grammar** a) Review of basic grammar b) Building Vocabulary	6	Discussion, written and oral exercises.	Objective type Paraphrasing
II	Develop ability to read , understand and write in English	**Composition** a) Sentence construction and usage. b) Reading comprehension. c) Written composition : paragraphs & essays, precise writing, story writing & comprehension, letter writing, nurses notes and reports, anecdotal records, diary writing	14	Discussion Written and oral exercises.	Dictation Exercise Objective type Translation Report evaluation Essay type
III	Demonstrate conversation skills.	**Spoken English** a) Conversation – face to face and telephonic b) Oral report c) Discussion, debate d) Public speaking skills.	10	Discussion, written and oral exercises.	Extempore Debates Discussion

COMPUTER EDUCATION

Placement- FIRST YEAR **Time- 15 hours**

Course Description:-

This course is designed to help students gain a basic understanding of uses of computers and its application in nursing.

General Objective:-

Upon completion of this course, the students shall able to:

1. Describe the basic disk operating system.
2. Use computer for data processing
3. Use Micro-soft office programs.
4. Use computer in patient Management System.
5. Use E-mail and internet

Total Hours – 15

Unit	Learning Objectives	Content	Hr.	Teaching learning activities	Assessment methods
I	Describe the structure and purpose of computers and disc operating systems	**Introduction to computers and Disk operating system** a) Definition b) Classification c) Structure and parts of computer d) Disk operating system – DOS and WINDOWS all versions. e) Purposes / uses of computer is health care delivery system	5	Lecture cum discussion Practical	Short answers Essay type Practical
II	Demonstrate skill in the use of MS office	**MS Office** a) MS word b) MS excel with pictorial presentation c) MS Power point d) MS access e) MS publisher document	15	Lecture cum discussion Demonstration Practice session	Short answer Objective type Practical exam
III	Demonstrateskill in using multimedia	**Multimedia** a) Types and uses b) Data base creation, retrieval and report generation c) Computer aided teaching and testing	5	Lecture cum discussion Demonstration	Short answer Objective type Practical exam
IV	Demonstrate the use of internet and e-mail	**Use of internet and e-mail** a) Accessing the website b) Searching the internet for content c) Accessing the email and communicating with the help of it. d) Use of internet communication programs – skype	10	Lecture cum discussion Demonstration	Short answer Objective type Practical exam