

## APPENDIX 4 (R)

### UNIVERSITY OF MADRAS

#### B.Sc. DEGREE COURSE IN NURSING

#### REVISED REGULATIONS

(Effective from the academic year 1986-87)

#### 1. Overall Objective :

To prepare a professional nurse and midwife who is competent to give comprehensive nursing care to an individual, family and community in Health and sickness and to participate effectively as a member of the health team.

Further to prepare her to assume first level positions in community settings, hospitals and other health related agencies and to participate in teaching and supervisory functions.

#### 2. Objectives :

The Graduate of the B.Sc. Nursing programme

- (a) functions as responsible individual and citizen through self direction and self evaluation;
- (b) identifies the impact of socio-cultural, economical and religious influences on the health-illness continues of the individual, families and community;
- (c) provides effective nursing care with professional competency using the nursing process/problem solving approach to people of all ages in a variety of settings in health and illness;
- (d) utilizes the knowledge from physical, biological, behavioural sciences and humanities in the practice of professional nursing;
- (e) initiates changes to improve the quality of professional nursing practice by participating in nursing research;
- (f) works collaboratively with members of allied disciplines and community towards attaining optimum health for all the members of the society;

- (g) educates individuals and groups on health and related aspects;
- (h) demonstrates communication skills effectively when dealing with people at all levels;
- (i) accepts responsibility for continuing professional education and contributes for professional growth and development including professional organizations;
- (j) demonstrates skill in teaching, supervision, administration, guidance and counselling;
- (k) demonstrates leadership qualities, decision making ability and critical thinking;
- (l) applies and practices moral and ethical values in day-to-day personal and professional life and renders service with commitment;

### 3. Eligibility :

Candidates for the Degree of Bachelor of Science in Nursing shall be required :

- (a) To have completed the age of sixteen on or before the 1st October of the year of admission to the course in a College of Nursing/Medicine affiliated to the University. The upper-age-limit for admission will be 35 years.
- (b) (i) To have passed the Higher Secondary Examination conducted by the Government of Tamil Nadu or an equivalent examination accepted by the Syndicate subject to such conditions as may be prescribed, therefor, with Physics, Chemistry and Biology/Zoology as subjects of studies: or
  - (ii) To have passed the Higher Secondary Examination conducted by the Government of Tamil Nadu offering the vocational area of 'Health' (Nursing).
- (c) To have been enrolled as a nursing student and undergone the prescribed courses of study in a College of Nursing/Medicine affiliated to this University for a period of four academic years or eight semesters; and passed the examinations prescribed therefor;
- (d) To have had clinical experience during the whole period of study in a Hospital and Community which should also fulfill the requirement of the Indian Nursing Council.

**4. Course of study :**

Placement of subjects, number of hours of teaching and scheme of examination is given in Table I to VIII (*Vide Annexure*)

**5. Scheme of Examination :**

Placement of subject, number of hours of teaching and scheme of examination is given in Table I to VIII (*Vide Annexure*)

**6. Evaluation :**

(a) University examination shall be conducted at the end of each semester-3rd week of November and 3rd week of April.

(b) Internal assessment and College examination:

The college examination shall be conducted before the University examinations. The Internal assessment of each candidate shall be done taking into consideration, all aspects of the performance of the candidates. In preparing the final college marks of each candidate, the internal assessment including college examination shall be taken into consideration. These marks shall be intimated to the University before the commencement of the University examinations.

**7. Procedure for completing the course :**

(a) Candidates who fail in any subject of the first semester of any year may be allowed to continue the course in the second semester and appear for the subject or subjects in which the candidate failed in the first semester, along with the subjects for the second semester, but shall not proceed to the next year of study until the candidate has passed all the subjects of the first and second semesters of that year.

(b) Candidates who fail in any of the subjects in the second semester shall be required to put in an additional course of study including practical work for a period which shall extend upto the next succeeding examination.

**8. Marks required for a Pass :**

A candidate shall be declared to have passed the examination if he/she obtained not less than 35% marks in English, 40% in subjects for which there is only an internal or external examination. In the case of subjects which have both internal and external examination, a candidate shall obtain 40% in external examination and 50% in aggregate of internal and external marks.

**9. Classification :**

Candidates who pass in all the subjects in the first attempt and who obtain not less than 60% of marks in the aggregate shall be placed in the first class. All other successful candidates shall be placed in the second class. A candidate who secures not less than 75% in any one subject gets distinction in that particular subject provided she passes the whole examinations for the semester in the first attempt.

TABLE—IV

## B.Sc. NURSING

## PLACEMENT OF SUBJECTS, NUMBER OF HOURS AND EXAMINATION SCHEME

SECOND YEAR—FOURTH SEMESTER—NOVEMBER 4th WEEK—APRIL 2nd WEEK (18 WEEKS)

S.No.	Subject	Placement of Subject	Teaching No. of Hours		Duration of Exam.	University Theory Exam.	University Practical Exam.	Internal assessment	Total
			Theory	Practical					
1.	Medical Nursing I (contd.)	III & IV Semester	60	150	3 Hours	75	50	25	150
2.	Surgical Nursing I (contd.)	III & IV Semester	60	150	3 Hours	75	50	25	150
3.	Principles of diet therapy	IV Semester	10	20	—	—	—	—	—
4.	Community Health Nursing I (contd.)	III & IV Semester	50	40	3 Hours	75	50	25	150
5.	Psychiatric Nursing	IV & V Semester	30	—	—	—	—	—	—
Total			210	360		225	150	75	450
Total Hours :			570						

TABLE—V

## B.Sc. NURSING

## PLACEMENT OF SUBJECTS, NUMBER OF HOURS AND EXAMINATION SCHEME

THIRD YEAR—FIFTH SEMESTER—JUNE 2nd WEEK—NOVEMBER 2nd WEEK (20 WEEKS)

S.No.	Subject	Placement of Subject	Theory	No. of Hours	Teaching Practical	Duration of Exam.	University Theory Exam.	University Practical Exam.	Internal assessment	Total
1.	Psychiatric Nursing (contd.)	IV & V Semester	40	160	160	3 Hours	75	—	25	100
2.	Medical - Surgical Nursing II	V Semester	60	160	160	3 Hours	75	25	50	150
3.	Child. Health Nursing	V & VI Semester	40	10	10	—	—	—	—	—
4.	Community Health Nursing II	V & VI Semester	60	100	100	—	—	—	—	—
Total			200	430	430	—	150	25	75	250
Total Hours :			630							

TABLE--VI

## B.Sc. NURSING

## PLACEMENT OF SUBJECTS, NUMBER OF HOURS AND EXAMINATION SCHEME

THIRD YEAR--SIXTH SEMESTER--NOVEMBER 4th WEEK -APRIL 2nd WEEK (20 WEEKS)

S.No.	Subject	Placement of Subject	No. of Hours Theory	Teaching Hours Practical	Duration of Exam.	University Theory Exam.	University Practical Exam.	Internal assessment	Total
1.	Child Health Nursing (contd.)	V & VI Semester	35	240	3 Hours	75	25	50	150
2.	Community Health Nursing II (contd.)	V & VI Semester	30	240	3 Hours	75	25	50	150
3.	Nursing Education	VI & VII Semester	25	--	--	--	--	--	--
4.	Nursing Administration	VI & VII Semester	15	--	--	--	--	--	--
5.	Biostatistics & Research Methods	VI Semester	45	--	--	--	--	50	50
Total			150	480		150	50	150	350
Total Hours :			630						

TABLE-VII

## B.Sc. NURSING

PLACEMENT OF SUBJECTS, NUMBER OF HOURS AND EXAMINATION SCHEME  
 FOURTH YEAR—SEVENTH SEMESTER - JUNE—NOVEMBER 2nd WEEK (20 WEEKS)

S.No.	Subject	Placement of Subject	Theory	Teaching No. of Hours Practical	Duration of Exam.	University Theory Exam.	University Practical Exam.	Internal assessment	Total
1.	Nursing Education	VI & VII Semester	60	80	3 Hours	75	—	25	100
2.	Nursing Administration	VI & VII Semester	70	150	3 Hours	75	—	25	100
3.	Trends & issues in Nursing & Nursing research	VII Semester	25	100	—	—	—	50	50
4.	Emergency/Disaster Nursing	VII Semester	20	40	—	—	—	50	50
5.	Elective (Non-Nursing)	VII Semester	25	60	—	—	—	50	50
Total			200	430	—	150	—	200	350
Total Hours :			630						

TABLE--VII--(contd.)

B.Sc. NURSING--(contd.)

PLACEMENT OF SUBJECTS, NUMBER OF HOURS AND EXAMINATION SCHEME--(contd.)

FOURTH YEAR - VIII SEMESTER - 22 WEEKS

S.No.	Subject	Placement of Subject	Teaching No. of Hours Theory	Practical Exam.	Duration of Exam.	University Theory Exam.	University Practical Exam.	Internal assessment	Total
1.	Midwifery	VIII Semester	100	620	3 Hours	150	100	50	300
Total			100	620		150	100	50	300
Total Hours :			720						

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APPENDIX—(4) (S)

UNIVERSITY OF MADRAS

B.Sc. DEGREE IN NURSING

REVISED SYLLABUS

(Effective from the academic Year 1986-87)

ANATOMY

COURSE OUTLINE

Theory—60 hours

Practical—20 hours

FIRST SEMESTER

Course Description :

This course is designed to give knowledge of human being as the most highly organised living being with the location and structure of various organs in each system necessary for the maintenance of the constant internal environment, energy and growth for the perception, protection and continuity of the human beings.

Overall Objective :

This course enables the student to gain knowledge of the structure and functions of the various systems of the body and use this knowledge to develop desirable attitude and skill while taking care of people.

Behavioural Objectives :

The student is able to :

1. define various terminology used in anatomy and its subdivisions;

2. explain the organisation of human body at different levels
3. describe the normal structure of cells, tissues, organs and systems and their inter-relationships.
4. identify different structures of human body in diagrams, models and specimens
5. describe application of principles of anatomy in common clinical conditions.
6. appreciate the organisation of the human body at different levels namely cells, tissues and organs forming the systems to maintain the body.

## CONTENT

### Unit I : Organisation of the Human Body

Introduction to the human body Anatomical terms, positions, regions, body cavities and planes.

Measuring the human body Height, weight, temperature, size, length and volume.  
Levels of organisation Chemical-organic and inorganic compounds, principal chemical elements and their functions.

Cellular

Tissue

The integumentary system

### Unit II : Systems of support and movement

1. The skeletal system  
Skeletal, tissues, axial and appendicular skeleton, description of bones, joints, classification and description.
2. The muscular system  
Types of muscles  
Principal skeletal muscles Muscles of facial expression  
Muscles that move lower jaw, eye-ball, tongue and head.  
Muscles that act on anterior abdominal wall  
Muscles used in breathing  
Muscles of pelvic floor and perineum  
Muscles on vertebral column  
Muscles that move shoulder girdle upper extremities vertebral column and lower extremities.

### **Unit III: Control Systems of the Human Body**

1. The nervous system
  - The nervous tissue
  - Structure and classification of neurones
  - The spinal cord and spinal nerves
  - The brain and cranial nerves.
  - The sensory, motor and integrative systems
    - Motor, sensations and sensory pathways
  - The autonomic nervous system
    - Sympathetic
    - Parasympathetic
2. The endocrine system
  - Structure and location of endocrine glands
    - Pituitary (Hypophysis)
    - Pineal, thyroid, parathyroid and thymus.
    - Adrenal (supra renal), pancreas, ovaries and testes.
3. The special sense organs — structure
  - Nose, tongue, eye, ear, skin — review.

### **Unit IV: Maintenance of the Human Body**

1. The cardiovascular system
  - The blood — composition
  - The heart — structure and location
  - Principal vessels and routes — structure
2. The lymphatic systems
  - structure and location — lymphatics, lymph nodes, tissue fluids.
3. The respiratory system
  - Structure and location of organs of respiration, nose, pharynx, larynx, trachea, bronchi, lungs.
4. The digestive system
  - Structure and location of organs of digestion, Mouth, pharynx, oesophagus, stomach, small and large intestines.

5. The urinary system

Structure and location of organs of excretion

- Kidneys, ureters.
- Urinary bladder and urethra
- Urine — physical characteristics and composition.

**Unit V: Embryology :**

- D.N.A., Gametogenesis, sex chromosomes, fertilization, germ layers, placenta, foetal circulation, foetal membranes, congenital malformation.

**Unit VI: Continuity :**

The reproductive system

The structure and location of the male and female reproductive system

Female reproductive system : Uterus, fallopian tubes, ovaries, vagina, vulva and breasts.

Male reproductive system : Testes, ducts of testes, Accessory reproductive organs and glands Supporting structures.

Reproduction of cells : Mitosis and meiosis, Fertilization Development of embryo

Note : Clinical application is to be included wherever required.

**Suggested practicals and demonstrations:**

1. Record Book - Diagrams of different cells, tissues, organs and systems with short description.
2. Dissections of heart, lung, brain, liver and kidney.
3. Identification and description of organs and tissues.
4. Viewing slides of various types of cells specimens.

**Method of Teaching :**

1. Lecture

2. Demonstration with teaching aids such as

- |                    |                         |
|--------------------|-------------------------|
| (a) Slides & films | (e) Dissected specimens |
| (b) Skeleton       | (f) Museum specimens    |
| (c) Charts         |                         |
| (d) Models         |                         |

**Methods of Evaluation :**

Written Tests-Essay type and objective type, Identification of slides

**References :**

1. Anthony, C. A. & Thibodean, G. A. *Text-book of Anatomy & Physiology*. St. Louis: The C. V. Mosby Co., 1979.
2. Ranganathan, T. S. *A text-book of human anatomy*. New Delhi: S. Chand & Co., 1983.
3. Ross, R. W. J. *Anatomy & Physiology for nurses*. London : William Heimann Medical Books Ltd., 1980.
4. Ross & Wilson. *Foundations of Anatomy & Physiology*. 5th Edition. The English Language Book Society & Churchill Livingstone, 1982.
5. Sahana, S. N. *Human anatomy*. Calcutta : New Central Book Agency, 1982 (Vol. I & II).
6. Tortora, G. A. & Anagnostakos, N. P. *Principles of anatomy and physiology*. New York : Harper & Row, 1981.

# PHYSIOLOGY

## COURSE OUTLINE

Placement : I Semester

Time allotted :

Theory ; 60 Hrs.

Practical : 40 Hrs.

### Course Description :

This course is designed to provide a description of the normal functioning of the cells, tissues, organs and systems that keeps an individual alive and healthy.

### Overall Objective :

The students understand the functions of various organs in each system necessary for the maintenance of a constant internal environment, energy and growth for the perception, protection and the continuity of the human being and apply this knowledge while caring for people.

### Behavioural Objectives :

The student is able to :

1. describe the functions of each system of the body ;
2. apply the principles of physiology while providing nursing care ;
3. explain how homeostasis is maintaining for normal body activities.

## CONTENT

### Unit I: Organisation of the human body

Definition of physiology & homeostasis

Functions of cells, tissues, membranes and glands.

Functions of skin.

## **Unit II : Principles of Support and Movement**

1. Skeletal system — Function of bones and joints  
— Functions of skeletal system bones and joints
2. Muscular system — Actions of muscles and other names  
— Physiology of muscle contractions and muscle tone.  
— Group actions of muscles  
— Lever system

## **Unit III : Control Systems of the human body**

1. The nervous system
  - Functions of neuralgia and neurons
  - Conduction of nerve impulses
  - Functions of :
    - Brain, spinal cord and cerebro - spinal fluid
    - Cranial and spinal nerves
    - Autonomic nervous system
2. The special sense organs and sensations
  - Pain and touch, vision, hearing and equilibrium
  - Smell and taste.
3. The endocrine system
  - The functions of hormones and their effects
    - Pituitary, pineal, thyroid and parathyroid.
    - Thymus, adrenal (supra renal)
    - Pancreas, ovaries and testes.

## **Unit IV : Maintenance of the Human Body**

1. Cardiovascular system
  - Functions of blood, heart and blood vessels.
  - Cardiac cycle.
2. Lymphatic system
  - Functions of lymph, lymph nodes and spleen.

3. Respiratory system

Functions of organ of respiration

Mechanism of pulmonary ventilation

Exchange of gases in the lungs

Transport of gases and exchange of gases in tissues

Regulation of respiration

4. Digestive system

Functions of organs of digestion

Digestion, absorption and metabolism of food constituents.

Functions of liver, gall bladder and pancreas.

5. Urinary system

Functions of organs of Urinary system

Formation of urine and micturation

Fluid, electrolytes balance and acid base dynamics.

**Unit V: Continuity**

Reproductive system

Functions of female reproductive organs and breasts

Female sexual cycle

Functions of male reproductive organs

Male functions in reproduction

Development and inheritance

Fertility and infertility

**Note :** Clinical application is to be included wherever required.

### **Suggested Practicals and Demonstrations :**

1. Preparation of slides – Total and differential count
2. Estimation of haemoglobin, bleeding time and clotting time
3. Observation in physiology of contraction of heart on frog.
4. Blood grouping
5. E S R
6. Identification of blood cells under microscope
7. Determination of blood pressure
8. Exercise tolerance test
9. Determination of vital capacity
10. Examination of reflexes and motor and sensory functions.
11. Tests for vision, hearing, taste and smell.

### **Method of Teaching :**

Lecture, Lecture - discussion, observation, Maintenance of record book.  
Dissection and assignments.

### **Methods of Evaluation :**

Record Book  
Practical, oral and written tests.

### **References :**

1. Anthony, C. A. & Thibodean, G. A. *Text-book of anatomy and Physiology*. St. Louis, The C. V. Mosby Co., 1979.
2. Best, C. H. & Taylor, N. E. *The living body*, London: Chapman & Hall, 1980.
3. Chatterjee, C. C. *Human Physiology*. Calcutta: Medical Allied Agencies, 1980.
4. Ross and Wilson, *Foundations of Anatomy and Physiology*. 5th Edition, The English Language Book Society and Churchill Livingstone, 1982.
5. Tortora, G. J. & Anasnostakos, N. P. *Principles of Anatomy and Physiology*. New York: Harper & Row, 1981.

## BIOCHEMISTRY

### COURSE OUTLINE

Placement : I Semester

Time allotted :

Theory : 30 Hrs.

Laboratory : 15 Hrs.

#### Course Description :

This course introduces principles of biochemistry of various food constituents, body fluids and the maintenance of acid-base balance in the human body.

#### Overall Objective :

The student gains knowledge and understanding of the fundamental chemical principles underlying body functions so as to enable her to apply these principles which providing nursing care to people and correlate this knowledge with the patient's illness and the various diagnostic and therapeutic procedures instituted for restoring the patient back to health.

#### Behavioural Objectives :

The student is able to :

1. explain the normal biochemical and physiological processes in the human body;
2. describe the principles of diagnostic and therapeutic procedures;
3. compare the deviations from norms, related to biochemical and nutrition status.

### CONTENT

#### Unit I : Introduction :

Biochemistry as a basic science - functions of chief intra-cellular components.

#### Unit II : Carbohydrates :

Nature, classifications, biological importance.

Intermediary metabolism with reference to glycolysis, glycogenesis, glycogenolysis, TCA cycle gluconeogenesis.

Regulation of glucose level in the body - special emphasis on hormonal regulation and glucose tolerance test.

**Unit III : Fat :**

- Lipids and general functions
- Oxidation of fatty acids
- Hormonal regulation of fat metabolism
- Cholesterol metabolism
- Plasma lipoproteins
- Ketosis in diabetes mellitus and starvation

**Unit IV : Proteins :**

- Chemistry and metabolism and functions
- Enzymes as biological catalysts
- Plasma proteins - functions, electrophoresis.
- Essential aminoacids and malnutrition
- Urea and creatinine biosynthesis
- Inborn errors - phenyl alanine and tyrosine metabolism
- Biochemistry of nucleo proteins

**Unit V : Vitamins :**

— Classification

- Fat soluble — Metabolism functions
- deficiency manifestations
- Water soluble — Metabolism functions
- deficiency manifestations

**Unit VI : Minerals :**

- Important minerals
- Functions, sources, distribution, absorption and excretion of sodium, potassium, chloride, sulphur, calcium, phosphorus, magnesium, iron, copper and iodine.

**Unit VII : Porphyrin :**

- Chemistry
- Properties
- Metabolism
- Biosynthesis
- Formation of heme and hemo - proteins
- Excretion
- Abnormalities (Porphyrias)

**Unit VIII : Acid Base Balance :**

- Definition
- Buffer systems of blood
- Regulation by respiratory mechanism
- Regulation by renal mechanism
- Acid - base imbalance - acidosis and alkalosis.

**Unit IX : Biological Oxidation :**

- Enzymes responsible for oxidation and reduction
- Respiratory chain in Mitochondria
- Oxidative phosphorylation
- High energy phosphate compounds

## Unit X : Body Fluids :

- Blood
  - Coagulation of blood
  - Plasma proteins
  - Immunoglobins
- Cerebrospinal fluid
- Gastro - intestinal fluid
  - Fractional test meal
  - Augmented gastric analysis
  - Insulin test meal
- *Urine*
  - Normal and abnormal constituents
  - Biochemical tests
  - Kidney function tests
- *Bile and bile pigments*
  - Formation of bile pigments and bile salts
  - Liver function tests

### Suggested Practicals :

1. Biochemical analysis of carbohydrates, fats and proteins.
2. Biochemical tests of blood and urine
3. Observation of laboratory investigations.

### Method of Teaching :

1. Lecture
2. Demonstrations

### Methods of Evaluation :

1. Written tests
2. Oral and practical tests

### Reference :

1. Briggs, G. M. & Calloway, D. H. *Bogert's nutrition and physical fitness*, Philadelphia : W. B. Saunders Co., 1979.
2. Chatterjee C. C. *Human physiology* Calcutta : Medical Allied Agency, 1982.
3. Shanmugam, A. *Fundamentals of biochemistry for medical students* Madras : Navabharat Printers, 1977.

# FUNDAMENTALS OF NURSING

## COURSE OUTLINE

Placement I & II Semesters

Time allotted :

Theory : 190 Hrs.

Practical : 215 Hrs.

### Course Description :

This course provides a foundation which is applicable to any nursing situation. The broad concept of basic health needs - physical, mental, social and spiritual are considered so as to meet her own health needs as well as her patients' in the hospital and in the community.

### Overall Objective :

To provide the foundations of nursing care so as to enable the student to meet the basic health needs of the individual and family in all settings of the health care system.

### Behavioural Objectives :

The student is able to :

1. appreciate health problems and health care delivery system of the region, state and the nation.
2. demonstrate skill in effective communication.
3. maintain good interpersonal relationship with patient, family, co-workers and others.
4. appreciate individual differences and consider each person as a unique individual;
5. identify deviation from normal, give primary care and guide for further care whenever necessary.
6. explain the basic principles and concepts of comprehensive nursing care.
7. apply concepts and principles to develop skill in the care of people.
8. use nursing care process/problems solving approach in assessing, planning, implementing and evaluating nursing care to individuals, families and community.
9. co-ordinate personal, family and community resources to meet individual and family needs.
10. explain the role of the nurse in the health care team.
11. provide first aid treatment in time of an emergency.

## CONTENT

### Unit I: Introduction to Nursing :

#### *Definitions and concepts of terms*

- Nursing, Nurse.
- Health, health term, health problems and health services.
- Disease, illness, morbidity and mortality.
- Characteristics of profession, nursing as a profession.
- Difference between a profession and occupation
- Role of the nurse in the health team

#### *The Nurse :*

- Preparation at Diploma and Baccalaureate levels
- Purposes and objectives
- Settings (areas) in which the nurse functions
- General functions of the nurse
- Students and her environment - Hostel

Hospital

Community

- Interpersonal relationship - group living and social activities

#### *Health and illness continuum and levels of health care :*

- Determinants (factors) influencing health and illness
- Stress, stressors and adaptation
- Impact of illness, on individual, family and community
- Characteristics of a healthy person - Physical
- Mental
- Social

- Major health problems of the country
- Health care facilities - Health care delivery system at national, state and regional and local levels.

## **Unit II: Communication Skills**

- Definition
- The basic elements of communication
- The purposes and methods of communication
- Characteristics of effective communication
- Factors affecting communication
- Observing, interviewing and listening
- Communicating with patients, families and other members of the health team
- General principles of recording and reporting.

## **Unit III: Nurse and Body Mechanics**

- Introduction
- Definition of terms - Body mechanics
  - Balance
  - Body alignment
  - Base of support
  - Stability
  - Gravity
  - Levers
  - Body mechanics and health maintenance
  - Effective use of muscles
  - Principles of physics which guide body mechanics
  - Good body posture
    - Standing
    - Sitting
    - Stopping
    - Pivoting
  - Lifting and carrying an object
  - Pushing and pulling

**Unit IV: Meeting the needs/problems of people in health and illness using the nursing care process/problems solving method :**

— Nursing care process/problems solving method

Definition

Steps in nursing care process

(a) Establishment of rapport

(b) Collection of appropriate data

Environment — Sociocultural  
Physical  
Biological

Health History — Family  
Personal  
Past  
Present

Systematic observation

General appearance

Physical and mental conditions

Interview — Questioning

Physical examination — Preparation  
Positioning  
Assisting  
Systematic Examination

Laboratory tests

Routine and special

(c) Assessment of needs/problems

Analysis of data and identification of needs/problems

Setting up priority

Factors influencing nursing needs age, degree of illness, sociocultural status and others.

(d) Planning of nursing care — Nursing objectives and nursing care/actions with scientific principles

**Physical needs/problems**

- Therapeutic environment
- Respiration
- Nutrition
- Elimination
- Fluid and electrolyte balance
- Movement and exercises
- Personal hygiene
- Comfort
- Safety
- Rest and sleep

**Psycho social, spiritual, vocational, economical, educational, recreational and diversional needs/problems**

- (e) Implementation of care
- (f) Recording and reporting
- (g) Evaluation—Finding out the results of nursing care plan
- (h) Replanning if necessary

**Note :** Simple measures to meet needs/problems should be taught.

**Unit V : Community Health Resources :**

- Hospitals, health centres and others
- Organisations, functions and types of hospitals.
- Organisation and function of hospital units—Departments, wards, out-patient's departments and others.
- Lines of authority and their responsibility
- Maintenance of a healthful environment - Ventilation, lighting, control of noise
- Routine care and cleanliness of the unit
- Control of pests, bed bugs, flies and rodents

**Unit VI: Simple therapeutic measures, Procedures/Techniques and nursing responsibilities to meet Needs/Problems of People :**

(a) To meet physical rest, sleep, comfort and safety needs.

- Organisation of ward/unit
- Bed making
  - Unoccupied bed
  - Occupied bed
  - Special beds
- Comfort devices
  - Back rest
  - Cardiac table
  - Bed cradle
  - Foot rest
  - Fracture board
- Need for rest and sleep and nursing measures
- Safety measures
  - Bed railings
  - General safety measures
- Personal hygiene
  - Morning and evening care
  - Bath - Bed bath, bathroom bath
  - Care of hair - Daily care, bed shampoo, pediculosis treatment
  - Care of nails, hands and feet
  - Care of eyes and ears
  - Care of mouth - Routine care, care of dentures and care for helpless patients.
- Prevention of decubitus ulcers
  - Care of pressure areas
  - Treatment of bed sores (decubitus ulcers)

(b) To deduct deviations in vital signs

- Taking, recording and reporting of
  - Temperature
  - Pulse
  - Respiration
  - Blood pressure

(c) To meet admission and discharge needs

- General admission and discharge procedure
- Transfer from one unit to another
- Care of the dying and the dead

(d) To meet movement and exercise needs - Nursing responsibilities

- Exercise and its impact on health
- Normal motor functioning and factors interfering it.
- Body mechanics and its principles
- Posture and positioning of patients in bed
- Moving and lifting patients in and out of bed
- Transfer from bed to wheel chair/stretchers and back to bed
- Massage
- Range of joint Motion
- Diversional and recreational activities
- Restraints
- Supportive devices in ambulation
  - Crutches
  - Cane

(e) To meet the nutritional needs

- Nutritional need in health and illness and nursing measures
- Serving food and helping in eating and drinking
- Feeding — Oral
  - Nasal
  - Gastroctomy
  - Rectal
- Maintenance of fluid and electrolyte balance

- (f) To meet the elimination needs and intake and output records
- Normal elimination and problems
  - Simple nursing measures to promote elimination
  - Placing and removing bedpans for bedridden patients
  - Enemata — Cleaning & Retention
  - Use of suppositories
  - Colonic irrigation
  - Insertion of flatus tube
  - Urinary catheterization
  - Observation of urine, faeces, sputum and gastric juice
  - Collection and transportation of specimens
  - Urine testing
- (g) To control cross infection
- Use of disinfectants and antiseptics
  - Methods of disinfection and sterilization
  - Preparation of dressing material
    - Simple dressings
    - Application of binders and bandages
  - Medical and surgical asepsis — principles
- (h) To administer medications
- Sources, terminology, abbreviations
  - General principles
  - Calculation of dosage — weights and measures
  - Oral, intramuscular, intravenous, intradermal and others
- (i) To apply heat/cold for local or general effect
- Hot applications
    - Hot water bag
    - Fomentations
    - Steam inhalation
    - Sitz bath
  - Cold applications
    - Cold compress
    - Ice cap
    - Tepid sponge
    - Cold sponge
    - Cold packs

**Unit VII: Nursing care/Process pertaining to persons with specific/Needs/Problems :**

- Respiratory disorders
  - Dyspnoea
  - Orthopnoea
  - Apnoea
  - Asphaxia
- Body temperature imbalance
  - Fever
  - Hypothermia
- Nutritional problems
  - Anorexia
  - Feusea
  - Vomiting
  - Constipation
  - Diarrhoea
- Fluid and electrolyte imbalance
  - Dehydration
  - Oedema
  - Acid base imbalance
- Elimination problems
  - Constipation problems
  - Incontinence and retention of urine
- Inflammations and Infections
  - Prevention and control
- Minor disorders of the eye, ear, nose and throat.
- Sensory and motor disfunctions
  - Pain
  - Unconsciousness
  - Paralysis
- Various stages of illness
  - Acute, chronic and convalescent
  - Terminally ill
- Psychosocial
- Spiritual
- Educational

### **Unit VIII: First Aid and Nursing in Emergencies**

- Definition, basic principles, scope and rules.
- First aid in
  - Wounds, haemorrhages, shock.
  - Fractures, dislocations, muscle injuries.
  - Respiratory emergencies
  - Unconsciousness
  - Miscellaneous conditions—
    - Burns, scalds, foreign bodies in the skin, eye, ear, nose, throat and stomach.
    - Frost bite, effects of heat, cramps, bites and stings.
    - Poisoning
- Transporting of injured persons

#### **Suggested Practical :**

Demonstration of special skills in applying nursing process and caring for patients.  
Maintenance of work books.

#### **Methods of Teaching :**

Discussion  
Lecture  
Visits to the various related departments  
Written assignments  
Role play  
Demonstration

#### **Methods of Evaluation :**

Written assignments  
Group projects  
Individual projects  
Written tests  
Practical and oral tests  
Clinical evaluation

References :

1. Clarke, M. *Practical nursing* London : Bailliere, Tindall, 1981.
2. Dugas, B. W. *Fundamentals to patient care -A comprehensive approach to nursing.* Philadelphia : W. B. Saunders Co., 1977.
3. Elhart, D., Firsich, S.C., Gragg, S. H., Rees, O. M. *Scientific principles in nursing.* 8th Edition, Indore : C. V. Mosby Co., 1984.
4. Emerton, M.D. *Principles and Practice of nursing.* New Delhi: Printice Hall of India, 1982.
5. *First aid to the injured.* New Delhi: St. John's Ambulance Association, 1st Edition.
6. Furrest, E. V. & Wolf, D. *Fundamentals of nursing.* Philadelphia : J. B. Lippincott Co., 1979.
7. Henderson, V. & Nite, G. *Principles and practice of nursing.* New York : Macmillan Co., 1978
8. Kozier—Dugas. *Introduction to patient care.* Philadelphia : W. B. Saunders Co., 1972.
9. McClain, M. R. & Cragg, S. H. *Scientific principles in nursing.* St. Louis : C. V. Mosley, 1966.
10. McFarlane, B. & Castledine, G. *A guide to the practice of nursing using the nursing process.* London. The C. V. Mosley Co., 1982.
11. Nany, Sr *Principles and practice of nursing - Nursing arts procedures (Revised).* Indore : N. R. Brothers, 1984.
12. Price, A. L. *The art, science and spirit of nursing.* Philadelphia : W. B. Saunders Co., 1954
13. Roper, W. *Principles of nursing* London : Churchill Livingstone 1982.
14. Ross, J. S. *Foundations of nursing and first aid.* London: Churchill Livingstone, 1974.
15. Wolf Lu Verne, Weitzel, M. H., Fuerst, E. V. *Fundamentals of nursing.* 6th Edition. Philadelphia : J. B. Lippincott Co., 1984.

# PSYCHOLOGY

## COURSE OUTLINE

Placement : I & II Semesters

Time allotted :  
Theory : 90 Hrs.

### Course Description :

This course is designed to introduce the principles of Psychology as a basis for understanding human behaviour in all settings. It includes fundamental principles of learning and their application in teaching. Emphasis is on perception, motivation, development of personality and mental health and hygiene.

### Overall Objective :

Help students gain understanding of the principles of psychology and develop skill and interest in applying these principles in nursing practice.

### Behavioural Objectives :

The student is able to :

1. Describe the different factors that influence the development of personality during the various periods of life cycle.
2. Explain the principles of motivation, learning and factors influencing learning.
3. Apply the principles of mental health for self and while taking care of others.
4. Identify social and emotional problems of individuals and make necessary adjustments

## CONTENT

Unit I : **Introduction ;**  
—Definition and Scope of psychology  
—Schools, branches and methods of Psychology

Unit II : **Normal Growth and Development**  
—Physical, mental and social development at various stages of life  
    Infancy  
    Childhood  
    Adolescence  
    Adulthood & old age  
—Influence of heredity and environment

**Unit III : Attention and Perception**

—Attention

Definition

Types and determinants

Duration and degree

—Perception

Definition

Sensation and perception

Organisation of perception

Factors influencing perception

Extra-sensory perception

**Unit IV : Personality**

—Definition

—Theories of personality

—Factors influencing personality development

—Types of personality

Assessment of personality

**Unit V : Motivation**

—Basic human needs - physiological and emotional

—Theories of motivation

—Conflict in motives and their resolution

**Unit VI : Emotions**

—Definition

—Theories of emotions

—Factors affecting emotions

—Physiological aspects of emotion

—Emotions and perception

**Unit VII : Learning**

—The nature and steps in Learning

—Factors affecting learning

—Laws of learning

—Modes and types of learning

—Study habits

Individual differences

—Experimentation

**Unit VIII : Mental Health & Hygiene**

- Definition and current concepts of mental health and mental illness
- Characteristics of mentally healthy person
- Mental hygiene - throughout stages of life
- Adjustment with individuals and groups
- Mental mechanisms
- Guidance and counselling
- Mental health in nursing - the needs of patients and nurses

**Unit IX : Tests and Testing**

- Common tests - their use and interpretation
- Tests used in clinical psychology

**Suggested practicals :**

Observation visit to Mental Health Clinic

Interviewing patients and their families

**Methods of Teaching :**

Lecture - discussion - observation visits

**Methods of Evaluation :**

Written test - submission of reports of observation visits

Process recording

## References ;

1. Averill, L. G. and Kempt, F. C. *Psychology applied to nursing*. London : W. B. Saunders Co., 5th Edition, 1956.
2. Coleman, James, C. *Abnormal Psychology and modern life*. Bombay : D. B. Taraporevala Sons & Co, 4th Edition, 1976.
3. Gilmer, H. V. *Psychology*. New York : Harper & Row, 1970.
4. Guiford, P. J. *Fields of Psychology*. New Delhi : Van Nostrand.
5. Hurlock, E. *Developmental Psychology*. New York: Tata McGraw-Hill Publishing Co, 3rd Edition, 1971.
6. Kagan, J. & Haveman, E. *Psychology*. New York : Horcourt, Brace Jovanovich, 1980.
7. Munn, N. L. *Introduction to Psychology*. Boston : Houghton Mifflin Co, 3rd Edition, 1971.
8. Sharma, R. N. *Psychology and mental hygiene*. Meerut : Kedar Nath Ram Nath Co., 1971.

# SOCIOLOGY

## COURSE OUTLINE

Placement : I & II Semesters

Time allotted :

Theory : 90 Hrs.

### Course Description :

This course is designed to introduce the basic sociological concepts, principles and social process, study of social institutions in relation to the individual, family and community, the various social factors affecting the family in urban and rural community in India.

### Overall Objective :

The student is able to understand while providing nursing care, the role of socio-cultural factors as determinants of health and behaviour in health and sickness.

### Behavioural Objectives :

The student is able to :

1. explain the structure and functions of family, community and society.
2. explain the basic sociological concepts, social processes, social structure and community resources.
3. explain the role of culture in human personality and its influence in health and illness.
4. explain the social and economic aspects of community and its influence on the health of individuals, families and the community.
5. assess social problems and participate in the control and in social planning.
6. identify social institutions and resources
7. identify social interactions in the practice of nursing
8. appreciate the role of the nurse as a member of the society and the inter-dependence of individuals and society.

## CONTENT

### Unit I : Introduction

- Definition of sociology
- Scope and subject matter of sociology
- Sociology as a science
- Importance of sociology

### Unit II : Sociology, Health & Nursing

- Inter relationship between society and health
- Social factors influencing health status
- Attitudes towards illness and treatment
- Society and nursing
- Importance of sociology in nursing

### Unit III : Fundamental Concepts

- Society
- Community & health
- Institution and association
- Social structure

### Unit IV : Man, Society & Environment

- Origin of society
- Inter dependence between man and society
- Socialization and personality
- Geographical, biological and socio-psychological environment
- Socio-psychological environment and health and disease

### Unit V : Social Process

- Co-operation and competition
- Conflict and accommodation
- Assimilation and isolation

**Unit VI : Social Groups**

- Definition, characteristics and types of social groups
- Functions of primary and secondary groups
- Collective behaviour, crowds, public opinion prejudice.

**Unit VII : Marriage & Family**

- Marriage
  - Meaning
  - Conditions of marriage
  - Types of marriages
- Family
  - Origin & types
  - Functions
  - Modern family
  - Family disorganisation

**Unit VIII : Culture**

- Meaning of culture
- Culture and civilization, cultural lag
- Structure and functions of culture
- Culture, health and illness.

**Unit IX : System of Social Stratification**

- Origin, evolution and characteristic features of caste system.
- Functions of caste and modern trends.

**Unit X : Social Control**

- Meaning
- Norms, values, folkways and mores.
- Customs and law
- Social control in modern Society

**Unit XI : Social Change**

- Factors influencing social change
- Direction of change
- Social evolution and social progress

**Unit XII : Social Problems and Social Disorganisation in India**

- Social disorganisation— causes and nature of disorganisation
- Population explosion
- Unemployment, poverty and beggary.
- Migration, housing and slums.
- Crime and juvenile delinquency
- Alcoholism and prostitution
- Problem of Indian women

**Unit XIII: Social Planning & Social Reconstruction**

- Definition of planning, five year plans and their achievements.
- Rural reconstruction
- Social legislation
- Social security measures
- Medical social work.

**Suggested practicals :**

Visit to Social agencies such as hospital  
Urban and rural community  
Institutions—Orphanage, Begger's home.  
Approved School, School of Social service.  
Women's Club—Home for the Aged etc.

**Method of Teaching :**

Lecture, discussion, seminars, panel discussion.  
Observation visits, household survey.

**Methods of Evaluation**

Tests — written, reports, written assignments.

References :

1. Bernard, J. & Thompson, L. *Sociology*. St. Louis : The C. V. Mosby Co, 1966.
2. Broom, L. & Selznick, *Sociology text with adapted readings*. New York : Harpes & Row, 1977.
3. Bottomoove, B. T. *Sociology*, New York : McGraw Hill, 1976.
4. Horten, B. P. & Hunt, L. C. *Sociology*. New York : McGraw Hill 1979.
5. Madan, G. R. *Indian social problems*. Madras : Allied Publishers, 1973.
6. Mehta, S. *A study of rural sociology in India*. New Delhi : Chand & Co., 1980.
7. Ogheern, F. W. & Himkoff, F. M. *A handbook of sociology*. New Delhi : Eurosia Publishing, 1979.
8. Sachdeva, D. R. & Bushnan, V. *An introduction to sociology*. Allahabad : Kitab Mahal Ltd., 1974.

# ENGLISH

## COURSE OUTLINE

Placement : I Semester

Time allotted : 60 Hrs.

### Course Description :

This course comprises the study of grammar and composition with special emphasis upon the knowledge and skills in listening, speaking, reading, writing, comprehension and interpretation.

### Overall Objective :

The student acquires a good command of language and is able to communicate effectively.

### Behavioural Objectives :

The Student is able to

1. Express in writing her ideas and thoughts with clarity
2. Read well with speed and comprehension
3. Speak fluently and intelligently
4. Overcome the common grammatical as well as idiomatic errors in usage

### CONTENT

#### Unit I : Introduction :

- Use of dictionary
- Pronunciation - phonetic symbols, stress, rhythm and intonation.

#### Unit II : Grammar :

- Idioms
- Subject - verb agreement
- Direct - indirect speech
- Tense
- Articles
- Word order
- Grammatical structures
- General grammar rules

**Unit III : Composition :**

- Correction of common errors
- Precis writing - Note making
- Letter writing
- Essays on science topics
- Reading with expression

**Method of Teaching :**

Lecture, group work, work books, quiz, debates, group discussion.

**Methods of Evaluation :**

- Tests - Written and oral
- Essay writing
- Elocution

**References :**

1. Bhasker, W. W. S. & Prabhu, N. S. *English through reading*. Vol. I, The Macmillan Co. of India Ltd., 1975.
2. Bywater, F. V. *A proficiency course in English*. Hodder and Stoughton Ltd., 12th Edition, Great Britain, 1982.
3. Frederik, T. Wood. *English prepositional idioms*. English Language Book Society and Macmillan, 1975.
4. Heaton, J. B. & Stocks, J. P. *Overseas students' companion to English studies*. English Language Book Society and Longman Group Ltd., London, 1977.

# HISTORICAL PERSPECTIVES & ETHICS IN NURSING

## COURSE OUTLINE

Placement : I Semester

Time allotted: 30 Hrs.

### Course Description :

This course seeks to trace briefly the growth and development of professional nursing from primitive times to the present scientific era of progress. The knowledge of History of Nursing is related to historical development on the fields and brings the student upto date on the trends in nursing in India and abroad. It emphasizes the criteria for professional nursing and helps prepare the individual to assume responsibility for this.

### Overall Objective :

Help students acquire an understanding of the historical development of nursing through ancient to modern era and the code of ethics in nursing so as to enable her to use this knowledge in her practice of nursing.

### Behavioural Objectives :

The student is able to :

1. trace historical development of nursing
2. appreciate the status of nursing in India
3. apply the code of ethics in nursing practice
4. be aware of the various professional organisations and their functions
5. explain the legal factors involved in nursing practice
6. identify the factors influencing the development of nursing as a profession
7. explain the changing patterns in the various fields of nursing in the hospital and community.

## CONTENT

### A. Historical Perspectives :

#### Unit I : *History of Ancient Period 5000 B.C. to 500 A.D.*

- Life among primitive people.
- Beginning of civilization – 5000 B.C. to 1 A.D.
- Early Christian Era – 1 – 500 A.D.

#### Unit II : **Middle Ages :**

##### *Early middle ages 500 to 1500 A.D.*

- Christian Monasticism
- Feudalism, Guilds, Islam.
- Medicine and Nursing 500 - 1000 A.D.

##### **Later Middle ages :**

- The Crusades
- Orders of Military
- Medieval social problems
- Chivalry influences of the position of women
- Great plagues of the fourteenth century
- Hospital nurses and visiting nurses
- Saint Catherine
- Nursing and medicine during the late middle ages
- Growth of hospitals

#### Unit III : **The Modern Era : Scientific, Economic & Social Evaluation Beginning 1500 A.D. :**

- The Renaissance – Reformation
- Era of sanitation
- Women of Renaissance
- Development of nursing - 1860 A.D. to till today

**Unit IV : Trends in Nursing in the Major Countries/Regions of The World :**

- United Kingdom, U.S.A. U.S.S.R.
- Asia — South, Middle, South East, India.

**Unit V : Organisation and Functions of International, National & State Agencies :**

- International Council of Nurses
- State Nursing Councils
- Madras Nurses & Midwives Council
- W.H.O., Red Cross, UNICEF
- World Bank, F.A.O.
- Current International Agencies in the State.

**Unit VI : The Changing Pattern in the various Fields of Nursing :**

- Nursing Education
- Nursing service in the hospital
- Community Nursing - School - Industry - E.S.I. Primary Health Care.

**B. Nursing Ethics :**

**Unit I : Introduction :**

- Professional adjustment - Definition, objectives and method of adjustment
- Nursing - Definition, goals and functions.
- Professional relationships and responsibilities.
- Personal qualities of a nurse

**Unit II : Development of Nursing as a Profession :**

- Definition and criteria of profession
- Difference between profession and occupation
- Code of ethics for profession
- I.C. nursing - Code of ethics – Nightingale pledge
- Organizational development and specialisation

**Unit III : The Functions and organisation of Professional Associations :**

—Trained Nurses' Association of India

—State level

—National level

**Unit IV : Legal Implications to Nursing Practice :**

—Introduction to the Law and Lobbying

—Professional status of nursing

—Contracts - Independent contractor and employee

—Negligence

—Crimes

—Evidence

- Personal documents

**Method of Teaching :**

1. Discussion
2. Panel discussion
3. Lecture
4. Assignment

**Methods of Evaluation :**

1. Assignments
2. Tests
3. Group projects
4. Individual projects

## References :

1. Criffin C. S. & Criffin, J. R. *History and trends of professional nursing*. St. Louis: C. V. Mosby, 1973.
2. Das, D.M.H. *Medicolegal aspects in nursing*. Delhi : Atma Ram & Sons, 1973.
3. Dolan, J. S. *History of nursing*. Philadelphia : W. B. Saunders Co., 1969.
4. Griffin, G. J. & Griffin, H. J. K. *Jenson's history and trends in professional nursing*. 5th Edition, St. Louis : The C. V. Mosby Co. 1965.
5. Jamieson, E. M. *Trends in nursing history*. 3rd Edition, Philadelphia : W. B. Saunders Co, 1940.
6. Kelly, L. Y. *Dimensions of professional nursing*. 4th Edition, New York : Macmillan Publishing Co, INC, 1981.
7. Morison, L. J. *Stepping stones to professional nursing*. 4th Edition, St. Louis : C. V. Mosby Co., 1965.
8. Spalding, E. K. & Netter, L. E. *Professional nursing*. Philadelphia : J. B. Lippincott Co., 1968.
9. *The handbook of Trained Nurses' Association of India*, New Delhi :
10. Young, K. L. *Dimensions of professional nursing*. New York : Macmillan, 1981
11. Zwemer, A. *Professional adjustment and ethics for nurses in India*, Madras : B. I. Publications, 1984.

# NUTRITION & COOKERY

## COURSE OUTLINE

Placement: II Semester

Time allotted:

Theory: 40 Hrs.

Practical: 30 Hrs.

### Course Description:

This course introduces the fundamental principles of nutrition and the application of these principles in the selection, planning and preparation of diets for individuals and groups in health and deficiency diseases with emphasis on vulnerable groups of the population.

### Overall Objective:

Student acquires knowledge of the principles of nutrition and understands its relation to health and disease and applies this knowledge in the promotion of health and in the care of individuals and families.

### Behavioural Objectives:

The student is able to:

1. explain the principles of nutrition;
2. describe the functions, sources, requirements, metabolism and deficiency syndrome of various nutrients;
3. describe the normal requirements of nutrition and diet for individuals of all age groups and specific groups like infants, pre-school age, adolescents, adult, old age, pregnant and lactating woman;
4. plan diet for various age groups and specific needs;
5. assess, plan and implement appropriate measures to prevent and treat nutritional deficiency;
6. select, prepare, cook and serve food without loss of nutrients including invalid diet in various settings;
7. appreciate the magnitude of nutritional problem in India;
8. apply the principles of nutrition for self and while teaching others.

## CONTENT

### SECTION-A : NUTRITION

#### Unit I : Introduction :

- Definition of terms
- Influence of nutrition on healthy individual
- Factors affecting nutrition of people
- Importance of study of nutrition in nursing
- Classification and constituents of food

#### Unit II : Protein :

- Characteristics, classification, sources, daily requirements, metabolism, functions and deficiency syndromes.

#### Unit III : Carbohydrates:

- Characteristics, classification, sources, daily requirements, metabolism, functions and deficiency syndromes.

#### Unit IV : Fats :

- Characteristics, classification, sources, daily requirements, metabolism, functions and deficiency syndromes.

#### Unit V : Vitamins :

- Fat soluble and water soluble
- Characteristics, classification, sources, daily requirements, metabolism, functions and deficiency syndromes.

#### Unit VI : Water and Minerals :

- Calcium, phosphorous, iron, iodine, sodium chloride, potassium, trace elements.
- Characteristics, classification, sources, daily requirements, metabolism, functions and deficiency syndromes.

**Unit VII: Meal Planning :**

- Balanced diet and requirements for specific life period and meals planning for family.
- Planning of diet for infants, children, school children, adolescents, adults, old age and other vulnerable group of people - pregnant and lactating women.

**Unit VIII: Selection, Storage, Preparation and Preservation of Food :**

- Selection and storage of food - various food groups - cereals, pulses, vegetables, milk, egg, meat, fish, oil, sugar and jaggery.
- Preparation of food - different methods - boiling, steaming, frying, simmering, stewing, baking, pickling, pressure cooking.
- Preservation of food - drying - salting and paking, canning, smoking.

**SECTION - B : COOKERY**

**Unit I : Introduction to Cookery :**

- Kitchen - Design, maintenance - personnel, cleaning, disposal of garbage.
- Types of vessels, types of fuel used.

**Unit II: Uses, Preparation and serving of Diet for Invalids including Cost and Food Values :**

- Liquid diet - juice - lemon, orange.
- Beverages - Coffee, tea, horlicks.
- Soup
- Conjee - Barley, ragi, oats, sago, rice, wheat.
- Albumen water, whey, egg flip.
- Soft solid - Porridge, pudding, custard, ice cream, solid-rice, chappathi, iddly, vegetables, meat and fish preparations & salads.

**Unit III: Uses and preparation of Different Food Groups including Cost and Food Values :**

- Cereals - cooking of rice, ragi, wheat and cholam.
- Pulses and grains - Dhal mash, sambar, vadai.
- Vegetables and fruits - Fry curry, outlet, salad.
- Meat - Fry, curry, outlet, minced.
- Egg - Boiled, scrambled, omlet, poached egg.
- Milk - condensed milk, curds butter-milk, milk Sweets.

**Unit IV : Menu planning, preparation & serving for large & small groups :**

— Planning, preparation, serving, table-manners.

**Unit V : Therapeutic Diets :**

— Diet in diseases of:

- Digestive systems
- Respiratory system
- Cardiovascular system
- Endocrine system
- Urinary system
- Metabolic disorders

— Diet in over and under nutrition

**Suggested Practicals :**

1. Field visits to market, grocery shops, bakery, hostel kitchen, dining room, hospital dietary department, midday meal programme in School and institute of Food Technology.
2. Menu planning – balanced diet of the average family, hostel mess.
3. Cooking and serving of various preparations
4. Demonstration of preservation of food

**Method of Teaching :**

1. Lecture with discussion
2. Cooking and demonstrations
3. Field visits

**Methods of Evaluation :**

1. Written tests
2. Assignments
3. Practical and oral tests

**References :**

1. Autia, R. P. *Clinical dietetics and nutrition*. Delhi: Oxford University Press, 1973.
2. Beck, M.E. *Nutrition & dietetics for nurses*. Churchill Livingstone, Medical group of Longman Group Ltd., 5th Edn. 1977.
3. Devadas, R. P. *Nutrition and national development*. Coimbatore: Saradalaya Press.
4. Swaminathan, M. *Hand book of food and nutrition*. Bangalore: The Bangalore Printing & Publishing Co, Ltd., 1982.
5. Recommended dietary intakes for Indians. CMR., New Delhi: ICMR, 1981.
6. Robinson, C. H. *Basic nutrition and diet therapy*. New York: Macmillan Publishing Co., 1980.

# MICROBIOLOGY

## COURSE OUTLINE

Placement : II & III Semesters

Time allotted :

Theory	: 30 Hrs.
Practical	: 30 Hrs.
Applied Microbiology	: 10 Hrs.

### Course Description :

The course provides information to the student on the micro-organisms which are found in the environment and their effect on health, the principles of disinfection, protection against pathogenic organisms with immunization and promotion of safe environment in the hospital, clinic or community.

### Overall Objective :

On completion of the course, the students are able to apply basic principles of Microbiology in aseptic procedures and when providing comprehensive care to patients in the hospital, home or community settings.

### Behavioural Objectives :

The student is able to :

1. outline the historical development of microbiology
2. explain the classification, characteristics and reproduction of micro-organisms.
3. describe the principles and methods of inhibition and destruction of micro-organisms.
4. explain the sources and spread of infection, immune, mechanism, immunity and allergy.
5. demonstrate ability in handling microscope, staining and identifying common microbes.
6. appreciate the role of nurses in protecting themselves and others from microbial contaminations.
7. apply principles in maintaining safe environment for individuals, families and the community.

## CONTENT

### Unit I : Introduction :

- History of microbiology
- Microbiology in nursing practice
- Visualisation - Microscope

### Unit II : Micro-Organisms :

- Micro-organisms and their relation to human beings
- Bacteria in health - normal bacterial flora
- Classification and characteristics of
  - Bacteria
  - Fungi
  - Protozoa
  - Virus
  - Rickettsiae

### Unit III : Microbes – Procedures for study :

- Microscopic study - staining
- Cultures – colony formation
- Biochemical activity
- Animal pathogenecity
- Specimen collection

### Unit IV : Inhibition and Destruction of Micro-organisms :

- Physical methods
- Chemical methods
- Application of principles of sterilization and disinfection in nursing
- Concurrent and terminal disinfection
- Hospital sanitation
- Antibiotics and chemotherapy

### Unit V : Immunologic Concepts :

- Meaning of immunity - classification
- Defence mechanism
- Preparation and preservation of vaccines and sera immunization - types, principles and immunization schedules.

**Unit VI : Bacteria in disease :**

- Pathogenic bacteria - cocci, bacilli, spirochetes, viruses fungi.
- Parasites - Protozoa, helminths.
- Infection, disease transmission.
- Portals of entry and exit of organism and mechanical barriers.
- Pathogenicity and virulence of organism.
- Antigen - antibody formation and reaction.

**Unit VII : Applied Microbiology (Community Microbiology) :**

- A. Bacteriology of water
  - Water borne diseases
  - Drinking water standards
  - Safe water supply
- B. Bacteriology of milk and food
  - Milk and food borne diseases including food poisoning
  - Protection of food and milk contamination
  - Pasteurization
- C. Collection and transport of specimen for microbiological test

**Suggested Practicals :**

- Demonstration - *Microscopic study*  
of Bacteria, Protozoa, yeasts and mould.
- Hanging drop
- Simple stain
- Grams, stain
- Acid fast stain
- Biochemical study of*  
Growth requirement of bacteria
- Bacterial cultures*  
Types of colony
- Identification of organisms.
- Collection of Specimens for laboratory Study*  
Swabs from hands, throat, nose and ulcers.
- Specimen - water, milk, food, air analysis for contamination.
- Making smears, staining and identification.
- Culturing the swabs.

## **Antibiotic testing of Pathogenic bacteria**

### Diagnostic tests

Widal

VDRL

Agglutination reactions before and after inoculations for typhoid fever.

Anaphyl axis in a guinea pig

Mantoux testing on students

Microscopic examination of parasites,, ova, cysts, fungi.

### Observation visits :

Water works

Pasteurization of milk plant

BCG laboratory

Laundry

Operation theatre

Kitchen

### Method of Teaching :

Lecture - discussion - observation visit

Demonstration - Reading assignments

Practicals - in laboratory

### Method of Evaluation :

Written, practical and oral examination.

### References :

1. Ananthanarayanan, R. & Jayaram Panicker, C. K. *Text-book of Microbiology.* Bombay : Orient Longman, 1981.
2. Burdon, W. *Microbiology.* London : Macmillan Co, 1968.
3. Frobisher & Fuersts. *Microbiology in health and disease.* Philadelphia : W. B. Saunders Co., 1978.
4. John, F. P. *Developmental microbiology* New York : John Wiley & Sons, 1980
5. Josephine, A. Uorello, et al. *Microbiology in patient care.* New York : Macmillan Publishing Co., 1984
6. Martin, F. & Lucille, S. M. *Microbiology and pathology for nurses.* Philadelphia : W. B. Saunders Co.
7. Marion, E. W. & Mizer, H. E. *Microbiology in patient care.* New York : Macmillan Co., 1979.
8. Koshy Grace. *Introduction to Microbiology.* Madras : Orient Longman Ltd., 1984.

# COMMUNITY HEALTH / PREVENTIVE & SOCIAL MEDICINE

## COURSE OUTLINE

Placement : II & III Semesters

Time allotted :

Theory : 60 Hrs.

Practical : 30 Hrs.

### Course Description :

This course introduces the development of community health, principles of personal and community health and the factors which affect the health and illness of the individuals, family and community. Includes the health problems of the community, public health programmes, community resources and principles of health education.

### General Objective :

Help students gain knowledge and understanding of the principles and concepts of community health and the magnitude of problems and develop skills and desirable attitude in identifying her role and in using the nursing process for attaining positive health for the community and towards the goal "Health for all".

### Behavioural Objectives :

The student is able to :

1. explain the principles of personal and community health
2. describe the factors affecting health and illness of the individual, family and community.
3. appreciate the magnitude of the health problems of the community
4. explain the national, state, district and peripheral level health programmes.
5. describe the organisation and functions of the international, national and voluntary health agencies.
6. explain the causes and prevention of parasitic infections and communicable diseases.
7. plan, implement and evaluate health education programmes for individuals and groups to raise the standard of health in the community.
8. describe nature of environmental hazards and maintenance of a safe environment.
9. identify the role of a nurse and participate in various health and welfare programmes.

## CONTENT

### Unit I: Development of Social & Preventive Medicine / Community Health :

- Definition of various terms - public health, community health, community health nursing, ecology and epidemiology.
- Organisational patterns of health administration at national, State, district and local levels.
- Factors influencing health and illness.
- Five year plans and committees.
- Human ecology.

### Unit II: Environment & Health :

- Environmental health hazards - urban and rural
- Water - sources - pollution - purification of water in small and large scales.
- Well construction
- Water borne diseases
- Air - atmosphere, pollution, pollution control, effect of air pollution on health
- Community waste - sewage disposal, garbage and refuse disposal - Types of latrines.
- Lighting - requirement, standards and methods of illumination.
- Noise - effects of noise exposure, control measures.
- Radiation - biological effects of radiation and its prevention.
- Housing - housing and health, standards of schools, community responsibilities.
- Fairs, festivals and camps - management and sanitation.
- Legal and social control
- Maintenance of swimming pool.

### Unit III: Community Food Sanitation :

- Disease transmission by foods
- Control of milk and milk products
- Meat products and slaughter houses inspection, preparation, supply and control measures.
- Food establishments - handlers and legislation.
- Food poisoning, sampling and investigations.

**Unit IV : Animals, Parasites, Insects & their Relation & Health :**

- Definition
- Classification
- Transmission of disease
- Life cycles, preventive and control measures.
- Epidemiological investigations.

**Unit V : Demography & Population Problem**

- Population trends in India
- Effects of population growth on individuals and community
- Health - vital statistics, methods of collection
- Fertility - fertility trends
- Morbidity and mortality rate
- Birth and death rates
- Family welfare programmes

**Unit VI : Major Health Problems in India :**

- Problems related to nutrition and maternal and child health
- Population problems
- Problems related to poor environment and relevant diseases - Communicable, & non - communicable.
- Social problems

**Unit VII : Health & Welfare Services :**

- Govt., Non-Govt. and voluntary agencies.
- Health services at various levels
- National programmes for control and eradications of diseases and hazards.
- National and state institutions
- School health services
- Maternal and child health
- Occupational hazards and health services
- International agencies involved in national health

#### Unit VIII: Social Medicine :

- Concept
- Welfare services for the handicapped
- Social security in India
- Rehabilitative services
- Social workers and services
- Motivation and evaluation

#### Suggested Practicals :

- Drawing health organisation charts
- Water purification
- Health teaching
- Observation visit to—Water Works, Sewage disposal, compost Yard, pasteurization plant, communicable disease hospitals, institutions for preparation (food), rehabilitation institutions.
- Writing records of practical and observation visits.

#### Method of Teaching :

Lecture, discussion, demonstration, seminars, observation visits to selected institutions of public health importance.

#### Methods of Evaluation :

- Written and oral test
- Evaluation of assignments

#### References :

1. Fromer, H. J. *Community health care and the nursing process*. St. Louis: C. V. Mosby, 1979.
2. Ghosh, B. N. *A treatise of hygiene and public health*. Calcutta: Scientific Publishing Co., 1969.
3. Grant, M. *Handbook of preventive medicine and public health*. Philadelphia: Lea & Febiger, 1967.
4. Gordon, J. E. *Control of communicable disease in man*. An official report of American Public Health Association, 1965.
5. Park, J. E. *Text-book of social and preventive medicine*. Jabapur: Banarsidas Bhanot Publishers, 1983.

**PATHOLOGY**  
**COURSE OUTLINE**

Placement : III Semester

Time allotted :

Theory : 45 Hrs.

**Course Description :**

This course includes changes which take place in human body due to genetic abnormalities, neoplasm, infections, injuries and degeneration. Also gives the findings of the tests done in blood, sputum, urine and cerebro spinal fluid in relation to the pathologic changes which occur in the body.

**Overall Objective :**

On completion of the course the students are able to utilize the knowledge of pathology while taking care of people in various health care settings.

**Behavioural Objectives :**

The student is able to :

1. define common terms used in pathology
2. appreciate deviations from normal structure and functions of the body system.
3. explain causes, clinical picture and responses of body to congenital malformations, infections, neoplasms, injuries and degeneration;
4. describe physical characteristics, composition and abnormalities in gastric and duodenal contents, blood, cerebro spinal fluid, urine, faeces, sputum and other fluids from body cavities so as to identify deviations from normal.
5. carry out qualitative analysis of urine for physical appearance, reaction, specific gravity, albumin, sugar and acetone.
6. collect and despatch specimens appropriately for various laboratory investigations.
7. interpret results of investigations in abnormal conditions of the human body.
8. apply knowledge of pathology while taking care of people.

## CONTENT

### Unit I : Introduction :

- Definition of terms
- Classification of pathology
  - General
  - Systemic
- Importance of the study of pathology

### Unit II : Causes of Diseases & General Pathological Processes :

- Congenital malformations
- Inflammation, necrosis and gangrene
- Wounds and fractures
- Bacterial and viral infections
- Common parasitic infestations
- Nutritional diseases
- Degenerative diseases
- Disorders of circulation
- Neoplasms

### Unit III : Special Pathology of Major Organs :

- Disorders of*
  - Cardiovascular and circulatory system
  - Lymphoid tissues
  - Respiratory organs
  - Digestive organs
  - Urinary tract
  - Endocrine glands
  - Male and female reproductive organs
  - Central nervous system
  - Bones and joints

**Unit IV: Clinical Pathology :**

- Gastric and duodenal contents - normal and abnormal
- Urine and faeces
  - Physical characteristics and composition
  - Abnormalities - tests and their interpretation
- Blood
  - Normal characteristics and composition
  - Abnormalities - Tests and their interpretation
  - Blood groups
- Body fluids
- Cerebro spinal and other fluids
  - Characteristics and composition
  - Deviation from normal - Tests and interpretation

**Suggested Practicals and Observations :**

1. Demonstration of pathological specimens showing examples of congenital abnormalities, inflammation, degeneration and neoplasms.
2. Observation in clinical field - Abscess, inflammation, gangrene, neoplasms.
3. Demonstration of analysis of gastric and duodenal contents.
4. Urine analysis.
5. Demonstration of gross and microscopic examination of urine and faeces.
6. Examination of hemoglobin and preparation of slides.
7. Demonstration of normal and abnormal cerebrospinal fluid and other cavity fluids.
8. Demonstration of blood grouping and cross matching.
9. Preparation of slides for estimation of blood groups.

**Method of Teaching :**

Lecture, discussion  
Demonstration  
Observation visits

**Method of Evaluation :**

Written tests  
Oral and practical tests

**References :**

1. Boyd, W. *Text-book of pathology*. Philadelphia: Lea and Febiger, 1958.
2. Miller, S. *A text-book of clinical pathology*. Baltimore: William & Wilkins, 1966.
3. Robbins, S. & Angell, N. *Basic pathology*. London: W. B. Saunders Co., 1st Edn., 1971.
4. Wells, B. & Halsted, J. *Clinical pathology*. Philadelphia: W. B. Saunders Co., 4th Edn., 1967.

## PHARMACOLOGY

### COURSE OUTLINE

Placement : III Semester

Time allotted : 45 Hrs.

#### Course Description :

This course introduces the basic principles of administration of drugs. Includes Legal implications of administration, custody of drugs, types, actions of common pharmacological preparations and knowledge necessary to recognize toxic symptoms relating to common drugs and poisons.

#### Overall Objective :

The student is able to describe details of drugs and chemical agents used in patient care situations, store and/or administer them effectively to patients and observe the results and take subsequent prompt action if necessary.

#### Behavioural Objectives :

The student is able to :

1. appreciate the responsibilities of a nurse in the safe custody and administration of drugs.
2. describe the patent and chemical names, dose, preparations and side effects of various common drugs and therapeutic agents used in health and diseases;
3. explain the principles of storage and administration of drugs.
4. explain how to discriminate between use of dangerous drugs in essential and non-essential situations and explain the hazards in indiscriminate use of such drugs.
5. make appropriate reports and records of drugs and initiate prompt steps to counteract toxic/untoward effects if any.
6. discuss the legal implications of administration and custody of drugs.

## CONTENT

### Unit I: Introduction:

- Terminology
- Sources classification and forms of drugs
- Factors affecting dosage and calculation of drugs
- Legislation relating to drugs and narcotics
- Principles of administration of drugs.
- Routes of administration of drugs
- Nurses' responsibility in the administration and safe custody of drugs.

### Unit II: Drugs used for Patients with disorders of the Nervous System :

- Alcohol, sedatives and hypnotics.
- General anaesthetics and basal narcotics.
- Analgesics, antipyretics, anti-rheumatics.
- C.N.S. stimulants
- Anti-convulsants
- Local anaesthetics
- Parasympathomimetic agents
- Parasympathetic blocking agents
- Sympathetic stimulants
- Sympathetic blocking agents

### Unit III: Drugs used for Patients with disorders of Cardio-Vascular and Respiratory System :

- Cardiac glycosides
- Antifibrillary agents
- Anti-hypertensive agents
- Coronary vasodilators
- Ganglion - blockers and vasoconstrictors
- Coagulants and anticoagulants
- Iron, B12 and folic acid.
- Bronchodilators
- Stimulants and depressants
- Mucolytic agents
- Histamines and antihistamines

**Unit IV : Drugs used for Patients with disorders of Urinary System :**

- Diuretics
- Urinary antiseptic agents

**Unit V : Drugs used for Patients with disorders of Female and Male Reproductive System :**

- Male sex hormones
- Female sex hormones
- Drugs acting on the uterus

**Unit VI : Drugs used for Patients with disorders of Gastro-Intestinal System :**

- G. I. tract purgatives, antacids, etc.
- Vitamins

**Unit VII : Drugs used for Patients with Metabolic and Endocrinal Disorders :**

- Calcium and the parathyroids
- Thyroid and antithyroid hormones
- Insulin and oral anti-diabetic agents
- Adrenocortic steroids
- The gonadal hormones and inhibitors
- Hypothalamic and pituitary hormones

**Unit VIII : Drugs used for Patients with Communicable Diseases :**

- Sulphonamides and antibiotics
- Chemotherapy of tuberculosis, leprosy, malaria, amoebiasis, helminthiasis, leishmanias and other protozoal infections.
- Vaccines and seras

**Unit IX : Drugs used for patients with malignant conditions :**

- Alkalyting agent
- Antimetabolites
- Immunosuppresants

**Suggested Practicals and Observations :**

1. Observation and reporting of new drugs introduced in current practice.
2. Preparation of tables and details of groups of drugs e.g., Cardiac glycosides, diuretics, antihypertensives, antiepileptic, vasodilatives, coagulants, anticoagulants, immunosuppressive agents, vaccines, etc.
3. Visits to pharmacy of the hospital to observe indent, storage and supply of drugs.

**Method of Teaching :**

Lecture, demonstration, discussion and field visits.

**Methods of Evaluation :**

Evaluation of written reports and records

Written and oral tests

**References :**

1. Dirasari, G. and Brahmamker, *Elements of pharmacology*. Ahmadabad : Babalal Somachand Sah for Messrs. B. S. Shah Publishers, 1st Edn., 1973.
2. Hopkins, S. J. *Drugs and pharmacology for nurses*. New York : Churchill Livingstone, 7th Edn., 1979.
3. Penn, R. C. *Pharmacology*. London : Baillre Tindall and Carmell, 1st Edn., 1970.

# MEDICAL SURGICAL NURSING -- I

## COURSE OUTLINE

Placement : III & IV Semesters

Time allotted :

Theory : 230 Hrs.

Practical : 590 Hrs.

### Course Description :

Deals with the concepts and skills needed to work therapeutically with patients. Interaction of the individual with both his internal and external environment will be discussed. Students will use nursing process/problem solving approach as the major focus. Clinical area will provide facilities for application of the nursing process in caring for patients in a variety of settings.

### Overall Objectives :

Student is able to describe and apply the nursing process/problem solving approach in the care of patients in a variety of settings.

### Behavioural Objectives :

The student is able to :

1. show respect and concern for patients and families with empathy
2. explain etiology, pathophysiology, manifestations, therapeutic and diagnostic procedures of common medical-surgical conditions as a basis for effective nursing care of patients.
3. recognise the impact of illness of patient and family.
4. participate as a member of the health team.
5. use steps in nursing care process/problems solving approach in assessing and identifying needs/problem of patients on priority basis for setting up nursing objectives and for planning, implementing and evaluating nursing care to patients with specific conditions.
6. assess the need for and plan and conduct health teaching to individuals, families and community.
7. assist with diagnostic procedures, treatments and with simple operative room procedures.

# MEDICAL NURSING — I

## CONTENT

### Unit I: Introduction :

- Brief history of evolution of modern medicine
- Common terms used in medicine
- Impact of illness on individuals, families and community.
- Review of :
  - Body homestasis and defence mechanisms
  - Causes of disease and therapeutic approaches
  - Factors influencing nursing needs
  - Approaches to patient care
  - Rehabilitative aspect of patient care

### Unit II: Nursing Process pertaining to people with disturbances of Gastrointestinal Liver, Biliary Tract and Pancreatic Functions :

- Mouth and oesophagus - stomatitis, glossitis, parotitis, oesophagitis.
- Stomach and duodenum - gastritis, peptic ulcer.
- Small and large bowels - gastro enteritis, regional enteritis, ulcerative colitis.
- Liver - Hepatitis, cirrhosis of liver, portal hypertension.
- Pancreas - Pancreatitis
- Gall bladder - Cholecystitis

### Unit III: Nursing Process pertaining to people with disturbances in Cardiovascular Function :

- Heart - Rheumatic, hypertensive and ischaemic heart diseases.
  - Combined cardiac failure
  - Heart block
- Blood - Anaemias, leukaemias, polycythaemia, Leukopenia, agranulocytosis and bleeding disorders.

**Unit IV : Nursing Process pertaining to People with disturbances of Respiratory Functions :**

- Nose & larynx - Rhinitis, laryngitis
- Bronchi - Bronchitis, bronchiectasis, bronchial asthma emphysema
- Lungs - Pneumonia, pneumonitis, pleural effusion, emphysema  
chronic obstructive pulmonary diseases, pulmonary embolism

**Unit V : Nursing Process pertaining to People with disturbances of Endocrine and Metabolic Functions :**

- Pancreas - Diabetes mellitus
- Thyroid - Simple and toxic goitre, cretinism, myxoedema.
- Parathyroid - tetany
- Adrenals - Addison's disease, cushin's syndrome.
- Pituitary - Diabetes insipidus.

**Unit VI : Nursing Process pertaining to People with disturbances of Musculoskeletal Functions :**

- Bones - Ostitis, osteoporosis, Pott's disease ankylosing spondilitis.
- Joints - Rheumatoid arthritis
- Muscles - Myositis

**Unit VII : Nursing Process pertaining to People with disturbance in Skin Functions :**

- Allergic reactions
- Infections - Scabies, dermatitis, Pyoderma, herpes.
- Eczema
- Pembigus, pembergoid and psoriasis.
- Parasitic infestations.

**Unit VIII : Nursing Process pertaining to people with Communicable disease :**

- Bacterial - Pulmonary tuberclosis, typhoid, tetanus, dysentries, cholera-leprosy, gonorrhoea, diptheria, whooping cough, tetanus.
- Spirochaetal - Syphilis.
- Viral - Influenza, poliomyelitis, lymphogranuloma venereum, venereum granuloma, small-pox, chickenpox, measles, mumps, rabies and encephalitis.
- Protozoal - Malaria, filaria and amoebiasis.

## SURGICAL NURSING — I

### Unit I: Introduction :

- Brief history of evolution of surgery
- Common terms used in surgery
- Review of - Pre, intra and post operative nursing care patients with surgical conditions.  
Anaesthesia - types, agents complications.  
Cardio-pulmonary resuscitation

### Unit II : Nursing Process pertaining to People with disturbances of Gastrointestinal, Hepatic, Biliary, Pancreatic and Splenic Functions :

- Mouth and oesophagus - congenital malformations, injuries and neoplasms.
- Stomach and duodenum - Peptic ulcer and cancer stomach.
- Small bowels - Intestinal obstruction, tubercular abdomen, peritonitis, appendicitis, hernias.
- Large bowels - Mickel's diverticulum, megacolon, ulcerative colitis.  
Cancer rectum, haemorrhoids, fistulas and fissures.
- Liver - Portal hypertension, oesophageal varices, injuries, liver abscess, cysts and neoplasms.
- Pancreas - Pancreatitis.
- Gall bladder - Cholelithiasis.
- Spleen - injuries.

### Unit III: Nursing Process pertaining to People with disturbances in Cardiovascular Functions :

- Congenital disorders - Patent ductus arteriosus, atrial and ventricular septal defects, coarctation of aorta, tetralogy of fallot.
- Acquired disorders - Pericarditis, mitral and aortic stenosis and incompetence, disorders of peripheral vessels - varicose veins, aneurysms and thrombo angitis obliterans.

### Unit IV : Nursing Process pertaining to People with disturbances in Respiratory Functions :

- Chest injuries, pneumothorax, pleural effusion, empyema.
- Lung abscess, pulmonary tuberculosis, neoplasms.
- Bronchiectasis.

**Unit V : Nursing Process pertaining to People with disturbances in Endocrine Functions :**

- Thyroiditis, goitre and thyroid neoplasms.
- Pituitary tumours
- Adrenal tumours

**Unit VI : Nursing Process pertaining to people with disturbances in Musculoskeletal Functions :**

- Congenital disorders
- Osteomyelitis
- Fractures and injuries
- Neoplasms

**Unit VII : Nursing Process pertaining to People with disturbances of Integumentary Functions :**

- Wounds
- Cellulitis and gangrene
- Burns
- Tumours

**Suggested Practicals :**

- Assisting in various diagnostic and therapeutic procedures such as abdominal paracentesis, thoracentesis, Lumbar puncture, sternal puncture, suprapubic puncture, liver biopsy, kidney biopsy, isotope studies.
- Demonstration of skill in nursing care of selected patients
- Nursing care studies
- Patient centred clinics
- Patient and family teaching

#### **Methods of Teaching :**

- Lecture
- Lecture-cum-discussion
- Clinical experience
- Field visits
- Nursing care study
- Demonstration
- Clinical teaching

#### **Methods of Evaluation :**

- Written tests
- Clinical evaluation
- Nursing care studies
- Field visit reports
- Oral and practical tests

#### **References :**

1. Brunner & Suddarth. *Text-book of medical-surgical nursing*. 4th Edn. 1980.
2. Davidson & Macleved. *The principles and practice of medicine*. 10th Edn. London : The English Language Book Society.
3. Dorothy, W. M. *Care of the adult patient. Medical-surgical nursing*. 2nd Edn. London : J. B. Lippincot Co.
4. Luckmann & Sorenson. *Medical surgical nursing - A psychosocial approach*. 2nd Edn. London : W. B. Saunders Co., 1981.
5. Phipps, L. W. *Shafer's medical surgical nursing*. 7th Edn. St. Louis : C. V. Mosby Co., 1980.
6. Waston, *Medical surgical nursing & related physiology*. London : W. B. Saunders Co.

# INTRODUCTION TO MATERNAL & CHILD HEALTH NURSING

## COURSE OUTLINE

Placement: III Semester

Time allotted :

Theory : 30 Hrs.

Practical : 40 Hrs.

### Course Description :

This course is designated to introduce beginning knowledge of child bearing and child rearing processes and the care of the mother and child.

### Overall Objective :

Help students gain knowledge and understanding of child bearing and child rearing process and develop desirable attitude and skills in giving care in the hospital and community.

### Behavioural Objectives :

The student is able to :

1. recognize the family as a unit of society
2. apply knowledge of the social and behavioural sciences in taking care of the family
3. explain human sexuality and normal physiological changes that take place during pregnancy, delivery and lactation
4. apply knowledge of nutrition in the care of pregnant women, lactating mothers and young children
5. meet the basic needs of the mother during pregnancy, labour and lactation
6. explain the pattern of growth and development from conception to adolescence
7. apply knowledge of growth and development in giving basic care to the children in various development states

## CONTENT

### Unit I: Introduction to Maternal Nursing :

- Orientation to maternal nursing
- Review of male and female generative organs
- Normal pregnancy
- Normal labour
- Physiology of puerperium
- Observation of the new born

### Unit II : Prenatal Development :

- Influence of maternal nutrition, health and environment on the health of the developing foetus.
- Embryology, genetics.

### Unit III : New Born (0-1 month)

- Preparation of the family, parents and sibling for arrival of the infant.
- Physical and physiological adjustments soon after birth.
- Appraisal of the new born
- Care of the new born
- Breast feeding

### Unit IV : Introduction to Child Health Nursing

- Introduction to growth and development
- Developmental stages
- Laws governing the growth and development

### Unit V : Infant (Month to 1 year)

- Physical growth and psychosocial development
- Needs of infant
  - Nutritional — artificial feeding, additional food schedule and its relationship to growth and development, weighing of infants, growth curve.
  - Infant bath
  - Health maintenance - immunization
  - Introduction to play

**Unit VI : The Toddler (1-3 years)**

- Physical growth
- Neuromuscular and mental development
- Psychosocial development
- Nutritional and play needs
- Admission to hospital and reaction to maternal care-care and guidance during hospitalization

**Unit VII : The Pre-School Child (3 - 6 years)**

- Physical, psycho-social and mental development
- Nutritional requirements
- Introduction to nursery school and care during this period
- Play needs

**Unit VIII : The School Child (6 - 10 years)**

- Physical, psychosocial, intellectual and emotional development.
- Nutritional requirements
- Factors affecting school adjustments
- Care during this period.
- Play needs

**Unit IX : Pre-Adolescence (10 - 12 years)**

- Physical, Psychosocial and emotional and mental development.
- Care during pre-adolescent stage.

**Unit X : Adolescence (13 - 18 years)**

- Growth in boys and girls, nutritional requirements.
- Emotional, social and intellectual development.
- Guidance during emotional instability
- Special problems of adolescence in society.
- Vocational guidance and counselling.
- Recreational interests.

**Suggested Practical :**

Clinical experience

Observation in nursery school, Creche, Paediatric, Maternity wards & Newborn nursery.

**Methods of Teaching :**

Lecture, demonstration, field visit & clinical experience.

**Methods of Evaluation :**

Written tests

Reports

Clinical evaluation

Practical and oral tests.

**References :**

1. Hurlock, B. E. *Developmental Psychology*. 4th Edn. New Delhi: Tata McGraw Hill Publishing Co., 1979.
2. Marlow, R. D. *Text-book of Paediatric nursing*. 4th Edn. Philadelphia : W. B. Saunders Co., 1973.
3. Waechta, H. E. & Florence, G. B. *Nursing care of Children*. Philadelphia : J. B. Lippincott Co., 1976.

# PRINCIPLES OF DIET THERAPY

## COURSE OUTLINE

Placement : IV Semester

Time allotted :

Theory : 10 Hrs.

Practical : 20 Hrs.

### Course Description :

This course focuses on the principles of diet therapy as it relates to people with various disease conditions.

### Overall Objective :

At the end of this course the student is able to apply the principles of diet therapy in the care of people with various disease conditions.

### Behavioural Objectives :

The student is able to :

1. describe the principles related to various special diets which contribute towards recovery and promotion of health.
2. prepare and serve special diets for patients with specific diseases/conditions.

## CONTENT

### Unit I : Introduction to Diet Therapy :

- Diet as a therapeutic agent
- Types of diets - liquid and soft diets and their uses

### Unit II : Diet for patients with Gastrointestinal disorders :

- Peptic ulcer, gastritis, ulcerative colitis, diarrhoea, constipation.
- Colostomy

### Unit III : Diet for patients with liver and Gall Bladder disorders :

- Cirrhosis, hepatitis, hepatic coma, cholelithiasis

**Unit IV : Diet for patients with disorders of Cardiovascular System :**

- Coronary artery diseases, atherosclerosis, hypertension and congestive cardiac failure;

**Unit V : Diet for patients with Renal disorders :**

- Nephritis, nephrotic syndrome, renal failure and renal calculi,

**Unit VI : Diet for patients with Metabolic disorders & Allergic Conditions :**

- Diabetes mellitus & gout.

**Suggested practicals :**

Planning, preparation and serving of special diets to patients with specific diseases/ conditions.

**Methods of Teaching :**

Lecture with discussion  
Demonstration  
Field visit

**Methods of Evaluation :**

Written Tests  
Individual assignments  
Practical and oral tests

**References :**

1. Aykroyd, N. R. *The nutritive value of Indian foods and planning of satisfactory diet.* New Delhi : Indian Council of Medical Research, 1966.
2. Swaminathan, N. D. *Essentials of food and nutrition,* Madras : Ganesh & Co., 1974.
3. Robinson, C. H. *Proud fit and Robinson's normal and therapeutic nutrition.* London : Collier Macmillan Ltd., 1967.
4. Williams, S. R. *Nutrition of diet therapy.* London : Mosby Co., 1981.

# COMMUNITY HEALTH NURSING — I

## COURSE OUTLINE

Placement : III & IV Semesters

Time allotted :

Theory : 60 Hrs.

Practical : 60 Hrs.

### Course Description :

The course is designed to give the students the concepts and principles of Community Health Nursing care which include the inter-relationship between individuals, families and community. Scope, opportunities and the responsibilities of a community health nurse as a change agent, executor and provider of community health nursing at various levels of health services are explored. The health administrative set up of the country is discussed. Focus is on the nursing process as it applies to community nursing.

### Overall Objective :

Help students gain knowledge and understanding of the concepts and principles of community health nursing care, appreciate the need for family and community involvement in her plan of care and develop skill in taking care of individuals, family and community using the (nursing process) problem solving approach. Also help students to appreciate the trends in community health nursing and implement the role of the community health nurse in providing primary health care in the delivery of health care.

### Behavioural Objectives :

The student is able to :

1. appreciate and apply the basic principles, concepts and philosophy of community health, community health nursing and primary health care
2. apply concepts, principles and develop skills in health education and counselling to individuals, families and community
3. plan and provide nursing care to the individuals, family and community by using nursing care process
4. assess growth and development of various age groups and identify their needs and deviations from normal growth and development using the problem solving approach
5. identify high risk individuals, families and communities during visits to homes and other areas and take appropriate nursing interventions

6. co-ordinate personal, family and community resources to meet individual, family and community needs and problems as per the coping abilities
7. identify the role and responsibilities of the community health nurse at National, State and local levels at various health care settings in the five levels of prevention
8. explain the health administrative set up in our country and the changes that are taking place in the health planning and delivery system.

## CONTENT

### **Unit I : Introduction to Community Health / Public Health Nursing**

- Definition and concepts of health, community nursing/public health nursing, primary health care and levels of prevention.
- Philosophy, purposes, objectives and principles of community health nursing & primary health care.
- Review of history of community health nursing with emphasis to this state, India and major countries like U.S.A., U.K., etc.
- Mortality and morbidity statistics as an indicator of health status,
- Review of major health problems of the country and state.

### **Unit II : Family Health Care**

1. *Family as a basic unit of care*
  - Concept of family care
  - Inter dependence of the family in health & illness
  - Social and cultural factors affecting family health
  - Objectives of family nursing care
  - Methods of family nurse contact Clinic, Home visits and others.
  - Home visits - Principles, objectives, planning, implementation and devaluation.
  - Public Health Nursing bag - contents, techniques and after care.
  - Family resources
  - Standing orders : Purpose, use and limitations.

2. *Nursing process and family care*
  - Introduction to nursing process/problem solving approach.
  - Steps in nursing process.
  - Establishing human relationship, collection of data, various tools and methods used, i.e. physical and nutritional arrangement family copying index, identifying needs and problems of the family, stating nursing goals and objectives on priority basis planning and implementation of nursing care, evaluating the care and modifying the care when necessary and follow up.
  - Recording and reporting - Principles and uses.

### **Unit III: Family Health Counselling & Health Education**

1. *Family Health Counselling*
  - Definition, objectives and various forms of health counselling and guidance.
  - Major elements in counselling and guidance
  - Individual and group counselling
  - Role of the nurse in family counselling.
2. *Health Education*
  - Definition and objectives
  - Approaches towards changes to community health
  - Principles, methods and media
  - Selection, preparation and use of audio-visual aids
  - Communication in health education - definition and elements of communication, principles and barriers to effective communication.
  - Assessment of knowledge, attitude and practice.
  - Use of questionnaire, questioning and interviewing.
  - Adult education - purposes, principles, problems methods used to overcome problems.
  - Role of public health nurse in health education.

### **Unit IV: Health problems and national health programmes :**

- Review of five-year plans and health survey committees.
- Current national health policy
- Plans and programmes, i.e., Eradication, control and welfare programmes
- Organisation of community health services at Central, State and local levels.

- Maternal and child health services
  - Review maternal and child health needs
  - Organisation of Creche
  - Organisation of family welfare clinics
  - Indian National code for Breast feeding
- International, Voluntary and other health services
- Role of community health nurse in the above services.

**Unit V : Growth & development : Community health screening & supervision :**

- Definition and types of growth & development
- Physical, mental, emotional and social
- Factors influencing growth and development
  - Agent : host and environment
- Various tools and standards used to assess the growth and development.
- Anthropometric measurements common tools and standard used to assess growth and development.
- The new born - characteristics - head, chest, midarm and their relationship.
- 0 - 6 years - characteristics, health history.
- Physical examination, weight, height and screening - vision, hearing, speech, Denver (modified) development and any others - home, school and health centre.
- Use of specific charts and their significance, i.e., infant and child individual records, road to good health.
- Review foetal development
- Assessing and meeting the physical, mental and social developmental needs and problems of infants toddler-pre-school, school child, adolescent adult and old age 60+
- Supervision, inter and maintenance of appropriate records and reports.

**Unit VI : Community diagnosis & Programme planning :**

- Methods and tools for collection of data, i.e., surveys, questionnaire, interviews, observation vital statistics and community resources.
- Processing of data, compiling and analysis.
- Interpretation of data, assessment and establishing priorities.
- Plan of action, implementation, evaluation and replan.

**Unit VII : Community health records & reports :**

- Purposes, types of records.
- Purposes of registers and reports.
- Principles of recording and reporting
- Maintenance of records and registers

**Unit VIII : Demography and Population problems :**

- Population trends in India
- Effects of population growth on individuals and community.
- Vital statistics and methods of collection
- Fertility - fertility trends
- Morbidity and mortality rate
- Birth, death and growth rate
- Family welfare programmes

**Unit IX : Scope & nature of community health nursing at various levels :**

- Role of Public health nurse in general administration, supervisory, education and research.
- Functions of Public Health Nurse in homes, clinics - urban and rural - General and special.
- Health centres - Rural - Primary health centres, subcentres.
- Hospitals, industries.
- Teaching institutions - Schools and colleges of Nursing
  - Multi-purpose worker's school
  - Regional Family Welfare Training Centre
  - Institute of Public Health
- District Public Health Office - General & family welfare
- Health Education Bureau - Central and State
- Applied nutrition programme
- National welfare control and eradication programmes - Tuberculosis, Leprosy, Malaria and others.
- Special projects - W. H. O., Danida & others.

**Suggested practicals and observation visits :**

Clinical experience in

- Outpatient departments
- Maternal, child health and family welfare clinic.
- Underfive clinic
- Municipal and corporation health centres
- Primary health centres and subcentres
- Homes, schools and industries.

Visits to :

- Institute for preparation of vaccines and seras
- Institute for Catering Technology & industries.
- Communicable disease hospitals
- Leprosy and tuberculosis research institutions

**Method of Teaching :**

Lecture, discussion, demonstration, seminars, individual and group projects  
clinical experience, observation visits.

**Methods of Evaluation :**

- Written, oral and practical tests.
- Individual and group assignments.

**References :**

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3. Dugas, B. W. *Introduction to patient care a comprehensive approach to nursing*. Philadelphia : W. B. Saunders Co., 1977.
4. Freeman, R. B. *Public health nursing practice*. Philadelphia : W. B. Saunders Co., 1982.
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6. Hanlon, J. J. *Public Health Administrative and Practice*. St Louis : C. V. Mosby Co., 1984.
7. Kron, T. *Communication in nursing*. Philadelphia : W. B. Saunders Co , 1972
8. Leaky, M. K. & Cobb, M. M. *Fundamentals of public health nursing*. New York: McGraw Hill Co., 1977.
9. Stevens, M. K. *The Practical Nurse in Supervisory*. Philadelphia : W. B. Saunders Co , 1973.
10. *TNAI Manual of public health nursing*. New Delhi : The English Book Stores, 1982.

# PSYCHIATRIC NURSING

## COURSE OUTLINE

Placement : IV & V Semesters

Time allotted :

Theory : 70 Hrs.

Practical : 160 Hrs.

### Course Description :

This course introduces the principles and concepts of psychiatric nursing including preventive, promotive, curative and rehabilitative aspects in the nursing care of individuals and families with mental illnesses.

### Overall Objective :

To help student gain understanding of the principles and concepts of psychiatric nursing, develop desirable attitude and demonstrate skill in the nursing care of patients and families, using the problem solving approach.

### Behavioural Objectives :

The student is able to :

1. explain the basic principles and concepts of psychiatric nursing
2. differentiate normal from maladjusted behaviours
3. describe etiology, clinical manifestations, diagnosis and treatment of patients with specific psychiatric disorders
4. collect data assess plan, implement and evaluate nursing care including preventive and rehabilitative care of patients with specific psychiatric disorders.
5. appreciate the role of education to the next of kin of patient with mental health disorders.

## CONTENT

### Unit 1: Introduction :

- Development of psychiatric care
- Review of principles and concepts of mental health
- Factors influencing mental illness
- Mental health services in India

**Unit II : Principles & Concepts of Psychiatric Nursing :**

- Modern concepts in the care of psychiatric patients
- Therapeutic role of the nurse
- Legal aspects of psychiatric nursing.

**Unit III : Modern & Therapies & Treatments :**

- Shock therapy
- Individual, group psychotherapy
- Family therapy
- Occupational therapy
- Psychopharmacology

**Unit IV : Psychophysiological Disorders :**

- Dynamics of psychophysiological reactions
- Types of psychophysiological disorders and nursing management

**Unit V : Nursing Process/Problem Solving Approach in the care of People with various Psychiatric Disorders :**

- Functional psychotic disorders
  - Schizophrenia
  - Affective psychotic reactions.
- Psychoneurotic disorders
  - Anxiety, depression, phobia
  - Hysteria and compulsive behaviour.
- Personality disorders and addictions
  - Psychopathic reactions
  - Delinquency and crime
  - Deviant sexual behaviour
  - Addictions - alcohol, drugs.
- Mental retardation
- Psychiatric emergencies
  - Accidents
  - Suicide

**Unit VI: Community Psychiatry**

- Preventive psychiatry
- Partial hospitalizations
- Role of the nurse

**Suggested practicals :**

Clinical experience in a psychiatric hospital and psychiatric O. P. department  
Observation visits

**Methods of Teaching :**

Lecture, lecture-discussion  
Clinical experience, nursing conference and nursing care studies.

**Methods of Evaluation :**

Written tests  
Practical and oral tests  
Individual assignments

**References:**

1. Meyer, S. & Bailey, D. *A guide to nursing management of psychiatric patients.* St. Louis : Mosby Co , 1975.
2. Staurt, W. G. & Sundeen, J. S. *Principles and practice of psychiatric nursing.* St. Louis : Mosby Co., 1979.
3. Topalis, M. & Aguilera, C. D *Psychiatric nursing.* St. Louis : C. V. Mosby Co., 1978.

# MEDICAL SURGICAL NURSING - II

## COURSE OUTLINE

Placement : V Semester

Time allotted :

Theory : 60 hrs.

Practical : 160 hrs.

### Course Description :

This course includes theory and practice pertaining to specific medical surgical specialities namely eye, ear, nose, throat, neurology, neurosurgery, nephrology and genito urinary diseases. The focus is on the nursing process related to patients with specific disorders. Emphasis is on the preventive, curative and rehabilitative aspects of nursing care.

### Overall Objective :

Help students gain knowledge and understanding of nursing care of patients with specific medical surgical disorders and develop interest and skill in using this knowledge while taking care of patients and families.

### Behavioural Objectives :

The student is able to :

1. apply fundamental principles of physical, biological and behavioural sciences basic to the care of patients with diseases of eye, ear, nose, throat, nervous system and genite-urinary system
2. describe the etiology and physiopathology of the above conditions as a basis for effective nursing care
3. explain the common diagnostic methods and various therapeutic measure for patient
4. consider the psycho-social impact of illness on patients and families
5. demonstrate skill in establishing rapport with patients and family, in assessing, identifying needs or problems and planning, implementing and evaluating nursing care of patients

**Unit I : Nursing process pertaining to people with disturbances in eye functions :**

- Review of anatomy and physiology of eye
- Congenital deformities
- Inflammatory - stye, conjunctivitis, keratitis, ureitis.
- Injuries - physical and chemical
- Keratomalacia, Glaucoma and cataract
- Neoplasms.

**Unit II: Nursing process pertaining to people with disturbances in Ear, Nose and Throat functions :**

- Ear*— Furuncles, boils and impacted wax.
- Otitis media, otosclerosis, minieres syndrome, mastoiditis
  - Hearing loss

*Nose* — Congenital anomalies

- Neoplasms
- Trauma, epistaxis
- Sinusitis and rhinitis
- Polyds
- Deviated septum

*Throat* — Upper respiratory infection

- Tonsillitis, pharyngitis and laryngitis
- Tumours of larynx.

**Unit III: Nursing process pertaining to people with disturbances in genito urinary functions :**

*Kidney* — Nephritis, nephrotic syndrome, renal failure, renal calculi

- Congenital anomalies - polycystic kidney, duplex kidney
- Renal injury, tumours, calculi
- Renal artery stenosis, hydronephrosis
- Infections of the kidney.

*Urinary tract* — Ureteritis, cystitis, urethritis, urethral stricture

- Calculi, neoplasms
- Injuries
- Congenital - Ectopia vesica, bladder neck obstruction, hypospadiasis, epispadiasis.

*Male reproductive organs* — Benign prostatic hypertrophy  
— Tumours  
— Hydrocele, orchitis, cancer penis.

*Femals reproductive organs* — Menstrual abnormalities  
— Infertility and sterility  
— Infections and inflammations  
— Sexually transmitted diseases  
— Uterine displacement  
— Endometriosis  
— Fistulae.

**Unit IV: Nursing process pertaining to people with disturbances of Neurologic functions ;**

*Brain* — Hydrocephalus, brain abscess, encephalitis, meningitis, head injuries, cerebrovascular accident, neoplasms, convulsive seizures.

*Spinal cord* — Spinal malformations, injuries and tumours.

Degenerative conditions of brain and spinal cord - Parkinsonism, multiple sclerosis, myasthenia gravis.

**Suggested Practicals :**

1. Planning and providing comprehensive care for selected patients in respective areas.
2. Exercise in making care plans and writing care notes.
3. Ward teaching and group teaching
4. Nursing rounds

**Methods of Teaching :**

1. Lecture.
2. Discussion.
3. Demonstration.
4. Field visits
5. Clinical teaching

**Methods of Evaluation :**

1. Written tests.
2. Evaluation of clinical experience
3. Practical and oral examination.

References :

1. Brunner & Suddarth et al. *Text-book of medical surgical nursing*. 5th Edn. Philadelphia : J. B. Lippincott Co., 1984.
2. Cameron, R. & Sale. *Nephrology for nurses*. 2nd Edn. London : William Heinmann Medical Books Ltd., 1976.
3. Careni & Owens. *Neurological and neurosurgical nursing*. 8th Edn. London : The C. V. Mosby Co., 1982.
4. Chatterjee. *Handbook of ophthalmology*. 1st Edn. Calcutta : Anunia Printing Works.
5. Darling, H. V. *Ophthalmic nursing*. New York : Macmillan Co.
6. Desmond, A. F. *Oto-rhino-laryngology*. Vellore : B. C. P. Publications, 1975.
7. Hawkins, J. & Bourae, G. *Shaw's text book of gynaecology*. Bombay : B. I. Publication, 1983.
8. Luckman & Serenson. *Medical surgical nursing - A psychophysiologic approach*. 2nd Edn. Philadelphia : W. B. Saunders Co., 1980.
9. Phipps, L. & Woods. *Shafer's medical surgical nursing*. 7th Edn. London : The C. V. Mosby Co., 1980.
10. Roy, S. *A hand book of ophthalmology*. Calcutta : Academic Publishers.
11. Winter & Barker. *Nursing care of patients with neurologic diseases*. London : C. V. Mosby Co.
12. Winfred & Gordon. *Modern gnaecology with obstetrics for nurses*. London : William Heinmann Medical Book Society.

# CHILD HEALTH NURSING

## COURSE OUTLINE

Placement : V & VI Semesters

Time allotted :

Theory : 75 Hrs.

Clinical Experience : 250 Hrs.

### Course Description :

This course introduces the concept and principles of comprehensive paediatric nursing care as they apply to various settings, such as, hospital, family and community. It includes growth and development, significance of mortality and morbidity rates in children, growth and developmental needs of children, child welfare programmes and care of children with medical surgical and nutritional disorders.

### Overall Objective :

Help students acquire understanding of normal growth and development, needs/problems of the healthy and sick children and develop desirable attitudes and skills in giving care to children using the nursing process in the prevention of diseases and promotion and restoration of health at all settings.

### Behavioural Objectives :

The student is able to :

1. appreciate the role of vital statistics as an indicator of the level of health in children
2. assess the growth and development and needs of normal child and recognise deviation from the normal
3. explain the etiology, signs and symptoms, pathophysiology, preventive and current diagnostic measures and curative treatments for the major childhood diseases and disorders
4. apply nursing process/problems solving approach in assessing and identifying needs/problems and planning, implementing and evaluating nursing care to children with specific disorders
5. plan, implement and evaluate health counselling, and teaching to mothers and others involved in child care
6. identify national and international programmes and current resources for child care.

## CONTENT

### Unit I : Introduction :

- Child care through the ages
- Present concept of child care
- The mortality and morbidity rates in children
- Meaning of illness to child and family
- Preventive Paediatrics - immunization

### Unit II : Growth & Development :

- Need/Problem of children in different age groups
- Definitions, factors influencing growth & development
- Types of growth and development - Physical, mental, social and emotional
- Different stages of human development.

0-1	Yrs	Infant
1-3	Yrs	Toddler
3-5	Yrs	Preschool
6-12	Yrs	School
12-19	Yrs	Adolescence
		Early adulthood
		Adult hood
		Old age

### Unit III : The new born :

- Fertilization and foetal development
- Definition of different terms
- Education and preparation of the family for the arrival of the new born and for breast feeding
- Care of the new born
- Care of the low birth weight and small for date and pre term infants, high risk new born.
- Neonate with congenital anomalies
- Biliary atresia

**Unit IV: Assessment of Children :**

- Health history
- Physical examination and assessment
- Growth measurements - anthropometric measurements
- Denver development screening tests
- Speech, vision and hearing tests
- Use of specific charts and records e.g. Road to good health

**Unit V: Illness and the child :**

- The differences in illness in children and adults
- The types of illness in children
- The role of the nurse in child care
- Admission to and discharge from hospital
- Nursing care of chronically and terminal ill child and family

**Unit VI: Paediatric variations of nursing interventions/procedures :**

- Restraining and positions
- Collecting specimens
- Enemata
- Administration of medications
- I. V. fluids administration
- Tube feeding
- Respiratory therapy
- Cardio pulmonary resuscitation
- Assisting with painful procedures
- Infant weighing

**Unit VII: Health Deviations :**

- Common disease/disorders of children  
Etiology, magnitude of the problem, pathophysiology
- Signs and symptoms, investigations  
Medical and/or surgical treatment and management
- Acute respiratory infection - General aspects
  - A. *The child with respiratory dysfunction*
- Broncho pneumonia
  - Upper resp. tract
  - Lower resp. tract

- Empyema
- Bronchitis
- Tuberculosis
- Pulmonary disturbances caused by non-infections irritants.
- Bronchial asthma
- Cystic fibrosis
- Respiratory failure
- Respiratory distress syndrome

*B. The child with gastro intestinal disorders*

- Diarrhoea
- Foreign bodies
- Helminthic infections
- Congenital anomalies-i.e. cleft lip and/or cleft palate, imperforated anus.
- Esophagial atresia with tracheo esophagial fistula
- Peptic ulcer
- Hernias
- Pyloric stenosis
- Celiac disease
- Hypertrophic pyloric stenosis
- Intussusception
- Hirschsprung's disease
- Acute appendicitis
- Meckel's diverticulum
- Ulcerative colitis
- Regional enteritis
- Acute Hepatitis
- Biliary atresia
- Cirrhosis
- Nutritional deficiencies - Protein calorie malnutrition Marasmus and vitamin deficiencies.

*C. The child with cardiac disorders*

- Congenital heart deformities
- Acyanotic defects, cyanotic defects
- Congestive heart failure, infective endocarditis, rheumatic fever.

- D. *The child with a disorders of the blood or blood forming organs*
- Erythroblasto foetalis
  - Anaemias - iron deficiency, sickle cell and aplastic
  - Thalassemia
  - Hemophilia, thrombocytopenic purpura, Ephistaxis
  - Leukaemias, lymphomas.
- E. *The child with genito urinary disorders*
- Urinary tract infection, nephrotic syndrome
  - Acute glomerulonephritis, chronic glomerulonephritis - Renal failure.
  - Wilm's tumor
  - Defects of genito urinary tract Hypospadias, epispadias.
- F. *The child with neurological disorders*
- Congenital malformations
    - Spina bifida, meningocele, meningomyelocele, hydrocephalus, micro and macro cephalus.
  - Craniocerebral trauma (**H**ead injuries), brain tumours, neuroblastoma, brain abscess.
  - Bacterial and non-bacterial meningitis, encephalitis.
  - Rabies
  - Convulsive disorders
- G. *The child with endocrine dysfunction*
- Dwarfism, gigantism and acromegaly.
  - Diabetes insipidus
  - Cretinism, goitre, hyperthyroidism, parathyroid hypo and hyperfunction
  - Addison's disease, cushing's syndrome.
  - Diabetes mellitus.
- H. *The child with integumentary dysfunction*
- Scabies
  - Impetigo
  - Seborrheic dermatitis
  - Burns
- I. *The child with skeletal dysfunction*
- Fractures
  - Congenital deformities - club foot, hip displacement
  - Osteomyelitis

*J. The child with neuromuscular dysfunction*

- Cerebral palsy
- Defects of neural tube closure

*K. The child with communicable diseases*

- Tetanus
- Poliomyelitis
- Diphtheria, pertussis, measles.
- Cholera, typhoid.

**Unit VIII : Review of child welfare programmes**

- Organisation and implementation of underfive clinics, day care centres, balwadies and cresches.
- Integrated child welfare programmes nutrition (midday meal programme).
- Legislation pertaining to child care - Juvenile delinquency
- International, national programmes
- Indian national code for protection and promotion of breast feeding

**Suggested practicals :**

Clinical experience in the hospital and community health centres, paediatric clinic.

Health education and health counselling to individuals, families and groups.

Assessments and screening tests of eye

Demonstration of nursing techniques:

Feeding children

Collection of specimen

Meeting play needs

Cardiac catheterization

Administration of medicines and IV fluids

Immunizations

Maintaining personal hygiene of the child

Mothers health education

Assisting in painful procedures

Steam inhalation

Oxygen administration

Assessment of growth and development

**Methods of Teaching :**

Lecture with discussions  
Clinical presentations  
Demonstration  
Field visits  
Observation of children

**Method of Evaluation :**

Written assignment and tests  
Evaluation of clinical experience and nursing care study  
Care study evaluation  
Practical and oral tests.

**References :**

1. Achar, S. T. & Viswanathan, J. *Text-book of paediatric in developing countries.* 2nd Edn. Madras : Orient Longman Ltd., 1982.
2. Hurlock, B. E. *Developmental psychology.* 4th Edn. New Delhi : Tata McGraw Hill Publishing Co. Ltd., 1979.
3. Jones, G. P. *Clinical paediatric surgery diagnosis and treatment.* 2nd Edn. London : Blackwell Scientific Publications, 1976.
4. Leifer, G. *Principles and techniques in pediatric nursing.* 3rd Edn. Philadelphia : W. B. Saunders Co., 1977.
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6. Marley David. *Pediatric priorities in the developing world.* London : Butterworth & Co., 1973.
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10. Whaley, L. & Donna. L. W. *Nursing care of infants and children.* St. Louis : C. V. Mosby Co., 1979;
11. Young, G.D. *Baby surgery - Nursing management and care.* England : Harney Miller & Medicals Ltd., 1971.

# COMMUNITY HEALTH NURSING — II

## COURSE OUTLINE

Placement : V & VI Semesters

Time allotted :

Theory : 90 Hrs.

Practical : 340 Hrs.

### Course Description :

This course prepares the students to gain knowledge and increase the competence in community health nursing practice as it relates to individuals, families and community. Further, student is helped to appreciate and develop leadership skills in organisation, administration, supervision and teaching in the delivery of health services at various levels towards the achievement of health goals.

### Overall Objective :

Help students to increase their competence in community health nursing practice related to families and community and develop skills in leadership in the organisation, administration and supervision and delivery of health services at various levels towards improving the health personnel and achievement of goals.

### Behavioural Objectives :

The Student is able to :

1. develop a philosophy of the supervisory process in community health nursing
2. apply the principles of supervision and teaching in working with nurses and health personnel
3. demonstrate skills in the use of scientific method in the supervisory process "
4. identify varied role expectations in the community health nursing supervision to those of administration of staff and other health workers
5. synthesize knowledge from education, behavioural, medical and public health sciences for use in the practice of nursing in families and community
6. analyse family functioning in relation to communication, roles, responsibilities, values, belief, strengths, behaviours, relationship and needs, realizable health goals, community resources, integration into an alienation from community
7. identify and support health patterns of behaviour, intervene in unhealthy patterns and evaluate outcome both in her clients, nursing and other health personnel
8. realize her leadership role to co-ordinate her field of activities with those of other community health agencies.

## CONTENT

### Unit I: Supervision in Community Health Nursing :

- Review of the growth and development of social and preventive medicine and community health.
- Concept, principles and methods of supervision.
- Qualification, qualities and responsibilities of a supervisor.
- Working relationship with team members and community.
- Preparation of evaluation tools and records for effective supervision.
- Methods of supervision - Staff and individual
  - conference auditing and review of records,
  - use of coping index and family progress
  - review and field supervision - anecdotal records.
- Education - Inservice education, students education and health education.

### Unit II: Job responsibilities :

- Organisation and administration of community health nursing services
- Staffing
- Work load distribution
- Counselling and guidance in public health nursing service
- Policies of the agencies
- Budgetting, supplies and equipment.
- Review of standing orders
- Recording and reporting
- Evaluation of programmes

### Unit III: Community health administration :

- Review of the history and development of public health services in India
- National health policy
- Health survey and planning commission
- Newer approaches to health care delivery system
- Administration and organisation of public health services at Central, State, District and local levels.
- Review of national, international and voluntary health organisations related to health programmes.
- Health education and maintenance of health

**Unit IV : Maternal & child health services :**

- Review of the history, aims, objectives and scopes.
- Management of maternal and child health services at various levels.
- Effects of child bearing on mother, child and society.
- Administrative and organisation of Mch programmes and health related services at all levels, e. g., Corporation, District.
- Review of the Mch package - Antenatal, postnatal and infant care.  
Risk approach - early detection and referral.
- Parent craft training programmes.
- Role of the nurse in teaching programmes, Dai training programmes and multi-purpose workers and village level workers training programmes

**Unit V : Community Health Aspects of Nutrition :**

- Review of principles of nutrition
- Different approaches - Nutrition education  
Nutrition supplement  
Nutrition rehabilitation
- Measuring, assessing and monitoring the growth and nutrition of children and adults.
- Breast feeding a national policy
- Planning and evaluating diet for children and mothers
- Legislation for food adulteration
- Identification, management and prevention of common nutritional deficiencies.
- Applied nutrition programme
- Special nutritional programmes of Government and private agencies.

**Unit IV : Supervisory Responsibilities in School and Occupational Health :**

- School health  
Objectives, scope.  
Programmes of Government voluntary agencies  
Role of nurse as a school health nurse and as organiser of the programme
- Occupational health  
Occupational hazards  
Objectives of occupational health programme  
Health acts and health measures  
Role of nurse in promotion of occupational health

**Unit VII: Responsibilities of Community Health Nurses in Special Areas of Service**

- Communicable disease programmes
  - Incidence and prevalence of communicable diseases
  - Government programmes in control and eradication
  - Role of the nurse in the different levels of prevention
- Community organisation
  - Role of the community leaders
  - Identification and training of community leaders
  - Training and supervision of community level workers
- Population growth and family welfare services
  - Review of history of population
  - Demography of population and its effects on health
  - Factors influencing growth rate, birth rate and death rate.
  - National family welfare programme
  - Role of the nurse in planning, implementing and evaluating the family welfare services at various levels.
- Care of the handicapped and rehabilitation programmes
- Organisation of specific programme - camps district and regional training programmes survey and research programmes.

**Suggested Practicals :**

*Clinical practice :*

1. Community health service centres - urban & rural
2. Outpatient departments and homes
3. Leprosy Training & Research Centres
4. Tuberculosis Training & Research Centres
5. School Health Services
6. Primary Health Centres
7. Corporation - M C H Services

**Observational visits :**

1. Visit to Birth & death registration office
2. Visit to Leprosy Research & Training Centre
3. Visit to Tuberculosis Research & Training Centre
4. Visit to Primary Health Centres, District & State Public Health Administration Offices.

**Unit IV : Methods of Teaching :**

- Lecture and discussion, seminar, panel discussion.
- Visit to families and process recording
- Nursing conference – related to specific family - situations, growth and development, health, interaction and professional intervention.
- Daily dairy maintenance
- Role play and dialogue
- Use of selected reading material in addition to the Bibliography
- Demonstration
- Group project
- 9. Debate
- 10. Observational visits
- 11. Health surveys – General and specific

**Methods of Evaluation :**

- Family care study
- Group and individual assignments
- Written, practical and oral tests

**References :**

1. Adams, H. P. & Dickey, F. G. *Basic principles of supervision*. New Delhi : Eurasix Publishing House Ltd., 1966.
2. Alexander, E. D. *Nursing administration in the hospital health care system*. St. Louis : C. V. Mosby Co., 1972.
3. Anderson, G. *Community health*. St. Louis : C. V. Mosby Co., 1982.
4. Anderson, B. A., Comacho, M. & Shark, J. *Pregnancy & Family health*. New York : McGraw Hill Co., 1979.
5. Ducas, B. W. *Introduction to patient care a comprehensive approach to nursing*. Philadelphia : W. B. Saunders Co., 1977.
6. Freemann, R. B. *Public health nursing practice*. Philadelphia : W. B. Saunders Co., 1982.
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9. Green, W. L. & Anderson, L. C. *Community health*. St. Louis : C. V. Mosby Co., 1982.
10. Hanlon, J. & Pickett, E. G. *Public health administration and practice*. St. Louis : C. V. Mosby Co., 1984.
11. Lecky, K. M. & Cobb, M. M. *Fundamentals of public health nursing*. New York : McGraw Hill Book Co., 1977.
12. Park, J. E. *Text-book of social and preventive medicine*. India : Bhanarsidas Co., 1932.
13. W. H. O. Expert Committee. *Community health nursing*. Geneva : W.H.O. 1974.

## NURSING EDUCATION

### COURSE OUTLINE

Placement : VI & VII Semesters

Time allotted :

Theory: 85 Hrs.

Practical: 80 Hrs.

#### Course description :

This course introduces the philosophy and theories of education, principles and methods of teaching, teaching learning process, principles and concepts of curriculum development and their application to the teaching of nursing and related subjects. The practical experience will provide opportunity for the students to practice and apply the principles learned in the course.

#### Overall Objective:

Help students gain knowledge and understanding of principles and concepts of theories of education, methods of teaching and curriculum development use this knowledge while preparing, implementing and evaluating teaching programmes at various settings.

#### Behavioural Objectives :

The student is able to :

1. explain the historical development of education and nursing education
2. describe the aims, objectives and philosophy of education and nursing education
3. appreciate the trends in general and nursing education in India as compared to other countries
4. explain the theories of education and principles and methods of teaching and learning
5. apply the principles of educative and learning process when developing plans to teach in the schools of nursing
6. use various educational methods and media for effective teaching
7. prepare evaluation tools for evaluating the effectiveness of teaching and learning
8. show beginning skill in guidance and counselling of students.

## CONTENT

### SECTION—A : THEORIES & PRINCIPLES OF EDUCATION

#### Unit I : Introduction :

- Definitions of terms
- Historical development of education & pioneers. in the field.

#### Unit II : Aims, objectives & philosophy of education :

- Aims and objectives
- Various schools of philosophy  
Naturalism, idealism, realism and pragmatism.
- Philosophy of nursing education.

#### Unit III : Organisational pattern of the education in India :

- Central
- State
- Local
- Private

### SECTION - B : PRINCIPLES & METHODS OF TEACHING

#### Unit I : Introduction :

- Definition of terms
- Aims and objectives of teaching
- Concept of “ Good teacher ” and “ Good Learning ”

#### Unit II : Review of Principles of Educative Process, Learning Process and Communication :

- Components of educative process
- Elements of learning process
- Communication process in learning

#### Unit III : Teaching - Learning methods :

- Classroom teaching - Lecture, demonstration, questioning, discussion, laboratory project, process recording, programmed instruction and other.
- Clinical teaching - Nursing clinics, nursing rounds, nursing conferences, reports, individual conference, field trips, etc.

**Unit IV : Teaching Plans :**

- Role of teacher in the learning process
- Formulating behavioural / student centred objectives
- Development of course outlines, unit plans and lesson plans
- Devices and audio visual aids
- Stimulating creative, critical and constructive thinking

**Unit V : Evaluation :**

- Purposes and scope
- Criteria
- Principles of evaluation
- Procedures and methods
- Construction of evaluation tools, e.g., examinations, questionnaire, interview, rating scale.

**Unit VI : Guidance & Counselling :**

- Principles and concepts of guidance and counselling
- Value of counselling and guidance programme in a School of Nursing.
- Organisation of guidance programme.

**SECTION - C : CURRICULUM DEVELOPMENT**

**Unit I : Introduction :**

- Definition of terms
- Aims and philosophy of nursing education (curriculum)
- Types of objectives – Teacher & learner - centered subject and behaviour centered.
- Objectives of nursing education.

**Unit II : Organisational Pattern of Nursing Curriculum :**

- Current patterns of curricular organisation (types)
- Major factors which influence curricular development
- Principles and steps in curriculum development
- Course divisions with time allotment and placement.
- Organisation of course outlines and plan of work
- Selection and organisation of learning experience
- Curriculum change - reviewing and revising of courses

**Unit III : Clinical component of Nursing Education :**

- Correlation between theory and practice
- Master rotation and individual rotation plans
- Organisation of clinical areas (Hospital and community) for clinical teaching
- Clinical assignments and clinical teaching
- Maintenance of teaching and learning records

**Unit IV : Evaluation :**

- Review of principles, functions and methods of evaluation
- Interpretation of evaluation data
- Translation of evaluation data into the curriculum
- Evaluation of the instruction and teacher affectiveness.

**Suggested practicals :**

Classroom and clinical teaching

**Method of Teaching :**

Lecture, discussion, seminars, individual and group assignment.

**Methods of Evaluation :**

Written tests

Practical and oral tests

Individual assignments

**References :**

1. Abdullah, F. G. *Patient centered approach to nursing*. New York : The Macmillan Co., 1976.
2. Aggarwal, J. G. *School administration, educational guidance and counselling made easy*. Delhi : Baba House, 1962
3. Bennet, C. E. *Guidance and counselling in groups*. New York : McGraw Hill Book Co., 1955.
4. Bevis, E. O. *Curriculum building in nursing* St. Louis : The C. V. Mosby Co., 1982.
5. Gallagher, A. H. *Educational administration in nursing*. New York : The Macmillan Co., 1965.
6. Guine, K. *The aims and methods of nursing education* New York : The Macmillan Co., 1966.
7. Heidgerkohn, D. E. *Teaching and learning in schools of nursing*. Philadelphia : J. B. Bippincet Co., 1982.
8. Jaha, E. *Curriculum development*. New York : Harcourt, 1962
9. Sharma, K. R. *Theories & principles of educations*. Delhi : Baba House, 1961.
10. Tyler, R. W. *Basic principles of curriculam and instruction*. Chicago : The University of Chicago Press, 1971.
11. W. H. O. *Curriculum guide for the schools of nursing in India*. Delhi : WHO, 1965

## NURSING ADMINISTRATION

### COURSE OUTLINE

Placement : VI & VII Semesters

Time allotted :

Theory : 85 Hrs.

Practical : 150 Hrs.

#### Course Description :

This course is designed to give a basic understanding of the philosophy, principles and methods of administration and applications of these principles in the administration of hospitals, nursing schools and community settings.

#### Overall Objectives :

Help the students gain understanding of the basic philosophy, principles and methods of administration and develop desirable attitudes and skills in the application of this knowledge in the administration of hospital nursing service, nursing schools and community health nursing areas

#### Behavioural Objectives :

The student is able to :

1. trace the historical development of nursing administration;
2. write the philosophy and objectives for a specific nursing department i.e. hospital nursing department, nursing school, community health nursing area;
3. describe the principles of administration, supervision, personnel management and specific organisational theories;
4. illustrate the use of policies and procedures as tools of facilitating administration and decision making process;
5. apply principles of administration, supervision, specific organisational theories and personnel management in nursing institutions.

### CONTENT

#### SECTION – A : PRINCIPLES OF ADMINISTRATION & SUPERVISION

##### Unit I: Introduction :

- Definition of terms
- History and growth of management
- Philosophy and objectives of nursing administration

**Unit II : Principles & functions of administration :**

- Investigating, forecasting, planning, organizing, staffing, directing, controlling, co-ordinating, reporting, recording and budgetting.
- Policies and procedures.
- Purposes, types, advantages and disadvantages, implementation, evaluation.

**Unit III : Supervision :**

- Definition, nature and objectives.
- Principles influencing effective supervision.
- Administrative organisation of supervision
- Methods and evaluation of supervision.

**Unit IV : Personnel Management :**

- Definitions, scope and principles of personnel management.
- Trends in personnel management
- Staffing - requirement, selection, placement, promotions, dismissals and discharges, evaluation.
- Personnel policies
- Job description and job specification
- Staff welfare, health and safety
- Dealing with grievances and disciplinary actions
- Interpersonal relationships, formal and informal communications
- Public relations and publicity
- Staff development
- Counselling and guidance of staff

**SECTION - B : NURSING SERVICE ADMINISTRATION**

**Unit I : Introduction :**

- Review of historical development of nursing service administration
- Philosophy, objectives and functions of nursing service administration.

**Unit II : Principles of Administration as Applied to Nursing Service :**

- Investigating and forecasting of nursing care needs
- Planning and organising for quality care of patients
- Directing, co-ordinating and controlling of activities
- Staffing
- Reporting and maintaining of records
- Management of budget

**Unit III: Application of Specific Organisational Theories to Nursing Service Administration :**

- Motivation of nursing personnel
- Establishment of Effective communication system
- Maintenance of human relations
- Discipline, responsibility and accountability
- Resolving conflict
- Effecting changes
- Group dynamics and leadership.

**Unit IV: Management of Patient Care unit :**

- House keeping
  - Physical facilities, furnishings, equipment, linen and supplies
  - Inventory control
- Organisation of the unit
- Duties and responsibilities of a unit supervisor / ward sister
- Unit reports and records
- Staffing of the unit and assignment of patient care
- Factors affecting unit management and patient care
- Legal aspects in nursing
- Evaluation of patient care and nursing and non-nursing personnel
- Staff development programmes

**SECTION - C : NURSING SCHOOL ADMINISTRATION**

**Unit I : Introduction :**

- Review of historical development of schools of nursing
- Philosophy and objectives of nursing education and nursing school.
- Organisational patterns of school of nursing and their relationships to hospital.

**Unit II : Nursing School Administrator & Other Teaching Staff :**

- Functions, responsibilities and qualifications of nursing school administrator and other teaching staff
- Selection and appointment of faculty
- Staff welfare and staff development programmes
- Evaluation of teaching staff
- Supervision of students residence and welfare

**Unit III: The Nursing Students :**

- Selection and admission procedures
- Housing, recreation, health, safety and welfare of students.
- Guidance and counselling
- Evaluation and personal records

**Unit IV : Administration of Curriculum :**

- Implementation of teaching programme
  - Master plans, monthly, weekly and daily schedules
  - Clinical rotation plans
  - Correlation of theory and practice
- Co-curricular activities
- Affiliating agencies - selection and relationships

**Unit V : Physical & Material Management :**

- Budget - recurring and non-recurring
- Library administration - Staffing, finance, effective use of Library -
  - Library committee - Service of Librarian.
  - Indenting books and periodicals
  - Use of Bibliography cards and maintenance
- Equipment, furniture and supplies.
- Audiovisual aids - indenting and maintenance
- Furniture - Linen and equipment - periodical inventory
- Vehicles and transports
- Building and accessories - Repairs and maintenance

**Unit VI : Non-teaching Personnel :**

- Selection, placement and management of nursing school and student hostel employees.

**Unit VII : Records - Students, Faculty & Others :**

- Students : Admission, attendance, leave, clinical and academic records and cumulative records, etc.
- Faculty : Biodata, leave, clinical and classroom teaching.
- Non-teaching personnel
- Miscellaneous records

## SECTION - D : COMMUNITY HEALTH NURSING ADMINISTRATION

### Unit I : Introduction :

- Review of historical development of community health nursing administration
- Philosophy and objectives of community health nursing administration.

### Unit II : Organisation of Health Care Delivery System of the Country :

- National, states, districts and primary health centre levels.
- Administrative and supervisory functions at each level of organisation.
- Staffing pattern and job descriptions of different categories of health workers.
- Public health legislation.

### Unit III : Five-Year Plans :

- Planning committees and councils
- Budgetary provisions
- Evaluation of the programmes
- Co-ordination of activities

### Suggested Practicals :

Observation visits to institutions

Participation in the administration and supervision of a hospital unit, nursing school and community health nursing set up.

### Method of Teaching :

Lecture, discussion

Demonstration

Seminars

Panel discussion

Symposium

### Method of Evaluation :

Written tests and assignments

Individual assignments

Practical experience

**References :**

1. Aggarwal, J. C. *School administration, educational guidance and counselling made easy*. Delhi : Baba House, 1962.
2. Alexander, B. E. *Nursing service administration*. St. Louis : The C. V. Mosby Co., 1978.
3. Burret, J. *The Head nurse*. New York : Appleton Century Crofts, 1968.
4. Barabas, M. H. *Contemporary head nursing*. New York : Macmillan Co , 1962.
5. Chatterjee, S. S. *An introduction to management*. Calcutta : The Word Press Pvt. Ltd. 1976.
6. Durbin, R. L. & Springil, W. H. *Organisation and administration of health care*. St. Louis : C. V. Mosby Co., 1969.
7. Freeman, R. B. *Public health nursing practice*. Philadelphia : W. B. Saunders Co , 1982.
8. Finer, R. *Administration & the nursing service*. New York : The Macmillan Co., 1964.
9. Goddard. *Principles of administration applied to nursing service*. Delhi : W. H. C. 1958.
10. Gallagher, A. H. *Education administration in nursing*. New York : Macmillan Co., 1965.
11. Heidgerkhen, L. E. *Teaching and learning in Schools of nursing*. Philadelphia : J. B. Lippincot Co., 1982.
12. Kotwal, N. S. *A Puplic health manual*. New Delhi : T.N.A.I., 1980.
13. Park, J. E. *Text book of social and preventive medicine*. Jabalpur : Bhanarsidas Bhanot Publishers, 1983.
14. W. H. O. *Curriculum guide for schools of nursing*. Delhi : W. H. O. 1965.

# BIOSTATISTICS AND RESEARCH METHODS

## COURSE OUTLINE

Placement : VI Semester

Time allotted :

Theory : 45 Hours

### Course Description :

This course introduces the basic concepts, principles and methods of biostatistics and scientific enquiry and their use in conducting simple research in nursing.

### Overall Objective:

To help students gain understanding of concepts, principles and methods of biostatistics and their uses in scientific investigations so as to develop interest and skill in applying this knowledge in simple nursing research and in nursing practice.

### Behavioural Objectives :

The student is able to :

1. explain the basic concepts, principles and methods of biostatistics and scientific enquiry
2. appreciate the importance of scientific enquiry in the practice of nursing
3. use statistical methods handling data related to nursing practice in the clinical and community health areas
4. conduct simple field study in a clinical area using the knowledge of research and statistical methods
5. maintain records in all areas of health care using the available facts.

## CONTENT

### Unit I : Introduction :

- Definitions
- Role of statistical methods in nursing and in different health care institutions

### Unit II : Descriptive Statistics :

- The frequency distribution
- Measures of central tendency
- Measures of variability
- Cumulative distributions, graphic methods and percentiles
- The normal distribution
- Linear correlation

### **Unit III : Inference & Prediction**

- Regression and prediction
- The significance of mean, and other statistics.
- Testing of experimental hypothesis.
- Analysis of variance.

### **Unit IV : Research Method :**

- Purposes and types
  - Discriptive
  - Explanatory
- Methods
  - Experimental
  - Non-experimental
  - Partially experimental
- Settings
  - Highly controlled
  - Uncontrolled
  - Partially controlled
- Collection of data
- Processing and presentation of data

### **Suggested Practicals :**

Survey - simple investigations

### **Method of Teaching :**

Lecture - discussion - Individual and group assignments

### **Methods of Evaluation :**

Written test  
Individual assignments

### **References :**

1. Elements, P. & Lindquist, E. F. *Elementary statistical methods in psychology & education*. Great Britain: Razel Watson & Vincy Ltd., 1965.
2. Garrett, H. E. & Woodworth, R. S. *Statistics in psychology and education*. Bombay: Vakils Jeffer & Simons, 1979.
3. Knapp, R. G. *Basic statistics for nurses*. New York: A Wiley Medical Publication, 1978.
4. Rao, P. S. S. S. *An introduction to biostatistics*. Madras: The Dhocesan Press, 1978.
5. Walpole, R. E. *Introduction to statistics*. London: Collier Macmillan Publishers, 1974.

# TRENDS AND ISSUES IN NURSING

## COURSE OUTLINE

Placement : VII Semester

Time allotted :

Theory : 15 hrs.

### Course Description :

This course includes a brief account of the growth and development of professional nursing from primitive times to the present scientific era of progress. Focus is on the historical developments and trends in nursing in India and abroad. Emphasis is given to the criteria of professional nursing and the nurses role in assuming professional responsibility.

### Overall Objective :

The student develops perspectives and demonstrates interest in personal and professional advancement.

### Behavioural Objectives :

The student is able to :

1. explain the trends and issues in nursing education and nursing service.
2. be aware various national and international professional organisations and participates in their activities
3. establish adequate inter-professional and personal relationships in the hospital and community
4. appreciate and apply the code of ethics and legal aspects in nursing practice.

## CONTENT

### Unit I : Introduction - Review of :

- National perspectives in nursing - Trends in nursing in India and other developed countries.
- Nursing as a profession - criteria for professional nursing and code of nursing ethics.
- Nursing associations and other related agencies.
- Nursing legislation.

### Unit II: The trends, issues and changing Patterns in the various fields of Nursing Education and nursing service :

- Nursing service - specialisations
- Primary care, home care
- Nursing education
- Problems in clinical practice and delivery of nursing service
- Issues in nursing identification as major problem affecting India and other countries.

**Methods of Teaching :**

- Lecture - Discussions
- Journal presentations
- Written assignments on various topics of interest

**Methods of Evaluation :**

- Written tests
- Written assignments

**References :**

1. De Young, L. *Dynamics of nursing*. St. Louis : C. V. Mosby Co., 1981.
2. Eckelberry, G. K. *Administration of comprehensive nursing care. The nature of professional practice*. New York : Appleton-Century Crofts, 1971.
3. Jamieson, F. M. *Trends in nursing history*. Philadelphia : W. B. Saunders Co., 1966.
4. Kell, L. Y. *Dimensions of professional nursing*. London : Macmillan Publishing Co., 1975.
5. Spalding, E. K. & Notter, L. F. *Professional nursing*. Philadelphia : J. B. Lippincott Co., 1965.
6. Tate, B. L. *The nurses dilemma ethical considerations in nursing practice*. Geneva : International Council of Nurse, 1977.

# NURSING RESEARCH

## COURSE OUTLINE

Placement : VII Semester

Time allotted :

Theory : 10 Hrs.

Practical : 100 Hrs.

### Course Description :

This course introduces the basic principles of research. Includes identification of simple problems, methods used for data collection and analysis and presentation of findings.

### Overall Objective :

Help students understand basic principles of nursing research and develop desirable attitude and beginning skill in identifying problems, and in planning and conducting simple nursing research.

### Behavioural Objectives :

The student is able to :

1. state the definition and basic principles of research
2. explain the purposes and objectives of nursing research
3. identify problems for research study
4. plan and conduct simple research related to nursing
5. present research findings
6. appreciate the importance of research in raising the standard of patient care.

## CONTENT

### Unit I : Introduction :

- The historical development of research in the nursing profession
- Value of nursing research in clinical settings
- Research and problem solving.

### Unit II : The research process :

- The research problem
- Literature review
- Selection of theoretical frame work
- Formulation of hypothesis
- Research designs
- Collection and analysis of data
- Findings and conclusions
- Writing research report

**Suggested Practicals :**

Conducting simple nursing research

**Method of Teaching :**

Lecture, discussion and guided research.

**Methods of Evaluation :**

Written Test

Research Report

**References :**

1. Bhaduri, A. & Farrel, M. *Health research. A community based approach.* New Delhi : WHO, 1981.
2. Fox, D. J. *Fundamentals of research in nursing.* New York: Appleton Century Crofts, 1966.
3. Krampitz, S. D. & Pavlovich, N. *Readings for nursing research.* St. Louis : The C. V. Mosby Co., 1981.
4. Meyer, B. & Heidgerken, L. L. *Introduction to research in nursing.* Philadelphia J. B. Lippincott Co., 1962.
5. Sweeney, M. A. & Oliview, P. *An Introduction to nursing research.* Philadelphia : J. B. Lippincot Co., 1981.
6. Treece, E. W. & Treece, J. W. *Elements of research in nursing.* St. Louis : C. V. Mosby Co., 1982
7. Waltz, C. & Bausell, R. S. *Nursing research.* Philadelphia : F. A. Davis Co., 1981.

# EMERGENCY & DISASTER NURSING

## COURSE OUTLINE

Placement : VII Semester

Time allotted :

Theory : 20 Hrs.

Practical : 40 Hrs.

### Course Description :

This course includes the principles and concepts of emergency and disaster nursing organisation of the emergency care services and nursing process pertaining to care of persons and groups in various emergency / disaster situations.

### Overall Objective :

1. Help students gain understanding of principles and concepts of emergency and disaster nursing and demonstrate interest and skill in the care of people in emergency and disaster situations.

### Behavioural Objectives :

The student is able to :

1. explain the principles and concepts of emergency and disaster nursing
2. demonstrate ability in organising men and material, improvising supplies and equipment and in setting up priorities of care
3. appreciate the magnitude of the problems of people and community during emergency and disaster situations
4. demonstrate skill in the assessment, planning, implementation and evaluation of care of people in emergency and disaster situations
5. beware of hazardous situations and teach preventive measures whenever possible.

## CONTENT

### Unit I : Introduction :

- Principles and concepts of emergency and disaster nursing
- Psychosocial problems of patients and families during emergency and disaster situations
- Organisation of men, material and facilities.

**Unit II : Emergency Resuscitation Measures :**

- Artificial ventilation
- Cardiac resuscitation
- Endotracheal intubation

**Unit III : Nursing Process pertaining to Care of People with Trauma :**

- Wounds
- Fractures and dislocations
- Burns and scalds

**Unit IV : Nursing Process pertaining to Care of People with poisoning :**

- Ingestion of corrosive and non-corrosive poisons
- Inhalation of poisons
- Poisonous bites and stings.

**Unit V : Nursing Process pertaining to care of people with problem of Temperature : Regulation :**

- Hypothermia
  - Extreme exposure to cold
  - Frost bite
- Hyperthermia
  - Sunstroke
  - Heat exhaustion

**Unit VI : National Disasters :**

- Definition and types of disasters
- Disaster preparedness
- Training of disaster volunteers
- Management of disaster victims and their families and the role of the nurse in the above

**Suggested Practicals :**

Clinical experience in the casualty and emergency wards and if possible in the actual situation.

**Methods of Teaching :**

Lecture, discussion, demonstrations, role play.

**Methods of Evaluation :**

Written, practical and oral tests

**References :**

1. Aaron, E. J. et al. *First aid and emergency care*. London : Macmillan Co., 1979.
2. Barber, M. J. & Budassi, A. S. *Mosby's manual of emergency care*. St. Louis : C. V. Mosby Co., 1979.
3. Bradley, D. *Accidents and emergency nursing*. London : Bailliere Tindall, 1980.
4. Golwala, A. F. *Handbook of emergencies*. Bombay : Samant & Co., 1981.
5. Parcel S. G. *Basic emergency care of the sick and injured*. St. Louis : C. V. Mosby Co., 1982.

## NURSING EFFECTIVE

Placement : VII Semester

Time allotted :

Theory : 25 Hrs.

Practical : 60 Hrs.

### Course Description :

This course is designed to widen and broaden the students general knowledge, comprehension and appreciation in relation to a particular aspect of social life.

### Objectives :

The student is able to :

1. select a non-nursing elective of her choice
2. involve herself in the pursuit of a self-satisfying period of study
3. pursue the study of a particular subject which will provide relaxation and personal gain

Any one of the courses may be taken by the students as per availability of facilities in a particular college. And the Course content may be developed by the college.

1. Family life Relationship.
2. Household arts and management.
3. Appreciation of fine Arts.
4. Literary appreciation and critique.
5. Secretarial skills.
6. Economics and financial management
7. Indian musical appreciation.
8. Western musical appreciation.
9. Indian classical dance.
10. Any other.

# MIDWIFERY

## COURSE OUTLINE

Placement : VIII Semester

Time allotted :

Theory : 100 Hrs.

Practical : 620 Hrs.

### Course Description :

This course is comprised of the anatomy and physiology of Reproductive system, conception, management of antenatal, intranatal and postnatal mothers and new born babies both in the community and in the hospital. Also includes family welfare programme and domiciliary midwifery.

### Overall Objective :

The student delivers professional quality health care by recognizing and adopting to the physical and psychosocial needs of the child bearing woman, the family and the new born baby.

### Behavioural Objectives :

The student is able to :

1. describe normal conception and the changes that take place during pregnancy and physiology of normal labour and puerperium
2. determine pregnancy status, duration of pregnancy, presentation, position of foetus and foetal heart rate
3. conduct prenatal clinic independently
4. explain the various family welfare programmes available
5. identify the deviations from normal pregnancy, labour and puerperium
6. give total care to normal and high risk mothers during pregnancy, labour and puerperium
7. appraise the new born, identify the high risk new born and provides suitable intervention in giving care to both normal and high risk new born
8. provide appropriate intervention in meeting emergency situations in obstetrics
9. assist in conducting abnormal delivery
10. guide the health personnel in the care of mother and baby
11. take active part in family welfare programme
12. conduct normal delivery and provide family centred care in the community

## CONTENT

### Unit I: Introduction :

- Historical development of midwifery
- Review of anatomy and physiology of related organs
- (a) *Female pelvis*
  - General description of the bones, joints, ligaments, planes, pelvic is
  - Diameters of the true pelvis
  - Important land marks - variations in pelvis shape.
- (b) *Female organs of reproduction*
  - External genitalis
  - Internal generative organs and their anatomical relations
  - Musculature - blood supply, nerves, lymphatics, pelvic cellular tissue, pelvic peritoneum.
- (c) *Physiology of reproduction*
  - Menstrual cycle, endocrine control, fertilization and development of ovum.
  - Placenta - development, functions, abnormalities in shape and insertion of cord.
  - Membranes and liquor amni
  - Mammary glands
- (d) *Conception and embryonic development*
  - The foetus - skull, sutures, fontanelle, diameters, moulding.
  - Foetal circulation - changes at birth
- (e) *Maternal Physiological changes during pregnancy in the following systems :*
  - (i) Skeletal
  - (ii) Vascular
  - (iii) Digestive
  - (iv) Muscular
  - (v) Endocrine
  - (vi) Skin
  - (vii) Urinary
- (f) *Haematology*
  - Blood and its constituents, related to pregnancy
  - Haemoglobin values
  - Anaemia in pregnancy - types
  - Folic acid - deficiency
  - Blood groups
  - Hemolytic disease - mother

**Unit II : Psychosocial Aspects of Obstetrics :**

- (a) *Social aspects*
  - Cultural backgrounds
  - The unmarried mother - single family
  - Adoption, birth registration, Baptism.
- (b) *Psychological and psychiatric aspects*
  - Pregnancy, labour and puerperium.
  - Nursing management
  - Counselling
  - Genetics

**Unit III : Normal Pregnancy, Labour & Puerperium - Management and Nursing Care:**

- (a) *Pregnancy*
  - Diagnosis during pregnancy
  - Signs and symptoms of pregnancy
  - Prenatal care including examination of the pregnant women
  - Nutrition in pregnancy
  - Minor disorders of pregnancy
  - Education for child birth - husband and family.
- (b) *Normal labour*
  - Physiology and mechanism
  - Use of relaxation
  - Exercises and other techniques taught in pregnancy
  - Anaesthesia and analgesia
  - Assessment of labour
  - Abdominal and vaginal examinations
  - Labour and normal delivery
  - Third stage of labour - physiology
- (c) *Normal puerperium*
  - Physiology
  - Care of the mother
  - Minor complications and the management
  - Postnatal exercises
  - Postnatal examinations
- (d) *New born*
  - General examination of infant
  - Assessment - apgar score
  - Immediate care of infant
  - Identification
  - Care of an infant - baby bath
  - Breast feeding
  - Sudden death syndrome and nursing measures

**Unit IV : Abnormal Pregnancy, Labour and Puerperal Care:**

- (a) *Abortion, extra uterine pregnancy, hydatidiform mole, I. V. therapy, Photo therapy, Puerperal care.*  
Hydatidiform mole  
Uterine abnormalities and displacement of foetus, etc.  
Hyperemesis gravidarum  
Pre-eclampsia and eclampsia  
Antepartum haemorrhage  
Placental dysfunctions  
Medical and surgical conditions  
Complicating pregnancy

- (b) *Abnormal labour* ... 10  
Premature labour  
Posterior positions of vertex - aetiology, diagnosis.  
Mechanism and management  
Malpresentation - breech, brow, face.  
Shoulder - aetiology, diagnosis, mechanism and management.  
Cord presentation and prolapse, management and nursing care  
Disordered uterine action  
Prolonged labour and cephalo - pelvic disproportion  
Obstructed labour - threatened rupture of uterus  
Complications of third stage  
Haemorrhage - types, aetiology and management.  
Obstetrical emergencies  
Operative obstetrics.  
Induction of labour - medical and surgical  
Episiotomy, forceps delivery, vacuum extractor.  
Caesarean section, destructive operation.

- (c) *Abnormal puerperium :*  
Puerperal infection  
Secondary haemorrhage  
Pulmonary embolism - thrombosis  
Breast complications  
Other complications - urinary tract infection, incontinence of urine, venous thrombosis.

- (d) *New born :*  
Small for dates, low birth weight infant.  
Minor disorders of an infant  
Serious neonatal disorders - Asphyxia neonatorum, infections and injuries.  
Haemolytic diseases of new born  
Role of a nurse in exchange transfusion  
Artificial feeding

**Unit IV : Family Welfare Programmes :**

- Historical development of family planning
- Problems of population growth India
- Introduction to family welfare - definition, philosophy and objective
- Health aspects of family welfare
- Different methods
- Family welfare programmes - National, state and district level - administration, organization and implementation
- Various incentives
- The role of the nurse.

**Unit V : Miscellaneous factors related to midwifery practice :**

- (a) Vital statistics, infant mortality, neonatal mortality, perinatal mortality, maternal mortality, births, deaths.
- (b) Legal aspects in Midwifery.

**Suggested Practicals :**

**Clinical demonstration :**

*I. Prenatal clinic and prenatal ward :*

History taking - menstrual, family, personal and obstetrical.

Height, weight, urinalysis, blood pressure.

Examination of breast - instruction in prenatal care.

Abdominal inspection and palpation

Active participation in parent classes

*II. Labour ward*

Preparation of the mother in labour - physical and emotional.

Conduction of delivery - setting up equipment and after care of it.

Setting up for resuscitation

Preparation of room and equipment for severe pre-eclampsia and eclampsia

Preparation for special procedures - Amniocentesis, induction of Labour  
medical and surgical.

Preparation for local and general anaesthesia

Relaxation exercises

Episiotomy and suturing

*III. Postnatal ward*

Postnatal exercises

Postnatal examination & perineal care

#### IV Nursery

Various nursing procedures such as feeding, I. V. therapy, Photo therapy, exchange transfusion incubator care.

Formula room - sterilization of bottles, teats, etc.

Formula preparation and storage.

#### COURSE REQUIREMENT

##### Case book includes :

1. Normal deliveries witnessed	...	10
2. Abnormal deliveries witnessed		
(a) Vaginal	...	10
(b) Caesarean	...	5
3. Antenatal examination	...	30
4. Personally conducted deliveries		
Hospital - 19 }	...	20
Home - 1 }		
5. Vaginal examination	...	5
6. Episiotomy	...	2
7. Skin suturing	...	2
8. Postnatal mothers nursed	...	20
9. Antenatal care studies	...	2
10. Postnatal care studies	...	5
11. Neonatal care studies	...	2
12. Motivation to planned parenthood and introduction of IUD	...	2

##### Method of Teaching :

Lecture  
Discussion  
Demonstration  
Clinical teaching  
Individual and group assignments

**Audio visual aids :**

1. Pelvis
2. Skull - foetal
3. Pelvis and dummy - to show mechanism of labour
4. Charts - female reproductive system - external, internal  
Foetal circulation  
Diagram of the lactating breast  
Placenta previa  
Apgar score  
Postnatal exercise
5. Different types of forceps and destructive instruments
6. Birth atlas
7. Lupkit

**Methods of Evaluation :**

1. Assignments
2. Written test in each unit
3. Conduction of delivery
4. Oral examination
5. Evaluation of work and conduct
6. Case book

**References :**

1. Mudaliar, A. L. & Menon, M. K. K. *Clinical obstetrics*. Madras : Orient Longman, 1978.
2. Myles, M. P. *Textbook of midwives*. Edinburgh : Churchill Livingstone, 1981.
3. Ozorn, H. *Human labour and birth* : New York : Appleton Century Crafts, 1980.

APPENDIX-13

I. B.Sc. DEGREE COURSE IN NURSING

I. That in the Regulations relating to B.Sc. Degree Course in Nursing, Regulations 4. Course of Study and 5. Scheme of Examination—Tables I, II and III of Annexure—be modified as follows :

TABLE I

First-Year—First Semester—2nd Week July—2nd Week November—18 Weeks

S.No.	Subject	Placement of Subject	Teaching No. of Hrs.		Duration of Examination	University Theory Examination	University Practical Examination	Internal Ass.	Total
			Theory	Practical					
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
					HRS.				
1.	Anatomy	I & II Sem.	30	15	..	..	..	..	..
2.	Physiology	I & II Sem.	30	15	..	..	..	..	..
3.	Biochemistry	I Sem.	30	15	2	75	..	25	100
4.	Fundamentals of Nursing	I Sem.	120	90	..	..	..	..	..
5.	Psychology	I Sem.	90	..	3	75	..	25	100
6.	English	I Sem.	60	..	..	..	..	50	50
7.	Historical perspective and Ethics in Nursing	I Sem.	30	..	2	75	..	25	100
	Total	..	390	135	..	225	..	125	350
	Total Hrs.	..			525				

TABLE II

First-Year—Second Semester—November 4th Week—April 2nd Week—(18 Weeks)

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
					HRS.				
1.	Fundamentals of Nursing	I & II Sem.	75	120	3	100	50	50	200
2.	Anatomy	.. I & II Sem.	30	15	2	75	..	25	100
3.	Physiology	.. I & II Sem.	30	15	2	75	..	25	100
4.	Sociology	.. II & III Sem.	60	..	..	..	..	..	..
5.	Nutrition with Cookery	II Sem.	40	30	2	75	..	25	100
6.	Microbiology	.. II & III Sem.	30	30	..	..	..	..	..
7.	Comm. Health (Social and Prev. Medicine)	.. II & III Sem.	30	30	..	..	..	..	..
	Total	..	295	240	..	325	50	125	500
	Total Hrs.				535				

TABLE III

Second-Year—Third Semester—June 1st Week—November 2nd Week—(20 Weeks)

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
					HRS.				
1.	Pathology	.. III Sem.	45	..	*	..	..	50	50
2.	Pharmacology	.. III Sem.	45	..	*	..	..	50	50
3.	Medical Nursing I	.. III & IV Sem.	55	145	..	..	..	..	..
4.	Surgical Nursing I	.. III & IV Sem.	55	145	..	..	..	..	..
5.	Comm. Health (Social and Prev. Medicine)	.. II & III Sem.	30	..	3	75	..	25	100
6.	Introduction to Maternal and Child H. Nursing	.. III Sem.	30	40	..	..	..	50	50
7.	Microbiology	.. II & III Sem.	10	..	3	75	..	25	100
8.	Comm. Health Nursing I	.. III & IV Sem.	20	20	..	..	..	..	..
9.	Sociology	.. II & III Sem.	30	..	3	75	..	25	100
	Total	..	320	350	..	225	..	225	450
	Total Hrs.				670				

\*(included in Medical-Surgical Paper).

II. The above amendments to the Regulations take effect from the academic year 1988-89 i.e. for the batch of candidates to be admitted to the course during the academic year 1988-89 and thereafter.

## II. B.Sc. DEGREE COURSE IN NURSING FOR TRAINED NURSES

II. That in the Regulations relating to B.Sc. Degree Course in Nursing for Trained Nurses—Regulation (5), Course of Study and Scheme of Examinations—Annexure—Semesters I, II and III be modified as follows :

### First Semester

S.No.	Subject	No. of Hrs. of Teaching		Duration of Examination	Internal Ass. Marks.	University Theory Marks	University Practical Marks	Total Marks	Placement
		Theory	Practical						
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
HRS.									
1.	Physics and Chemistry (including Bio-chemistry).	80	35	3	25	75	..	100	I Sem.
2.	General Psychology and Mental Health ..	60	..	3	25	75	..	100	I Sem.
3.	Sociology and Social problems ..	60	..	3	25	75	..	100	I Sem.
4.	English ..	60	..	..	..	..	..	..	I & II Sem.
5.	Anatomy and Physio- logy ..	45	10	..	..	..	..	..	I & II Sem.
6.	Prof. Trends in Nursing	20	..	..	..	..	..	..	I & II Sem.
		325	45	..	75	225	..	300	

## Second Semester

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	
				HRS.						
6.	English ..	60	..	3	25	75	..	100	I & II Sem.	
8.	Educational Psychology.	30	..	..	50	..	..	50	II Sem.	
9.	Microbiology and Pathology ..	60	25	3	25	75	..	100	II Sem.	
10.	Social and Preventive Medicine/Community Health ..	30	..	..	..	..	..	..	II & III Sem.	
11.	Nutrition and Diet Therapy	45	20	2	25	75	..	100	II Sem.	
12.	Concepts of Medical Surgery Nursing including Fundamentals ..	20	80	..	..	..	..	..	II & III Sem.	
13.	Concepts of Community Health, Nursing including Fundamentals ..	20	80	..	..	..	..	..	II & III Sem.	
14.	Prof. Trends in Nursing	25	..	2	25	75	..	100	I & II Sem.	
15.	Anatomy and Physiology ..	45	10	3	25	75	..	100	I & II Sem.	
		<u>335</u>	<u>215</u>	<u>..</u>	<u>175</u>	<u>375</u>	<u>..</u>	<u>550</u>		

## Third Semester

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	
				HRS.						
16.	Concepts of Medical-Surgery Nursing ..	70	130	3	25	75	..	100	II & III Sem.	
17.	Concepts of Community Health Nursing ..	70	130	3	25	75	..	100	II & III Sem.	
18.	Epidemiology and Vital Statistics ..	40	..	..	50	..	..	50	III Sem.	
19.	Child Health Nursing ..	30	40	..	..	..	..	..	III & IV Sem.	
20.	Psychiatric Nursing ..	30	40	..	..	..	..	..	III & IV Sem.	
21.	Social and Preventive Medicine/Community Health ..	30	..	3	25	75	..	100	II & III Sem.	
		<u>270</u>	<u>340</u>	<u>..</u>	<u>125</u>	<u>225</u>	<u>..</u>	<u>350</u>		

II. The above amendments to the Regulations take effect from the academic year 1988-89 i.e. for the batch of candidates to be admitted to the course during the academic year 1988-89 and thereafter.