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SYLLABUS & SCHEME OF EXAMINATION

COURSE : FMPHW / MMPHW

SCHEME OF EXAMINATION :

1ST YEAR

PAPER	COURSE ASSESSMENT	EXTERNAL ASSESSMENT	INTERNAL
THEORY (PAPER - A)	Anatomy & Physiology ,Community Health Nursing	100	NA
THEORY (PAPER –B)	Fundamentals of Nursing ,Nutrition	100	NA
PRACTICAL	Paper A & Paper B	125	25
	Total	350	

2nd YEAR

PAPER	COURSE ASSESSMENT	EXTERNAL ASSESSMENT	INTERNAL
THEORY (PAPER - A)	Midwifery	100	NA
THEORY (PAPER –B)	Community Health Nursing-11	100	NA
PRACTICAL	Paper A & Paper B	125	25
	Total	350	

Paper A : Anatomy and Physiology :

GENERAL OBJECTIVES

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

- Describe in general the structure and the function of human body
- Describe in detail the structure and function of different organs and systems in the human body
- Apply the anatomical and physiological principles in the practice of nursing

COURSE CONTENT

UNIT-1

- Elementary Physics & Chemistry.
- Characteristics of Living matter, The structure of Living Matter, Organization of Living things.
- Introduction - Systems & various parts of Human body Surface anatomy & landmark
- Introduction to anatomical terms.

UNIT-II Organization of body cells tissues .organs. systems membranes and glands.

UNIT-III Skeletal system

- Bones : types . structures , functions.
- Axial skeleton.
- Appendicular skeleton.
- Joints :classification, structure and function.

UNIT – IV Muscular system

- Types ,structure and functions.
- Position and action of chief muscles of body.

UNIT-V Cardio-vascular system

- **Blood** :composition, clotting and blood group , cross matching blood products and their use
- **Heart**: position , structure , conduction system , function and cardiac cycle .
- **Blood vessels** : structural differences and position of chief vessels
- **Circulation of blood** : systemic , pulmonary and portal circulation
- Blood pressure and pulse
- **Lymphatic system** : lymph vessels , glands , ducts and lymph circulation , lymph tissues in the body , spleen

UNIT-VI Respiratory system

- Structure and functions of respiratory organs
- Physiology of respiration
- Characteristics of normal respiration and its deviations

UNIT-VII Digestive system

- Structure and functions of organs of digestion and accessory organs
- Process of digestion and absorption .
- Metabolism :meaning and metabolism of food constituents

UNIT-VIII Excretory system

- Structure and functions of organs of urinary system
- Structure and functions of skin
- Regulation of body temperature
- Fluid and electrolyte balance

UNIT-IX Nervous system

- Type, structure and functions of neuron.
- Central nervous system: structure and functions
- Autonomic nervous system: structure and functions.

UNIT-X Endocrine system

Structure and functions of pituitary , pancreas , thyroid, parathyroid, thymus and Supra renal glands.

UNIT-XI Sense organs

- Structure and functions of eye, ear , nose and tongue.
- Physiology of vision , hearing and equilibrium.

UNIT –XII Reproductive system

- Structure and functions of reproductive and accessory organs .
- Process of reproduction, menstrual cycle and menopause
- Reproductive health
- Structure and functions of male reproductive system.
- Structure and functions of female reproductive system.

Note: Wherever possible related clinical application should be included in each unit.

DETAILED SYLLABUS OF Anatomy and Physiology :

UNIT-1 Introduction to Human Body as a Whole:

Definition of anatomy and its divisions. Terms of location, positions and planes. Cell and its organelles. Epithelium- Definition, classification, describe with examples, function. Glands - classification, describe serous & mucous glands with examples. Basic tissues – classification with examples.

UNIT-1I Locomotion and Support (SKELETAL & MUSCULAR SYSTEM):

Cartilage – types with example & histology. Bone – Classification, names of bone cells, parts of long bone, microscopy of compact bone, names of all bones, vertebral column, intervertebral disc, fontanels of fetal skull. Joints – Classification of joints with examples, synovial joint (in detail for radiology).

Muscular system: Classification of muscular tissue & histology. Names of muscles of the body.

Muscle Nerve Physiology: Classification of muscle, structure of skeletal muscle, Sarcomere contractile proteins, neuromuscular junction. Transmission across, neuromuscular junction. Excitation contraction coupling. Mechanism of muscle contraction, muscle tone, fatigue: Rigor mortis

UNIT-1II Cardiovascular System:

ANATOMY :

Heart-size, location, chambers, exterior & interior. Blood supply of heart. Systemic & pulmonary circulation. Branches of aorta, common carotid artery, subclavian artery, axillary artery, brachial artery, superficial palmar arch, femoral artery, internal iliac artery. Peripheral pulse. Inferior venacava, portal vein, portosystemic anastomosis. Great saphenous vein. Dural venous sinuses. Lymphatic system - Cisterna chyli & thoracic duct, Histology of lymphatic tissues. Names of regional lymphatics, axillary And inguinal lymph nodes in brief.

PHYSIOLOGY :

Heart – Physiological anatomy, Nerve supply. Properties of Cardiac muscle. Cardiac cycle-systole, diastole. Intraventricular pressure curves. Cardiac Output – only definition. Heart sounds- Normal heart sounds, cause characteristics and signification, Heart rate, areas of auscultation. Blood Pressure- Definition, normal value, clinical measurement of blood pressure. Physiological variations, regulation of heart rate, cardiac shock, hypotension, hypertension. Pulse – JVP, radial pulse, triple response Electrocardiogram (ECG) –significance.

• Composition and Function of Blood:

Red blood cells – Erythropoiesis, stages of differentiation function, count, physiological variations. Hemoglobin –structure, functions, concentration, physiological variation. Methods of estimation of Hb. White blood cells – Production, function, life span, count, differential count. Platelets – Origin, normal count, morphology functions. Plasma Proteins – Production, concentration, types, Albumin, Globulin, Fibrinogen, Prothrombin functions. Hemostasis – Definition, normal hemostasis, clotting factors,

mechanism of clotting, disorders of clotting factors. Blood Bank: Blood groups – ABO system, Rh system. Blood grouping & typing. Cross matching. Rh system – Rh factor, Rh incompatibility. Blood transfusion – Indication, universal donor and recipient concept. Selection criteria of a blood donor. Transfusion reactions Anticoagulants – Classification, examples and uses. Anaemias: Classification, effects of anemia on body. Blood indices – Colour index, MCH, MCV, MCHC Erythrocyte sedimentation Rate (ESR) and packed cell volume, normal values, definition, determination. Blood Volume -Normal value, determination of blood volume and regulation of blood volume. Body fluid – pH, normal value, regulation and variation. Lymph – lymphoid tissue formation, circulation, composition and function of lymph.

UNIT-IV : Digestive System (Gastro-intestinal System):

ANATOMY :

Parts of GIT, Oral cavity (lip, tongue (with histology), tonsil, dentition, pharynx, salivary glands, Waldeyer's ring). Esophagus, stomach, small and large intestine, liver, gall bladder, pancreas. Radiographs of abdomen.

PHYSIOLOGY:

Physiological anatomy of Gastro intestinal tract. Functions of digestive system. Salivary glands- Structure and functions. Deglutition – stages and regulation. Stomach – structure and functions. Gastric secretion- Composition, function, regulation of gastric juice secretion. Pancreas – structure, function, composition, regulation of pancreatic juice. Liver – functions of liver. Bile secretion, composition, function, regulation of bile secretion. Bilirubin metabolism- types of bilirubin, Vandenberg reaction, Jaundice- types, significance. Gall bladder – functions. Intestine – small intestine and large intestine. Small intestine – functions- digestive, absorption, movements. Large intestine – functions, digestion and absorption of Carbohydrates, Proteins, Fats, Lipids Defecation.

UNIT-V : Respiratory System :

ANATOMY :

Parts of RS, nose, nasal cavity, larynx, trachea, lungs, bronchopulmonary segments Histology of trachea, Names of para-nasal air sinuses. Peritoneum Description in brief.

PHYSIOLOGY:

Functions of Respiratory system, Physiological Anatomy of Respiratory system, Respiratory tract, Respiratory Muscles. Respiratory organ - Lungs, Alveoli, Respiratory membrane, stages of respiration. Mechanism of normal and rigorous respiration. Forces opposing and favoring expansion of the lungs. Intra pulmonary pleural pressure, surface tension, recoil tendency of the wall. H Transportation of Respiratory gases: Transportation of Oxygen: Direction, pressure gradient, forms of transportation, Oxygenation of Hb. Quantity of Oxygen transported. Lung volumes and capacities. Regulation of respiration. Mechanisms of Regulation- nervous and chemical regulation Respiratory Centre. Hearing Breuer, Reflexes. Applied Physiology and Respiration: Hypoxia, Cyanosis, Asphyxia, Dyspnea, Dysbarism, Artificial Respiration, Apnea.

UNIT-VI : Endocrine System :

ANATOMY

Names of all endocrine glands in detail on pituitary gland, thyroid gland, parathyroid gland, suprarenal gland –(gross & histology).

PHYSIOLOGY:

Definition, Classification of Endocrine glands & their Hormones. Properties of Hormones. Thyroid gland hormone – Physiological, Anatomy, Hormone secreted, Physiological function, regulation of secretion. Disorders – hypo and hyper secretion of hormone. Adrenal gland, Adrenal cortex physiologic anatomy of adrenal gland, Adrenal cortex, cortical hormones – functions and regulation. Adrenal medulla – Hormones, regulation and secretion. Functions of Adrenaline and nor adrenaline. Pituitary hormones – Anterior and posterior pituitary hormones, secretion, function. Pancreas – Hormones of pancreas. Insulin – secretion, regulation, function and action. Diabetes mellitus – Regulation of blood glucose level. Parathyroid gland – function, action, regulation of secretion of parathyroid hormone. Calcitonin – function and action.

UNIT-VII : Sensory Organs:

ANATOMY

Skin: Skin-histology. Appendages of skin. Eye: parts of eye & lacrimal apparatus, Extra-ocular muscles & nerve supply. Ear: Parts of ear- external, middle and inner ear and contents.

Physiology

Vision – Structure of eye, Function of different parts, Structure of retina. Defects of vision . Hearing - Structure and function of ear, mechanism of hearing. Taste – Taste buds functions. Smell physiology, Receptors.

Skin Structure and Function: Body temperature measurement, Physiological variation, Regulation of body temperature by physical chemical and nervous mechanisms, Role of Hypothalamus, Hypothermia and fever.

UNIT-VIII : NERVOUS SYSTEM:

ANATOMY

Neuron Classification of NS, Cerebrum, cerebellum, midbrain, pons, medulla oblongata, spinal cord with spinal nerve (gross & histology). Meninges, Ventricles & cerebrospinal fluid. Names of basal nuclei, Blood supply of brain, Cranial nerves. Sympathetic trunk & names of parasympathetic ganglia.

PHYSIOLOGY

Functions of Nervous system, Neuron structure, classification and properties. Neuroglia, Nerve fiber, classification, conduction of impulses continuous and salutatory. Velocity of impulse transmission and factors affecting. Synapse – structure, types, properties Receptors – Definition, classification, properties. Reflex action – unconditioned properties of reflex action, Babinski's sign. Spinal cord nerve tracts-

Ascending tracts, descending tracts –pyramidal tracts – Extrapyramidal tracts. Functions of Medulla, pons, hypothalamic disorders. Cerebral cortex lobes and functions, Sensory cortex, Motor cortex, Cerebellum functions of Cerebellum. Basal ganglia-functions. EEG. Cerebrospinal Fluid (CSF): formation, circulation, properties, composition and functions lumbar puncture. Autonomic Nervous System: Sympathetic and parasympathetic distribution and functions and comparison of functions.

UNIT-IX : REPRODUCTIVE SYSTEM:

ANATOMY

Parts of male reproductive system, testis, vas deferens, epididymis, prostate (gross & histology). Parts of female reproductive system, uterus, fallopian tubes, ovary (gross & histology) Mammary gland-gross. Embryology: Spermatogenesis & oogenesis, Ovulation, fertilization, fetal circulation, Placenta.

PHYSIOLOGY

Function of Reproductive system, Puberty, male reproductive system. Functions of testes, spermatogenesis site, stages, and factors influencing semen. Endocrine functions of testes. Androgens – Testosterone structure and functions. Female reproductive system: Ovulation, menstrual cycle. Physiological changes during pregnancy, pregnancy test. Lactation: Composition of milk factors controlling lactation.

UNIT- X : EXCRETORY SYSTEM:

ANATOMY :

Kidney, ureter, urinary bladder, male and female urethra. Histology of kidney, ureter and urinary bladder.

PHYSIOLOGY

Excretory organs. Kidneys: Functions of kidneys structural and functional unit nephron, vasarecta, cortical and juxta-medullary nephrons – Comparison. Juxta Glomerular Apparatus –Structure and function. Renal circulation peculiarities. Mechanism of Urine formation: Ultrafiltration criteria for filtration GFR, Plasma fraction, EFP, factors effecting EFR. Determination of GFR selective reabsorption – sites of reabsorption, substance reabsorbed mechanisms of reabsorption Glucose, and urea. H+Cl amino acids etc. TMG, Tubular load, renal threshold % of reabsorption of different substances, selective secretion. Properties and composition of normal urine, urine output. Abnormal constituents in urine. Mechanism of urine concentration. Counter- Current Mechanisms: Micturition, Innervation of Bladder, Cystourethrogram. Diuretics: Water, Diuretics, osmotic diuretics, artificial kidney, renal function tests – plasma clearance Actions of ADH, Aldosterone and PTH on kidneys. Renal function tests.

Paper A : Community Health Nursing -1ST :

General objective

Upon completion of this syllabus, the students will be able to:

- Describe the concept of health, community health and community health nursing.
- State the principles of epidemiology and epidemiological method of community health nursing practice.
- Explain the various services provided to the community and the role of the nurse.
- Demonstrate skills to practice effective nursing care of the individuals and families in the clinics as well as in their homes, using scientific principles.
- Identify major health problems, national health programmes and specialized community health services.

Syllabus Content :

Unit- I Introduction to community Health and community health Nursing

- Health and disease
- Community, community health, community health nursing.
- Dimensions of health
- Health determinants
- Indicators of health
- levels of health care
- Primary health care: Elements and principles Nurse's role in primary health care.
- Health for all by 2000 AD
- Evolution and development of community health nursing in India and its present concept.
- Differences between institutional and community health nursing.
- Community health team functioning
- Philosophy, goals, objectives and principles of community health nursing practice.
- Qualities and functions of a community health nurse.

Unit-II community health nursing process

- Concepts and definition
- Importance of the community health nursing process
- Steps of the process: Community identification, population composition, health and allied resources, community assessment, planning and conducting community health nursing care services.

Unit- III Health Assessment

- Characteristics of healthy individual
- Identification of deviation from normal health.

Unit- IV Principles of Epidemiology and Epidemiological methods

- Definition and aims of epidemiology
- Basic tools of measurement in epidemiology
- Uses of epidemiology
- Disease Cycle
- Spectrum of disease.
- Levels of prevention of disease.
- Disease transmission-direct and indirect
- Immunity & immunization
- Immuring agents and immunization schedule
- Control of infectious diseases
- Disinfection

Unit- V Family Health Nursing care

- Concept, goals, objectives, family as a unit of health family health care services.
- Family health and nursing care process- family health assessment, family care plan.
- Family health services- Maternal, Child care and family welfare services.
- Roles and function of a community health nurse in family health services.
- Family health records.
- National Health problems & programs.
- NRHM, ASHA JSY
- Hospital waste Management

Unit-VI Family health care settings

Home visiting

- Purposes
- Principles
- Planning and evaluation
- Bag technique

Clinic

- Purposes
- Types of clinics and their functions
- Setting up of various clinics
- Functions of Health personnel in these clinics

Unit- VII Referral systems

Unit – VIII Records and Reports

- Types of records
- Uses of records
- Essential requirements of records.
- Cumulative records
- Design of cards/ Records

Unit-IX Minor Ailments

- Classification
- Early detection and management
- Standing instructions/orders

Unit – X Nutrition Education

- Introduction to nutrition education
- Nutrition education for Maternal & old health
- Nutrition education (methods & media)
- Nutrition education & diet therapy (Dietary modification in – diabetic people, ulcer, Renal disease, hypertension, heart disease).

Unit – XI Health Education

- Introduction
- Personal hygiene & environmental health
- The teaching (learning proceed)
- Approaches used in health education
- Planning health education activities
- Community resources for health education
- Principles
- Role of nurse

Unit – XII Communication skills & audio – visual aids

- Introduction to communication
- Communication skills for health work
- Introduction to audio – visual aids
- Selection & utilization of audio – visual aids selecting suitable aids for health work
- Preparation of audio – visual aids for health work basic skills competences
- Communicable disease
- Role & responsibility of FMPHW / MMPHW
- Home visiting
- Breast feeding
- Immunization schedule
- Cold chain

Unit – XIII Hygiene – Personal & Environmental – Safe water, Sanitation.

1. Building of good health, habits, immunization.
2. Physical health including menstrual hygiene.
3. Mental Health.

First Aid in Emergency:

1. Importance of First aid & its rules.
2. First aid emergency.
Fire, Burns, Fractures, Accidents, Poisoning, Bullet Injuries, Drowning, Hemorrhages, Dog Bites.
3. Bandaging & Slinking.

Paper B : Syllabus of Nursing Art & Procedures :

General Objectives

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

- Describe the physical mental and social adjustment required of a sick individual and his family.
- Carry out basic nursing techniques and care with the application of sound scientific principles.
- Explain the concept of comprehensive nursing care.
- Develop skills in assessment, planning, implementation and evaluation of the nursing care rendered to the patients.

- Communicate effectively and establish good interpersonal relationship with the patients, their relatives and other health team members.
- Demonstrate skills in observation, recording and reporting.
- Recognize and utilize opportunities for planning and implementing need based health teaching programme(s) for individuals, groups, families and communities.

Course Content :

Unit-I Introduction to Nursing

- Nursing: Definition, meaning, Nature, Scope, Principle sand history of nursing.
- Nurse: Definition and meaning, preparation of a nurse qualities-personal, professional.
 - Ethics in nursing, Role and responsibilities of a nurse.
 - Health care agencies: Hospital and Community, Types of Hospitals and their functions.
 - Holistic approach to nursing.
 - Comprehensive nursing care.

Unit – II Nursing care of the patient / Client

- Introduction to the sick and well.
- Determinants of health status.
- Patient/Client : As an individual, member of the family, society, effects of illness and hospitalization on patient and his family.
- Admission of a patient : Patient's unit, set up and care admission procedure, reception of patient, care of patient's belongings.

Bed and Bed Making

- Principle of bed-making, factor to be considered in selecting and making bed, different types of beds and their uses.

Maintenance of therapeutic environment

Temperature, Light, noise and humidity.

Psycho Social Environment

- Meaning and its importance, aesthetic consideration in the environment, colour scheme beauty and flower arrangements.

Nursing Process and Nursing Care Plan

- Meaning importance and steps in development.

Recording and Reporting

- Importance, types and nurses responsibilities.

Discharging a patient

- Preparation of the patient physically and mentally, discharge procedure, hospital policies, preparation of the patient's relatives for discharge.
- Follow up and Rehabilitation revisit, treatment compliance and referral,

Unit – III

Basic Nursing Care and Needs of the patient

Hygienic Needs and Physical needs

- Importance of maintaining good personal and environmental hygiene in health and disease.
- Nurse's role in maintaining good personal and environmental hygiene.

Care of Skin and Mucous Membrane.

- Bed bath, care of hair, eyes, nose, ears, teeth, genitalia, hands and feet.

Nutritional needs.

- Importance of diet in health and disease, factors affecting the normal nutrition in sickness, nurse's role in maintaining good nutrition, feeding helpless patients, maintenance of intake and output record.

Elimination needs

- Problem in sickness: Constipation and diarrhea, retention and incontinence of urine.
- Nurse's role in meeting elimination needs.

Safety needs

- Environmental hazards, role of nurses in prevention of health hazards.

Communication need

- Interpersonal relationship, cultural/spiritual/religious needs.

Activity and Exercises

- Importance of activity and exercise in health and sickness, active and passive exercise.

Physical Comforts

- Comfort : meaning and its importance in health and disease, factors promoting and inhibiting physical comfort, comfort devices and their uses, body mechanics, positions.

Moving, shifting and Lifting of patient

- Care of pressure points, bed sores: causes, signs, symptoms, prevention and nursing care
- Shifting of patient from one side to another, from bed to wheel chair and bed to stretcher.

Unit – IV Assessment of patient / Client

- Principles and importance of assessment, methods of assessment : observation, palpation, auscultation, Percussion, developing skill in observation.

Physical Assessment

- Height, weight, posture, speech
- Physiological Assessment
- Temperature, pulse, respiration and blood pressure
- Characteristics of normal and abnormal (T.P.R. and B.P.) and factors influencing the variations.
- Urine stool, vomit, sputum, normal and abnormal behaviour and its deviation.

Unit – V Therapeutic Nursing Care and Procedures

Asepsis

- Hand washing, hand scrubbing, use of mask, gown, gloves
- Disinfection techniques, sterilization techniques.
- Autoclaving, boiling, flaming, ultra violet rays.

Care and Sterilization of:

- Linen, bed, mattress, floor, walls, cupboard and other articles.
- Rubber goods, dressings, instruments, needles, syringes enamel articles.
- Barrier Nursing and isolation.

Care of Respiratory System

- Inhalation: dry inhalation, moist inhalation, jug, Nelson's inhaler, steam tent, electric inhalers, suction oro-nasal.
- Collection of specimen of sputum for examination.

Care of Gastro Intestinal Tract

- Preparation and giving of enema : Retention enema, evacuation enema, suppository, passing of flatus tube.

Care of Genito Urinary System

- Perineal care of terminally ill patient and patient with urinary catheter.
- Collection of specimens of urine and stool for routine and cultural examination.

Care of Skin and Mucous Membranes

- Cold application : Ice cap, cold packs, use of evaporating lotion. Hot application : use of hot water bottle, dry fomentation, moist
- Fomentation, medicated fomentation.

Unit – VI Basic Needs and Care in Special conditions

- Care of patient with fever, unconscious patient, patient with fluid imbalance, patient with dyspnoea.
- Care of terminally ill patient.
- Care of physically handicapped.

Dying patient

- Signs and symptoms of approaching death, needs of the dying patient and his relatives, care of the dying, last offices, packing of dead bodies in non-communicable and communicable diseases.

Unit – VII Introduction to Pharmacology

- Concept of Pharmacology.
- Classification of drugs.
- Administration of drugs.
- General action of drugs.

UNIT – VIII .Organization of health services:

- ❖ Principles of organizing care in the home health agencies, clinics, schools, hospitals.

- ❖ Principles of organizing care according to degree of wellness or illness :- 1) ambulatory care in outpatient units dispensaries clinics, 2) inpatient care inwards, nursing homes, 3) inpatient care for the critically ill. 4) inpatient care rehabilitative care & convalescent care. Principles of organizing care according to head of the patient (seriously ill, chronically ill) moderately ill, terminally. Principles of organizing care according to patient group.
- ❖ Maintenance of supplies, equipments & other facilities.
- ❖ Record & Reports :- Health records, family care records, medical records, use of diaries by workers understanding the system of reporting & recording referral system.
- ❖ Maintaining healthy environment cleanliness of unit & sick room etc, of furniture, works, space & surface, doors & windows, disposal of garbage. Basic techniques :- dusting, washing, disinfecting & sterilizing.

UNIT – IX .Nurses role in maintain good personal hygiene.

Bed making, various types of beds, K nurses procedure for bed making.

- ❖ Vitals – Temperature, pulse, Respiration, B.P. (ded, type) equipment procedure.
- ❖ Mouth care purposes, equipments, procedure complication sol used.
- ❖ Bed sore – definition, sings & symptoms, causes, pressure points prevention.
- ❖ Back care - definition, purpose, equipments, procedure.
- ❖ Bed bath - definition, types, purposes, equipments, procedure, different patients uses for different procedure.
- ❖ Ryle's tube feeding – Indication, equipments, procedure suction.
- ❖ Stomach wash or gastric lavage - definition, Indication procedure, purpose, equipments.
- ❖ Catherization - Indication, purpose, procedure articles, types of Cather.
- ❖ Enema - definition, types, indication, procedure equipments.
- ❖ Vaginal douche – definition, purposes, sol. Used procedure, equipments.
- ❖ Local hot application - definition, purpose, types, equipments, procedure precaution.
- ❖ Local cold application - definition, purpose, types, equipments, procedure.
- ❖ Inhalations - definition, types, purpose, equipments, precaution, procedure, post care of surgery.
- ❖ Care of patient fever (unconscious patient) Dyspnea.
- ❖ Barrier Nursing – isolation, techniques, control of infection, diseases, immunization.
- ❖ First Aid of : Burns, Accident, Haemorrhage, Fractions.
- ❖ Various Bandages

Blood Transfusion – Grouping, cross matching

RH factor, precaution – blood transmission.

- ❖ Recording & Reporting.

Collection of specimen.

Drug, route of Administration of drugs.

Nursing implications in administration of drugs .

Paper B : Syllabus of Nutrition

General objectives

Upon completion of this syllabus , the students will be able to:

- Describe the principles of nutrition and dietetics and its relationship to the human body in health and disease.
- Describe the common foods in health and disease.
- Apply knowledge in the promotion of health and in the care of sick.
- Demonstrate skills in selection, preparation and preservation of foods.

Unit – I Introduction

- Introduction to the study of nutrition, definition
- classification & functions of food – body building, energy yielding & protective foods.
- Changing concepts- food habits and customs.
- Relationship of nutrition to health.

Unit – II

Classification of food

*** Classification by origin**

- Food of animal origin
- Food of vegetable origin

*** Classification by chemical composition and Sources**

- Carbohydrates
- Proteins
- Fats
- Minerals
- Vitamins
- Water

*** Classification by Predominant functions**

- Body Building food
- Energy giving food
- Protective food

* Classification by Nutritive value

- Cereals and millets
- Pulses (Legumes)
- Vegetables
- Nuts and oil seeds
- Fruits
- Animal food
- Fats and oils
- Sugar and jiggery
- Condiments and spices
- Miscellaneous food

Unit –III – Normal dietary requirements and deficiency diseases of each of the constituents of food

- The calorie
- Nutritive value of food items and their measures used.
- Balanced diet
- Method of calculating normal food requirements, influence of age, sex and activity.
- Factors affecting selection and planning of meals
- Budgeting of food
- Low cost menu
- Diseases caused by deficiency of protein, fat, carbohydrates, minerals and Vitamins.

Unit IV- Preparation, Preservation and Storage of Food

- Principles of cooking
- Methods of food preparation and their effects on food and food constituents, advantages and limitations of each.
- Household methods of preserving and storing food
- Commercially prepared food and its adulteration
- Precautions in selection, preparation and storage of food

Unit V- Introduction to Diet Therapy

- Methods of modifying diet in relation to calorie value, by Increasing or decreasing of constituents
- Diet and the patient
- Environmental, psychological and cultural factors in acceptance of diet by the patient
- Serving of food
- Feeding of helpless patients
- Opportunities for teaching

Unit VI – Community Nutrition

- Concept of community nutrition
- Nutritional needs for special groups; infants, children, pregnant woman, lactating mothers, old people etc.
- Nutrition education : needs and methods
- Substitutes for non-vegetarian food
- Methods of improving an ill-balanced diet
- Community nutrition programme
- Food hygiene and laws related to food

Unit VII- Common Preparations / Practicals

- 1) Preparation & preservation of food general:- General principles of cooking, methods of cooking, effects of cooking on nutrients & common foodstuffs, preservations of food – house hold methods. Food hygiene simple house hold measures.
 - Beverages : Tea, coffee, barley water, fruit juice, shakes, lassi
 - Egg preparations : Scrambled eggs, egg flip, omlette, poached egg
 - Soups: tomato, bone, vegetable(s), liver etc.
 - Light Diets : gruel,khichri, daliya, kanji, boiled vegetables, salads ,custards etc. (As per the regional preferences.

Unit VIII - Malnutrition :-

Malnutrition & under nutrition. Deficiency diseases in the country. Cultural factors in nutrition, food habits, food adulteration practice injurious to health. Nutrition education – principles of imparting nutrition knowledge.

PHOENIX PARAMEDICAL COLLEGE PULWAMA KMR.

Syllabus & Subjects for 2nd Year:

Paper A : Midwifery and Obstetrics Part –1st :-

Description

This syllabus is designed to help the nursing students acquire knowledge and gain skills to meet the health needs of women during the period of pregnancy, labor and puerperium. The students will be able to identify different gynaecological disorders and diseases and gain skills in proving nursing care to women suffering from these disorders and diseases.

General Objectives

Upon completion of this course the students will be able to

- ❖ Describe Male & female reproductive organs
- ❖ Explain process of fertilization and fetal development
- ❖ Describe female pelvis and the muscles involved in delivery of fetus
- ❖ Provide care to pregnant mother during ante, intra and postnatal period at home and hospital
- ❖ Conduct normal delivery and provide care to the Newborn.
- ❖ Provide need based counseling to the mother and to her family during antenatal, intranatal and postnatal
- ❖ Resuscitate the New born baby
- ❖ Identify deviation from normal labour in time and take necessary action
- ❖ Provide adequate care identifying abnormal puerperium
- ❖ Administer the drugs as per the protocols
- ❖ Identify women's reproductive health problem and provide guidance and support
- ❖ Participate in reproductive health and family welfare programmes

Syllabus Content :

Unit – I Introduction

- Definition : Midwifery, obstetrical nursing.
- Scope.
- Historical review.
- Development of maternity services in India

Unit – II Reproductive system

- Review of genito-urinary system of male and female organs structure, physiology.
- Menstrual cycle.
- Internal and external organs of reproduction.
- Female pelvis: structure, diameters and type.

Unit – III Embryology and foetal development

- Ovum, sperm, maturation , fertilization and implantation.
- Development of fertilized ovum, morula, blastocyst, embryo.
- Development of placenta: structure of full term placenta, functions and abnormalities, anatomical variations.
- Formation of foetal sac, membranes, amnion and chorion and their functions.
- Formation of liquor amni, its functions and abnormalities.
- Development of umbilical cord: structure, functions and abnormalities.
- Foetal skull: diameters, frontanelles, sutures and their importance.
- Foetal circulation.

Unit - IV Nursing Management of Pregnant Women

- Reproductive health.
- Genetic counseling.
- Physiological changes in pregnancy.
- Diagnosis of pregnancy: history, signs and symptoms and investigations.
- Influence of hormones.
- Prenatal care: objectives, history taking, calculation of expected date of delivery, routine examinations.
- Health education: breast care, diet in pregnancy antenatal exercises.
- Preparation for hospital/ home delivery.
- Immunization.
- Minor disorders of pregnancy and its management.

Unit – V Nursing Management of women in Labour

- Definition, stage and duration.
- Causes of onset of labour.
- True and false labour.

A. First Stage of Labour

- Signs of onset of labour.
- Physiological changes in first stage of labour.
- Management – preparation of labour room.
- Preparation of women in labour : Physical and psychological.
- Equipments for normal delivery.
- Care: physical, psychological, monitoring of maternal and foetal condition.
- Vaginal examination; indication, articles, technique.

B. Second Stage of Labour

- Signs of second stage.
- Mechanism of labour.
- Monitoring of maternal and foetal condition.
- Physical and psychological care.

- Procedure for conduct of normal delivery.
- Prevention of perineal tear.
- Episiotomy, suturing and care.

C. Third Stage of Labour

- Signs, physiological changes.
- Management : immediate baby care, technique of placental expulsion, monitoring maternal condition examination of placements and its membranes, blood loss.
- Immediate postnatal care / fourth stage of labour.

D. Conduct of Home Delivery.

Unit – VI Nursing Management of Baby at birth

- Assessment
- Review of physiology of new born
- Apgar scoring, examination for defects (head to foot examination)
- Infant feeding: breast feeding, artificial feeding.
- Care of skin, eyes, cord, buttocks.
- Psychology and perception of new born.
- Minor disorders of new born: birth marks, rashes, skin infections, sore buttocks, infections of eyes.
- Jaundice of new born.
- Major disorders: birth asphyxia, resuscitation measures, hemolytic disease (RH factor).
- Infections and birth injuries.

Unit – VII Nursing management of Mother during puerperium

- Definition, objectives of care
- Immediate postnatal care (care during 4th stage of labour)
- Physiological changes during puerperium.
- Psychosocial aspects of care.
- Diet during puerperium.
- Establishment of lactation and breast care.
- Perineal care.
- Postnatal exercises.
- Postnatal examination, follow-up, family welfare.
- Minor ailments and its management

Unit – VIII Complications of pregnancy and its management

- Bleeding in early pregnancy.
- Bleeding in late pregnancy.
- Pregnancy induced hypertension, pre-eclampsia, eclampsia.
- Hydramnios, oligohydramnios.
- Hydatid form mole.
- Pelvic inflammatory disease.
- Intrauterine growth retardation, intrauterine death.
- Post maturity.

Paper A : Midwifery and Obstetrics Part –2nd :-

Unit – IX High Risk pregnancy and its management

- Concept, factors.
- Anemia, Jaundice, Viral infections.
- Urinary tract infection, Heart Diseases, Diabetes Mellitus, Osteomalacia, Sexually Transmitted Diseases, AIDS.
- Teenage pregnancy, Elderly primigravida, Multipara,
- Multiple pregnancy.

Unit – X High Risk Labour and its management

- Malposition, Malpresentations: occipitoposterior position face, brow, shoulder and breech presentation.
- Contracted pelvis: definition, causes, diagnosis, management and trial of labour.
- Abnormal uterine action: hypotonic and hypertonic action, band's ring, contraction ring, precipitate labour.
- Cervical dystocia.
- Early rupture of membranes, prolonged labour, Induction of labour.
- Obstructed labour rupture of uterus.
- Obstetrical emergencies: cord presentation, cord prolapse, amniotic fluid embolism, obstetric shock.
- Complications of third stage: post partum hemorrhage, atonic uterus, retained placenta and membranes, inversion of uterus.

Unit – XI Complications of Puerperium and its management

- Puerperal pyrexia, Puerperal sepsis, Thrombophlebitis, Embolism, Puerperal psychosis.
- Mastitis, Breast abscess.

Unit – XII Obstetric operations

- Manual removal of placenta.
- Version : internal, external.
- Forceps delivery.
- Vacuum extraction.
- Caesarean section.
- Medical termination of pregnancy.
- Laparoscopic sterilization.
- Embryotomy.

Unit – XIII Drugs used in obstetrics

Pain relieving drugs – Anesthetic drugs – For uterine contractions – for controlling bleeding – for preventing postnatal infection – for preventing eclampsia – Antibiotics – IV fluids – Role of MPH(F)

Teaching Learning activities : Lecture discussion – Visit labour room – Demonstration – explaining by using books.

Unit – XIV Ethical and legal aspects related to Midwifery and Gynecological Nursing.

Unit – XV Women’s Health problems

Complications related to child birth – VVF, RVF, prolapsed and incontinence – cervical erosion and leucorrhoea – purities Cancers, cervical, breast – pap smear for detection of cancer cervix – Tumors – Fibroids – Menstrual disorders, Menopause and its complications – classification and causes of infertility in male and female investigations and treatment – Identification of couples, counseling, referral and follow up.

Teaching Learning activities : Lecture discussion Demonstration – case study.

Clinical Experience

- During this period of training each student shall.
- Conduct thirty antenatal examinations.
- Witness fifteen deliveries before conducting one herself.
- Make five vaginal examinations.
- Conduct twenty deliveries.
- Perform and suture five episiotomies, five first degree tears.
- Give post natal care to thirty lying-in-mothers and to their new born babies.
- Carry out ten health teachings for antenatal and lactating mothers.
- Insert five intrauterine devices.

Paper B : Community Health Nursing -11ND :

Course Description

This syllabus is designed to help the students gain in depth knowledge of community health and community health nursing services. On completion of this course, the students will be able to function at the first level in various community health settings both in urban and rural areas.

General Objectives

Upon completion of this syllabus , the students will be able to :

- Describe health system and health care services in India.
- Identify major health problems, national health programmes and specialized community health services.
- Explain the concept of health team and describe the nurse's role at various levels of health care settings.
- Describe the demographic concept and family welfare programme.
- Explain and motivate use of birth control methods to the community.
- State the importance of health statistics.
- Maintain records and reports required in community health nursing services.
- Demonstrate skills in rendering effective nursing care in all community health settings.

Course Content

Unit – I Health system in India (Organizational set-up)

- History & Development
- Modern concepts of public health & comprehensive health care.
- Importance
- Various health committees & their recommendations
- Five year plans – priorities, allocations for medical health services, cost analysis of medical & health care,
- Health & family planning organization set – up at the national, the state, the district & block levels –
- Aims and planning methods
- Family welfare policy
- Nurse's role in family welfare programme.
- National programme.
- Functions of primary health center.

Unit- II Health care services in India

- Health care concept and trends.
- Health care delivery system.
- Public sector : Rural areas , urban areas, health insurance, scheme , other agencies (Defense Railways ect.)

- Voluntary health agencies.
- Indigenous system of medicine.
- Nurse's role in health care services.

Unit – III Health Planning in India

- National Health Policy
- National Health Planning
- Five year plans.
- Health committees and reports.

Unit – IV Specialized Community Health services and nurse's role

- R.C.H. (Reproductive health and child care)
- School health nursing
- Geriatric nursing
- Care of the handicapped: physically and mentally challenged.
- Rehabilitation nursing

Unit – V Nurse's Role in National Health Programmes.

- Major health problems in India.
- National control and development programmes.
- National eradication programmes.
- Nurse's role in national health programmes.

Unit – VI Demography and Family Welfare

Demography

- Concept
- Trends in India and its implications.
- Concept of fertility and infertility.
- Small family norms.

Family Welfare

- Concept
- Importance
- Amis and objects
- Family welfare policy
- Family planning methods.
- National programme
- Nurse's role in family welfare programme.

Unit – VII Health Team

- Concept.
- Composition.
- Functions.

Role of nursing personnel at various levels

- Multipurpose health worker: male and female
- Lady health visitor / Health supervisor
- Public health nurse
- Public health nurse supervisor
- District public health nursing officer.

Unit – VIII Vital Health Statistics

- concept
- Uses
- Sources
- Important rates and indices

Unit – IX Hygiene :-

- Introduction to hygiene & healthful living, consents of health & disease. Factors influencing health & healthful living. Health habits & practice, scientific principles related to maintenance of normal circulation, respiration & motor function.
- Physical Health :- Skin care, cleanliness, clothing, care of the hair, prevention of pediculosis, dental care & oral hygiene, care of hands, hygiene of elimination & menstrual hygiene, mental hygiene.
- Mental hygiene & health in childhood ensuring mentally healthy growth in later childhood, need for friendship, games & plays, affection & recognition. Mental hygiene, approach to some problems, speech problems, reading difficulties, learning problems, day dreaming.
- Mental hygiene & health in adolescence, preparation of menstruation, sex – education.
- Mental hygiene & health in adulthood, ensuring mental health in adulthood satisfaction on the job, marriage, marital life, parental responsibilities.
- Mental hygiene & health in old age, ensuring health in old age & need of preparation for retirement.
- Physical health, features, exercise, rest relaxation & sleep care of the fact, foot ware, care of eyes, ear, nose & throat food values.

- Periodic health examination :- Health records, detection & correction of defects. Prevention & early treatments of common ailments, common cold, Indigestion, constipation, headache.
- Health in home :- Disposal of refuse, waste, latrines & sanitation, ventilation safety in home, sanitation in animal sheds.
- Mental hygiene & health :- In adults, in infancy & early childhood like feeding weaning, thumb sucking, toilet – training, need for security, affection, love, adventure.

Vital health records and their utility.

Unit – X

SECTION A : Primary Health Centre

- Set Up
- Function
- Services
- Sub Centre

SECTION B : Health Service Organization at different levels

- National
- State
- Local

SECTION C : Special Community Health Services and Nurses Rule

- Industrial Nursing
- Tuberculosis Nursing
- Geriatric Nursing
- Leprosy Nursing
- Oncology Nursing
- Functions of District Health Nurse

SECTION D : Health Assessment

- Antenatal Care
- Postnatal Care
- Breast Palpation
- Introduction of RCH