

# **SYLLABUS AND REGULATIONS**

**P.B.B.Sc. NURSING (2 YEARS PROGRAM)**



**(2018 - 2019 ONWARDS)**

**PONDICHERRY UNIVERSITY**

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## **Philosophy**

(Adapted from Indian Nursing Council ) \*

We believe that:

Health is a state of well- being that enables a person to lead a psychologically, socially and economically productive life. Health is a right of all the people. Individuals, families and communities have a responsibility towards maintaining their health.

Nursing contributes to the health services in a vital and significant way in the health care delivery system. It recognizes national health goals and is committed to participate in the implementation of National Health Policies and programmes. It aims at identifying health needs of the people, planning and providing quality care in collaboration with other health professional and community groups.

Scope of nursing practice encompasses provision of promotive, preventive, curative and rehabilitative aspects of care to people across their life span in wide variety of health care settings. Practice of nursing is based upon application of basic concepts and principles derived from the physical, biological and behavioural sciences

Nursing is based on values of caring, and aims to help individuals to attain independence in self-care. It necessitates development of compassion and understanding of human behaviour among its practitioners to provide care with respect and dignity and protect the rights of individuals & groups.

Undergraduate nursing program at post basic level is broad based education within an academic framework specifically directed to the development of critical thinking skills, competencies & standards required for practice of professional nursing and midwifery as envisaged in National Health Policy 2002.

The teachers have the responsibility to be role models and create learning environment that enables students to acquire inquiry driven, self directed learning and foster an attitude of life long learning.

Under graduate nursing education program at post basic level prepares its graduates to become exemplary citizen by adhering to code of ethics and professional conduct at all times in fulfilling personal, social and professional obligations so as to respond to national aspirations.

## **Aims**

Post Basic B.Sc. degree in Nursing is a broad based education aimed to build upon the skills and competencies acquired at the diploma in nursing level. It is specifically directed to the upgrading of critical thinking skills, competencies and standards required for practice of professional nursing and midwifery as envisaged in National Health Policy. The course is intended to enable the graduates:

- Assume responsibilities as professional, competent nurses and midwives at basic level in providing promotive, preventive, curative, and rehabilitative services.
- Make independent decisions in nursing situations, protect the rights of and facilitate individuals and groups in pursuit of health, function in the hospital, community nursing services, and conduct research studies in the areas of nursing practice. They are also expected to assume the role of teacher, supervisor, and manager in clinical/public health settings.

## **Objectives**

On completion of Post-Basic B.Sc. Nursing degree course the graduates will be able to:

1. Assess health status, identify nursing needs, plan, implement and evaluate nursing care for patients / clients that contribute to health of individuals, families and communities.
2. Demonstrate competency in techniques of nursing based on concepts and principles from selected areas of nursing, physical, biological and behavioral sciences.
3. Participate as members of health team in the promotive, preventive, curative and restorative health care delivery system of the country.
4. Demonstrate skills in communication and interpersonal relationship.
5. Demonstrate leadership qualities and decision-making abilities in various situations.
6. Demonstrate skills in teaching to individuals and groups in community health settings.
7. Demonstrate managerial skills in community health settings.
8. Practice ethical values in their personal and professional life.
9. Participate in research activities and utilize research findings in improving nursing practice.
10. Recognise the need for continued learning for their personal and professional development.

**ELIGIBILITY CRITERIA: \***

- Passed the Higher Secondary or Senior Secondary or Intermediate or 10+2 or an equivalent examination recognized by the university for this purpose. Those who have done 10+1 in or before 1986, will be eligible for admission.
  
- Obtained a certificate in General Nursing and Midwifery and registered as R.N.R.M. with the State Nurses Registration Council. A male nurse, trained before the implementation of the new integrated course besides being registered as a nurse with State Nurses Registration Council, shall produce evidence of training approved by Indian Nursing Council for a similar duration in lieu of midwifery in any one of the following areas:
  - O.T. Techniques
  - Ophthalmic Nursing
  - Leprosy Nursing
  - TB Nursing
  - Psychiatric Nursing
  - Neurological and Neuro surgical Nursing
  - Community Health Nursing
  - Cancer Nursing
  - Orthopedic Nursing
  
- Candidates shall be medically fit.
  
- Students shall be admitted once in a year.

# P.B.B.Sc. NURSING PROGRAMME

## COURSES OF STUDY\*

### 1<sup>st</sup> Year

S. No	Subject	Hours Theory	Hours Practical	Total
1.	Nursing Foundation	45		45
2.	Nutrition & Dietetics	30	15	45
3.	Biochemistry and Biophysics	60 (30+30)		60
4.	Psychology	60	15	75
5.	Maternal Nursing	60	240	300
6.	Child Health Nursing	60	240	300
7.	Microbiology	60	30	90
8.	Medical & Surgical Nursing	90	270	390
9.	English (Qualifying)	60		60
11.	Library			50
12.	Co-curricular Activities			50
	<b>Total</b>	<b>525</b>	<b>810</b>	<b>1465</b>

### 2<sup>nd</sup> Year

S. No	Subject	Hours Theory	Hours Practical	Total
1.	Sociology	60		60
2.	Community Health Nursing	60	240	300
3.	Mental Health Nursing	60	240	300
4.	Introduction to Nursing Education	60	75	135
5.	Introduction to Nursing Administration	60	180	240
6.	Introduction to Nursing Research & Statistics	45 (30 +15)	120	165
7.	Library			50
8.	Co-curricular Activities			50
	<b>Total</b>	<b>345</b>	<b>855</b>	<b>1300</b>

\* Revised

**SCHEME OF EXAMINATION\***

SUBJECT	Duration	Marks				Total
		Int. Assessment		Uni. Examination		
		Min.	Max	Min.	Max	
<b>1<sup>st</sup> year</b>						
1. Nursing foundation	3	13	25	38	75	100
2. Nutrition & Dietetics	3	13	25	38	75	100
3. Biochemistry and Biophysics	3	13 (7+6)	25 (13 +12)	38 (20+18)	75 (40 + 35)	100
4. Psychology	3	13	25	38	75	100
5. Microbiology	3	13	25	38	75	100
6. Maternal Nursing	3	13	25	38	75	100
7. Maternal Nursing (Practicals)		25	50	25	50	100
8. Child Health Nursing	3	13	25	38	75	100
9. Child Health Nursing (Practicals)		25	50	25	50	100
10. Medical and surgical Nursing	3	13	25	38	75	100
11. Medical & Surgical Nursing (Practicals)		25	50	25	50	100
12. English	3	10	25	30	75	100
<b>2<sup>nd</sup> Year</b>						
1. Sociology	3	13	25	38	75	100
2. Community Health Nursing	3	13	25	38	75	100
3. Community Health Nursing (Practicals)		25	50	25	50	100
4. Mental Health Nursing	3	13	25	38	75	100
5. Mental Health Nursing (Practicals)		25	50	25	50	100
6. Introduction to Nursing Education	3	13	25	38	75	100
7. Introduction to Nursing Administration	3	13	25	38	75	100
8. Introduction to Nursing Research and Statistics		25	50	-	-	50
9. Research Project		25	50	-	-	50

**\* Revised**

# SYLLABUS

## NURSING FOUNDATION

**Placement :First Year**

**Time Allotted: Theory -45 hrs.**

### COURSE DESCRIPTION

This course will help students develop an understanding of the philosophy, objectives and responsibilities of nursing as a profession. The purpose of the course is to orient to the current concepts involved in the practice of nursing and developments in the nursing profession.

### OBJECTIVES

At the end of the course, the student will

1. Identify professional aspects of nursing
2. Explain theories of nursing
3. Identify ethical aspects of nursing profession.
4. Utilise steps of nursing process.
5. Identify the role of the nursing in various levels of health services.
6. Appreciate the significance of quality assurance in nursing
7. Explain current trends in health and nursing.

### COURSE CONTENTS

#### UNIT –I

- Development of Nursing as a profession
- its philosophy
- Objectives and responsibilities of a graduate nurse
- Trends influencing nursing practice
- Expanded role of the nurse
- Development of nursing education in India and trends in nursing education
- Professional organizations, career planning
- Code of ethics & Professional conduct for nurse.

#### Unit II

- Ethical, legal and other issues in nursing
- Concepts of health and illness, effects on the person
- Stress and adaptation
- Health care concept and nursing care concept
- Developmental concept, needs, roles and problems of the development stages of individual –newborn, infant, toddler, pre-adolescent, adolescent, adulthood, middle-age, old age.



### **UNIT III**

- Theory of nursing practice
- Meta paradigm of nursing –characterized by four central concepts i.e. nurse, person (client/patient), health and environment.

### **UNIT IV**

- Nursing process.
- Assessment: Tools for assessment, methods, recording.
- Planning: Techniques for planning care, types of care plans.
- Implementation: Different approaches to care, organizations and implementation of care, recording.
- Evaluation: Tools for evaluation, process of evaluation.

### **UNIT V**

- Quality assurance: nursing standards, nursing audit, total quality management.
- Role of council and professional bodies in maintenance of standards.

### **UNIT VI**

Primary health care concept:

- Community oriented nursing
- Holistic nursing
- Primary nursing

Family oriented nursing concept:

- Problem oriented nursing
- Progressive patient care
- Team nursing

### **Reference**

1. Potter & Perry, Fundamentals of Nursing, Elsevier, 6th Edition.
2. Harkreader, Fundamentals of Nursing: Catering and Clinical Judgment, Elsevier, 3rd Edition
3. Kozier, Fundamentals of Nursing: Concepts, Process & Practice, Pearson, 7th Edition
4. Taylor, Fundamentals of Nursing: Arts and science of Nursing Process, Saunders, 7th Edition.
5. Fuller, Health Assessment: Nursing Approach, Lippincott, 3rd Edition
6. Ackley (BJ), Nursing Diagnosis Handbook: An evidence based guide to planning care, Mosby, 8<sup>th</sup> Edition
7. Craven, Fundamentals of Nursing: Human health & function, LWW, 5th Edition.

## **NUTRITION AND DIETETICS**

**Placement :First Year**

**Time Allotted: Theory -30 hrs.  
Practical -15 hrs**

### **COURSE DESCRIPTION**

This course is designed to provide the students with a wide knowledge of dietetics in Indian setting, that the practice of teaching optimum and realistic dietary planning can become an integral part of nursing practice.

### **OBJECTIVES**

At the end of the course, the student will

1. Explain the principles and practices of nutrition and dietetics.
2. Plan therapeutic diets in different settings.
3. Identify nutritional needs of different age groups and plan diet accordingly.
4. Prepare meals using different methods utilizing cookery rules.

### **COURSE CONTENTS**

#### **UNIT I**

- Introduction to nutrition and dietetics.
- Balanced diet, factors on which it depends.
- Factors to be considered in planning.
- Guides available for planning.
- Food hygiene, preparation and preservation
- Review of nutrients –micro and macro.
- Food chain, Food webs and ecological pyramids

#### **UNIT II**

- Introduction to diet therapy
- Routine hospital diets
- Therapeutic diet under each unit i.e. cardiovascular disease, Gastro intestinal diseases, Renal disorders, endocrine and metabolic disorders, allergy, infections and fevers, pre and post operative stage, deficiency diseases and malnutrition, overweight and underweight.

#### **UNIT III**

- Infant and child nutrition
- Feeding of normal infants: factors to be considered in planning, nutritional requirements.
- Feeding of premature infants: factors to be considered in planning, nutritional requirements.
- Supplementary feeding of infants: Advantage and method of introduction.
- Weaning, effects on mother and child
- Psychology of infant and child feeding.
- Feed the sick child. Diet in diseases of infancy and childhood.

- Deficiency states – malnutrition and under nutrition.
- Feeding pre-school child: nutritional needs, factors to be considered in planning diets. Problems in feeding.
- School lunch programme: Advantages, Need in India.

#### **UNIT IV**

- Community Nutrition: Need for community nutrition programme.
- Nutritional needs for special groups: infant, child, adolescent, pregnant woman, lactating mother and old people.
- Substitutes for non-vegetarian foods.
- Selection of cheap and nutritious foods. Nutrition education- needs and methods.
- Methods of assessing nutritional status of individual/group/community.
- Current nutritional problems and national programmes.

#### **PRACTICUM**

##### **I. Methods of cooking and cookery rules.**

1. Simple preparation of beverages, soups, cereals and pulses, eggs, vegetables, meat.
2. Menu Plans.

##### **II. Preparation of supplementary food for infants.**

1. Food for toddlers.
2. Low cost nutritious dishes for vulnerable groups.
3. Dietary case study of patient on special diet and planning of low cost dietary instructions for home adaptations.
4. Planning of therapeutic diets.

#### **Reference:**

1. Joshi (YK), Basics of Clinical Nutrition, Jaypee, Chennai, 2nd Edition, 2008.
2. Mahan (LK), Krause's Food, Nutrition, Diet & Therapy, Elsevier, 13th Edition, 2007.
3. Srilakshmi (B), Dietetics, New Age Int (P) Ltd., Publishers, Chennai, 5th Edition, 2007.

## **BIOCHEMISTRY AND BIOPHYSICS**

**Placement: First Year**

**Time Allotted:**

**Section A (Biochemistry) – Theory 30 hrs.**

**Section B (Biophysics) - Theory 30 hrs.**

### **COURSE DESCRIPTION:**

This course introduces the basic principles of biochemistry and biophysics related to nursing.

### **OBJECTIVES:**

At the end of the course, the student will

1. Identify the basic principles of biochemistry and biophysics.
2. Synthesize the knowledge of these principles in various nursing situations.

### **SECTION A: BIOCHEMISTRY**

Theory – 30 hrs

### **COURSE CONTENTS**

#### **UNIT I**

- Introduction : Importance of biochemistry in nursing
- Study of cell and its various components.

#### **UNIT II**

- Water and Electrolytes: Water sources, property and functions in human body.
- Water and fluid balance.
- Electrolytes of human body, functions, sources.

#### **UNIT III**

- Enzymes
  - Mechanism of action
  - Factors affecting enzyme activity
  - Diagnostic applications
  - Precautions for handling specimens for enzyme estimation
- Digestion and absorption of carbohydrates, proteins and fats
- Various factors influencing the digestion and absorption, malabsorption syndrome.

## UNIT IV

- Carbohydrates: Catabolism of carbohydrates for energy purposes
- Mitochondrial oxidation and oxidation phosphorylation.
- Fats of glucose in the body. Storage of glucose in the body, glycogenesis, glycogenolysis and neoglucogenesis, blood glucose and its regulation.
- Glucose tolerance test, hyperglycemia, hypoglycemia, glycemia.

## UNIT V

- Protein : Amino acids, hormones.
- Essential amino acids. Biosynthesis of protein in the cells
- Role of nucleic acid in protein synthesis.
- Nitrogenous constituents of urine, blood, their origin –urea cycle, uric acid formation, gout.
- Plasma proteins and their functions.

## UNIT VI

- Fat: Biosynthesis of fats and storage of fats in the body.
- Role of liver in fat metabolism
- Biological importance of important lipids and their functions
- Cholesterol and lipoprotein
  - Sources, occurrence and distribution
  - Blood level and metabolism
  - Ketone bodies and utilization.
- Inter- relationships in metabolism and cellular control of metabolic processes.

### Reference :

1. Vasudevan (DM), Text Book of Biochemistry, J.P.Brothers Publication New Delhi, 3rd Edition, 2001.
2. Lehninger, Principles of Biochemistry, Worth Publishers, New York, 3rd Edition, 2002.
3. Striyer (L), (1988). Biochemistry, Freeman & Company, New York, 3rd Edition, 1988.
4. Muray (RK), Harper's Illustrated Biochemistry, McGraw Hill, New Delhi, 27th Edition, 2006.

## **SECTION B: BIOPHYSICS**

### **COURSE CONTENTS**

#### **UNIT I**

- Introduction :Concepts of unit and measurements.
- Fundamental and derived units.
- Units of length, weight, mass, time.

#### **UNIT II**

- Vector and scalar motion, speed, velocity and acceleration.

#### **UNIT III**

- Gravity: Specific gravity, centre of gravity, principles of gravity.
- Effect of gravitational forces on human body.
- Application of principles of gravity in nursing.

#### **UNIT IV**

- Force, work, Energy: Their units of measurement.
- Type and transformation of energy, forces of the body, static forces.
- Principles of machines, friction and body mechanics.
- Simple mechanics – lever and body mechanics, pulley and traction, incline plane, screw.
- Application of these principles in nursing.

#### **UNIT V**

- Heat: Nature, measurement, transfer of heat
- Effects of heat on matter
- Relative humidity, specific heat
- Temperature scales
- Regulation of body temperature
- Use of heat for sterilization
- Application of these principles in nursing

#### **UNIT VI**

- Light: Laws of reflection
- Focusing elements of the eye, defective vision and its correction, use of lenses.
- Relationship between energy, frequency and wavelength of light
- Biological effects of light.
- Use of light in therapy.
- Application of these principles in Nursing.

## UNIT VII

- Pressures: Atmospheric pressure, hydrostatic pressure, osmotic pressure.
- Measurements of pressures in the body
  - Arterial and venous blood pressures
  - Ocular pressure
  - Intracranial pressure
  - Applications of these principles in nursing.

## UNIT VIII

- Sound: Frequency, Velocity and intensity
- Vocalization and hearing
- Use of ultrasound. Noise pollution and its prevention
- Application of these principles in nursing.

## UNIT IX

- Electricity and Electromagnetism: Nature of electricity. Voltage, current, resistance and their units.
- Flow of electricity in solids, electrolytes, gases and vacuum.
- Electricity and human body.
- ECG, EEG, EMG, ECT
- Pace makers and defibrillation
- Magnetism and electricity.
- M.R.I Scanning, CAT Scan

## UNIT X

- Atomic Energy: Structure of Atom, Isotopes and Isobars.
- Radioactivity: Use of radioactive isotopes.
- Radiation protection units and limits, instruments used for detection of ionising radiation. X-rays.

## UNIT XI

- Principles of Electronics: Common electronic equipments used in patient care.

### **Practicum:**

Experiments and Tests should be demonstrated wherever applicable.

## **PSYCHOLOGY**

**Placement :First Year**

**Time Allotted: Theory -60 hrs.  
Practical- 15 hrs**

### **COURSE DESCRIPTION**

This course is designed to reorient and widen the student's knowledge of fundamentals of psychology. The student is offered an opportunity to apply the theoretical concepts in the clinical setting and thereby understand the psychodynamics of patient behaviour. This course would also help the student to develop and insight into her own behaviour.

### **OBJECTIVES**

At the end of the course, the student will

1. Apply psychological principles while performing nursing duties.
2. Distinguish the psychological processes during health and sickness.
3. Analyze own behaviour patterns.
4. Tabulate the psychological needs of the patients for planning nursing care.
5. Participate in psychometric assessment of the client.

### **COURSE CONTENTS**

#### **UNIT I**

- Introduction: Definition of psychology, scope and methods of psychology.
- Relationship with other subjects.

#### **UNIT II**

- Sensation, Attention and perception: Definitions
- Sensory processes: Normal and abnormal
- Attention and distraction: Contributory factors
- Characteristics of perception, perception: Normal and abnormal

#### **UNIT III**

- Motivation: Definition and nature of motivation
- Biological and social motives
- Frustration and conflicts
- Self-actualization

#### **UNIT IV**

- Emotions: Definition of emotions, expression and perception
- Emotions in sickness



## **UNIT V**

- Personality : Definition , constituents of personality
- Personality in sickness and nursing

## **UNIT VI**

- Psychological aspects of nursing
- Behaviour and sickness. Psychological needs of

Child and adolescents

Adult

Aged

Attendants

Chronically ill individual

## **UNIT VII**

- Individual differences
- Significance of individual differences.
- Heredity and environment
- Role of individual differences both in health and sickness.
- Implications of individual differences in nursing.

## **UNIT VIII**

- Intelligence and Abilities: Definition
- Intelligence and abilities during sickness
- Measurement of intelligence and abilities.

## **UNIT IX**

- Learning: Definition, conditions of learning
- Laws of learning
- Learning during health and sickness.

## **UNIT X**

- Memory and forgetting: Definition and nature of memory
- Memory during health and sickness.
- Forgetting during health and sickness

## **UNIT XI**

- Attitudes: Definition, Development and modification
- Role of attitudes in health and sickness.

## **UNIT XII**

- Concept of mental hygiene and mental health
- Characteristics of a mentally healthy person.
- Defense mechanisms.

## **PRACTICUM**

1. Simple experiments of (i) perception (ii) measuring thresholds (iii) reaction time.
2. Administration of psychological tests
3. Observation and recording data: (i) field observation (ii) interview (iii) case study (iv) self –rating.

## **References:**

1. Morgon (CT), Introduction to Psychology, Tata McGraw Hill, New Delhi, 20th edition, 2003.
2. Atkinson (RL), Hilgard's Introduction to psychology, Harcourt college publishers, Philadelphia, 13<sup>th</sup> edition, 2000.
3. Shelley, Taylor's Health Psychology, Tata McGraw hill publishing co. Ltd, Sidney, 6th Edition 2006.
4. Santrock (JW), Educational Psychology, Tata McGraw Hill Pub. Co. Ltd., Sidney 2006.
5. Fernald (L.D) Introduction to Psychology A.I.T.B.S. Pub. New Delhi 2006.
6. Mangal (SK), Advanced Educational Psychology, Pentice Hall of India, New Delhi, 2nd Edition, 2006.
7. Gross (R), Psychology for Nurses and Allied Health Professionals, Hodder Arnold, London, 2007.

## MATERNAL NURSING

**Placement :first Year**

**Time Allotted :Theory -60 hrs  
Practical - 240 hrs**

### COURSE DESCRIPTION

This course is designed to widen the student's knowledge of obstetrics during pregnancy, labour and puerperium. It also helps to acquire knowledge and develop skill in rendering optimum nursing care to a child bearing mother in a hospital or community and help in the management of common gynecological problems.

### OBJECTIVES

At end of the course, the student will

1. Describe the physiology of pregnancy, labour and puerperium.
2. Manage normal pregnancy, labour and puerperium.
3. Explain the physiology of lactation and advice on management of breast feeding.
4. Be skilled in providing pre and post operative nursing care in obstetric conditions.
5. Identify and manage high risk pregnancy including appropriate referrals.
6. Propagate the concept and motivate acceptance of family planning methods.
7. Teach, guide and supervise auxiliary midwifery personnel.

### COURSE CONTENTS

#### UNIT I

- Introduction and historical review
- Planned parenthood
- Maternal morbidity and mortality rates
- Legislations related to maternity benefits, MTP acts, incentives for family planning etc.,

#### UNIT II

- Review of the anatomy and physiology of female reproductive system.
- Female pelvis(normal and contracted)
- Review of foetal development.

### **UNIT III**

- Physiology and management of pregnancy, labour and puerperium
- Signs and symptoms and diagnosis of pregnancy
- Antenatal care
- Pregnant women with HIV/AIDS
- Management of common gynaecological problems.

### **UNIT IV**

- The New born baby
- Care of the baby at birth including resuscitation
- Essential Newborn Care
  - Feeding
  - Jaundice and infection
  - Small and large for date babies
  - Intensive care of the new born
  - Trauma and haemorrhage.

### **UNIT V**

- Management of abnormal pregnancy, labour and puerperium
- Abortion, ectopic pregnancy and vesicular mole.
- Pregnancy induced hypertension, gestational diabetes, anaemia, heart disease.
- Urinary infections, Antepartum hemorrhage
- Abnormal labour (malposition and malpresentation)
- Uterine inertia
- Disorders of puerperium
- Management of engorged breast, cracked nipples, breast abscess and mastitis
- Puerperal sepsis
- Post partum haemorrhage
- Inversion and prolapse of uterus, obstetrical emergencies
- Obstetrical operations i.e. forceps, vacuum, episiotomy, caesarean section.

### **UNIT VI**

- Drugs in obstetrics
- Effects of drugs during pregnancy, labour and puerperium on mother and baby.

### **UNIT VII**

- National Welfare programmes for women
- National Family welfare programme
- Infertile family
- Problems associated with unwanted pregnancy
- Unwed mothers.

## **PRACTICUM**

1. The students will
  - a. Be posted in antenatal clinic, antenatal ward, labour room, postnatal ward, maternity OT, MTP room.
  - b. Visit welfare agencies for women and write observation report.
  - c. Follow nursing process in providing care to 3-6 patients.
  - d. Write at least two nursing care studies and do a presentation
  - e. Give at least one planned health teaching to a group of mothers.
  
2. Practice following nursing procedures.
  - a. Antenatal and post natal examination, per vaginal exam.
  - b. Conduct normal delivery, stitching of episiotomy, (For male candidates minimum conduct of 5 deliveries)
  - c. Motivation of family for adopting family planning methods.
  - d. Motivate family for planned parenthood.
  - e. Assist in various diagnostic and therapeutic procedures including IUD insertion and removal.

### **Reference Books:**

1. Fraser (DM), MMyles Textbook of Midwives, Churchill Livingstone, 14th Edition, 2003
2. Dutta (DC), Textbook of Obstetrics, New Central Book Agency.
3. Lowdermilk, Maternity Nursing, Mosby, 7th Edition.
4. Willams, Obstetrics, McGrawhill, 22nd Edition.
5. Bobak, Maternity Nursing Care, Elsevier.
6. Maternity & Child Health Nursing Care for the childbearing family, LWW, 5th edition.
7. Wong, Maternity Child Nursing Care, Mosby, 3rd Edition.

## CHILD HEALTH NURSING

**Placement : First Year**

**Time Allotted :Theory -60 hrs  
Practical - 240 hrs**

### COURSE DESCRIPTION

This course is aimed at developing an understanding of the modern approach to child care, the common health problems of children and neonates in health and sickness.

### OBJECTIVES

At the end of the course, the student will

1. Explain the modern concept of child care and the principles of child health nursing.
2. Describe the normal growth and development of children at different ages.
3. Manage sick as well as healthy neonates and children.
4. Identify various aspects of preventive pediatric nursing and apply them in providing nursing care to children in hospital and community.

### COURSE CONTENTS

#### UNIT I

- Introduction
- Modern concept of child care
- Internationally accepted rights of the child
- National policy and legislations in relation to child health and welfare.
- National programmes related to child health and welfare.
- Changing trends in hospital care, preventive, promotive and curative aspects of child health.
- Child morbidity and mortality rates.
- Differences between an adult and child.
- Hospital environment for a sick child.
- The role of a paediatric nursing in caring for a hospitalized child
- Principles of pre and post operative care of infants and children.
- Paediatric nursing procedures.

#### UNIT II

- The healthy child
- Growth and development from birth to adolescence
- The needs of normal children through the stages of development and parental guidance.
- Nutritional needs of children and infants breast-feeding, supplementary/artificial feeding and weaning.
- Accidents, causes and prevention
- Value of play and selection of play material
- Preventive immunization.

### **UNIT III**

- Nursing care of a neonate
- Nursing care of a normal newborn
- Neonatal resuscitation
- Nursing management of a low birth weight baby.
- Nursing management of common neonatal disorders.
- Organization of neonatal unit. Prevention of infections in the nursery.

### **UNIT IV**

- Nursing management in common childhood diseases
- Nutritional disorders and infections
- Respiratory disorders and infections
- Gastrointestinal infections, infestations and congenital disorders.
- Cardio vascular problem-congenital defects and rheumatic fever.
- Genito-urinary disorder –Nephrotic syndrome, wilms’ tumor, infection and congenital disorders.
- Neurological infections and disorders-convulsions, epilepsy, meningitis, hydrocephalus, spinabifida.
- Hematological disorders –Anemias thalassemia, ITP, Leukemia, hemophilia.
- Endocrine disorders – Juvenile diabetes mellitus.
- Orthopedic disorders –club feet, hip dislocation and fracture.
- Disorders of skin, eye and ears.
- Common communicable diseases in children, their identification, nursing management in hospital and home and prevention.
- Paediatric emergencies –poisoning, foreign bodies, haemorrhage, burns and drowning.

### **UNIT V**

- Management of behaviour disorders in children.
- Management of challenged children:
  - Mentally challenged
  - Physically challenged
  - Socially challenged

### **PRACTICUM**

The student will:-

1. Be posted in paediatric medical and surgical ward, OPD in hospital, health centre and neonatal unit.
2. Visit a centre for handicapped children and child welfare centre and write observation report.
3. Write an observation study of normal children of various age groups in home/nursery school/ crèche.
4. Follow nursing process in providing care to 3-6 children.
5. Write at least two nursing care studies and do a presentation.
6. Give two planned health teachings, one in hospital and one in OPD/health centre.

7. Practice the following nursing procedures:
8. Taking pediatric history.
9. Physical assessment of children.
10. Baby bath.
11. Feeding
12. Restraining
13. Calculation of dosage of drugs and administration of medications and injections.
14. Collection of specimens.
15. Enema, bowel wash, colostomy irrigation.
16. Steam and Oxygen inhalation
17. Preparation to assist with diagnostic tests and operations.
18. Examination/Assessment of a newborn
19. Neonatal resuscitation
20. Care of a baby in incubator and on ventilator
21. Photo therapy
22. Assist in exchange transfusion and other therapeutic procedures.

**Reference Books:**

1. Whaley & Wongs, Nursing Care of Infants & Children, Mosby, Philadelphia.
2. Marlow, Textbook of Paediatric Nursing, Harecourt (India) Ltd.
3. Nelson, Textbook of Paediatrics, Harecourt India private Ltd.
4. Parthasarathy, IAP Textbook of Paediatrics, Jaypee Brothers Medical Publishers, New Delhi.
5. Hockenberry, Wong's Maternal Child Nursing Care, Mosby.
6. Kenner (C), Comprehensive Neonatal Nursing, Saunders.
7. Pillitteri (A), Maternal and Child Health Nursing Care, LWW, Philadelphia,
8. Achar's textbook of Paediatrics, Orient Longman.
9. Ghai (OP), Essential Paediatrics.
10. Fox (JA), Primary Health Care of Infants, Children & Adolescents, Mosby.



# MICROBIOLOGY

**PLACEMENT: First Year**

**TIME ALLOTTED: Theory -60 hrs**

**Practical 30 hrs**

## COURSE DESCRIPTION

This course reorients the students to the fundamentals of Microbiology and its various sub-divisions. It provides opportunities to gain skill in handling and use of microscope for identifying various micro-organisms. It also provides opportunities for safe handling of materials containing harmful bacteria and methods of destroying microorganisms.

## OBJECTIVES

At the end of the course, the student will

1. Identify common disease producing micro-organisms.
2. Explain the basic principles of microbiology and their significance in health and disease.
3. Demonstrate skill in handling specimens.
4. Explain various methods of dis-infection and sterilization.
5. Identify the role of the nurse in hospital infection control system.

## COURSE CONTENTS

### UNIT I

- Structure and classification of microbes
- Morphological types
- Size and form of bacteria
- Motility.
- Classification of Microorganisms.

#### **Practical:**

- Use and care of microscope.
- Common examination :Smear, blood, mouldes, yeasts.

### UNIT II

- Identification of Micro-organisms
- Discussion of laboratory methods
- Diagnosis of bacterial diseases.

#### **Practical:**

- Staining techniques-gram staining, acid fast staining.
- Hanging drop preparation.

### **UNIT III**

- Growth and Nutrition of Microbes
- Temperature
- Moisture
- Blood

#### **Practical:**

- Preparation of Media and culture techniques.
- Collection, handling and transportation of various specimens.

### **UNIT IV**

- Destruction of Micro-organisms.
- Sterilization and disinfection
- Chemotherapy and antibiotics
- Effects of heat and cold
- Hospital infection control procedure and role of nurses.

#### **Practical:** Sterilization methods –physical, chemical and mechanical

### **UNIT V**

- Disease producing micro-organisms
- Gram positive bacilli
- Tuberculosis and Leprosy
- Anaerobes
- Cocci
- Spirochaete
- Rickettsiae

Practical: Identification and study of the following bacteria: Streptococci, pneumococci and Staphylococci, Corynebacteria, Spirochetes and gonococci. Enteric bacteria. Posting in infection control department.

### **UNIT VI**

- Pathogenic Fungi
- Dermatophytes
- Systemic mycotic infection
- Laboratory diagnosis of mycotic infection

### **UNIT VII**

- Immunity
- Immunity and hypersensitivity –Skin test
- Antigen and antibody reaction
- Immunization in disease.

Practical: Demonstration of serological methods

## **UNIT VIII**

- Parasites and vectors.
- Characteristics and classification of parasites
- Protozoal infection including amoebiasis
- Helminthes infection
- Diagnosis of parasitic infection
- Vectors and diseases transmitted by them.
- Practical: Identification of Parasites and Vectors.

## **UNIT IX**

- Viruses.
- Classification and general character of viruses
- Diseases caused by viruses in man and animal and their control.

## **UNIT X**

- Micro-organisms transmitted through food.
- Food poisoning. Food borne infections.

## **Practicum**

Each student will practice in the laboratory as indicated in each unit of the courses outline. While giving nursing care in the wards they will practice collection and processing of specimens, prevention and control of hospital infections, sterilization, immunization, chemotherapy and maintenance of personal and environmental hygiene. Observation visit to incinerator, Posting in CSSD and infection control department.

## **Reference :**

1. Ananthanarayanan (R), Textbook of Microbiology, Orient Longman Ltd., Madras, 1994.
2. Bhatia (R), Essentials of Medical Microbiology, J.P Brotheres Publishers, New Delhi, 3rd Edition, 2004.
3. Ichhpujani (RL), Microbiology for Nurses, J.P Brotheres Publishers, New Delhi, 2nd Edition, 2003.

## **MEDICAL SURGICAL NURSING**

**Placement: First Year**

**Time Allotted: Theory – 90 hrs  
Practical - 270 hrs**

### **COURSE DESCRIPTION**

The purpose of this course is to widen the student's knowledge and develop proficiency in caring for patients with medical surgical problems. This course includes review of relevant anatomy and physiology, pathophysiology in medical-surgical disorders and the nursing management of these conditions.

### **OBJECTIVES**

At the end of the course, the student will

1. Explain relevant Anatomy and Physiology of various systems of the body.
2. Explain pathophysiology of various disorders.
3. Explain the actions, side effects and nursing implications in administering drugs for various disorders.
4. Discuss the recent advancement in the treatment and care of patients with medical surgical conditions.
5. Develop skill in giving comprehensive nursing care to patients following the steps of nursing process.
6. Assist the patients and their families in identifying and meeting their own health needs.
7. Appreciate the role of the nurse in the medical surgical health team.

### **COURSE CONTENTS**

#### **UNIT I**

- Introduction to medical surgical nursing.
- Review of concepts of comprehensive nursing care in medical surgical conditions.
- Nurse, patient and his/her family.
- Functions of nurse in the outpatient department.
- Intensive care unit.

#### **UNIT II**

- Nursing management of patient with specific problems.
  - Fluid and electrolyte imbalance.
  - Dyspnea and cough, respiratory obstruction
  - Fever
  - Shock
  - Unconsciousness
  - Pain
  - Acute illness
  - Chronic Illness
  - Terminal illness

- Age Related Illness
- Patient undergoing Surgery
- Incontinence

### **UNIT III**

- Nursing management of patient with neurological and neuro surgical conditions.
- Review of anatomy and physiology of the nervous system.
- Pathophysiology, diagnostic procedures and management of:
  - Cerebro-vascular accident.
  - Cranial, spinal and peripheral neuropathies.
  - Head-ache and intractable pain
  - Epilepsy
  - Infectious and inflammatory diseases and trauma of the nervous system.
  - Common disorders of the system.
  - Recent advances in diagnostic and treatment modalities.
  - Drugs used in these disorders.
  - Tumors of brain and spinal cord, congenital malformations, degenerative diseases.

### **UNIT IV**

- Nursing management of patient with cardiovascular problems.
- Review of relevant anatomy and physiology of cardio vascular system.
- Pathophysiology, diagnostic procedures and management of
  - Ischemic heart diseases.
  - Cardiac arrhythmias.
  - Congestive heart failure.
  - Rheumatic and other valvular heart diseases.
  - Endocarditis, cardiomyopathies, congenital heart, diseases, hypertension, heart block.
  - Cardiac emergencies: cardiac arrest, acute pulmonary oedema, cardiac temponade, cardiogenic shock, aneurysms and peripherovascular disorders, recent advancement in cardiology.

### **UNIT V**

- Nursing management of patient with respiratory problems.
- Review of anatomy and physiology of respiratory system, pathophysiology, diagnostic procedures and management of upper respiratory tract infections.
  - Bronchitis
  - Asthma
  - Emphysema, empyema, Atelectasis, COPD
  - Bronchiectasis
  - Pneumonia
  - Pulmonary tuberculosis
  - Lung abscess
  - Pleural effusion

- Tumours and Cysts
- Chest injuries
- Respiratory arrest and insufficiency
- Pulmonary embolism
- Drugs used in the management of these patients.
- Special respiratory therapies.

## **UNIT VI**

- Nursing management of patient with genitor-urinary problems.
- Review of anatomy and physiology of the genitor-urinary system
  - Nephritis
  - Renal Calculus
  - Acute renal failure
  - Chronic renal failure
  - End stage renal disease
- Special procedures, dialysis, renal transplant
- Drugs used in management of these patients
- Congenital disorders, urinary infections
- Benign prostate hypertrophy.

## **UNIT VII**

- Nursing management of patients with problems of the digestive systems.
- Review of anatomy and physiology of gastrointestinal system and accessory organs.
- Pathophysiology, diagnostic procedures and management of
  - G.I.Bleeding
  - Peptic ulcer
  - Infections
  - Acute abdomen
  - Colitis, diarrhea, dysentery and mal-absorption syndrome.
  - Cholecystitis
  - Hepatitis, hepatic coma and cirrhosis of liver.
  - Portal hypertension
  - Pancreatitis
  - Tumors, hernias, fistulas, fissures, hemorrhoids.
- Drugs used in the management of these patients.

## **UNIT VIII**

- Nursing management of patients with endocrine problems
- Review of anatomy and physiology and patho-physiology of patients with

- Thyroid disorders
- Diabetes mellitus
- Diabetes insipidus
- Adrenal tumour
- Pituitary disorders
- Diagnostic procedures

- Nursing management of patient with above problems.
- Drugs used in endocrine problems.

## **UNIT IX**

- Nursing management of patients with musculoskeletal problems.
- Review of anatomy and physiology and pathophysiology
  - Arthritis, osteomyelitis, bursitis,
  - Fractures, dislocation and trauma
  - Prolapsed disc
  - Osteomalacia and osteoporosis
  - Tumor
  - Amputation
- Diagnostic procedures
- Nursing management of patients with above problems.
- Prosthesis and rehabilitation.
- Transplant and replacement surgeries.

## **UNIT X**

- Nursing management of patients with disorders of female reproductive tract.
- Disorder of menstruation
- Infections of the genital tract
- Benign and malignant tumors of the genital tract
- R.V.F., V.V.F
- Climacteric changes and associated problems.

## **UNIT XI**

- Nursing management of patients with oncological disorders.
- Types of neoplasms and related pathophysiology
- Diagnostic procedures
- Modalities of treatment and nurse's role
- Special therapies –Chemotherapy and radiotherapy
- Preventive measures, other therapies.

## **UNIT XII**

- Nursing management of patient with burns.
- Nursing management of patient with reconstructive surgeries.

### **UNIT XIII**

- Nursing management of patients with common communicable diseases and STD'S
- Nursing management of patient with immunological disorders including HIV/AIDS

### **UNIT XIV**

- Nursing management of patients with diseases of eye, ear, nose, throat and skin.

### **UNIT XV**

- Nursing management of patients with blood disorders
- Review of anatomy and physiology of blood and blood products.
- Patho-physiology, diagnostic procedures and management of blood disorders
  - Anemia
  - Leukemia
  - Bleeding disorders
  - Hemophilia
  - Purpura etc.
- Blood transfusion, safety checks, procedure and requirements, management of adverse transfusion, reaction, records for blood transfusion.
- Management and counseling of blood donors, phlebotomy procedure, and post donation management.
- Blood bank functioning and hospital transfusion committee
- Bio-safety and waste management in relation to blood transfusion.

### **UNIT XVI**

- Nursing in emergencies.
- Cardiac emergencies
- Trauma
- Poisoning
- Crisis management: Thyroid crisis, Hypertensive crisis, adrenal crisis.

### **PRACTICUM**

Students should be rotated in the selected medical and surgical areas, like cardio thoracic, neurology, urology, orthopedics, Gynecology, Oncology, burns and Reconstructive surgical units.

The students should be given patient assignment. They have to practice patient centered comprehensive nursing.

Each student is required to give planned health teachings, conduct clinical teaching, case presentation and drug study.



### **Reference Books:**

1. Brunner (V), Medical Surgical Nursing , LWW, 10th Edition.
1. Black, Medical Surgical Nursing: Clinical Management for positive outcomes, Elsevier,7th Edition.
2. Willams, Understanding Medical Surgical Nursing, Jaypee, 3rd Edition.
3. Timby, Introductory Medical Surgical Nursing, LWW, 9th Edition.
4. Lewis, Medical Surgical Nursing Assessment & Management of Clinical Problems, Elsevier 7<sup>th</sup> edition
5. Ignatavicius, Critical Thinking for Collaborative Care, Elsevier, 5th Edition.
6. Monahan, Phipp's Medical Surgical Nursing: Health & illness perspectives practice, Jaypee, 8<sup>th</sup> Edition.
7. Gulanick, Nursing Care Plans: Nursing Diagnosis & Interventions, Mosby, 5th edition
8. Lippincott's Manual of Nursing Practice, Jaypee , Edition.
9. Ulrich, Nursing Care Planning Guides: For adults in acute extended & Home care settings, Elsevier, 6th edition.
10. White, Foundations of Adulth Health Nursing, Thompson, 2nd edition.
11. Redfern, Nursing Older People ,Churchill Livingstone , 4th edition.
12. Phillip, Berry & Kohn's Operating room techniques, Elsevier, 11th Edition.
13. Marks, Roxburgh's Common Skin Diseases, Arnold, 17th edition.
14. Thappa, Essential in Dermatology with MCQ's, Ahuja publishing

## ENGLISH

**Placement: First Year**

**Time Allotted: Theory -60 hrs**

### COURSE DESCRIPTION

This course is designed to help the student understand and usage of English language required for their professional work.

### OBJECTIVES

After the course the students will develop

1. Ability to speak and write grammatically correct English
2. Effective skill in reading and understanding the English language
3. Skill in reporting

### COURSE CONTENTS

#### UNIT I

- Remedial study of grammar
- Review of grammar, vocabulary and effective use of dictionary
- Prepare task oriented seminars.
- Symposia and panel discussion.

#### UNIT II

- The ability to understand selected passage and express meaning in one's own words.
- Reading and comprehension of the prescribed books.

#### UNIT III

- The study of various forms of composition
  - Note taking
  - Diary
  - Nurses notes, anecdotal records
  - Writing of summary
  - Nurses reports on health problems
- The student will submit one sample of each item from her own practical experience.

#### UNIT IV

- Verbal communication
- Oral reports
- Summarization of discussion
- Debate
- Listening comprehension –Film, Cassette and Radio.

## **PRACTICUM**

The clinical experience in the wards and bed side nursing will provide opportunity for students to fulfill the objectives of learning language.

Assignment on writing and conversation through participation in discussion, debates, seminars and symposia. The students will gain further skills in task oriented communication.

### **References:**

1. David (MT), English for Professional Nursing, BI Publications Pvt. Ltd., Chennai, 2007.
2. Koorkkakala (T), Communicative English for BSc., Nursing Students, KJ Publications, Kerala, 2007.

## **II YEAR**

### **SOCIOLOGY**

**Placement: First Year**

**Time allotted :Theory -60 hrs**

#### **COURSE DESCRIPTION**

This course it reorient students to sociology related to community and social institution in India and its relationship with health, illness and nursing.

#### **OBJECTIVES**

At the end of the course, the student will

1. Describe sociological concepts that are applicable to nursing.
2. Determine role of sociology in nursing as related to social institutions in India
3. Develop positive attitudes towards individual, family and community.

#### **COURSE CONTENTS**

##### **UNIT I**

Introduction

Importance of study of sociology in nursing, relationship of anthropology, sociology, etc.

##### **UNIT II**

- Individual and the society
- Socialization
- Interdependence of the individual and society
- Personal disorganization.

##### **UNIT III**

- Culture
- Nature of culture
- Evolution of culture
- Diversity and uniformity of culture

##### **UNIT IV**

- Social organization
- Social groups, crowds and public groups, nations, race.
- Social institutions: The family marriage, education, religion, arts, economic organization, political organization.
- The urban and rural community in India: Ecology, characteristics of the village, characteristics of the town and city.
- Social stratification: Class and caste.

## UNIT V

- Social process
- Process of Social Interaction: Competition, Conflict-war, cooperation, accommodation and assimilation

## UNIT VI

- social change:
- Nature and process of social change: Factors influencing cultural change. Cultural lag.

## UNIT VII

- Social problems
- Social disorganization, control and planning: poverty, population, housing, illiteracy, food supplies, growth of urbanization, prostitution, minority groups, rights of women and children, child labour, child abuse, delinquency and crime, substance abuse.
- Social issues and environment:
  - From unsustainable to sustainable development
  - Urban problems and related to energy
  - Water conservation, rain water harvesting, water shed management
  - Resettlement and rehabilitation of people: its problem and concern-case studies
  - Environmental ethics: issues and possible solutions, climate change, global warming, acid rain, ocean layer depletion, nuclear accident and holocaust-case studies
  - Wasteland reclamation
  - Consumerism and waste products.

## UNIT VIII

- Bio-Diversity & Its Conservation
  - Biogeographical classification of India
  - Value of bio-diversity: Consumptive use, productive use, social, ethical, aesthetic and option values
  - Bio-diversity at global, national and local levels
  - India as a mega diversity nation
  - Hot-Spot of bio-diversity
  - Threats to bio-diversity: habitat loss, poaching of wild life conflicts.
  - Endangered and endemic species of India
  - Conservation of Bio-diversity: in situ-and ex-situ conservation of bio-diversity

**Reference :**

1. Bhushan (V), Introduction to Sociology, Kitab Mahan, 2002.
2. Madan (GR), Indian Social Problems, Allied Publishers, Chennai.
3. Mehta (SA), Study of Rural Sociology in India, Chand & Co.
4. Ogbern (F), Handbook of Sociology, Eurasoa Publishing, New Delhi.
5. Majmudar (DN), An Introduction to Social Anthropology, Asia Publishing House, Bombay.
6. Indrani (TK), Textbook of Sociology for Nurses, Jaypee Brothers, New Delhi, 2006.
7. Neeraja (KP), Textbook of Sociology for Nursing Students, Jaypee Brothers, New Delhi, 2005.
8. Rao (SD), Psychology and Sociology for Paramedicals, Jaypee Brothers, New Delhi, 2006

## COMMUNITY HEALTH NURSING

**Placement: Second Year**

**Time allotted: Theory – 60hrs  
Practical -240 hrs**

### COURSE DESCRIPTION

The course enables the students to understand the national health care delivery system and to participate in the delivery of community health nursing.

### OBJECTIVES

At the end of the course, the student will

1. Explain the concept of various factors contributing to health of individual, family and community.
2. Identify the role of community health nurse.
3. Describe national health care delivery system.
4. Describe epidemiological methods and principles of prevention and control of illness in the community.
5. Identify the role of personnel working in the community health set up.
6. Plan the work of community health nurse and supervise and train health workers.

### COURSE CONTENTS

#### UNIT I

##### **Introduction**

- Introduction to community health –Concepts, Principles and elements of primary health care.
- Introduction to community health nursing.
- Concepts of community health nursing –community nursing process.
- Objectives, scope and principles of community health nursing.

#### UNIT – II

##### **Environment & Health**

- **Environment Scope:**
  - Definition, scope and importance-need for public services.
  - Environment and Human Health – Human Rights
- **Forest Resources:** use and over-exploitation, forestation deforestation, case studies, timber extraction mining, dams and their effects on forests and tribal people.
- **Water Resources:** Sources, types of water ,methods of water purification, use and over-utilization of surface, and ground water, floods, drought, conflicts over water dams-benefits and problems
- **Mineral resources:** Uses and exploitation, environmental effects of extracting and

using mineral resources, Case studies.

- **Food Resources:** World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity, case studies.
- **Energy Resources:** growing energy needs, renewable and non-renewable energy resources, use of alternate energy sources, case studies
- **Land resources:** land as a resources, land degradation, man induced landslides, soil erosion and desertification.
  - Equitable use of resources for sustainable lifestyle.
- **Environmental Pollution:**
  - Definition, causes, effects and control measure of: Air pollution, water pollution, soil pollution, marine pollution, noise pollution, Thermal pollution, Nuclear pollution, pollution case studies.
- **Pollution Control:**
  - Environment protection act (Air, Water, Wild Life Protection, Forest Conservation) Issues involved in enforcement of environmental legislation, Public Awareness
- **Solid waste management:** Causes, effects and control measures of urban and industrial waste, and waste disposal methods.
- **Disaster management:** floods, earth quake, cyclone, and land slides
  - Role of Information Technology in Environment and Human health – case studies.
  - Role of an individual in conservation of natural resources,
  - Role of an individual in prevention of pollution

### UNIT III

#### Ecosystems:

- Introduction- Definition: Genetics, species and ecosystem diversity
- Concept of an ecosystem
- Structure and function of an ecosystem producers, consumers and decomposers.
- Energy flow in the ecosystem
- Ecological succession
- Forest ecosystem
- Grassland ecosystem
- Desert ecosystem
- Aquatic ecosystem(ponds, streams, lakes, river, ocean, estuarics)

### UNIT IV

- Family health services
- Concept, objectives, scope and principles.
- Individual family and community as a unit of service
- Principles and techniques of home visiting



- Establishing working relationship with the family.
- Working with families in relation to prevention of disease, promotion of health.
- Care of the sick in the home, physically handicapped and mentally challenged.
- Surveillance and monitoring

#### **UNIT V**

- Organisation and administration of health services in India.
- National health policy
- Health care delivery system in India
- Health team concept
  - Centre, State, district, urban health services, rural health services
  - System of medicines
  - Centrally sponsored health schemes
  - Role of voluntary health organizations and international health agencies
  - Role of health personnel in the community
  - Public health legislation.

#### **UNIT VI**

- Health Education
  - Aims concepts and scope of the health education
  - National plan for health education
  - Communication techniques
  - Methods and media for health education programmes
  - Planning for health education and role of nurse
- Value education on HIV/AIDS, women and child welfare

#### **UNIT VII**

- Role of the community health nurse.
- National health programmes
  - Maternal and child health programmes
  - Family welfare and school health services
  - Occupational health services.
- As a member of the health team.
- Training and supervision of health care workers.

#### **UNIT VIII**

- Epidemiology
- Definition-concepts, aims, objectives, methods, principles
- Epidemiology – Theories and models
- Application of Epidemiology, principles and concepts in community health.

#### **UNIT IX**

- Bio statistics and vital statistics
- Introduction, definition and scope, legislation
- Report, recording and compiling of vital statistics at the local, state, national and international level.
- Definitions and methods of computing vital statistics

- Methods of presenting data
- Management information system.
- Human Population and Environment – population growth, Variations among nations.
- Population explosion

## **PRACTICUM**

Each student will prepare a community profile.

The students will be allotted families for gaining experience in identifying family health needs, health counseling and guidance and family budgeting for optimum health.

The students will participate in the activities of primary health centre, Sub-centre, MCH Centre.

Visits will be made to selected health and welfare agencies, water purification plant and sewage disposal plant, infectious disease hospital.

Conduct health educational programmes for individual/groups/community.

## **Reference Books**

1. Park (JE), Text Book of Preventive and Social Medicine, Bhanarsidas Bhanot Publishers, Jabalpur, 19th Edition, 2007.
2. Stanhope(M), Public Health Nursing: Population-centered Health Care in the Community, Elsevier, 7th Edition, 2008.
3. Rao (KS), Introduction to Community Health Nursing, S.I.Publications, Chennai, 1989.
4. T.N.A.I., A Community Nursing Manual, New Gian Offset Press, New Delhi, 1989.
5. Allender, Community Health Nursing: Promoting & protecting the Public's Health, Lippincott, 6<sup>th</sup> Edition.
6. Piyush, Textbook of Preventive and social Medicine, CBS, 2nd Edition.
7. Clark, Community Nursing, Reston Publishing Company Inc., Virginia.
8. Freeman, Community Health Nursing Practice, W.B.Saunders Company, Philadelphia.
9. Ghosh, Manual of Social and Preventive Medicine, Vijoya Publishing House, Calcutta.

## **MENTAL HEALTH NURSING**

**PLACEMENT :SECOND YEAR**

**TIME ALLOTTED: Theory : -60 hrs  
Practical – 240 hrs**

### **COURSE DESCRIPTION**

This course enable the students to recognize and appreciate the causes, symptoms and process of abnormal human behaviour. It also introduces the student to the present day treatment modalities in the light of psychological, social and cultural factors affecting human behaviour. This course helps the student to learn principles of mental health and psychiatric nursing and to develop beginning skills in the management of the mentally ill in hospital and community.

### **OBJECTIVES**

At the end of course, the student will

1. Identify and describe the philosophy and principles of mental health nursing
2. Describe the historical development of mental health and psychiatric nursing
3. Classify mental disorders
4. Develop skill in history taking and performing mental status examination.
5. Describe etiological factors, psycho-pathology, clinical features, diagnostic criterial and treatment methods used for mental disorders.
6. Manage the patients with various mental disorders.
7. Communicate therapeutically with patients and their families.
8. Identify role of the nurse in preventive psychiatry.
9. Identify the legal aspects in practice of mental health and psychiatric nursing.

### **COURSE CONTENTS**

#### **UNIT I**

- Introduction and historical development
- History of psychiatry
- Historical development of mental health nursing
- Philosophy, principles of mental health and psychiatric nursing
- Concept of normal and abnormal behaviour
- Role and qualities of mental health and psychiatric nursing
- Mental health team and functions of team members
- Legal aspects in psychiatry and mental health services

#### **UNIT II**

- Classification and assessment of mental disorders
- Terminologies used in psychiatry
- Classification of mental disorders

- Etiological factors and psychopathology of mental disorders
- History taking and assessment methods for mental disorders.

### **UNIT III**

- Therapeutic communication
- Communication process
- Interview skills, therapeutic communication techniques. Nurse patient Relationship, therapeutic impasse and it's management process recording.

### **UNIT IV**

- Management of mental disorders.
- Etiological factors, psychopathology, types, clinical features, diagnostic criteria, treatment and nursing management of patient with following disorders:
  - Neurotic Disorders: Anxiety Neurosis, Depressive Neurosis, Obsessive compulsive Neurosis, phobic Neurosis and Hypochondriacal Neurosis, Stress related and somatoform disorders.
  - Psychotic Disorders: Schizophrenic form, affective and organic psychosis.
  - Organic Brain syndromes
  - Psychosomatic disorders
  - Personality disorders
  - Disorders of childhood and adolescence.

### **UNIT V**

- Management of patients with substance use disorders
- Substance use and misuse.
- Dependence, intoxication and withdrawal
- Classification of psychoactive substances
- Etiological and contributory factors
- Psychopathology
- Clinical features
- Diagnostic criteria
- Treatment and nursing management of patient with substance use disorders.
- Preventive and rehabilitative aspects in substance abuse.

### **UNIT VI**

- Management of mental sub-normality
- Classification of mental sub-normality
- Etiological factors, psychopathology, psychometric assessment, diagnostic criteria and management of sub-normality.

## **UNIT VII**

- Psychiatric Emergencies
- Types of emergencies, psychopathology, clinical features, assessment and diagnosis, treatment and nursing management of patient with psychiatric emergencies.
- Crisis intervention therapy.

## **UNIT VIII**

### Therapeutic Modalities

Principles, indication, contraindications and role of nurse in various treatment methods:

- Therapeutic community and Milieu therapy
- Occupational therapy
- Psychotherapy
- Behaviour therapy
- Group therapy
- Family therapy
- Pharmacotherapy
- Electro convulsive therapy
- Other miscellaneous therapies.

## **UNIT IX**

- Preventive Psychiatry
- Model of prevention
- Role of nurse in preventive psychiatry
- Psychiatric social work
- Community mental health nursing
- Community mental health agencies
- National mental health programmes

## **PRACTICUM**

The student will be provided opportunity to:

Observe, record and report the behavior of their selected patients.

Record the process of interaction

Assess the nursing needs of their selected patients, plan and implement the nursing intervention.

Counsel the attendant and family members of patient.

Participate in the activities of psychiatric team

Write observation report after a field visit to the following places:

Child guidance clinic,

School/Special Schools (For Mentally subnormal)

Mental Hospital

Community mental health centres,

De-addiction centre.

**Reference Books:**

1. Kapoor, Textbook of Psychiatric Nursing,
2. Boyd (MA), Psychiatric Nursing, LWW, London, 3rd Edition, 2005.
3. Bhatia (MS), Essentials of Psychiatry, CBJ publishers and distributors, NewDelhi, 3rd Edition, 2000.
4. Sadock (BJ), Textbook of Psychiatry, LWW, Philadelphia..
5. Straight A's Psychiatric and Mental Health Nursing, LWW, Philadelphia.
6. Fortinesh (KM), Psychiatric Nursing Care, Mosby, 4th Edition, 2000.
7. Shives (LS), Basic Concepts of Psychiatric Mental Health Nursing LWW, Philadelphia, 7th Edition, 2005.
8. Mohr (WK), Psychiatric Mental Health Nursing, LWW, Philadelphia, 6th Edition, 2007.
9. Stuart (GW), Principles and Practice of Psychiatric Nursing, Elsevier, 8th Edition, 2005

## **INTRODUCTION TO NURSING EDUCATION**

**Placement : Second year**

**Time Allotted: Theory -60 hrs  
Practical -75 hrs**

### **COURSE DESCRIPTION**

This course introduced the students to principles and concepts of education, curriculum development and methods and media of teaching. It also describes the steps in curriculum development and implementation of educational programmes in nursing.

### **OBJECTIVES**

At the end of the course, the students will

1. Describe the philosophy and principles of education.
2. Explain the teaching – learning process
3. Develop the ability to teach, using various methods and media.
4. Describe the process of assessment.
5. Describe the administrative aspects of school of nursing
6. Participate in planning and organizing an in-service education programme.
7. Develop basic skill of counseling and guidance.

### **COURSE CONTENTS**

#### **UNIT I**

Introduction to education

- Meaning of education, aims, function and principles.
- Philosophy of education
- Factors influencing development of Philosophy of Nursing Education

#### **UNIT II**

- Teaching learning process
- Nature and characteristics of learning
- Principles and maxims of teaching
- Formulating objectives
- Lesson planning.

#### **UNIT III**

- Methods of teaching
- Teaching methods
- Lecture
- Discussion
- Demonstration
- Group discussion

- Project
- Role play
- Panel discussion
- Symposium
- Seminar
- Field trip
- Workshop
- Exhibition
- Programmed instruction
- Computer assisted learning
- Clinical teaching methods:
  - Case methods
  - Case presentation
  - Nursing rounds and reports
  - Bedside clinic
  - Conference(individual and group)
- Recording of interaction process

#### **UNIT IV**

- Educational media
- The communication process: factors affecting communication
- Purposes and types of audio-visual aids
- Graphics aid: Chalk-board, charts, graphs, posters, flash cards, flannel graph/khadigraph, bulletin, cartoon.
- Three dimensional aids: Objects, specimen, models, puppets.
- Printed aids: pamphlets and leaflets
- Projected aids: slides, films and televisions, VCR,VCP,Overhead projector, camera, microscope.
- Audio – Aids: Tape-recorder, public address system, computer

#### **UNIT V**

- Methods of assessment
- Purpose and scope of evaluation and assessment
- Criteria for selection of assessment techniques and methods
- Assessment of knowledge: essay type question, SAQ(Short Answer Questions)
- MCQ(multiple choice questions)
- Assessment of skills: Observation, check list. Practical examination, Viva, objective structured clinical examination.
- Assessment of attitude: Attitude scale.

#### **UNIT VI**

- Management of school of Nursing
- Planning of school of nursing, organization



- Recruitment of teaching staff, budget, facilities for the school, student selection and admission procedure, administrative planning for students, welfare services for students, maintenance of school records, preparation of annual reports. INC guidelines for school of nursing

## **UNIT VII**

- Guidance and counseling definition
- Basic principles of guidance and counseling
- Organisation of guidance and counseling services
- Counselling process
- Managing disciplinary problems
- Management of crisis

## **UNIT VIII**

- In-service education
- Introduction to nature scope of in-service education programme
- Principles of adult learning
- Planning for in-service programme
- Techniques, and methods of staff education programme
- Evaluation of in-service programme.

## **PRACTICUM**

Each student should:

Conduct five planned teaching using different methods and media

Prepare different types of teaching aids

Plan, organize and conduct inservice education programme.

Conduct at least one counseling session

Prepare rotation plans.

## **Reference Books:-**

1. Heidgerkohn (DE), Teaching and Learning in School of Nursing, Philadelphia, J.O.
2. Billioet Co. W.H.O. Curriculum Guide for the Schools of Nursing in India, Delhi WHO.
3. Neeraja, Textbook of Nursing Education, Jaypere Brothers.
4. Tyler (RW), Basic of Curriculum and Instruction, Chicago, The university of Chicago press.

## INTRODUCTION TO NURSING SERVICE ADMINISTRATION

**Placement : Second year**

**Time Allotted: Theory -60 hrs  
Practical -180 hrs**

### COURSE CONTENTS

This course is designed to give an opportunity to the student to gain an understanding of the principles of administration and its application to nursing service. It is also intended to assist the students to develop an understanding of professional leadership need.

### OBJECTIVES

At the end of the course, the student will

1. Identify the principles of administration
2. Describe the principles and techniques of supervision
3. Explain the principles and methods of personnel management
4. Explain the principles of budgeting
5. Organise and manage a nursing unit effectively
6. Identity dynamics of organizational behaviour, styles and functions of effective leadership.

### COURSE CONTENTS

#### UNIT I

- Principles and practice of Administration
- Significance, elements and principles of administration,
- Organization of hospital – Definition ,Aims, functions and classifications, health team.
- Policies of hospital, different departments with special emphasis to department of nursing and office management.
  
- Responsibilities of the nursing personnel specially of ward sister, medico legal aspects, concept of cost effectiveness.

#### UNIT II

- Nursing unit Management
- Physical layout of a nursing unit and necessary facilities
- Factors affecting the quality of nursing care
- Maintenance of a therapeutic environment
- Administration of the unit-management of patient care
- Maintenance of physical environment
- Assignment of duties and time plan.
- Patient assignment, safety measures, prevention of accidents and infections,
- Maintenance of patients records and reports, legal responsibilities.
- Maintenance of quality nursing care, nursing audit.

### **UNIT III**

- Personnel management
- Staff recruitment and selection, appointment, promotions, personnel policies and job descriptions.
- Job analysis.
- Staffing the unit, staffing norms, rotation plan, leave planning, performance appraisal, staff welfare and management of disciplinary problems.

### **UNIT IV**

- Supervision
- Principles of supervision, nature and objectives
- Tools and techniques of supervision
- Evaluation
- Nursing audit
- Staff development –orientation program
- Skill training
- Leadership development
- Problem solving process.

### **UNIT V**

- Material management
- Principles of material management
- Quality control
- Inventory, care of equipment, safekeeping
- Role of nursing personnel in material management.

### **UNIT VI**

- Financial Management
- Budgeting – Principles of budgeting, audit.

### **UNIT VII**

- Organizational behaviour
- Group dynamic and human relation, organizational communication (hospital information system)
- Public relations, leadership styles and functions
- Methods of reporting
- Maintaining records and reports

### **PRACTICUM**

Observe the functioning of nursing administration at various level i.e. institution, department, unit.

Each student will practice ward management under supervision.

Student will prepare rotation plan of the staff, write reports, give verbal report of the ward and assist in maintaining the inventory of the nursing unit.

Visit to private and government hospital and write observation reports.

**Reference Books:**

1. Basavanthappa (BT), Nursing Administration, Jaypee Brother, New Delhi, 2002.
2. Stanhope(M), Public Health Nursing: Population-centered Health Care in the Community, Elsevier, 7th Edition, 2008.
3. T.N.A.I., A Community Nursing Manual, New Gian Offset Press, New Delhi, 1989.

## INTRODUCTION TO NURSING RESEARCH AND STATISTICS

**Placement :Second Year**

**Time Allotted: Theory -45 hrs**  
**Practical -120 hrs**

### COURSE DESCRIPTION

The course is designed to assist the students to develop an understanding of basic concepts of research and statistics, use the findings of nursing research in nursing practice, apply the knowledge in conducting projects(s) and solve problems related to nursing using scientific method.

### OBJECTIVES

At the end of the course, the students will:-

1. Define the terms and concepts of nursing research
2. Identify needs and scope of nursing research
3. Identify and define a research problem
4. Locate and list sources of literature for a specific study
5. Describe different research approaches, methods of data collection and sampling techniques with a special reference to survey method.
6. Develop tool for data collection
7. Enumerate steps of data analysis and present data summary in tabular form.
8. Use descriptive and co-relational statistics in data analysis
9. Conduct a group research project.

### COURSE CONTENTS

#### A. INTRODUCTION TO RESEARCH METHODOLOGY

##### UNIT I

- Steps of scientific methods.
- Definition of research
- Need for nursing research
- Characteristics of good research. Research process.

##### UNIT II

- Statement of research problem
- Statement of purpose and objectives
- Definition or research terms
- Review of literature.

##### UNIT III

Research approaches:- historical, survey and experimental

#### **UNIT IV**

- Sampling techniques and methods of data collection.
- Sampling
- Instruments-questionnaire. Interview
- Observation schedule, records, measurements
- Reliability and validity of instruments.

#### **UNIT V**

- Analysis of Data: Tabulation
- Classification and summarization
- Presentation
- Interpretation of data

#### **UNIT VI**

- Communication of research findings
- Writing Report:
- Organizing materials for writing
- Format of the report
- Use of computers

### **B.INTRODUCTION TO STATISTICS**

#### **UNIT VII**

- Descriptive Statistics.
- Frequency Distribution –Types of measure – frequencies, class interval, graphic methods of describing frequency.
- Measures of central tendency –Mode, Median and mean.
- Measures of variability : Range, standard deviation
- Introduction to normal probability.

#### **UNIT VIII**

- Correlation
- Computation by rank difference methods
- Uses of correlation co-efficient

#### **UNIT IX**

Biostatistics: Crude rates and standardized rates, ratio and estimation of the trends.

#### **UNIT X**

- Introduction to computers in nursing
- Introduction to computers and disk-operating system.
- Introduction to word processing
- Introduction to data base

- Windows applications, word, excel, power point, multimedia.
- Use of statistical packages.
- Introduction to internet & use of electronic mail
- Computer aided teaching and testing.

## **PRACTICUM**

Students will conduct research project in small groups in selected areas of nursing and submit a report(Group studies may include studying of existing health practices, improved practices of nursing (procedures) health records, patient records and survey on nursing literature)

### **Reference Books:**

1. Polit – Essentials of Nursing Research ,2009,LWW
2. Kothari – Research Methodology,2007,Newage Publishers Jagadeesh – Bio Medical Research, 2009,
3. Rao (S), Introduction to Biostatistics & Research methods, Riachard, 4th Edition.
4. Rao (V), A manual of Statistical and Anthropology, Jaypee, 2nd Edition.
5. Norman, Biostatistics,B.C Decker, 2nd Edition.
6. Rao, Applied Statistics in Health Sciences, Jaypee.