

### **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 providing nursing care to women suffering from these disorders and diseases.

### **General Objective:-**

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

- ❖ Describe the health needs of women in pregnancy, labour and puerperium.
- ❖ Identify deviation(s) from normal pregnancy, labour and puerperium and take appropriate action

### **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 placenta 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 4<sup>th</sup> 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 –2<sup>nd</sup> :-

### **Unit – IX High Risk pregnancy and its management**

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

### **Unit – X High Risk Labour and its management**

- Malposition, Malpresentations: occipitoposterior position face, brow, shulder and breech presentation.
- Contracted pelvis: definition, causes, diagnosis, management and trial of labour.
- Abnormal uterine action: hypotonic and hypertonic action, bandl'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 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