

Syllabus for the Post of Tutor of Madre I Meharban Institute of Nursing Science and Research, SKIMS Soura

S. No.	Name of the subject	Syllabus
1.	FUNDAMENTAL OF NURSING	➤ Introduction to health and illness • Concept of Health: Definitions (WHO), Dimensions • Maslow's hierarchy of needs • Health - Illness continuum • Factors influencing health • Causes and risk factors for developing illnesses • Illness: Types, Illness behavior • Impact of illness on patient and family. ➤ Health Care delivery Systems: Introduction of basic concepts & meanings • Levels of Illness Prevention-primary (health promotion), secondary and tertiary • Levels of care-Primary, Secondary and Tertiary • Types of health care agencies/ Services- Hospitals, clinics, Hospice, rehabilitation centres, extended care facilities • Hospitals: Types, Organization and Functions • Health care teams in hospitals-members and their role. ➤ History of Nursing and Nursing as a profession • History of Nursing, History of Nursing in India • Contributions of Florence Nightingale • Nursing: Definition- Nurse, Nursing, Concepts, philosophy, objectives, Characteristics, nature and Scope of Nursing/ Nursing practice, Functions of nurse, Qualities of a nurse, Categories of nursing personnel • Nursing as a profession- Definition and Characteristics /criteria of profession • Values: Introduction-meaning and importance • Code of ethics and professional conduct for nurses-Introduction ➤ Communication and Nurse patient relationship • Communication: Levels, Elements and Process, Types, Modes, Factors influencing communication • Methods of effective communication/ Therapeutic Communication Techniques • Barriers to effective communication / Nontherapeutic Communication techniques • Professional communication • Helping Relationships (Nurse Patient Relationship): Purposes and Phases • Communicating effectively with patient, families and team members • Maintaining effective human relations and communication with vulnerable groups (children, women, physically and mentally challenged and elderly) ➤ Documentation and Reporting • Documentation: Purposes of Reports and Records • Confidentiality • Types of Client records/ Common Record-keeping forms • Methods/ Systems of documentation/ Recording • Guidelines for documentation • Do's and Don'ts of documentation/ Legal guidelines for Documentation/ Recording • Reporting: Change-of shift reports, Transfer reports, Incident reports

✓ vital signs

• Guidelines for taking vital signs

❖ Body temperature:

- Definition, Physiology, Regulation, Factors affecting body temperature
- Assessment of body temperature: sites, equipment and technique
- Temperature alterations: Hyperthermia, Heat Cramps, Heat Exhaustion, Heatstroke, Hypothermia
- Fever/ Pyrexia- Definition, Causes, Stages, Types,
- Nursing Management
- Hot and Cold applications

❖ Pulse:

- Definition, Physiology and Regulation, Characteristics, Factors affecting pulse
- Assessment of pulse: sites, equipment and technique
- Alterations in pulse

❖ Respiration:

- Definition, Physiology and Regulation, Mechanics of breathing, Characteristics, Factors affecting respiration
- Assessment of respirations: technique
- Arterial Oxygen saturation
- Alterations in respiration

❖ Blood pressure:

- Definition, Physiology and Regulation, Characteristics, Factors affecting BP
- Assessment of BP: sites, equipment and technique, Common Errors in BP Assessment
- Alterations in Blood Pressure

• Documenting Vital Signs

➤ Health assessment

- Interview techniques
- Observation techniques
- Purposes of health assessment
- Process of Health assessment
- Health history
- Physical examination:
 - Methods- Inspection, Palpation, Percussion, Auscultation, Olfaction
 - Preparation for examination: patient and unit
 - General assessment
 - Assessment of each body system
 - Documenting health assessment findings

➤ Equipment and Linen

- Types: Disposables and reusable
- Linen, rubber goods, glassware, metal, plastics, furniture
- Introduction: Indent, maintenance, Inventory

➤ Introduction to Infection control in Clinical setting Infection

- Nature of infection,
- Chain of infection
- Types of infection
- Stages of infection
- Factors increasing susceptibility to infection

- Body defences against infection:

Inflammatory response & Immune response

- Health care associated infection (Nosocomial infection)

➤ Introductory concept of Asepsis: Medical & Surgical asepsis

Precautions

- Hand Hygiene
- (Hand washing and use of hand rub)
- Use of Personal Protective Equipment (PPE)
- Standard precautions

Biomedical Waste management- Types of hospital waste, waste segregation and hazards

Comfort, Rest & Sleep and Pain

- Comfort –

- Factors Influencing Comfort
- Types of beds & bed making
- Therapeutic positions
- Comfort devices

- Sleep and Rest -

- Physiology of sleep
- Factors affecting sleep
- Promoting Rest and sleep
- Sleep Disorders

- Pain (Discomfort)

- Physiology
- Common cause of pain
- Types
- Assessment
- Pharmacological and Non- pharmacological pain relieving measures
- Invasive techniques of pain management
- CAM (Complementary & Alternative healing Modalities)

➤ Promoting Safety in Health Care Environment

- Physical environment: Temperature, Humidity, Noise, Ventilation, Light, Odor, Pest control

- Lecture
- Discussion
- Demonstration

- Reduction of Physical hazards: fire, accidents
- Fall Risk Assessment
- Role of nurse in providing safe and clean environment
- Safety devices:
 - Restraints- Types, Purposes, Indications, Legal Implications and Consent, Application of Restraints- Skill and Practice Guidelines.

Other Safety Devices: Side rails, Grab bars, Ambu alarms, non-skid slippers etc.

➤ Hospital Admission and discharge

• Admission to the hospital Unit and preparation of unit

- Admission bed
- Admission procedure
- Medico-legal issues
- Roles and Responsibilities of the nurse
- Discharge from the hospital
- Types: Planned discharge, LAMA and Abscond, Referrals and transfers
- Discharge Planning
- Discharge procedure
- Medico-legal issues
- Roles and Responsibilities of the nurse
- Care of the unit after discharge

➤ **Mobility and Immobility**

- Elements of Normal Movement, Alignment & Posture, Joint Mobility, Balance, Coordinated Movement
- Principles of body mechanics
- Factors affecting Body Alignment and activity
- Exercise- Types and benefits
- Effects of Immobility
- Maintenance of normal Body Alignment and Activity
- Alteration in Body Alignment and mobility
- Nursing interventions for impaired Body Alignment and Mobility: assessment, types, devices used, method
- Range of motion exercises
- Muscle strengthening exercises
- Maintaining body alignment: positions
- Moving
- Lifting
- Transferring
- Walking
- Assisting clients with ambulation
- Care of patients with Immobility using Nursing process approach
- Care of patients with casts and splints

➤ **Patient education**

- Patient Teaching: Importance, Purposes, Process
- Integrating nursing process in patient teaching

➤ **Hygiene**

- Factors Influencing Hygienic Practice
- Hygienic care: Indications and purposes, effects of neglected care
- Care of the Skin- (Bath, feet and nail, Hair Care)
- Care of pressure points
- Assessment of Pressure Ulcers using Braden Scale and Norton Scale
- Pressure ulcers- causes, stages and manifestations, care and prevention
- Perineal care/Meatal care
- Oral care, Care of Eyes, Ears and Nose including assistive devices (eye glasses, contact lens, dentures, hearing aid)

➤ **The Nursing Process**

- Critical Thinking Competencies, Attitudes for Critical Thinking, Levels of critical thinking in Nursing

- Nursing Process Overview
 - Assessment
 - Collection of Data: Types, Sources, Methods
 - Organizing Data
 - Validating Data
 - Documenting Data
 - Nursing Diagnosis
 - Identification of client problems, risks and strengths
 - Nursing diagnosis statement parts, Types, Formulating, Guidelines for formulating Nursing Diagnosis
 - Difference between medical and nursing diagnosis
 - Planning
 - Types of planning
 - Establishing Priorities
 - Establishing Goals and Expected Outcomes- Purposes, types, guidelines, Components of goals and outcome statements
 - Types of Nursing Interventions, Selecting interventions: Protocols and Standing Orders
 - Introduction to Nursing Intervention Classification and Nursing Outcome Classification
 - Guidelines for writing care plan
 - Implementation
 - Process of Implementing the plan of care
 - Types of care - Direct and Indirect
 - Evaluation
 - Evaluation Process, Documentation and reporting
 - Nutritional needs
 - Importance
 - Factors affecting nutritional needs
 - Assessment of nutritional status
 - Review: special diets- Solid, Liquid, Soft
 - Review on therapeutic diets
 - Care of patient with Dysphagia, Anorexia, Nausea, Vomiting
 - Meeting Nutritional needs: Principles, equipment, procedure, indications
 - Oral
 - Enteral: Nasogastric/ Orogastic,
 - Introduction to other enteral feeds- types, indications, Gastrostomy, Jejunostomy
 - Parenteral- TPN
 - Elimination needs
 - Urinary Elimination
 - Review of Physiology of Urine Elimination, Composition and characteristics of urine
 - Factors Influencing Urination
 - Alteration in Urinary Elimination
 - Facilitating urine elimination: assessment, types, equipment, procedures and special considerations
 - Providing urinal/bed pan
 - Care of patients with
 - Condom drainage
 - Intermittent Catheterization

- Indwelling Urinary catheter and urinary drainage
- Urinary diversions
- Bladder irrigation

- Bowel Elimination

- Review of Physiology of Bowel Elimination, Composition and characteristics of feces
- Factors affecting Bowel elimination
- Alteration in Bowel Elimination
- Facilitating bowel elimination: Assessment, equipment, procedures
- Enemas
- Suppository
- Bowel wash
- Digital Evacuation of impacted feces
- Care of patients with Ostomies (Bowel Diversion Procedures)

- **Diagnostic testing**

- Phases of diagnostic testing (pre-test, intra-test & post-test) in Common investigations and clinical implications
- Complete Blood Count
- Serum Electrolytes
- LFT
- Lipid/Lipoprotein profile
- Serum Glucose- AC, PC, HbA1c
- Monitoring Capillary Blood Glucose (Glucometer Random Blood Sugar-GRBS)
- Stool Routine Examination
- Urine Testing- Albumin, Acetone, pH, Specific Gravity
- Urine Culture, Routine, Timed Urine Specimen
- Sputum culture
- Overview of Radiologic & Endoscopic Procedures

- **Oxygenation needs**

- Review of Cardiovascular and Respiratory Physiology
- Factors affecting respiratory functioning
- Alterations in Respiratory Functioning
- Conditions affecting
 - airway
 - movement of air
 - diffusion
 - Oxygen transport
- Alterations in oxygenation
- Nursing interventions to promote oxygenation: assessment, types, equipment used & procedure
 - Maintenance of patent airway
 - Oxygen administration
 - Suctioning- oral, tracheal
 - Chest physiotherapy- Percussion, Vibration & Postural drainage
 - Care of Chest drainage- principles & purposes
 - Pulse Oximetry- Factors affecting measurement of oxygen saturation using pulse oximeter, Interpretation

Restorative & continuing care

- o Hydration
- o Humidification
- o Coughing techniques
- o Breathing exercises
- o Incentive spirometry

➤ **Fluid, Electrolyte, and Acid – Base Balances**

- Review of Physiological Regulation of Fluid, Electrolyte, and Acid – Base Balances
- Factors Affecting Fluid, Electrolyte, and Acid – Base Balances
- Disturbances in fluid volume:
 - o Deficit-
 - Hypovolemia
 - Dehydration
 - o Excess-
 - Fluid overload
 - Edema
- Electrolyte imbalances (hypo and hyper)
 - o Acid-base imbalances
 - Metabolic- acidosis & alkalosis

- ☐ Respiratory- acidosis & alkalosis.
- o Intravenous therapy
- ☐ Peripheral venipuncture sites
- ☐ Types of IV fluids
- ☐ Calculation for making IV fluid plan
- ☐ Complications of IV fluid therapy
- ☐ Measuring fluid intake and output
- ☐ Administering Blood and Blood components
- ☐ Restricting fluid intake
- ☐ Enhancing Fluid intake

➤ **Administration of Medications**

- Introduction-Definition of Medication, Administration of Medication, Drug Nomenclature, Effects of Drugs, Forms of Medications, Purposes, Pharmacodynamics and Pharmacokinetics
- Factors influencing Medication Action
- Medication orders and Prescriptions
- Systems of measurement
- Medication dose calculation
- Principles, 10 rights of Medication Administration
- Errors in Medication administration
- Routes of administration
- Storage and maintenance of drugs and Nurses responsibility
- Terminologies and abbreviations used in prescriptions and medications orders
- Developmental considerations
- Oral, Sublingual and Buccal routes:

- Restorative & continuing care

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- Oral, Sublingual and Buccal routes:

Equipment, procedure

- Introduction to Parenteral Administration of Drugs- Intramuscular, Intravenous, Subcutaneous, Intradermal:

Location of site, Advantages and disadvantages of the specific sites, Indication and contraindications for the different routes and sites.

- Equipment- Syringes & needles, cannulas, Infusion sets - parts, types, sizes
- Types of vials and ampoules, Preparing Injectable medicines from vials and ampoules

- Care of equipment: decontamination and disposal of syringes, needles, infusion sets

- Prevention of Needle-Stick Injuries

- Topical Administration: Types, purposes, site, equipment, procedure ○ Application to skin & mucous membrane

- Direct application of liquids, Gargle and swabbing the throat

- Insertion of Drug into body cavity: Suppository/ medicated packing in rectum/vagina

- Instillations: Ear, Eye, Nasal, Bladder, and Rectal

- Irrigations: Eye, Ear, Bladder, Vaginal and Rectal

- Spraying: Nose and throat

- Inhalation: Nasal, oral, endotracheal/ tracheal (steam, oxygen and medications)- purposes, types, equipment, procedure, recording and reporting of medications administered

- Other Parenteral Routes: Meaning of epidural, intrathecal, intraosseous, intraperitoneal, intrapleural, intraarterial

- **Sensory needs**

- Introduction

- Components of sensory experience- Reception, Perception & Reaction

- Arousal Mechanism

- Factors affecting sensory function

- Assessment of Sensory alterations- sensory deficit, deprivation, overload & sensory poverty

- Management

- Promoting meaningful communication (patients with Aphasia, artificial airway & Visual and Hearing impairment)

- **Care of Unconscious Patients**

- Unconsciousness: Definition, causes & risk factors, pathophysiology, stages of Unconsciousness, Clinical Manifestations

- Assessment and nursing management of patient with unconsciousness, complications

- **Care of Terminally ill, death and dying**

- Loss- Types

- Grief, Bereavement & Mourning

- Types of Grief responses

- Manifestations of Grief

- Factors influencing Loss & Grief Responses

- Theories of Grief & Loss-Kubler Ross

5 Stages of Dying

- The R Process model (Rando's)
- Death- Definition, Meaning, Types (Brain & Circulatory Deaths)
- Signs of Impending Death
- Dying patient's Bill of Rights
- Care of Dying Patient
- Physiological changes occurring after Death
- Death Declaration, Certification, Autopsy, Embalming
- Last office/Death Care
- Counseling & supporting grieving relatives
- Placing body in the Mortuary
- Releasing body from Mortuary
- Overview- Medico-legal Cases, Advance directives, DNI/DNR, Organ Donation, Euthanasia

➤ **PSYCHOSOCIAL NEEDS (A-D)**

A. Self-concept

- Introduction
- Components (Personal Identity, Body Image, Role Performance, Self Esteem)
- Factors affecting Self Concept
- Nursing Management

B. Sexuality

- Sexual development throughout life
- Sexual health
- Sexual orientation
- Factors affecting sexuality
- Prevention of STIs, unwanted pregnancy, avoiding sexual harassment and abuse
- Dealing with inappropriate sexual behavior

C. Stress and Adaptation-Introductory concepts

- Introduction
- Sources, Effects, Indicators & Types of Stress
- Types of stressors
- Stress Adaptation- General Adaptation Syndrome (GAS), Local Adaptation Syndrome (LAS)
- Manifestation of stress- Physical & psychological
- Coping strategies/ Mechanisms
- Stress Management
 - Assist with coping and adaptation
 - Creating therapeutic environment
 - Recreational and diversion therapies

D. Concepts of Cultural Diversity and Spirituality

- Cultural diversity
 - Cultural Concepts- Culture, Subculture, Multicultural, Diversity, Race, Acculturation, Assimilation
 - Transcultural Nursing
 - Cultural Competence
 - Providing Culturally Responsive Care
- Spirituality
 - Concepts- Faith, Hope, Religion, Spirituality, Spiritual Wellbeing
 - Factors affecting Spirituality
 - Spiritual Problems in Acute, Chronic, Terminal illnesses & Near-Death

		Experience ○ Dealing with Spiritual Distress/Problems ➤ Nursing Theories: Introduction • Meaning & Definition, Purposes, Types of theories with examples, Overview of selected nursing theories- Nightingale, Orem, Roy • Use of theories in nursing practice ➤ First Aid & Emergencies * • Definition, Basic Principles, Scope & Rules • First Aid Management ○ Wounds, Hemorrhage & Shock ○ Musculoskeletal Injuries: Fractures, Dislocation, Muscle injuries ○ Transportation of Injured persons ○ Respiratory Emergencies & Basic CPR ○ Unconsciousness ○ Foreign Bodies- Skin, Eye, Ear, Nose, Throat & Stomach ○ Burns & Scalds ○ Poisoning, Bites & stings ○ Frostbite & Effects of Heat ○ Community Emergencies
2.	COMMUNITY HEALTH NURSING	➤ Concepts of Community Health and Community Health Nursing • Definition of public health, community health and community health nursing • Public health in India and its evolution and Scope of community health nursing • <i>Review:</i> Concepts of health & Illness/disease-Definition, dimensions and determinants of health and disease • Natural history of disease • Levels of prevention-Primary, Secondary & tertiary prevention-Review • Health problems (Profile) of India ➤ Health Care Planning and Organization of Health Care at various levels • Health planning steps • Health planning in India –various committees and commissions on health and family welfare and Five Year plans • Participation of community and stakeholders in health planning • Health care delivery system in India-Infrastructure and Health sectors, Delivery of health services at sub centre (SC)PHC, CHC, District level, state level and national level, • Sustainable development goals (SDGs), Primary Health Care and Comprehensive - Primary Health Care (CPHC)- elements, principles • CPHC through SC/Health Wellness Center (HWC) • National Health Care Policies and Regulations ○ National Health Policy (1983, 2002, 2017) ○ National Health Mission (NHM): National Rural Health Mission (NRHM), National Urban Health Mission (NUHM), NHM ○ National Health Protection Mission (NHPM) ○ Ayushman Bharat ○ Universal Health Coverage ➤ Environmental Science, Environmental Health, and Sanitation • <i>Natural resources:</i> Renewable and non-renewable resources, natural

resources and associated problems-Forest resources, water resources, mineral resources, food resources, energy resources and land resources

Role of individuals in conservation of natural resources, and equitable use of resources for sustainable lifestyles

- **Ecosystem:** Concept, structure and functions of ecosystems, Types & Characteristics- Forest ecosystem, Grassland ecosystem, Desert ecosystem, Aquatic ecosystem, Energy flow in ecosystem
- **Biodiversity:** classification, value of bio-diversity, threats to biodiversity, conservation of biodiversity
- **Environmental pollution:** Introduction, Causes, effects and control measures of:

Air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, Thermal pollution, nuclear hazards & their impact on health

- Climate change, global warming-eg. heat wave, acid rain, ozone layer depletion, waste land reclamation & its impact on health
- Social issues and environment: sustainable development, urban problems related to energy, water and environmental ethics
- Acts related to environmental protection and preservation

➤ **Environmental health & Sanitation**

- Concept of environment health and sanitation
- Concept of safe water, sources of water, waterborne diseases, water purification processes, household purification of water
- Physical and chemical standards of drinking water quality and tests for assessing bacteriological quality of water
- Concepts of water conservation-rain water harvesting and water shed management
- Concept of Pollution prevention
- Air & noise pollution
- Role of nurse in prevention of pollution
- Solid waste management, human excreta disposal & management and sewage disposal and management
- Commonly used insecticides and pesticides

➤ **Nutrition Assessment and Nutrition Education**

- **Review of Nutrition**
 - Concepts, types
 - Meal planning -aims, steps & diet plan for different age groups
 - Nutrition assessment of individuals, families and community by using appropriate methods
- Planning suitable diet for individuals and families according to local availability of foods, dietary habits and economic status
- General nutritional advice.

□ Nutrition education-purpose, principles & methods and Rehabilitation

- **Review-** Nutritional deficiency disorders
- National nutritional policy & programs in India

➤ **Food Borne Diseases and Food Safety Food borne diseases**

- Definition, & burden, Causes and classification
- Signs & Symptoms
- Transmission of food borne pathogens & toxins
- Early identification, initial management and referral

Food poisoning & food intoxication

- Epidemiological features/clinical characteristics, Types of food poisoning

- Food intoxication-features preventive & control measures
- Public health response to food borne diseases
 - **Food safety**
 - Definition, Food safety considerations & measures
 - Food safety regulatory measures in India- Relevant Acts
 - Five keys to safer food
 - Food storage, food handling and cooking
 - General Principles of food storage of food items (ex. milk, meat)
 - Role of food handlers in food borne diseases
 - Essential steps in safe cooking practices
 - **Communication management and Health Education**
 - Behaviour change communication skills
 - communication
 - Human behaviour
 - Health belief model-concepts & definition, ways to influence behaviour
 - Steps of behaviour change
 - Techniques of behaviour change- Guiding principles in planning BCC activity
 - Steps of BCC
 - Social and Behaviour Change Communication strategies (SBCC)- techniques to collect social history from clients
 - Barriers to effective communication, and methods to overcome them
 - Health promotion and Health education methods/ technique s, and audio-visual aids.
- **Occupational Health**
- Occupational health hazards
- Occupational diseases
- ESI Act
- National/ State Occupational Health Programmes
- Role of a nurse in occupational health services- Screening, diagnosing, management and referral of clients with occupational health problems
- **Geriatric Health Care**
- Health problems of older adults
- Management of common geriatric ailments: counseling, supportive treatment of older adults
- Organization of geriatric health services
- National programme for health care of elderly (NPHCE)
- State level programmes/ Schemes for older adults
- Role of a community health nurse in geriatric health services- Screening, diagnosing, management and referral of older adults with health problems
- **Mental Health Disorders**
- Screening, management, prevention and referral for mental health disorders
- *Review:*
 - Depression, anxiety, acute psychosis, Schizophrenia
 - Dementia
 - Suicide
 - Alcohol and substance abuse
 - Drug deaddiction programme
 - National Mental Health Programme
 - National Mental Health Policy

- National Mental Health Act
- Role of a community health nurse in screening, initiation of treatment and follow up of mentally ill clients
 - **Health Management Information System (HMIS)**
- Introduction to health management system: data elements, recording and reporting formats, data quality issues
- *Review:*
 - Basic Demography and vital statistics
 - Sources of vital statistics
 - Common sampling techniques, frequency distribution
 - Collection, analysis, interpretation of data
- Analysis of data for community needs assessment and preparation of health action plan
 - **Delivery of community health services:**
- Planning, budgeting and material management of CHC, PHC, SC/HWC
- **Manpower planning as per IPHS standards**
- **Rural:** Organization, staffing and material management of rural health services provided by Government at village, SC/HWC, PHC, CHC, hospitals-district, state and central
- **Urban:** Organization, staffing, and functions of urban health services provided by Government at slums, dispensaries, special clinics, municipal and corporate hospitals
- Defense services
- Institutional services
- Other systems of medicine and health: Indian system of medicine, AYUSH clinics, Alternative health care system referral systems, Indigenous health services
 - **Leadership, Supervision and Monitoring**
- Understanding work responsibilities/job description of DPHN, Health Visitor, PHN, MPHW (Female), Multipurpose health Worker (Male), AWWs and ASHA
- Roles and responsibilities of Mid -Level Health Care Providers (MLHPs)
- Village Health Sanitation and Nutrition Committees (VHSNC) : objectives, composition and roles & responsibilities
- Health team management
- *Review:* Leadership & supervision-concepts, principles & methods
- Leadership in health: leadership approaches in healthcare setting, taking control of health of community and organizing health camps, village clinics
- Training, Supportive supervision and monitoring-concepts, principles and process Eg. performance of frontline health workers
- **Financial Management and Accounting & Computing at Health Centers (SC)**
 - Activities for which funds are received
 - Accounting and book keeping requirements-accounting principles & policies, book of accounts to be maintained, basic accounting entries, accounting process, payments & expenditure, fixed asset, SOE reporting format, utilization certificate (UC) reporting
 - Preparing a budget
 - Audit
- **Records & Reports:**

- **Concepts of records and reports**-importance, legal implications, purposes, use of records, principles of record writing, filing of records
- **Types of records**-community related records, registers, guidelines for maintaining
- **Report writing**- purposes, documentation of activities, types of reports
- **Medical Records Department**- functions, filing and retention of medical records
- **Electronic Medical Records (EMR)**- capabilities and components of EMR, electronic health record (EHR), levels of automation, attributes, benefits and disadvantages of EHR
- **Nurses' responsibility in record keeping and reporting**

➤ **Disaster Management**

- Disaster types and magnitude
- Disaster preparedness
- Emergency preparedness
- Common problems during disasters and methods to overcome
- Basic disaster supplies kit
- Disaster response including emergency relief measures and Life saving techniques
- Use disaster management module

➤ **Bio-Medical Waste Management**

- Waste collection, segregation, transportation and management in the community
- Waste management in health center/clinics
- Bio-medical waste management guidelines – 2016, 2018 (Review)

Health agencies International

- WHO, UNFPA, UNDP, World Bank, FAO, UNICEF, European Commission, Red cross, USAID, UNESCO, ILO, CAR, CIDA, JHPIEGO, any other

- **National:** Indian Red cross, Indian Council for Child Welfare, Family Planning Association of India, Tuberculosis Association of India, Central Social Welfare Board, All India Women's Conference, Blind Association of India, any other

➤ **Voluntary Health Association of India(VHA)**

3.

Child Health Nursing

➤ Introduction: Modern concepts of child-care

- Historical development of child health
- Philosophy & Modern concept of child-care
- Cultural and religious considerations in child-care
- National policy and legislations in relation to child health and welfare.
- National programs and agencies related to welfare services to the children.
- Internationally accepted rights of the child
- Changing trends in hospital care, preventive, promotive and curative aspect of child health
- *Preventive pediatrics:*
 - Concept
 - Immunization
 - Immunization programs and cold chain.
 - Care of under-five and Under-five Clinics /Well-baby clinics
 - Preventive measures towards accidents
- Child morbidity and mortality rates
- Difference between an adult and child which affect response to illness
 - Physiological
 - Psychological
 - Social
 - Immunological
- Hospital environment for sick child
- Impact of hospitalization on the child and family
- Communication techniques for children
- Grief and bereavement
- The role of a child health nurse in caring for a hospitalized child
- Principles of pre and postoperative care of infants and children.

Child Health Nursing procedures:

- Administration of medication: oral, I/M, & I/V
- Calculation of fluid requirement
- Application of restraints
- Assessment of pain in children.
 - FACES pain rating scale
 - FLACC scale
 - Numerical scale

➤ The healthy child

- Definition and principles of growth and development.
- Factors affecting growth and development.
- Growth and development from birth to adolescence
- Growth and developmental theories (Freud, Erickson, Jean Piaget, Kohlberg)
- The need of normal children through the stages of developmental and parental guidance
- Nutritional needs of children and infants.
 - breast feeding
 - exclusive breast feeding
 - Supplementary / artificial feeding and weaning
- Baby friendly hospital concept
- Types and value of play and selection of play material

➤ Nursing care of neonate:

- Appraisal of Newborn

- Nursing care of a normal newborn / essential newborn care.
- Neonatal resuscitation
- Nursing management of low birth weight baby.
- Kangaroo mother care
- Nursing management of common neonatal disorder.
- Hyperbilirubinemia
- Hypothermia, hyperthermia
- Metabolic disorder
- Neonatal infections
- Neonatal seizures
- Respiratory distress syndrome
- Retinopathy of Prematurity
- Organization of neonatal care unit.
- Neonatal equipment

➤ Integrated management of neonatal and childhood illnesses

➤ Nursing management in common childhood diseases.

Respiratory system:

- Identification and Nursing management of congenital malformations
- Congenital disorders: Tracheoesophageal fistula, Diaphragmatic hernia
- Others: Acute naso-pharyngitis, Tonsillitis, Croup, Bronchitis, Bronchiolitis, Pneumonia, Asthma

Cardiovascular system:

- Identification and Nursing management of congenital malformations
-

Congenital heart diseases: Cyanotic and Acyanotic (ASD, VSD, PDA, TOF)

- Others: - Rheumatic fever and Rheumatic heart disease, Congestive cardiac failure

Hematological conditions:

- a) Congenital: Hemophilia, Thalassemia.
- b) Others: Anemia, Leukemia, Idiopathic thrombocytopenic purpura, Hodgkins and non-hodgkins lymphoma

Gastro-intestinal system: □ Identification and Nursing management of congenital malformations.

- Congenital: Cleft lip, Cleft palate, Congenital hypertrophic pyloric stenosis, Hirschsprungs disease (Megacolon), Anorectal malformation, Malabsorption syndrome, Abdominal wall defects, Hernia

Others: Gastroenteritis, Diarrhea, Vomiting, Protein energy malnutrition, Intestinal obstruction, Hepatic diseases, intestinal parasites

Genitourinary urinary system:

- Identification and Nursing management of congenital malformations.
- Congenital: Wilms tumor, Extrophy of bladder, Hypospadiasis, Epispadiasis, Obstructive uropathy
- Others: Nephrotic syndrome, Acute glomerulo nephritis, renal failure

Nervous system:

- Identification and Nursing management of congenital malformations
- a) Congenital: Spinabifida, Hydrocephalous.
- b) Others: Meningitis, Encephalitis, Convulsive disorders (convulsions and seizures), Cerebral palsy head injury.

Endocrine system: Juvenile Diabetes mellitus, Hypo-thyroidism □

Child health emergencies:

Accidents -causes and prevention, Poisoning, Foreign bodies, Hemorrhage,

Burns and Drowning

- NALS/PLS/PALS (AHA Guidelines)

➤ Orthopedic disorders:

- Club foot
- Hip dislocation and
- Fracture

➤ Disorder of eye, ear and skin:

- Refractory errors
- Otitis media and
- Atopic dermatitis

Communicable diseases in children, their identification/diagnosis, nursing management in hospital, in home, control & prevention:

- Tuberculosis
- Diphtheria
- Tetanus
- Pertussis
- Poliomyelitis
- Measles
- Mumps, and
- Chickenpox
- HIV/AIDS
- Dengue fever

➤ Management of behavior and social problems in children.

- Child Guidance clinic
- Common behavior disorders in children and management
 - Enuresis and Encopresis
 - Nervousness
 - Nail biting
 - Thumb sucking
 - Temper tantrum
 - Stealing
 - Aggressiveness
 - Juvenile delinquency
 - School phobia
 - Learning disability
- Psychiatric disorders in children and management
 - Childhood schizophrenia
 - Childhood depression
 - Conversion reaction
 - Posttraumatic stress disorder
 - Autistic spectrum disorders
- Eating disorder in children and management
 - Obesity
 - Anorexia nervosa
 - Bulimia
- Management of challenged children.
 - Mentally
 - Physically
 - Socially
 - Child abuse,

		- o substance abuse • Welfare services for challenged children in India • Application of restraints • Administration of O₂ inhalation by different methods • Collection of specimens for common investigations • Assisting with common diagnostic procedures • Bowel wash, insertion of suppositories • Care for ostomies: ❖ Colostomy Irrigation ❖ Ureterostomy ❖ Gastrostomy ❖ Enterostomy • Urinary catheterization & drainage • Care of a baby in incubator / warmer • Care of a child on ventilator, CPAP • Endotracheal Suction • Chest Physiotherapy • Administration of fluids with infusion pumps • Total Parenteral Nutrition • Phototherapy • Monitoring of babies • Recording & reporting • Cardiopulmonary Resuscitation (NALS,PLS,PALS)
4.	Mental Health Nursing	➤ Introduction • Perspectives of Mental Health and Mental Health Nursing, evolution of mental health services, treatments and nursing practices • Mental health team • Nature & scope of mental health nursing • Role & functions of mental health nurse in various settings and factors affecting the level of nursing practice • Concepts of normal and abnormal behaviour Principles and Concepts of Mental Health Nursing • Definition: mental health nursing and terminology used • Classification of mental disorders: ICD & DSM • Review of personality development, defense mechanisms • Etiology bio-psycho-social factors • Psychopathology of mental disorders: review of structure and function of brain, limbic system and abnormal neurotransmission • Principles of Mental health Nursing • Ethics and responsibilities • Practice Standards for Psychiatric Mental health Nursing (INC standards) • Conceptual models and the role of nurse: • Existential model • Psychoanalytical models • Behavioural model • Interpersonal model ➤ Mental Health Assessment • History taking • Mental status examination

- Mini mental status examination
- Neurological examination
- Investigations: Related Blood chemistry, EEG, CT & MRI
- Psychological tests
 - **Therapeutic communication and nurse-patient relationship**
- Therapeutic communication: Types, techniques, characteristics and barriers
- Therapeutic nurse-patient relationship
- Interpersonal relationship- Elements of nurse patient contract, Review of technique of IPR- Johari window
- Therapeutic impasse and its management
 - **Treatment modalities and therapies used in mental disorders**
- Physical therapies:** Psychopharmacology, Electro Convulsive therapy
- Psychological Therapies:** Psychotherapy, Behaviour therapy, CBT,
- Psychosocial:** Group therapy, Family therapy, Therapeutic Community, Recreational therapy, Art therapy (Dance, Music etc), Occupational therapy
- Alternative & Complementary:** Yoga, meditation, Relaxation
- Consideration for special populations**
 - **Nursing management of patient with Schizophrenia, and other psychotic disorders**
- Prevalence and incidence
- Classification
- Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations
- **Nursing process**
- Nursing Assessment-History, Physical and mental assessment
- Treatment modalities and nursing management of patients with Schizophrenia and other psychotic disorders
- Geriatric considerations and considerations for special populations
- Follow up and home care and rehabilitation
 - **Nursing management of patient with mood disorders**
- Prevalence and incidence
- Mood disorders: Bipolar affective disorder, mania depression and dysthymia etc.
- Etiology, psycho dynamics, clinical manifestation, diagnosis
- Nursing Assessment History, Physical and mental assessment
- Treatment modalities and nursing management of patients with mood disorders
- Geriatric considerations/considerations for special populations
- Follow-up and home care and rehabilitation
 - **Nursing management of patient with neurotic, stress related and somatisation disorders**
- Prevalence and incidence
- classifications
- Anxiety disorder, Phobias, Disassociative and Conversion disorder
- Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations
- Nursing Assessment: History, Physical and mental assessment
- Treatment modalities and nursing management of patients with neurotic and stress related disorders
- classifications
- Anxiety disorder, Phobias, Disassociative and Conversion disorder

- Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations
- Nursing Assessment: History, Physical and mental assessment
- Treatment modalities and nursing management of patients with neurotic and stress related disorders
- Geriatric considerations/Considerations for special populations
- Follow-up and home care and rehabilitation
 - **Nursing management patients with Substance use disorders**
- Prevalence and incidence
- Commonly used psychotropic substance: classifications, forms, routes, action, intoxication and withdrawal
- Psychodynamics/etiology of substance use disorder (Terminologies - Substance Use, Abuse, tolerance, Dependence, Withdrawal)
- Diagnostic criteria/formulations
- Nursing Assessment-History (substance history), Physical, mental assessment and drug and drug assay
- Treatment (detoxification, antabuse and narcotic antagonist therapy and harm reduction, Brief interventions, MET, refusal skills, maintenance therapy) and nursing management of patients with substance use disorders
- Special considerations for Vulnerable population
- Follow-up and home care and rehabilitation
 - **Nursing management of patient with Personality and Sexual disorders**
- Prevalence and incidence
- Classification of disorders
- Etiology, psycho-pathology, characteristics, diagnosis
- Nursing Assessment-History, Physical and mental assessment
- Treatment modalities and nursing management of patients with Personality, Sexual and Eating disorders
- Geriatric considerations
- Follow-up and home care and rehabilitation
 - **Nursing management of Behavioural & Emotional disorders occurring during childhood and adolescence** (Intellectual disability, autism, attention deficit, hyperactive disorder, eating disorder, learning disorder)
- Prevalence and incidence
- Classifications
- Etiology, psychodynamics, Characteristics, diagnostic criteria/formulations
- Nursing Assessment-History, Physical, mental status examination and IQ assessment
- Treatment modalities and nursing management of childhood disorders including intellectual disability
- Follow-up and home care and rehabilitation
 - **Nursing management of organic brain disorders** (Delirium, Dementia, amnesic disorders)
- Prevalence and incidence
- Classification
- Etiology, psycho-pathology, clinical features, diagnosis and Differential diagnosis
- Nursing Assessment-History, Physical, mental and neurological assessment
- Treatment modalities and nursing management of organic brain disorders
- Follow-up and home care and rehabilitation
 - **Psychiatric emergencies and crisis intervention**

		• Types of psychiatric emergencies (Attempted suicide, violence/aggression, stupor, delirium tremens and other psychiatric emergencies) and their managements • Maladaptive behaviour of individual and groups, stress, crisis and disaster(s) • Types of crisis • Crisis intervention: Principles, Techniques and Process -Stress reduction interventions as per stress adaptation model -Coping enhancement Techniques of counseling Legal issues in Mental Health Nursing • Overview of Indian Lunacy Act and The Mental Health Act 1987 • (Protection of Children from Sexual Offence) POSCO Act • Mental Health Care Act (MHCA) 2017 • Rights of mentally ill clients • Forensic psychiatry • Acts related to narcotic and psychotropic substances and illegal drug trafficking • Admission and discharge procedures as per MHCA 2017 • Role and responsibilities of nurses in implementing MHCA 2017 ➤ Community Mental Health Nursing • Development of Community Mental Health Services: • National mental health policy viz. National Health Policy • National Mental Health Programme • Institutionalization Versus Deinstitutionalization • Model of Preventive psychiatry • Mental Health Services available at the primary, secondary, tertiary levels including rehabilitation and nurses' responsibilities • Mental Health Agencies: Government and voluntary, National and International • Mental health nursing issues for special populations: Children, Adolescence, Women Elderly, Victims of violence and abuse, Handicapped, HIV/AIDS etc.
5.	Nursing Research and Statistics	➤ Research and research Process • Introduction and need for nursing research • Definition of Research & nursing research • Steps of scientific method • Characteristics of good research • Steps of Research process-overview • Evidence Based Practice: Concept, Meaning, Purposes, Steps of EBP Process and Barriers ➤ Research Problem/Question • Identification of problem area • Problem statement • Criteria of a good research problem. • Writing objectives and hypotheses ➤ Review of Literature • Location • Sources • On line search; CINHAL, COCHRANE etc • Purposes

		• Method of review ➤ Research approaches and designs • Historical, survey and experimental • Qualitative and Quantitative designs ➤ Sampling and data Collection • Definition of Population, Sample, • Sampling criteria, factors influencing sampling process, types of sampling techniques. • Data- why, what, from whom, when and where to collect. • Data collection methods and instruments- ○ Methods of data collection ○ Questioning, interviewing ○ Observations, record analysis and measurement ○ Types of instruments, Validity & Reliability of the Instrument • Research ethics • Pilot study • Data collection procedure ➤ Analysis of data: • Compilation, Tabulation, classification, summarization, presentation, interpretation of data ➤ Introduction to statistics • Definition, use of statistics, scales of measurement. • Frequency distribution and graphical presentation of data • Mean, Median, Mode, Standard deviation • Normal Probability and tests of significance • Co-efficient of correlation • Statistical packages and its application ➤ Communication and utilization of Research • Communication of research findings • Verbal report • Writing research report • Writing scientific article/paper • Critical review of published research including publication ethics • Utilization of research findings • Conducting group research project
6.	Health and Nursing Informatics and Technology	➤ Introduction to computer applications for patient care delivery system and nursing practice • Use of computers in teaching, learning, research and nursing practice • Windows, MS office: Word, Excel, Power Point • Internet • Literature search • Statistical packages • Hospital management information system ➤ Principles of Health Informatics • Health informatics- needs, objectives and limitations • Use of data, information and knowledge for more effective healthcare And better health ➤ Information Systems in Healthcare

- Introduction to the role and architecture of information systems in modern healthcare environments
- Clinical Information System (CIS)/Hospital information System (HIS)

7.

MIDWIFERY / OBSTETRIC AND GYNECOLOGY NURSING

➤ **Introduction to midwifery**

- History of midwifery in India
- Current scenario: Midwifery in India- Transformative education for relationship based and transformative midwifery practice in India, National health programs related to RMNCH
- Current trends in midwifery and gynecology nursing:
 - Respectful maternity and newborn care (RMNC)
 - Midwife led care units (MLCU)
 - Birthing centers, water birth, lotus birth
 - Essential competencies for basic midwifery practice (ICM)
 - Universal rights of child-bearing women
 - Sexual and reproductive health and rights
- Legal provisions in midwifery practice in India: INC/MOH&FW regulations
- Ethical issues in maternal and neonatal care
- Adoption laws, MTP act, Pre-Natal Diagnostic Test (PNDT) Act, Surrogate mothers
- Roles And responsibilities of a midwife in different settings (hospital / community)

➤ **Maternal, Fetal & Newborn physiology: Anatomy and physiology of human reproductive system and conception**

Review:

- Female organs of reproduction
- Female pelvis –bones, joints, ligaments, planes, diameters, landmarks, inclination, variations in pelvis shape
- Foetal skull- bones, sutures, fontanelles, diameters, moulding
- Fetopelvic relationship
- Physiology of menstrual cycle, menstrual hygiene
- Fertilization, conception and implantation
- Embryological development
- Placental development
- Placental function: blood brain barrier
- Fetal growth and development Fetal circulation & Fetal nutrition

➤ **Assessment and management of normal pregnancy(ante-natal)**

Pre pregnancy Care

- Review of sexual development (Self Learning)
- Socio-cultural aspects of human sexuality (Self Learning)
- Preconception care
- Pre-conception counseling (including awareness regarding normal births), Genetic counseling (Self Learning)
- Planned parenthood

➤ **Pregnancy assessment and antenatal care (I, II & III Trimesters)**

Normal pregnancy

- Assess and confirm pregnancy: Diagnosis of pregnancy - Signs, differential diagnosis and confirmatory tests
- Review of maternal nutrition & malnutrition
- Building partnership with women following RMC protocol
- Fathers engagement in maternity care
- Physiological changes during pregnancy. - Reproductive system, Cardio-vascular system Respiratory system Urinary system, Gastro intestinal system, Metabolic changes, Skeletal changes, Skin changes Endocrine system & psychological changes

➤ **Ante-natal care:**

I Trimester

- Antenatal assessment: History taking, physical examination, breast examination laboratory investigation
- Identification and management of minor discomforts of pregnancy
- Antenatal care and counseling (lifestyles in pregnancy, nutrition, shared decision making, risky behavior in pregnancy, counseling regarding sexual life during pregnancy etc)
- Danger signs during pregnancy intestinal system, Metabolic changes, Skeletal changes, Skin changes Endocrine system & psychological changes
- Birth preparedness and complication readiness (including promoting normalcy during pregnancy)
- Respectful care and compassionate communication
- Recording and reporting: Clinical procedures as per the GoIs guideline
- GoI current model of ANC provision
- Role of Doula/ASHAs

II Trimester

- Education and management of physiological changes and discomforts of 2nd trimester
- Rh negative and prophylactic anti D
- Second trimester tests and health education
- Interpreting screening results
- Health education on IFA, calcium and vitamin D supplementation, glucose tolerance test, immunization etc
- Antenatal assessment: abdominal palpation, fetal assessment, auscultate fetal heart rate -Doppler and pinnard's stethoscope,
- Assessment of fetal well-being: DFMC, biophysical profile, Non stress test, cardio-tocography, USG, Vibro acoustic stimulation, biochemical tests.
- Antenatal care
- Women centered care
- Respectful care and compassionate communication
- Referral and collaboration, empowerment
- Ongoing risk assessment

Maternal Mental Health

III Trimester

- Education and management of physiological changes and discomforts of 3rd trimester
- Third trimester tests and screening
- Fetal engagement in late pregnancy
- 3rd trimester antenatal education classes

- Birth preparedness and complication readiness
- Health education on exclusive breastfeeding
- Danger signs of pregnancy- recognition of ruptured membranes
- Ongoing risk assessment
- Cultural needs
- Women centered care
- Respectful and compassionate communication
- Alternative birthing positions-women's preferred choices
- Role of Doula / ASHA's

➤ **Physiology, management and care during labour** Review of

- Normal labour and birth
- Onset of birth/ labour
- Per vaginal examination
- Stages of labour
- Organization of labor room- Triage, preparation for birth
- Positive birth environment
- Respectful care and communication
- Drugs used in labour

First Stage

- Physiology of normal labour
- Monitoring progress of labour using Partograph
- Assessing and monitoring fetal well being
- Care during 1st stage of normal labour
- Pain relief in labour (non-pharmacological and pharmacological)
- Psychological support- Managing fear
- Activity and positioning during first stage of labour
- Nutrition during labour
- Promote positive childbirth experience for women
- Birth companion for labour
- Role of Doula / ASHA's

Second stage

- Physiology (Mechanism of labour)
- Signs of imminent labour
- Intrapartum monitoring
- Birth position of choice
- Vaginal examination
- Psychological support

Non-directive coaching

- Management of birth/Conduction of delivery-preparation and supporting physiological birthing
- Essential newborn care (ENBC)
- Assessment and care of the newborn immediately following birth
- Role of Doula / ASHA's

Third Stage

- Physiology - placental separation and expulsion, homeostasis
- Physiological management of third stage of labour
- Active management of third stage of labour
- Examination of placenta, membranes and vessels
- Assess perineal, vaginal tear / injuries and suture if required
- Insertion of postpartum IUCD
- Immediate perineal care

- Initiation of breast feeding
- Skin to skin contact
- Vitamin K prophylaxis
- Newborn resuscitation

Fourth Stage

Care during 4th Stage of labour

Observation, Critical Analysis and Management of mother and newborn

- Maternal assessment, observation fundal height, uterine consistency, urine output, blood loss

- Documentation and Record of Breastfeeding and latching
- Managing uterine cramp
- Alternative/complementary therapies
- Role of Doula / ASHA's

☐ Various childbirth practices

- Safe environment for mother and newborn to promote bonding
- Maintaining records and reports

Postpartum care/Ongoing care of women

- Normal puerperium- Physiology, duration
- Physiology of puerperium
- Post-natal assessment and care-facility and home-based care
- Perineal hygiene and care
- Bladder and bowel function
- Minor disorders of puerperium and its management
- Physiology of lactation and lactation management
- Postnatal counseling and psychological support
- Normal postnatal baby blues and recognition of post-natal depression
- Transition to parenthood
- Care for the mother from 72 hrs to 6 weeks after the delivery

Cultural competence (Taboos related to postnatal diet and practices)

☐ Diet during lactation-review

- Post-partum family planning
- Follow – up of postnatal mothers.
- Drugs used in the postnatal period

Assessment and ongoing care of normal neonates

- Family centred care
- Respectful care and communication
- Normal Neonate -Physiological adaptation
- Newborn assessment and care
- Screening for congenital anomalies
- Care of newborn from 72 hours to 6 weeks after the delivery (Routine care of newborn)
- Skin to skin contact and thermoregulation
- Infection prevention (asepsis and hand washing)
- Immunization
- Minor disorders of newborn and its management

Recognition and Management of problems during Pregnancy

- Assessment of high-risk pregnancy
- Problems/complications of pregnancy
 - Hyper-emesis gravidarum,
 - Bleeding in early pregnancy: abortion, ectopic pregnancy, vesicular mole
 - Bleeding in late pregnancy placenta previa, abruption, placenta, trauma

- Medical conditions complicating pregnancy: Anemia, PIH, GDM, cardiac disease, pulmonary disease, thyrotoxicosis, STDs, HIV, Rh incompatibility
- Infections in pregnancy - urinary tract infection, bacterial, viral, protozoal, fungal
- Surgical conditions complicating pregnancy: appendicitis, acute abdomen
- Hydramnios
- Multiple pregnancy
- Abnormalities of placenta and cord
- Intra uterine growth restriction
- Intra uterine fetal death
- Gynaecological conditions complicating pregnancy
- Mental health issues during pregnancy
- Adolescent pregnancy, elderly primi, grand multiparity
- Management and care of conditions as per the protocol
- Policy for the referral services
- Drugs used in management of high-risk pregnancies
- Maintenance of records and reports

➤ **Recognition of deviations from the normal and management during labour**

- Preterm labour: Prevention and management of preterm labour; (Use of antenatal corticosteroids in preterm labour)
- Premature rupture of membranes
- Malposition's and abnormal presentations (breech, brow, face, shoulder)
- Contracted Pelvis, Cephalo Pelvic Disproportion (CPD)
- Disorders of uterine action- Prolonged labour, Precipitate labour, Dysfunctional labour
- Complications of third stage: Retained placenta, Injuries to birth canal, Postpartum hemorrhage (**bimanual compression of the uterus, aortic compression, uterine balloon tamponade**)
- Obstetric emergencies- Ruptured uterus, Obstetrical shock, Amniotic fluid embolism, Foetal distress, Cord prolapse, Shoulder dystocia, Uterine inversion, Vasa previa
- Episiotomy and suturing
- Obstetric procedures- Forceps delivery, Vacuum delivery, Version
- Manual removal of the placenta
- Induction of labour- Medical & surgical
- Caesarean section: indications and preparation
- Nursing management of women undergoing Obstetrical operations and procedures
- Drugs used in management of abnormal labour
- Anesthesia and analgesia in obstetrics

➤ **Recognition and Management of postnatal problems**

- Physical examination, identification of deviation from normal
- Puerperal complications and its management
- Puerperal pyrexia
- Puerperal sepsis
- Urinary complications
- Secondary Postpartum hemorrhage
- Vulval hematoma
- Breast engorgement including mastitis/breast abscess, feeding problem
- Thrombophlebitis

- DVT
- Uterine sub involution
- Vesico vaginal fistula (VVF), Recto vaginal fistula (RVF)
- Postpartum blues / psychosis
- Drugs used in abnormal puerperium
- Policy about referral
 - **Assessment and management of High-risk newborn (Review)**
- Models of newborn care in India – NBCC; SNCUs
- Screening of high-risk newborn
- Protocols, levels of neonatal care, infection control
- Prematurity, Postmaturity
- Low birth weight
- Kangaroo Mother Care
- Birth asphyxia / Hypoxic encephalopathy
- Neonatal sepsis
- Hypothermia
- Respiratory distress
- Jaundice
- Neonatal infections
- High fever
- Convulsions
- Neonatal tetanus
- Congenital anomalies
- Baby of HIV positive mothers
- Baby of Rh negative mothers
- Birth injuries
- SIDS (Sudden Infant Death Syndrome) prevention, Compassionate care
- Calculation of fluid requirements, EBM / formula feeds / tube feeding
- Home based newborn care program -community facility integration in newborn care
- Decision making about management and referral
- Integrated Management of Neonatal Childhood Illnesses (IMNCI)
- Bereavement counselling
- Drugs used for high risk newborns
- Maintenance of records and reports
 - **Assessment and management of women with gynecological disorders**
- Gynecological assessment - History and Physical assessment
- Breast Self- Examination
- Congenital abnormalities of female reproductive system
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and management of disorder of female reproductive system
 - Menstrual abnormalities
 - Abnormal uterine bleed
 - Pelvic inflammatory disease
 - Infections of the reproductive tract
 - Uterine displacement
 - Endometriosis
 - Uterine and cervical fibroids and polyps
 - Tumors – uterine, cervical, ovarian, vaginal, vulval
 - Cysts – ovarian, vulval

- Cystocele, urethrocele, rectocele
- Genitor-urinary fistulas
- Breast disorders – infections, deformities, cysts, tumors
- HPV vaccination
- Disorders of Puberty and menopause
- Hormonal replacement therapy
- Assessment and management of couples with infertility
- Infertility – definition, causes
- Counseling the infertile couple
- Investigations – male and female
- Artificial reproductive technology
- Surrogacy, sperm and ovum donation, cryopreservation
- Adoption – counselling, procedures
- Injuries and Trauma; Sexual violence
- Drugs used in treatment of gynaecological disorder
 - **Family planning and family welfare programs**
 - Review: Vital indicators - Maternal mortality ratio, Infant Mortality Rate, Neonatal Mortality Rate, perinatal mortality rate, fertility rates
 - Maternal death audit
 - National health Mission
 - National programs related to maternal newborn child health and adolescent services
 - **Family welfare services**
 - Planned Parenthood
 - Impact of early / frequent childbearing
 - Comprehensive range of family planning methods- Action, effectiveness, advantages, disadvantages, myths, misconception and medical eligibility criteria (MEC) for use of various family planning methods
 - Emergency contraceptives
 - Family planning Counselling using Balanced Counselling Strategy (BCS)
 - Importance of follow up and recommended timing
 - Unintended or mistimed pregnancy
 - Post abortion counseling
 - Recent trends and research in contraception

8.

Applied Biochemistry

- **Carbohydrates**
- Digestion, absorption and metabolism of carbohydrates and related disorders
- Regulation of blood glucose
- Diabetes Mellitus - type 1 & type 2, symptoms, complications & management in brief
- Investigations of Diabetes Mellitus
 - OGTT: Indications, Procedure, Interpretation and types of GTT curve
 - Mini GTT, extended GTT, GCT, IV GTT
 - HbA1c (Only definition)
 - Hypoglycemia-definition & cause

9.	Applied Microbiology	➤ Introduction: • Importance and relevance to nursing • Historical perspective • Concepts and terminology • Principles of microbiology
10.	Nursing Education	➤ Introduction and theoretical foundations: <i>Education and educational technology</i> • Definition, aims • Approaches and scope of educational technology <i>Educational philosophy:</i> • Definition of philosophy, education and philosophy • Comparison of educational philosophies • Philosophy of nursing education <i>Teaching learning process</i> • Definition of teaching & learning • Teaching learning as a process • Nature and characteristics of teaching • Principles of teaching • Barriers to teaching • Nature and characteristics of learning • Characteristics of adult learners • Principles of learning • Learning theories • Barriers to learning ➤ Assessment and Planning <i>Assessment of teacher</i> • Essential qualities of a teacher • Teaching styles-Formal authority, demonstrator, facilitator, delegator <i>Assessment of learner</i> <i>Types of learners</i> • Determinants of learning-learning needs, readiness to learn, learning styles • Emotional intelligence of the learner • Motivational factors-personal factors, environmental factors and support system ➤ Curriculum Planning • Curriculum –definition, types • Curriculum design-components, approaches • Curriculum development- factors influencing curriculum development, facilitators and barriers • Writing learning outcomes/ behavioral objectives • Basic principles of writing course plan, unit plan and lesson plan ➤ Implementation <i>Teaching in Classroom and Skill lab: Teaching Methods</i> • Classroom management-principles and strategies • Classroom communication ○ Facilitators and Barriers to classroom communication

- o Information communication technology (ICT)- ICT used in education

Teaching methods: Features, advantages and disadvantages

- Lecture, Group discussion, microteaching
- Skill lab- simulations, Demonstration & re demonstration
- Symposium, panel discussion, seminar, scientific workshop, exhibitions
- Role play, project
- Field trips
- Self-directed learning (SDL)
- Computer assisted learning
- One- to- one instruction

Active learning strategies

- Team based learning
- Problem based learning
- Peer sharing
- Case study analysis
- Journaling
- Debate
- Gaming

➤ **Teaching in the clinical setting: Teaching methods**

- Clinical learning environment
- Factors influencing selection of clinical learning experiences
- Models of clinical education-traditional mode, collaborative model, preceptor model, integration of education and practice model,
- Characteristics of effective clinical teacher
- Writing clinical learning outcomes/practice competencies
- Clinical teaching strategies- patient assignment- clinical conference, clinical presentation /bedside clinic, Case study/care, study, nursing rounds, concept mapping, project, debate, game, role play, clinical simulation, PBL, questioning, written assignment, process recording

➤ **Educational/Teaching media**

- Media use- Purpose, components, principles and steps
- Types of media- Still visuals
 - o Non projected- drawings & diagrams, charts, graphs, posters, cartoons, board devices (chalk/white board, bulletin board, flannel board, flip charts, flash cards, still pictures/photographs, printed materials handout, leaflet, brochure, flyer
 - o Projected –film stripes, microscope, power point slides, overhead projector Moving visuals
- o Video learning resources-videotapes & DVD, blu-ray, USB flash drive
- o Motion pictures/films Realia and models
- o Real objects & Models Audio aids/audio media
- o Audiotapes/Compact discs
- o Radio & Tape recorder
- o Public address system
- o Digital audio Electronic media/computer learning resources
- o Computers
- o Web-based videoconferencing
- o E-learning, Smart classroom Telecommunication (Distance education)
- o Cable TV, satellite broadcasting. videoconferencing Telephones
- Telehealth/telenursing Mobile technology

➤ **Assessment/Evaluation Methods/strategies**

• Purposes, scope and principles in selection of assessment methods and types

• Barriers to evaluation

• Guidelines to develop assessment tests Assessment of knowledge:

• Essay type questions,

• Short answer questions (SAQ),

• Multiple choice questions (MCQ- single response & multiple response)

Assessment of skills: Clinical evaluation-

• Observation (checklist, rating scales, videotapes)

• Written communication- progress notes, nursing care plans, process recording, written assignments

• Verbal communication (oral examination)

• Simulation • Objective Structured Clinical Examination (OSCE)

• Self-evaluation

• Clinical portfolio, clinical logs Assessment of Attitude:

• Attitude scales Assessment tests for higher learning-

• Interpretive questions, hot spot questions, drag and drop and ordered response questions

➤ Guidance/academic advising, counseling and discipline

Guidance

• Definition, objectives, scope, purpose and principles

• Roles of academic advisor/faculty in guidance Counseling

• Difference between guidance and counseling

• Definition, objectives, scope, principles, types, process and steps of counselling

• Counseling skills/ techniques-basics

• Roles of counselor

• Organization of counseling services

• Issues for counseling in nursing students Discipline and grievance in students Managing disciplinary/grievance problems-preventive guidance & counselling

• Role of students' grievance redressal cell/committee

➤ Ethics and Evidence Based Teaching (EBT) in nursing education

Ethics-Review

• Definition of terms

• Value based education in nursing

• Value development strategies

• Ethical decision making

• Ethical standards for students

• Student-faculty relationship

Evidence based teaching Introduction-

• Evidence based education process and its application to nursing education

➤ Emerging trends in healthcare and nursing education

• Emerging trends in healthcare in India • Trends in nursing education

11.

Adult Health Nursing with Integrated Pathophysiology

➤ Introduction

- Evolution and trends of medical and surgical nursing
- International classification of diseases
- Roles and responsibility of a nurse in medical and surgical settings
 - o Outpatient department
 - o In-patient unit
 - o Intensive care unit
- Introduction to medical and surgical asepsis
 - o Inflammation, infection
 - o Wound healing – stages, influencing factors
 - o Wound care and dressing technique
- Care of surgical patient
 - o pre-operative
 - o post-operative
- Alternative therapies used in caring for patients with Medical Surgical Disorders

➤ Intraoperative Care

- Organization and physical set up of the operation theatre
 - o Classification
 - o O.T Design
 - o Staffing o Members of the OT team
 - o Duties and responsibilities of the nurse in OT
- Position and draping for common surgical procedures
- Instruments, sutures and suture materials, equipment for common surgical procedures
- Disinfection and sterilization of equipment
- Preparation of sets for common surgical procedures
- Scrubbing procedures – Gowning, masking and gloving
- Monitoring the patient during the procedures
- Maintenance of the therapeutic environment in OT
- Assisting in major and minor operation, handling specimen
- Prevention of accidents and hazards in OT
- Anaesthesia- types, methods of administration, effects and stages, equipment & drugs
- Legal aspects

➤ Nursing Management of patients with respiratory problems

- Review of anatomy and physiology of respiratory system
- Nursing Assessment – history taking, physical assessment and diagnostic tests
- Common respiratory problems:
 - o Upper respiratory tract infections
 - o Chronic obstructive pulmonary diseases
 - o Pleural effusion, Empyema
 - o Bronchiectasis
 - o Pneumonia
 - o Lung abscess
 - o Cyst and tumors
 - o Chest Injuries
 - o Acute respiratory distress syndrome
 - o Pulmonary embolism

Health behaviours to prevent respiratory illnesses

Nursing Management of patients with disorders of digestive system

- Review of anatomy and physiology of GI system
- Nursing assessment History and physical assessment
- GI investigations
- Common GI disorders:
 - o Oral cavity-lips, gums and teeth
 - o GI - Bleeding, Infections, Inflammation, tumors, Obstruction, Perforation & Peritonitis
 - o Peptic & duodenal ulcer,
 - o Mal-absorption, Appendicitis, Hernias
 - o Hemorrhoids, fissures, Fistulas
 - o Pancreas- inflammation, cysts, and tumors
 - o Liver-inflammation, cysts, abscess, cirrhosis, portal hypertension, hepatic failure, tumors
 - o Gall bladder- inflammation, Cholelithiasis, tumors
- Gastric decompression, gavage and stoma care, different feeding techniques
- Alternative therapies, drugs used in treatment of disorders of digestive system

➤ Nursing Management of patients with cardiovascular problems

- Review of anatomy and physiology of cardio-vascular system
- Nursing Assessment-History and Physical assessment
- Disorders of vascular system-Hypertension, arteriosclerosis, Raynaud's disease, aneurysm and peripheral vascular disorders
 - Coronary artery diseases-- coronary atherosclerosis, Angina pectoris, myocardial infarction
 - Valvular disorders - congenital and acquired
 - Rheumatic heart disease - pericarditis, myocarditis, endocarditis, cardiomyopathies
 - Cardiac dysrhythmias, heart block
 - Congestive heart failure, cor pulmonale, pulmonary edema, cardiogenic shock, cardiac tamponade
- Cardiopulmonary arrest Nursing Management of patients with disorders of blood
- Review of Anatomy and Physiology of blood, nursing assessment- history, physical assessment & Diagnostic tests
 - Anemia, Polycythemia
 - Bleeding Disorders – clotting factor defects and platelets defects, thalassemia, leukemias, leukopenias, agranulocytosis
 - Lymphomas, myelomas

➤ Nursing management of patients with disorders of endocrine system

- Review of anatomy and physiology of endocrine system
- Nursing Assessment

➤ History and Physical assessment

- Disorders of thyroid and Parathyroid, Adrenal and Pituitary (Hyper, Hypo, tumors)
- Diabetes mellitus

➤ Nursing management of patients with disorders of Integumentary system

- Review of anatomy and physiology of skin
- Nursing Assessment History and Physical assessment



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- Infection and infestations; Dermatitis
- Dermatoses; infectious and Non infectious
- Acne, Allergies, Eczema & Pemphigus
- Psoriasis, Malignant melanoma, Alopecia
- Special therapies, alternative therapies
- Drugs used in treatment of disorders of integumentary
 - **Nursing management of patients with musculoskeletal problems**
- Review of Anatomy and physiology of the musculoskeletal system
- Nursing Assessment- History and physical assessment, diagnostic tests
- Musculoskeletal trauma: Dislocation, fracture, sprain, strain, contusion, amputation
- Musculoskeletal infections and tumors: Osteomyelitis, benign and malignant tumour
- Orthopedic modalities: Cast, splint, traction, crutch walking
- Musculoskeletal inflammation: Bursitis, synovitis, arthritis
- Special therapies, alternative therapies
- Metabolic bone disorder: Osteoporosis, osteomalacia and Paget's disease
- Spinal column defects and deformities – tumor, prolapsed intervertebral disc, Pott's spine
- Rehabilitation, prosthesis
- Replacement surgeries
 - **Nursing management of patients with Communicable diseases**
- Overview of infectious diseases, the infectious process
- Nursing Assessment History and Physical assessment, Diagnostic tests
 - Tuberculosis
 - Diarrhoeal diseases, hepatitis A-E, Typhoid
 - Herpes, Chickenpox, Smallpox, Measles, Mumps, Influenza
 - Meningitis
 - Gas gangrene
 - Leprosy
 - Dengue, Plague, Malaria, Chikungunya, swine flu, Filariasis
 - Diphtheria, Pertussis, Tetanus, Poliomyelitis
- Special infection control measures: Notification, Isolation, Quarantine, Immunization
 - **Nursing management of patient with disorders of Ear, Nose and Throat (Includes etiology, pathophysiology, clinical manifestations, diagnostic measures and medical, surgical, nutritional and nursing management)**
- Review of anatomy and physiology of the ear, nose and throat
- History, physical assessment, and diagnostic tests
- Ear
 - o External ear: deformities otalgia, foreign bodies and tumors
 - o Middle ear- impacted wax, tympanic, membrane perforation, otitis media, and tumors.
 - o Inner ear- Meniere's disease, labyrinthitis, ototoxicity tumors
- Upper respiratory airway infections –Rhinitis, sinusitis, tonsillitis, laryngitis
- Epistaxis, Nasal obstruction, laryngeal obstruction
- Deafness and its management
 - **Nursing management of patient with disorder of eye**
- Review of anatomy physiology of the eye

- History, physical assessment, diagnostic assessment

➤ **Eye Disorders**

- Refractive errors
- Eyelids – infection, deformities
- Conjunctiva – inflammation and infection bleeding
- Cornea- inflammation and infection
- Lens- cataract
- Glaucoma
- Retinal detachment
- Blindness
- Eye banking, Eye donation

➤ **Nursing management of patient with Kidney and Urinary problems**

- Review of Anatomy and physiology of the genitourinary system
- History, physical assessment, diagnostic tests
- Urinary tract infections acute, chronic, lower, upper
- Nephritis, nephrotic syndrome,
- Renal calculi
- Acute and chronic renal failure
- Disorders of ureter, urinary bladder and Urethra
- Disorders of prostate - inflammation, infection, stricture, obstruction, and Benign Prostate Hypertrophy

➤ **Nursing management of disorders of male reproductive system**

- Review of Anatomy and physiology of the male reproductive system
- History, Physical Assessment, Diagnostic tests
- Infections of testis, penis and adjacent structures – Phimosis, Epididymitis, and Orchitis
- Sexual dysfunction, infertility, contraception
- Male Breast Disorders - gynecomastia, tumor, climacteric changes

➤ **Nursing management of patient with burns, reconstructive and cosmetic surgery**

- Review of anatomy and physiology of the skin and connective tissues
- History, physical assessment, assessment of burns and fluid & electrolyte loss
- Burns
- Reconstructive and cosmetic surgery for burns, congenital deformities, injuries and cosmetic purposes, gender reassignment
- Legal and ethical aspects
- Special therapies: LAD, vacuumed dressing. Laser, liposuction, skin health rejuvenation, use of derma filters.

➤ **Nursing management of patient with neurological disorders**

- Review of anatomy and physiology of the neurological system
- History, physical, neurological assessment, diagnostic tests
- Headache, Head injuries
- Spinal injuries – Paraplegia, Hemiplegia, Quadriplegia
- Spinal cord compression –herniation of in vertebral disc
- Intra cranial and cerebral aneurysms
- Meningitis, encephalitis, brain, abscess, neuro cysticercosis
- Movement disorders – Chorea, Seizures & Epilepsies • Cerebro-vascular disorders-CVA
- Cranial, spinal neuropathies – Bell's palsy, trigeminal neuralgia

- Peripheral Neuropathies • Degenerative diseases - Alzheimer's disease, Parkinson's disease

- Guillain-Barré syndrome, Myasthenia gravis & Multiple sclerosis
- Rehabilitation of patient with neurological deficit

➤ **Nursing management of patients with Immunological problems**

- Review of Immune system
- Nursing Assessment History and Physical assessment
- HIV & AIDS: Epidemiology, Transmission, Prevention of Transmission
- Role of Nurse; Counseling, Health education and home care consideration
- National AIDS Control Program – NACO, various national and international agencies, Infection control programs
- Rehabilitation

➤ **Nursing management of patient with Oncological conditions**

- Structure and characteristics of normal and cancer cells
- History, physical assessment, diagnostic tests.
- Prevention screening early detections warning sign of cancer
- Epidemiology, etiology classification, Pathophysiology, staging clinical manifestations, diagnosis, treatment modalities and medical and surgical nursing management of Oncological condition
- Common malignancies of various body system eye, ear, nose, larynx, breast, cervix, ovary, uterus, sarcoma, renal, bladder, kidney, prostate Brain, Spinal cord. • Oncological emergencies
- Modalities of treatment - Chemotherapy, Radiotherapy - Radiation safety, AERB regulations, Surgical intervention, Stem cell and bone marrow transplant, Immunotherapy, Gene therapy
- Psychological aspects of cancer-anxiety, depression, insomnia, anger
- Palliative care
- Supportive care
- Hospice care

➤ **Nursing management of patient in Emergency and Disaster situations Disaster Nursing**

- Concept and principles of disaster nursing, Related Policies
- Types of disaster; Natural and manmade
- Disaster preparedness - Team, guidelines, protocols, equipment, resources
- Etiology, classification, Pathophysiology, staging, clinical manifestation, staging, clinical manifestation, diagnosis, treatment modalities and medical and surgical nursing management of patient with medical and surgical emergencies – Poly trauma, Bites, Poisoning and Thermal emergencies
- Principles of emergency management
- Medico legal aspects

➤ **Nursing care of the elderly**

- History and physical assessment
- Aging process and age related body changes and psychosocial aspects
- Stress and coping in elder patient
- Psychosocial and sexual abuse of elderly
- Role of family and formal and non-formal caregivers
- Use of aids and prosthesis (hearing aids, dentures)
- Legal and ethical issues
- National programmes for elderly, privileges, community programs and health services

		• Home and institutional care ➤ Nursing management of patients in critical Care units • Principles of critical care nursing • Organization: physical set-up, policies, staffing norms • Protocols, equipment, and supplies, • Special equipment: ventilators, cardiac monitors, defibrillators, infusion pump, Resuscitation equipment • Advanced Cardiac Life support • Nursing management of critically ill patient • Transitional care • Ethical and Legal Aspects • Breaking Bad News to Patients and/or their families— Communication with patient and family • End of life care ➤ Nursing management of patients occupational and industrial disorders • History, physical examination, Diagnostic tests • Occupational diseases and managements
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