उत्तर प्रदेश स्टेट मेडिकल फैकल्टी

द्वारा प्रसारित

आग्जीलियरी नर्स एवं मिडवाइव्ज

हेल्थ वर्कर (महिला)

की छात्राओं हेतु

सामान्य दिशा-निर्देश एवं पाठ्यक्रम

U.P. STATE MEDICAL FACULTY

5, Sarvapali, Mall Avenue Road, Lucknow - 226001

Ph. : 0522-2238846, 2238964 Fax : 0522-2236600

Website : www.upmsfac.org | www.upnursescouncil.org

E-mail : upnursescouncil@upmsfac.org

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प्रस्तावना

उ0प्र0 स्टेट मेडिकल फैकल्टी, नर्सिंग डिप्लोमा परीक्षाओं की परीक्षक संस्था है। इस कार्य हेतु इण्डियन मेडिकल डिग्रीज एक्ट 1916 व इण्डियन नर्सिंग कौंसिल एक्ट द्वारा अधिकार प्राप्त है।

नर्सिंग शिक्षा के क्षेत्र में उ0प्र0 स्टेट मेडिकल फैकल्टी ने पिछले 15 वर्षों में आशातीत प्रगति की है। गुणात्मक सुधार के लिए उ0प्र0 स्टेट मेडिकल फैकल्टी कटिबद्ध है। यह इस पुस्तक के माध्यम से किया जा रहा है कि छात्राओं को उनकी पहचान हेतु पहचान पत्र दिया जाय तथा उन्हें उनके प्रशिक्षण से सम्बन्धित विभिन्न तिथियाँ दी जाये। उन्हें विभिन्न कार्यों के शुल्क से अवगत कराया जा रहा है।

इसके साथ ही उनके प्रशिक्षण के दौरान पढ़ाये जाने वाले पाठ्यक्रम से भी अवगत कराया जा रहा है।

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उ0 प्र0 स्टेट मेडिकल फैकल्टी

ANTI - RAGGING

As per the order of Hon'ble Supreme Court RAGGING is strictly prohibited within and outside the institution. It has been intimated to all the Nursing / Paramedical Colleges through a previous letter from U.P. State Medical Faculty office.

- For events related to ragging within or outside the campus, principal, administration / management will be held responsible.
- Institutions / Centers affiliated to U.P. State Medical Faculty must ensure at the time of enrollment that name of student who were found involved in act of ragging should not be enrolled / admitted in any other program of U.P. State Medical Faculty.
- Phrases like "Ragging is banned" "Ragging is social evil", "Ragging in premises is illegal" or anti-ragging information must be mentioned in advertisement for admission.
- Anti-ragging information must be displayed at least at four or more places specially where it is maximum visible to students.
- Incidents related to ragging must be immediately brought to the notice of faculty.
- Affidavit must be obtained and kept at a definite place so that faculty can view it at the time of inspection.
- Information regarding formation of Anti-Ragging Committee/squads must be provided to U.P. State Medical Faculty
- Action as said must be taken and also such incidents must be prevented from happening.
- Principal or known person must take special class for newly admitted students and must provide appropriate information.
- Safety / Security of new students in hostel must be ensured.
- Institute must provide I.D. Card to all students.
- Students not related to the institution must be prohibited within the campus premises.
- Responsible senior students must be organized in teams to prevent ragging activities.
- Follow-up of these must be ensured. Suggestion / grievance box must be placed at places where they can be used by students without hindrance.
- Smoking and drugs must be completely prohibited and boards for the same must be displayed at various places.

The above mentioned instructions must be immediately followed.

ACADEMIC CALENDER

July-2017	Starting of Admission	From 1st July
October-2017	New Session Commencement	1st October
October-2017	Closure of Admission	31st October
March-2018	Supplimentary Exam	February/March
June-2018	Summer vacation	5-10 June
August-2018	Preparatory Leave	25-31 August
September-2018	Annual Exam	1-8 September (Tentative)

- उक्त समय सारणी कैलेण्डर का पालन किया जायेगा। अनिवार्य परिस्थितियों में पूर्व सूचना के आधार पर परिवर्तन किया जा सकता है।
- पठन–पाठन में उपरोक्त अवकाश ही अनुमन्य है। इसके अतिरिक्त स्थानीय अवकाश भी दिये जा सकते है। शेष दिनों में पठन–पाठन अनिवार्य होंगे।
- उ0प्र0 स्टेट मेडिकल फैकल्टी द्वारा निरीक्षण में 8–4 बजे तक संस्थान उपरोक्त दिनों के अतिरिक्त, खुला मिलना आवश्यक होगा।
- वार्षिक तथा पूरक परीक्षाओं में उ0प्र0 स्टेट मेडिकल फैकल्टी द्वारा नकल दस्तों के माध्यम से छापे डलवाये जायेंगे। अतः अभ्यर्थियों को चाहिये कि नकल करने से बचें।
- शैक्षणिक सत्र में निर्धारित अवकाश के अतिरिक्त शासन द्वारा निर्धारित वार्षिक अवकाश भी दिया जायेगा। जिसकी सूची कार्यकाल की वेबसाईट पर दी जा रही है।

उत्तर प्रदेश स्टेट मेडिकल फैकल्टी

5, सर्वपल्ली, माल एवेन्यू रोड, लखनऊ – 226001
फोन : 0522 – 2238848, 2236600, फैक्स : 0522–2237800

शैक्षिक सत्र 2019–2020 का वार्षिक कैलेण्डर
नर्सिंग पाठ्यक्रम

1.	प्रवेश प्रक्रिया प्रारम्भ	–	01 अक्टूबर, 2019
2.	सत्र प्रारम्भ	–	31 अक्टूबर, 2019
3.	प्रवेश की अन्तिम तिथि	–	15 नवम्बर, 2019
4.	इनरोलमेन्ट फार्म/इनरोलमेन्ट कार्ड शुल्क जमा करने की अन्तिम तिथि	–	01–04 फरवरी, 2020
5.	सम्बद्धता शुल्क जमा करने की अन्तिम तिथि–		06–09 फरवरी, 2020
6.	पूरक परीक्षा शुल्क एवं रजिस्ट्रेशन शुल्क जमा करने की अन्तिम तिथि	–	28 फरवरी, 2020
7.	पूरक परीक्षा	–	30 अप्रैल, 2020
8.	पूरक परीक्षा परिणाम	–	15 जुलाई, 2020
9.	मुख्य परीक्षा शुल्क/रजिस्ट्रेशन शुल्क जमा करने की अन्तिम तिथि	–	31 जुलाई, 2020
10.	मुख्य परीक्षा के प्रवेश पत्र	–	28–31 अगस्त, 2020
11.	मुख्य परीक्षा	–	01–04 सितम्बर, 2020
12.	मुख्य परीक्षा परिणाम	–	30 सितम्बर, 2020

सचिव,
उ0प्र0 स्टेट मेडिकल फैकल्टी

U.P.STATE MEDICAL FACULTY, LUCKNOW
WRITTEN EXAMINATION PATTERN

COURSE: DIPLOMA IN ..... **YEAR.....**

SUBJECT:..... **MARKS: 75**

TIME: 3Hours

Question Number	Sub Question	The Question	Marks Allotted
1		Four options of answer of each question are given, only one option is correct. Choose and write only the correct option. (5×1=5)	5
	1.1		
	1.2		
	1.3		
	1.4		
	1.5		
2		Choose right and wrong in the following statement(5×1=5)	5
	2.1		
	2.2		
	2.3		
	2.4		
	2.5		
3		Fill up the blank(5×1=5)	5
	3.1		
	3.2		
	3.3		
	3.4		
	3.5		
4		Write short notes on any 4 of the following (4×5=20)	20
	4.1		
	4.2		
	4.3		
	4.4		
	4.5		
	4.6		
5		Answer in details of any 4 of the following (4×10=40)	40
	5.1		
	5.2		
	5.3		
	5.4		
	5.5		
	5.6		

❖ *Answer can be written in either English or Hindi.*

CURRICULUM

AUXILIARY NURSE MIDWIVES/HEALTH WORKER (FEMALE)

(As per Indian Nursing Council)

CURRICULUM

The total duration of the course is 2 years (18 months +6 months Internship)

First year:

i.	Total weeks	= 52 weeks
ii.	Vacation	= 4 weeks
iii.	Gazetted holiday	= 2 weeks
iv.	Preparatory holidays and examination	= 3 weeks
v.	Teaching hours in weeks	= 43 weeks
	Total teaching hours	**43 weeks x 40 hours/week=1720 hrs**

Second year (including Internship)

i.	Total weeks	= 52 weeks
ii.	Vacation	= 4 weeks
iii.	Gazetted holiday	= 2 weeks
iv.	Preparatory holidays and examination	= 2weeks
v.	Teaching hours in weeks	= 44 weeks
	Total teaching hours	**44 weeks x 40 hours/week=1760 hrs**

COURSE OF INSTRUCTION

FIRST YEAR:

	NURSING COURSE	CLASS ROOM HOURS			EXPERIENCE		
S.No.	Course Description	Theory	Demonstration	Total	Hospital	Community	Total
i.	**Community Health Nursing**	**120**	**50**	**170**	**10**	**100**	**110**
ii.	**Health Promotion**	**120**	**75**	**195**	**20**	**180**	**200**
	A. Nutrition	35	20	55			
	B. Human body & Hygiene	35	20	55			
	C. Environmental Sanitation	20	15	35			
	D. Mental Health	30	10	40			
iii.	**Primary Health Care Nursing-I**	**130**	**150**	**280**	**90**	**300**	**390**
	A. Infection and immunization	25	20	45			
	B. Communicable Diseases	40	25	65			
	C. Community health problems	30	50	80			
	D. Primary medical care	20	20	40			
	E. First aid and referral	25	35	60			
iv.	**Child Health Nursing**	**75**	**110**	**185**	**80**	**100**	**180**
	Total Hours	455	385	835	200	680	880

Total = 1720 Hours

SECOND YEAR (First 6 months)

	NURSING COURSE	CLASSROOM HOURS			EXPERIENCE		
S.No.	Course Description	Theory	Demonstration	Total	Hospital	Community	Total
i.	Midwifery	200	160	360	220	160	380
ii.	Health Centre Management	40	40	80		60	60
	Total Hours	240	200	440	220	220	440

Total = 880 Hours

SECOND YEAR (Internship period)

	NURSING COURSE	EXPERIENCE		
S.No.	Course Description	Hospital	Community	Total
i.	Midwifery	240	240	480
	• Antenatal ward	40		
	• Intranatal labour room	120		
	• Post natal ward	40		
	• Neonatal care unit	40		
ii.	Child Health	80	160	240
iii.	Community Health and Health Center Management		160	160
	Total Hours			880

Total= 880 Hours in the Internship period

Grand Total= 1760 Hours

Guidelines for Internship:

a. The ANM students (in a group of 4-5) should be posted in the sub center/primary health center with a regular ANM for one month/4 weeks for supervised independent practice in the community which should be residential.

b. The students should participate in all the National Health and Family Welfare programs during their clinical experience.

c. At least 80% of all the clinical requirements should be completed before appearing for the final (Second year) examination.

d. The principal of the ANM School should certify for each student that she has undergone successfully the internship program, 100% clinical requirements and acquired the requisite competencies as listed in the syllabus before the award of the certificate/diploma by the state nursing councils/examination boards.

e. The casebook and competency record book should be completed and signed by the competent authority of the school.

SCHEME OF EXAMINATION

Theory and practical examinations at the end of the first year

Paper	Course	External Assessment	Internal Assessment	Duration
Theory Paper I	Community Health Nursing	75	25	3 hrs
Theory Paper II	Health Promotion	75	25	3 hrs
Theory Paper III	Primary Health Care Nursing	75	25	3 hrs
Theory Paper IV	Child Health Nursing	75	25	3 hrs
Practical I	Community Health Nursing and health promotion	100	100	
Practical II	Child health Nursing	100	100	
	Total	**500**	**300**	

Grand total for first year 800 marks

Theory and practical examinations at the end of the Second year

Paper	Course	External Assessment	Internal Assessment	Duration
Theory Paper V	Midwifery	75	25	3 hrs
Theory Paper VI	Health Centre Management	75	25	3 hrs
Practical III	Midwifery	100	100	
Practical IV	Primary health care and health center management	100	100	
	Total	**350**	**250**	

Grand total for second year 600 marks

Midwifery :

Clinical requirements to be completed during the 2nd year :&

Competency	1st 6 months of 2nd year	Internship	Total during 2nd year
ANC	20 (Hospital + Community)	15 (Hospital + Community)	35 (Hospital + community)
Conducting normal deliveries with AMTSL	10 (Hospital + Community)	10 (Hospital + Community)	20 (Hospital + community)
Assist suturing of Episiotomy/tears	5	5	10
Care of new born	10	10	20
Basic resusc. of normal new born	5	5	10
P/V Examination	5	5	10
Postnatal cases	10 (Hospital + Community)	10	20 (Hospital+community)
Management of sick neonates and children (INCI)	-	5+5	5+5
IUCD insertion	2	3	5

Eligibility for Admission to Examination

1. A candidate must have minimum of 80% attendance (irrespective of the kind of absence) in theory and practical in each subject for appearing for examination.
2. A candidate must have 100% attendance in each of the practical areas before the award of completion certificate/diploma by the state nursing council examination board.
3. On completion of practical experience, records to be signed by the tutor and countersigned by the principal.
4. The examination for the 2nd year should happen at the end of the year. A certificate of completion of internship by each student should be provided by the principal before entering for the examinations.

Grading and Certification

Distinction shall be in aggregate	=	75%
First division	=	70% & above
Second division	=	60%-69%
Third division	=	50%-59%

Certificate will be issued on successful completion of training requirement. The principal of the ANM School should certify for each student that she has undergone successfully the internship program, 100% clinical requirements and acquired the requisite competencies as listed in the syllabus before the award of the certificate/diploma by the state nursing councils/examination boards. Qualified ANMs have to be registered by the State Nursing Councils under the provision of the State Nursing Councils and Indian Nursing Council Act as ANMs, before joining services as a qualified Female Health worker and to practice as ANM.

ANM EXAMINATION GUIDELINES:-

- Shall have one regular examination followed by supplementary examination in a year.
- A candidate failing in more than one subject will not be promoted to the next year.
- No candidate shall be permitted to appear in the second year examination unless the candidate has pass the first year examination.
- Maximum duration of completion of course is 4 years.
- Average internal marks of the total students shall not be more than 75% i.e. if 40 students are admitted in a course the average score of the 40 students shall not exceed 75% of the total internal marks.
- Pass mark for each subject on aggregate will be 50%
- A candidate has to pass in theory and practical exam separately in each of the paper.
- Maximum number of attempts permitted for each paper is 3 including first attempt.

SYLLABUS

AUXILIARY NURSE MIDWIVES/HEALTH WORKER (FEMALE)

(As per Italian Nursing Council)

FIRST YEAR

AUXILIARY NURSE MIDWIVES/HEALTH WORKER (FEMALE)

COMMUNITY HEALTH NURSING

Theory- 120 hours
Demonstration- 50 hours
Total- 170 hours

Learning objectives:

On completion of the course the student will be able to :

1. Describe the concept of community health, primary health care.
2. Understand health policies, plans and programmes of the country.
3. Understand the concept of community.
4. Appreciate the role of the health team.
5. Demonstrate home visit techniques and practices in the community.
6. Describe structure, function, characteristics and administrative set up of a community.
7. Identify leaders, resources persons, community-based organizations, NGOs, and local resources.
8. Identify community health needs and problems.
9. Describe concepts and methods of communication for health information.
10. Describe the purposes, principles and methods of health counseling.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo.			
1.	10		• Define health and explain its dimensions • List determinants of health • Define Primary Health Care • List components of Primary Health Care and their application within a community	**Concept of Health** • Health and its changing concepts. • Dimensions of health • Determinants of health • Primary health care, definition, components, significance community, application	• Lecture discussion. • Posters
2.	10		• Describe health concepts and practices of Community. • Enumerate health related cultural beliefs and practices	**Community Health practices** • Health concepts of People and health care providers. • Health behaviors, beliefs and cultural practices of community. • Ethics and behavior related to community practices. • Method of home visiting.	• Lecture Discussion. • Practice Session. • Demonstration
3.	15	5	• Describe National health problems • Explain specific health programmes at National, state and community levels	**Health problems and policies** • Overview of health problems of Communities in India. • Trends and development in national health programmes and policies. • National health programmes and its implementation at community level. • Role and functions of Accredited Social health Activists (ASHA), Anganwadi worker, Dai etc.	• Lecture discussion. • Participate in national health and family welfare programs • Field Visits: Village, Sub center, Primary health center, Community health center.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
4.	10	5	• Explain the organization of health services at different levels • Describe the Referral system • Explain the Role of National and International health agencies and Non-Governmental Organizations	**Health Organization** • Organization of SC, PHC, CHC and district hospital. • Organization of health care delivery system at different levels • Referral system • Health agencies International: WHO, UNICEF, UNFPA, UNDPA, World Bank, FAO, DANIDA, European Commission, Red Cross, US aid, UNESCO, Colombo Plan, ILO, CARE etc • National: Indian Red Cross, Indian Council for Child welfare, Family planning association of India etc • Non-Governmental organizations	• Lecture discussion • Field Visits to various available Organizations
5	5	2	• Describe health team with special focus on the ANM/FHW	**Role of health team.** • Team concept and Functions of the health team • Role and Responsibilities of ANM / FHW • Code of ethics for ANM	• Lecture discussion •Observation of activities rendered by the health team members
6.	10	5	• Describe physical structure of village and urban area • Identify social groups, organizations and leaders.	**Structure of community** • Rural community: Characteristics, changes in the village community, development, major rural problems	• Lecture discussion • Field visits, village mapping, slum mapping, resource

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
			• Explain administrative set up in the village	• Urban Community- Characteristics, changes and adjustments to urban environment, major urban problems • Village: Physical Structure • Administrative set up • Function of Panchayat • 73rd and 74th amendments to Constitution and role of Panchayat in health. • Structure of an urban community slum • Social groups Organizations, leaders • Community resources	mapping • Drawing of Panchayat structure and urban wards • Listing of formal and informal leaders groups in the Community. •Visit to a village and meet Panchayat members, visit block office. List their role in health care.
7	10	5	• Describe the interaction between different groups and communities within the village • Describe social traditions and customs in the Village.	**Dynamics of community** • Social processes individual and process of socialization • Interaction between different social groups in the village. • Traditions and customs and their influence on health. • Social stratification: Influence of Class Caste and Race on health and health practices • Family and marriage: Types • Changes & legislations on family and marriage in India -marriage acts	• Lecture discussion. • Interaction with different groups in the village. • Prepare a list of different customs and traditions.
8	20	6	• Demonstrate methods of community need	**Community need assessment** • Scope and Methods	• Lecture discussion

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
			assessment	of community need assessment • Survey: Planning Preparation of tools: questionnaires, interview schedules, check list etc • Community survey: Principles and methods: data collection, conducting interviews, focus group discussions (FGD) and case studies • Participatory learning for action(PLA) • Analysis of data, Preparation of report	• Preparation of Questionnaire • Field visits/ Community. • Conduct survey.
9.	20	15	• Explain the concept, principles and methods of communication • Prepare simple and low cost aids of communication • Conduct health education	**Communication methods & media** • Principles, Methods and Process of Communication. • Inter personal relationship (IPR): Communication with different groups and health team members. • Types and use of AV aids • Use of local folk methods and media for disseminating health messages. • BCC(Behavioral change communication), IEC (Information, Education and communication): Aims, Scope, concept and approaches • Teaching learning process, concept , characteristics, steps of	• Lecture discussion • Demonstration of different methods of Communicatio n. • Role/Play. • Prepare health messages using different media and methods. • Preparation of IEC material. • Practice using one folk method. • Preparation of Health education plan. • Conduct BCC session. • Evaluate and follow up of

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
				learning characteristics of learner • Principles, methods of teaching • Planning of health education activities • Role and responsibilities of ANM's/Health workers in BCC	health education
10.	5	5	• Explain concept and principles of counseling • Describe the technique of counseling • Describe role of counsellor	**Counselling.** • Concept, Principles and Techniques of Counseling • Identifying needs and areas for counseling in the Community • Role of counselee • Role of ANM/ Female Health worker as counselor	• Lecture discussion • Conduct counseling session and follow up
11.	5	5	• State health conditions where rehabilitation is required. • List the various resources available in a community.	**Community based rehabilitation** • Health Conditions needing rehabilitation • Community Resources available • Educate individuals, family and community	• Lecture Discussion • Case discussion

Suggested activities for Evaluation

- Health organizational chart
- Return demonstration of home visit
- Field visits
- Preparation of IEC material
- Demonstration of counseling techniques
- Village mapping
- Community survey

HEALTH PROMOTION

Theory - 120 hrs
Demonstration - 75 hrs.
Total - 195 hrs.

Learning objectives:

On completion of the course the student will be able to:

1. Explain importance of nutrition in health and sickness.
2. Promote nutrition of a individual, family and community.
3. Explain principles of hygience and its effect on health.
4. Describe hygience for self and individuals.
5. Describe importanse of environmental sanitation and waste management.
6. Promote mental health of individual, family and community.

A. Nutrition

Theory - 35 hrs
Demonstration - 30 hrs.
Total - 65 hrs.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
1.	10	5	• List essential nutrients • Describe classification of food and their nutritive values and functions. • Explain importance of nutrition in health and sickness. • Plan balanced diet for different age groups.	**Essential nutrients** • Importance of nutrition in health and sickness. • Essential nutrients, functions, source and requirements • Classification of foods and their nutritive value • Normal requirements at different ages. • Balanced diet for different age group.	• Lecture discussion. • Explain using Models and Charts. • Exhibit raw food item showing balanced diet.
2.	10	5	• Identify malnutrition and nutritional deficiencies. • Counsel women with anemia.	**Nutritional problems** • Nutritional deficiencies. • Deficiencies, correction, treatment and referral - protein energy malnutrition.	• Lecture discussion. • Visit ICDs project and discuss the programs.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
			• Describe special diet for sick. • Explain role of AVM's /FHW/ AWWs.	• Vitamin and mineral deficiencies: Nutritional anemia in women • Under five nutrition • The role of ANM's/ FHW/ AWWs in supplementary food. • Special diets of individuals for different age group.	• Explain using Models and Charts. • Planning diets for • anemic women and • other deficiency conditions.
3.	5	5	• Assess nutritional status of individual and family • Identify local • foods for enriching diet. • Identify good food habits from harmful food fads and customs.	**Nutritional assessment** • Methods of nutritional assessment of individual and family; mother and child • identification of local food sources and their value in enriching diet. • Food fads, taboos, customs and their influence on health	• Lecture discussion. • Demonstration • Field visits.
4.	10	15	• Plan diet for a family • Counsel for improving diet of the family • Demonstrate safe preparation and cooking methods. • Explain methods of safe	**Promotion of Nutrition** • Planning diets and special diets for a family • Methods of using locally available foods for special diet • Principles and methods of cooking • Promotion of kitchen gardens • Food hygiene and safe preparation • Storage and preservation • Food adulteration • Precautions during festivals and Melas.	• Lecture discussion. • Plan diet for the family assigned. • Health education. • Visit a milk pasteurization plant. • Demonstration of various methods of cooking.

Suggested activities for Evaluation

- Cooking of special diet.
- Nutrition education to a group.
- Planning diet of a family assigned.

B. Human body and hygiene

Theory - 35 hrs.
Demonstration - 20 hrs.
Total - 55 hrs.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demn			
1.	20		• Describe the structure and functions of the various systems of body • State functions of different organs.	**The human body** • Structure and functions of human Body • Body systems and their functions digestive system Respiratory system genito-urinary system, cardiovascular system, nervous system, muscular system, endocrine system, Special sensory organs.	• Lecture discussion • Identification of body parts. • Explain using Models and Charts.
2.	5	15	• Understand importance of personal hygiene for self and Individuals health. • Care for sick to maintain their personal hygiene and comfort	**Hygiene of the body** • Personal and individual hygiene - Care of mouth skin, hair and nails. - Sexual hygiene - Menstrual hygiene • Hygiene and comforts needs of the Sick: Care of skin: Bath sponging, back care, care of pressure points, position changing. • Care of hair : hair wash • Care of hand and nails : hand washing • Care of eyes : eye wash • Mouth wash • Elimination care of bowels and bladder	• Lecture discussion • Demonstration
3.	5	5	• State the basic human needs. • Explain importance of fulfilling these basic needs.	**Optimal functioning of the body** • Basic human needs - Rest, sleep, activity, exercise, posture etc - Food, eating and drinking habits - Participation in Social activities	• Lecture discussion • Health education regarding healthy life style.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
				- Self-actualization and spiritual need. - Interpersonal and human relations - Lifestyle and healthy habits.	

Suggested activities for Evaluation:

- Preparation of anatomy practical book
- Return demonstration of personal hygiene including care of various organ of body

C. Environmental Sanitation

Theory - 20 hrs.
Demonstration - 15 hrs.
Total - 35 hrs.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
1.	5	2	• Explain the importance of basic sanitation at home and in the Community	**Environmental Sanitation** • Environment and ecology for healthy living: basic sanitary needs • Air, sunlight and ventilation • Home environment: smoke, animals, water, drains and toilets etc.	• Lecture discussion • Case study.
2.	5	4	• Describe the importance of safe water for health. • Describe methods of purifications of water.	**Safe water** • Sources of water & characteristics of safe water - sources of contamination and prevention. • Purification of water for drinking : methods- small and large scale. • Disinfections of well, tube well tank and pond in a village • Water borne diseases and prevention.	• Lecture discussion. • Village mapping water sources, drains, ponds and contamination Areas. • Visit to a water purification plant.
3.	5	4	• Explain the importance of safe disposal of waste and its role in prevention of diseases. • State the hazards due to waste	**Disposal of excreta and waste.** • Methods of excreta disposal - types of latrine. • Handling animal excreta. • Methods of waste disposal • Hazards due to waste	• Lecture Discussion • Demonstration. • Visit to sewage disposal unit and sanitary latrine
4.	5	5	• Involve community in sanitation activities. • Educate community for safe disposal of different types of waste	**Community participation** • Drainage and preparation of soak pits. • Maintaining healthy environment within and around village cleaning and	• Lecture discussion. • Construction of a small scale soak pit at school or health centre

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
				maintenance of village drains, ponds and wells. • Common waste, excreta and animal waste – disposal in the village.	premises. • Disinfection of a well, tube well along with village leaders or members of Community. • Organize village meeting.

Suggested activities for Evaluation

- Purification of water at home, community
- Disinfection of a well/tube well.
- Construction of a small scale soak pit.
- Health education for use of sanitary latrine

D. Mental Health

Theory - 30 hrs.
Demonstration - 10 hrs.
Total - 40 hrs.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
1.	10	2	• Explain relationship between body and mind. • Identify the factors necessary for normal mental health • Educate for promoting mental health	**Mental Health** • Concept of mental health • Body-mind Relationship • Factors influencing Mental health. • Characteristics of a mentally healthy person. • Developmental tasks of different age groups • Different defense mechanisms	• Lecture discussion. • Observation. • Use of questionnaire to do assessment for mental health status.
2.	3	2	• Identify causes of maladjustment • Educate family in solving problems	**Maladjustment** • Features of a maladjusted individual. • Common causes of maladjustment. • Counselling an individual, family and community	• Lecture discussion. • Demonstration of counselling for maladjusted individual in the community.
3.	12	4	• Identify signs of mental illness. • Identify them early and refer. • Guide family members in home care • Counsel for prevention of mental illness	**Mental illness** • Identify abnormal behaviors. • Types of mental illnesses and treatments. • Early detection and referral of mentally ill. • Prevention of mental illness • Home care and counseling. • Refer psychiatric Emergencies.	• Lecture discussion. • Visit to a mental hospital/ clinic.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
4.	5	2	• Explain process of ageing • Identify characteristics of • Provide need based care	**Old age care** • Process of ageing physical, psychological changes. • Needs and problems • Care of elderly at home. • Rehabilitation and agencies of caring elderly.	• Lecture discussion. • Ifavailable visit an old home.

Suggested activities for Evaluation

- Assessment of mental health status of individual.
- Care plan for an elderly person at home

PRIMARY HEALTH CARE
(PREVENTION OF DISEASE AND RESTORATION OF HEALTH)

Theory - 130 hrs.
Demonstration - 150 hrs.
Total - 280 hrs.

Learning objectives:

On completion of the course student will be able to :

1. Explain concept of infection and causation of diseases.
2. Describe body defense mechanisms and development of immunity against diseases.
3. Perform immunization effectively.
4. Describe different methods of disinfections and sterilization.
5. Describe common communicable diseases and their management.
6. Explain prevention of common communicable diseases and their control.
7. Describe care of the sick in community with common ailments and refer if required.
8. Explain recognition of conditions related to different body systems.
9. Describe and demonstrate routes of administration of drugs.
10. List common drugs used for emergencies and minor ailments, their indications, dosage and actions.

A. Infection and Immunization

Theory - 25 hrs.
Demonstration - 20 hrs.
Total - 45 hrs.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
1.	2	-	• Understand concept of occurrence of diseases • Describe classification of diseases	**Concept of disease.** • Concept and definition of illness • Disease causation • Classification of diseases.	• Lecture discussion. • Explain using Charts.
2.	4	2	• Understand process of infection. • Describe characteristics of microbes • Narrate methods of spread of infection • State factors affecting spread of infection.	**Infection** • Meaning and types of infection. • Causes of infection • Classification and characteristics of micro organisms: Pathogenic and Non-pathogenic • Incubation period and spread of infection-transmission • Factors affecting growth and destruction of microbes.	• Lecture discussion. • Demonstration • Explain using microscope
3.	6	2	• Understand body defense mechanism • State types of immunity • Describe different types of vaccine and their preservation.	**Immunity and body defense mechanisms** • Body's defense mechanism • Immunity - concept • Hypersensitivity: Antigen antibody reaction • Types of immunity • Types of vaccines • Storage and care-cold chain maintenance.	• Lecture discussion. • Demonstration • Field visits for Cold chain.
4.	6	4	• State immunization schedule • Give immunization • Organize immunization camps • Prepare articles For immunization • Participate in Special	**Immunization** • Immunization against different infections - immunization schedule • Injection safety • Methods of administering vaccine • Sterilization of syringes	• Lecture discussion • Demonstration. • Posters on immunization schedule • Visit immunization

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
			drives.	and Needles. • Immunization in the community • Immunization Hazards • Precautions while giving vaccines • Special immunization drives and programmes. • Records and reports	camp/ outreach camp
5.	2	4	• Collect specimens correctly • Handle body discharges safely • Give health education for disposal of body discharges.	**Collection of specimen** • Principles and methods of collection of specimens and handling body discharges. • Collection of specimens of blood, sputum, urine, stool • Safe disposal of body discharges.	• Collection of sputum • Collection of urine and stool. • Labeling of the specimens • Visit to the laboratory
6.	3	6	• Explain difference between antisepsis, disinfection and sterilization • Describe the principles of antisepsis, disinfection and sterilization • Perform disinfections and sterilization of various equipments	**Disinfection and sterilization** • Principles and methods of antisepsis, disinfection and sterilization • Methods of disinfecting different equipments • Methods of sterilizing different equipments	• Lecture discussion. • Demonstration • Visit sterilization department of a hospital.
7.	2	2	• Explain the methods of waste disposal	**Waste Disposal** • Waste disposals infectious and noninfectious: concepts, principles, and methods at different levels	• Lecture • discussion • Demonstration

Suggested activities for Evaluation

- Demonstration of sterilization of syringes and needles using pressure cooker/ small autoclave Demonstration of preparation of Malaria slides
- Techniques of vaccination "
- Assignment on cold chain system.
- Prepare poster/chart on immunization schedule
- Demonstrate different methods of waste disposable

B. Communicable Diseases

Theory - 40 hrs.
Demonstration - 25 hrs.
Total - 65 hrs.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
1.	7	5	• Understand epidemiological concept of occurrence of diseases. • Describe levels of prevention and general measures for control of Communicable diseases. • Explain importance of Surveillance. • Notification reporting	**Introduction to communicable diseases** • Common communicable diseases; Epidemiological concepts – Incidence and prevalence, mortality and morbidity. • Levels of prevention • Control and prevention of communicable diseases General measures • Surveillance, isolation, notification. Reporting	• Lecture discussion • Calculation of mortality and morbidity for different diseases. • Visit isolation unit. • Surveillance
2.	25	5	• Describe signs and symptoms of different communicable diseases. • Explain preventive measures for different communicable diseases. • Describe care and referral for different communicable diseases.	**Communicable diseases.** • Signs, Symptoms,care and prevention of the following: - Diphtheria, pertussis, tetanus, poliomyelitis, measles and tuberculosis - Chicken pox, mumps, rubella fever, hepatitis, rabies, malaria, dengue, filaria, kala-azar trachoma,conjunctivitis, scabies, STDs and HIV/AIDS - Encephalitis - Leptospirosis - Acute respiratory infections – Diarrhoeal diseases - Worm infestations - leprosy. - Role and responsibilities of health worker ANM	• Lecture discussion. • Visit infectious disease hospital / Center. • Demonstration • Supervised Clinical Practice.
3.	0	8	• State the principles of care of infectious cases. • Enumerate Standard safety Measures • Understand preventive measures	**Care in communicable diseases** • Care of patients with communicable diseases. • Isolation methods. • Standard safety measures (Universal	• Lecture discussion. • Demonstration • Prepare health

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
			• Provide health education	precautions) • Health education and message for different Communicable diseases • Role and responsibilities of health worker /ANM	education messages • Prepare chart on Standard safety measures
4.	2	7	• Identify causes of epidemics • Define role of health worker/ ANM in relief work.	**Epidemic Management** • Definitions and causes of epidemics • Epidemic enquiry in a community and epidemic mapping • Relief work and role of health worker/ ANM.	• Lecture discussion. • Community Mapping • Health Education.

Suggested activities of Evaluation

- Preparation of surveillance report
- Conduct Health education
- Demonstration on :- Standard safety measures in Nursing Practice

C. Community Health Problems

Theory - 30 hrs.
Demonstration - 50 hrs.
Total - 80 hrs.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
1.	3	10	• Identify common health problems in the community • Perform health assessment of individual • Render care to the sick at home • Advise family members in care of sick	**Care of the sick in the community** • Common health conditions in the community -danger signs of illnesses • Health assessment: Taking history, Physical examination: Vital signs, Weight, Height: recognition of abnormalities • Identification of health problems • Management of the sick: home and community nursing procedures, care of the sick, referral • Health education: individual and family	• Lecture discussion • Demonstration. • Supervised clinical practice. • Health education
2.	3	8	• Check and record vital signs • Describe stages of fever • List common conditions causing fever • Provide care to patients with fever	**Fever** • Vital signs: Temperature, pulse, respiration, blood, pressure • Temperature maintenance and the physiology of fever • Fever: Types and stages • Causes of fever common conditions causing fever, malaria, typhoid, Acute respiratory Infection (ARI) etc • Nursing management of patient with fever • Alternate system of medicine	• Lecture discussion • Demonstration
3.	4	6	• Enumerate causes sign and symptoms respiratory problems • Provide Care to patients with respiratory infections. • State common home remedies and their application.	**Respiratory problems** • Common respiratory problems: types, classifications- cold and cough, ARI, Asphyxia, tonsillitis, asthma, bronchitis pneumonia and tuberculosis • Causes, sign and symptoms, treatment of respiratory problems • Management: Role and responsibilities of ANM/health workers in care of	• Lecture discussion • Demonstration. • Demonstration of steam inhalation, nasal drops, oxygen inhalation • Health education
4.	2	2	• Identify cause and provide care and	**Aches and pains** • Causes and nursing management	• Lecture discussion • Demonstration

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
			support • Refer when necessary	of : Tooth ache, ear ache, abdominal pain, headache, joint pains. • Management as per the standing orders and protocols • Role of ANM/health worker in the community including Home care remedies • Integrate accepted practices of AYUSH	Health education
5.	3	4	• Identify cause and provide care and support • Refer when necessary	**Digestive problems** • Indigestion,anorexia, vomiting, distension and Constipation • Hemorrhoids, hernia, ulcers and intestinal obstruction • Role of ANM/health worker in the community including Home care remedies. • Integrate accepted practices of AYUSH	• Lecture discussion. • Demonstration. • Health education
6.	3	3	• Identify cause and provide care and support • Refer when necessary.	**Urinary problems** • Signs and symptoms of renal conditions • Retention of urine, renal colic, edema • Role of ANM/health worker in the Community including Home care remedies. • Integrate accepted practices of AYUSH	• Lecture discussion. • Demonstration. • Health education
7.	3	3	• Identify cause and provide care and support • Refer when necessary.	**Cardiovascular problem** • Signs and symptoms of cardiac conditions and blood related problems(heart attack, chest pain, anemia, hypertension and leukemia • Care of a cardiac patient at home • Role of ANM/health worker in the community including Home care remedies. • Integrate accepted practices of AYUSH	• Lecture discussion • Demonstration. • Health education
8.	2	3	• Identify cause and provide care and support • Refer when necessary.	**Diseases of the nervous system** • Signs and symptoms of neurological problems - Headache, backache and paralysis	• Lecture discussion • Demonstration. • Health education

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
				• Care of a patient with stroke at home. • Care of pressure points, back care changing of positions, active and passive exercises, body support to prevent contractures. • Role of ANM/health worker in the community including • Home care remedies. • Integrate accepted practices of AYUSH	
9.	3	4	• Identify cause and provide care and support • Refer when necessary • Give insulin injection • Counsel for prevention of complications	**Metabolic diseases** • Diabetes - signs and symptoms, complications diet and medications • Skin care, foot care • Urine testing and administration of insulin injection. • Integrate accepted practices of AYUSH	• Lecture discussion • Demonstration • Health education
10.	2	4	• Identify the conditions • provide care to relieve pain • Prevent complications and refer	**Diseases of Musculo skeletal system** • Signs and symptoms of sprain, tear of ligaments and arthritis. • Integrate accepted practices of AYUSH	• Lecture discussion. • Demonstration. • Case study • Health education
11.	2	3	• Identify need of handicapped • Ensure need base care at home	**Care of handicap** • Handicaps - different types Counselling for prevention of certain handicaps • Understandings the handicapped person • Helping family to ensure need based care	• Lecture discussion. • Demonstration. • Case study

Suggested activities for Evaluation

Demonstration of

- Urine testing for albumin and sugar.
- Urinary catheterization
- Local application of cold and hot
- Plain water enema
- Checking of B.P. and TPR
- Disease conditions

D. Primary Medical Care

Theory - 20 hrs.
Demonstration - 20 hrs.
Total - 40 hrs.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
1.	5	4	• Name different systems of medicine • Understand abbreviations • Calculate dosages of medicines • Understand classification of drugs	**Types of drugs** • Different Systems of medicine: allopathic and AYUSH • Classifications of drugs • Forms and characteristics of drugs • Abbreviations used in medication • Administration of drugs: Policies and regulations, as per protocols and standing orders • Calculation of dosage	• Lecture discussion • Calculation of dosage and conversion • Drug study
2.	5	10	• Demonstrate administration of drugs • Explain importance of observations and recording	**Administration of drugs** • Routes of administration - Oral, parenteral (intradermal, intramuscular, subcutaneous, Intravenous), rectal, local and others • Administration of drugs • Precautions, principles • Observations and recording.	• Lecture discussion. • Demonstration. • Practice session • Preparation and administration of IV fluids as per protocol • Preparation for Blood transfusion as per protocol.
3.	5	2	• Administer drugs for minor ailments • Explain the care of drugs	**Drugs used in minor ailments** • Common drugs for fever, cold and cough, aches and pains etc. • Drug kit in the subcentre: content and its use • Storage and care of drugs	• Lecture discussion. • Visit subcentre. • Demonstration
4.	5	4	• Administer emergency drugs Following precautions.	**Common emergency drugs** • Metherginc, misoprostol injection oxytocin, IV fluids, antibiotics, injection and magnesium sulphate, deriphyllin, avil and other antihistaminic, pethedine, vitamin K, antirabies vaccine.	• Lecture discussion • Demonstration • Drug study

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
				anti snake venoms as per the protocol • Precautions for administration • Storage and Care of emergency drugs	

Suggested activities of Evaluation

- Preparation of list of common drugs used in sub centre, their action dosages and use.
- Demonstration of administration of medication by different routes
- Drug study

E. First Aid and Referral

Theory - 25 hrs.
Demonstration - 35 hrs.
Total - 60 hrs.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
1.	2	7	• Understand principle of first aid care • Use first aid kit • Demonstrate different type of bandages	**Need for First Aid** • Principles of first aid • Mobilization of resources • First aid kit & supplies • Bandages: Types, Uses • Principles and methods of bandaging	• Lecture discussion. • Demonstration. • Practice session.
2.	10	5	• Demonstrate first aid care for Cuts and wounds, • Foreign bodies, Burns and scalds • Health education and referral	**Minor Injuries and ailments** • Cuts and wounds :types, principles and first aid care • Foreign bodies • Burns and scalds types, principles and first aid care • Health education and referral • Role of ANM/health worker	• Lecture discussion. • Demonstration. • Practice session • Supervised Clinical practice. • Health education
3.	5	8	• Identify different bones • Describe types of fracture • Apply splints and bandages • Transfer fractured patients correctly	**Fractures** • Skeletal system and different bones. • Fractures: Types, Causes, signs and symptoms, first aid care. • Methods of immobilization and transportation	• Lecture discussion. • Demonstration. • Practice session.
4.	8	15	• Follow principles of first aid and • provide care in • different • emergencies	**Life Threatening Conditions** • Bleeding • Drowning, Strangulation, suffocation and asphyxia • Loss of consciousness • Cardio respiratory Arrest • Convulsions • Foreign bodies • Chest injuries • Shock and allergic conditions • Poisoning, bites and stings • Stroke • Heat stroke • Severe burn	• Lecture discussion. • Demonstration • Nasal pack • Apply • tourniquet. • BLS demonstration. • Insertion of nano gastric tube • Practice session

Suggested activities for Evaluation

Demonstration of following:

1. Wound care
2. Splints, slings, bandages
3. Transportation of casualties
4. BLS Basic Life Supports
5. Nano gastric tube insertion
6. Care during different emergencies

CHILD HEALTH NURSING

Theory - 75 hrs.
Demonstration - 110 hrs.
Total - 185 hrs.

Learning objectives:

On completion of the course the student will be able to :

1. Assess growth and development of a child at different ages.
2. Describe nutritional needs of different age groups of children.
3. Provide care to sick children during their common illness.
4. Describe school health programme.
5. Describe 'Rights' of children.
6. Educate mothers and family member as per need of their children.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
1.	20	20	• Assess growth and development in infants and children. • Maintain 'road to health' chart. • Explain the needs of a child. • Describe the care of a normal child. • State the common accidents in children and their prevention.	**Growth & development** • Introduction to Growth and development • Factors affecting growth and development • Growth and development in infants and children **Assessment** • Physical, psychological and social development of children • Monitoring and recording of growth and development of infants and children • Care of infants and children- play, hygiene, emotional needs training for bowel and urination. • Accidents: causes, precautions and prevention. • Congenital anomalies	• Lecture discussion • Demonstration • Explain using road to health Chart. • Health Education • Visit a school
2.	10	10	• Explain the importance of breast feeding. • Educate mothers regarding breast feeding. • Explain complimentary feeding. • Educate for nutrition of children according to age.	**Nutrition of infants and children** • Exclusive breast feeding • Nutritional requirements • Complementary feeding • Problems of feeding • Breast feeding counseling • Infant feeding and HIV • Baby friendly hospital initiative	• Lecture discussion • Demonstration

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
3.	5	10	• Describe the rights of children • State the steps for prevention of child labour and child abuse	**Children's Rights** • Convention of Rights of the child • Prevention of child labour • Abuse and legal protection • Special care of girl child • Female infanticide	• Lecture discussions • Survey the areas where child labour is used in the community
4.	10	35	• Provide care to the sick child • Identify the signs and symptoms of common childhood disorders. • Identify signs of high risk in case of ARI and Diarrhoea. • Educate mother and family members regarding prevention of illness.	**Care of the Sick Child** • Common childhood disorders: • Signs, symptoms and management. • Vaccine for preventable diseases • Acute Respiratory tract infections. • Diarrhoea vomiting constipation • Tonsillitis and mumps • Ear infections • Worm infestation • Accidents and injuries • Skin infections • Fever-malaria, measles • IMNCI strategy	• Lecture discussion. • Explain using chart. • Preparation of ORS at clinic/home • Demonstration • • Explain using slide • IMNCI protocols
5.	15	20	• Assess the school child • Need based counseling of children, teacher and parents	**Care of school children** • School health: Objectives, problems and programmes • Environment of school • Assessment of general health of school children • Dental and eye problems • Nutritional deficiencies • School health education for children • Need based sharing of health information with teachers/parents/children • Records and reports.	• Lecture discussion. • Demonstration • Explain using chart and models

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching Learning Activities
	Th.	Demo			
6.	5	5	• Explain the various changes in the adolescents	**Care of Adolescents** • Physical growth during adolescence • Emotional and behavioral changes in girls and boys • pecial needs of adolescents • Sex education for adolescents • Counseling	• Lecture discussion • Demonstration • Explain using charts and models
7.	10	10	• Discuss the special needs of girl child • Explain the effect girl child discrimination in the family and community • Counsel mother and community on need for care of a girl child	**Care of Adolescent girls** • Menstruation and menstrual hygiene • Special nutritional needs • Early marriage and its affects • Adolescent girls' pregnancy and abortion • Preparing for family life-pre marital counseling • Role of ANM/ female health worker.	• Lecture discussion • Demonstration • Explain using charts and models • Health Education

Suggested activities for Evaluation

- **Case studies**
  - Breast feeding techniques
  - Preparation of ORS
  - Preparation of complementary foods
  - Assessment of growth and development of children
  - Assessment of common childhood illnesses in infant, children and adolescent
- **Poster on:**
  - Growth and development
  - Prevention of common accidents in children
  - Menstrual cycle
  - Physical changes in adolescence

COMMUNITY HEALTH NURSING AND HEALTH PROMOTION

(Practical-I)

Hospital- 30 hrs.
Community- 280 hrs.
Total-310 hrs.

Expected Competency	Hospital Experiences	Community Experiences
• Describe be community structure • Community assessment and home visiting • Health assessment of individuals of different age groups	• Interviewing, physical and health need assessment of 5(five) persons.	• Visit village for understanding the village mapping; physical, social and resources structure of the village • Conduct community need assessment • Prepare and use questionnaire for home visits, and assessing health concepts, behaviors, concepts and practices of five families
• Describe health organization and team responsibilities		• Visit to sc/PHC/CHC and prepare a report including organization, functions and responsibilities of team member • prepare the organization chart
• Perform nutritional assessment • Conduct IEC activities related to nutrition	• Identifies , assesses two patients with malnutrition	**Group work on:** • Nutrition exhibition in a school/health centre • Cooking demonstration for a group of women in a village • Prepare and maintain a nutrition practical book
• Assess personal hygiene and health education		• Assess personal hygiene of five children in a school based on an assessment Performa • Conduct IEC activities related to personal
• Assess environmental sanitation • Conduct IEC activities related to environment sanitation		• Using a guideline each group assesses a community's environmental sanitation , organize discussion and prepares plan of action • Disinfects one well and one tube well or any other activity based on community needs • Prepare reports
• Assess mental health of an individual and counsel or refer		• Assesses mental health of two person • Health education • Referral • Prepare a report

CHILD HEALTH NURSING

(Practical-II)

Hospital- 80 hrs.
Community- 100 hrs.
Total-180 hrs.

Expected Competency	Hospital Experiences	Community Experiences
• Assess growth and development of children • Assess health status of children	• Assess growth and development of 10 children of different ages and record on chart • Assess health status of 10 sick*children	• Assess growth and development of 10 children of different ages and record on chart • Conducts a school health clinic ,assesses growth, identifies problems and refers • Conducts health education sessions for school children-2 sessions • Assess health status of 10* children
• Care of the sick children	• Give care to 5 children as per the IMNCI protocol • Give care too 5 children each with diarrhea and ARI • Demonstration , preparation and use of ORS to parents	• Give care to 5 children as per the IMNCI protocol • Give care to 5 children each with diarrhea and ARI • Give care to children with other ailments • Demonstrate, preparation and uses of ORS to parents • Identify and refer children at high risk • Demonstrate home care for a child with diarrhea and ARI
• Counsel mother about feeding of infants and young child	• Counsel mothers about breast feeding	• Identify and counsel 2 mothers with problems related to breast - feeding • Demonstrate complementary food preparation and use

***Number of cases may be from clinical or community**

SECOND YEAR

AUXILIARY NURSE MIDWIVES/HEALTH WORKER (FEMALE)

MIDWIFERY

Theory - 200 hrs.
Demonstration - 160 hrs.
Total - 360 hrs.

Learning objectives :

On completion of the course the student will be able to :

1. Describe male and female reproductive organs.
2. Explain process of conception and foetal development
3. Describe female pelvis and the muscles involved in delivery of foetus.
4. Conduct normal delivery and provide care to the newborn
5. Provide care to pregnant mother during ante, intra and post natal period at home and hospital.
6. Provide need based counseling to the mother and to her family during antenatal, intranatal and postnatal period.
7. Resuscitate the high risk new born baby.
8. Identify high-risk pregnancies and refer them immediately for safe mother-hood.
9. Identify deviation from normal labour in time and take necessary action.
10. Provide adequate care identifying abnormal puerperium.
11. Administer the drugs as per the protocols
12. Educate community for improving quality of life of the family.
13. Promote improvement in the status of women in society.
14. Identify women's health problem and provide guidance and support.
15. Provide care and guidance to women with reproductive health problems.
16. Participate in reproductive health and family welfare programmes.

Unit	Time (Hrs.)		Expected Outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
1.	8	-	• Describe structure and functions of reproductive system • Describe structure and functions of male reproductive system	**Human Reproductive System** • Female reproductive organs - structure and function • Menstrual cycle • Male reproductive organs structure and functions • Process of conception	• Lecture discussion. • Explain using birth atlas, posters, models charts and slides.
2.	6	2	• Describe female pelvis and its diameters and relation to foetal skull • Explain the muscles and ligaments of the pelvis floor • Describe foetal skull	**Female Pelvis and foetal skull** • Structure of the pelvic bones- types of pelvis • Pelvic diameters • Muscles and ligaments of pelvic floor • Foetal skull bones, diameter, • sutures, size,shape, moulding skull areas, fontanelles	• Lecture discussion. • Demonstration • Explain using models, charts, slides and films.
3.	5	5	• Explain growth and development of foetus • Describe placenta, membrane umbilical cord and their development • State the functions of placenta, membranes and cord.	**Foetus and placenta** • Growth and development of foetus, foetal sac and amniotic fluid and foetal circulation and changes after birth • Structure and functions of placenta, membranes and umbilical cord and abnormalities Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion. • Demonstration. • Explain using placenta, membrane, specimens • Practice session
4.	10	5	• Describe signs and symptoms of normal pregnancy • Describe various tests for conformation of pregnancy • Describe physiological changes during pregnancy • Provide Care for minor ailments of pregnancy.	**Normal pregnancy** • Signs and symptoms of pregnancy • Various diagnostic tests for conformation of pregnancy • Physiological changes during pregnancy • Minor ailments during pregnancy and their management Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion. • Demonstration. • Explain using Models and Charts.
5.	10	8	• Provide antenatal care • Provide need-based information and guidance.	**Antenatal Care** • Registration • Taking history of a pregnant woman. • Physical examination	

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo.			
			• Advise diet and nutrition for the pregnant mothers • Identify risk factors and refer on time • Prepare mother for delivery	investigations- routine and specific • Prophylactic medications • Need based health information and guidance • Nutrition in pregnancy • Special needs of a pregnant woman • Involvement of husband and family. • Identification of high risk cases and referral • Preparation of mother for delivery. **Refer SBA module of Ministry of health and Family Welfare**	
6.	10	8	• Identify signs and symptoms of normal labour • Demonstrate the mechanism of labour • Detect a normal life and presentation of foetus. • Identify deviation from normal progress of labour • Demonstrate plotting of the partograph	**Normal Labour** • Onset and stages of labour, physiological changes • Changes in Uterine muscles, and cervix • Lie, attitude, position, denominator and presentation of foetus. • Foetal skull. • Mechanisms of labour • Identification of high risk cases, foetal distress and maternal distress during labour • Partograph in the management of the normal labor Role of ANM/Female health worker and referral Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion. • Demonstration • Witness normal delivery • Explain using partograph.
7.	12	5	• Use partograph and perform Per Vagina examination. • Assist and conduct child birth • Resuscitate new born • Deliver the placenta • Provide care to mother and new born	**Care during normal labour** • History of labour • Importance of four C's • Monitoring progress of labour with partogram preparation for delivery • Care of mother in first and second stage of labour • Assist and conduct childbirth • Immediate care of new born	• Lecture discussion. • Demonstration • Explain using models, charts, films and slides partograph • Supervised clinical practice • Practice session • Case study

Unit	Time (Hrs.) Th.	Time (Hrs.) Demo	Expected outcomes	Contents	Teaching - Learning Activities
			throughout delivery • Perform necessary recordings	resuscitation, APGAR score, cord care • Oxytocin, Misoprostol drugs. Dose, route, indication, contraindication, action, side effects, precautions, role and responsibilities of ANM/HW • Delivery of placenta and examination of placenta • Care of mother in third and fourth stage. Recognize degrees of tear and appropriate care and referral • Establishment of breast feeding, exclusive breast feeding • Kangaroo mother care • Baby friendly hospital initiative • Record child birth and enroute birth registration Refer SBA module of Ministry of health and Family Welfare	
8.	10	10	• Perform postnatal assessment • Identify deviations from normal puerperium and take necessary care • Establish breast feeding • Provide need based information and counseling	**Normal puerperium** • Physiological Changes during postnatal period • Postnatal assessment • Minor ailments during puerperium and their management • Care of mother, diet, rest, exercise, hygiene • Management of breast feeding • Postpartum medicines • Special needs of postnatal women • Need based lesson education Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion. • Demonstration. • Supervised clinical Practice.
9.	10	10	• Provide immediate care to normal new born • Resuscitate new born at birth • Identify "at risk"	**Care of New-born** • Assessment of new-born for gestation age, risk signs and abnormalities • Neonatal resuscitation • Monitoring and birth weight	• Lecture discussion. • Demonstration. • Lecture discussion • Demonstration.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
			neonate and state measures to be taken. • Give immunization as per routine • Care for new-born with common minor disorders.	• Management of normal new-born and common minor disorders. • Exclusive Breast feeding and management • Temperature maintenance, kangaroo mother care • Immunization • Care of newborn: Jaundice, infection, respiratory problems. • Principles of prevention of infection • Educating mother to look after babies. Integrate accepted practices of AYUSH Refer SBA module of Ministry of health and Family Welfare	
10.	5	10	• Identify a pre term / LBW baby and fulfill the special needs. • Provide care required during special conditions in a new-born • Guide in home care of a high risk new born	**High risk New Born** • Pre term / Low Birth weight babies. • Special needs of high risk babies • Care at home- referral and follow up • Care during asphyxia, convulsions, vomiting. • Care for thrush, cord sepsis, diarrhea. • Implementation IMNCI protocol Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion. • Demonstration. • Explain using charts.
11.	10	3	• Define MMR & IMR • State the components of RCH programme • Explain preventive measures for safe motherhood Safe mother-hood	**Safe mother-hood** • Concept and cause of maternal mortality and morbidity • Safe motherhood components: RCH and NRHM • Preventive measures Role of ANM/Female Health worker Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion. • Demonstration. • Explain using charts.

Unit	Time (Hrs)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
12.	10	5	• Identify high risk pregnancies • Refer them in time • Counsel and involve husband and family members in high risk pregnancies	**High risk pregnancies** • High risk pregnancies: Identification, Risk factors, decision making, and management. • Protocols and standing orders: • Referral and follow up • Counseling and guidance about high risk conditions • Involvement of husband and family Role of ANM/Female Health worker Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion. • Case study-2. • Supervised clinical practice. • Demonstration.
13.	15	10	• Identify abnormalities of pregnancy in time • Refer to correct place in time • State the diseases that can affect during pregnancy	**Abnormalities of pregnancy** • Common abnormalities of pregnancy: hyperemesis gravidarum, bleeding and bleeding per vaginal • Anaemia of pregnancy worms • Eclampsia and pre-eclampsia and toxaemia of pregnancy • Infection of premature rupture of membranes, prolonged labour, anything requiring manual intervention, UTI, puerperal sepsis. • Obstetrical shocks: • Uterine abnormalities, ectopic pregnancy • Diseases complication pregnancy TB, diabetes Hypertension • Infections during pregnancy – RTI/ STIs malaria, HIV, AIDS • Rh factor • Standing orders and protocols • Role of ANM/Female Health worker Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion. • Demonstration.
14	5	5	• Identify types of abortion • Prepare mother for	**Abortion** • Types of abortion, causes of abortion	• Lecture discussion. • Supervised. • Clinical practice

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
			termination of pregnancy • Counsel for safe abortion.	• Need for safe abortion-referral • Complications of abortions • Medical termination of pregnancy • Care of woman who had abortion • Role of ANM/Health worker Refer SBA module of Ministry of health and Family Welfare	• Observation • Demonstration
15	10	10	• Identify deviations from normal child birth and refer in time • Provide Care to the mother in emergency and while transferring to hospital • Morbine support from the family and community	**Abnormal Childbirth** • Common abnormalities of childbirth • Abnormal presentations • Abnormal uterine actions • Cephalo pelvic disproportion • Prolonged labour • Identification, immediate management and referral • Emergency care of mother during transfer to hospital • Role of ANM/Female health worker Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion • Demonstration • Explain using through birth Atlas and charts • Explain using partograph
16	10	10	• Provide emergency care at the time of haemorrhage • Identify the cause of different PPH • Identify causes of complications during puerperium and render adequate care	**Abnormal Puerperium** • Postpartum haemorrhage and its management • Puerperal sepsis and its management • Retention of urine • Breast complications during lactation and their management • Psychiatric complications Role of ANM/Female health worker Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion • Explain using charts through charts different types of PPH.
17	5	5	• Assist in various surgical intervention in the mother during labour • Render care to mothers pre&post operatively in surgical intervention	**Surgical intervention** • Assisting in the followings: - Induction of labour and its management. - Forceps and Vacuum extraction - Episiotomy and suturing	• Lecture discussion • Demonstration.

Unit	Time (Hrs.)		Expected outcome	Content	Teaching - Learning Activities
	Th.	Demil			
				— Counselling — Classroom lecture — Pre and post operative care — Role of ANM/Female health worker Refer SBA module of Ministry of health and Family Welfare	
18	5	5	• Able to identify various conditions during child birth for mother and child • Understand their action and care needed for the mother • State the dosage of these medicines for mother and child.	**Medications used in midwifery** • Pain relieving drugs • Anesthetic drugs • For uterine contractions • For controlling bleeding • For preventing postnatal infection • For prevention eclampsia • Antibiotics • IV fluids • Role of ANM/ Female health worker Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion • Visit labour room • Demonstration • Any study my book
19	3	-	• Describe the concept of quality of life • Explain how quality of life affects life expectancy and peoples health. • Describe role of education on quality of life.	**Life cycle approach** • Quality of life and life expectancy • People's health throughout the life cycle • Role of education economic status, social status on quality of life • Holistic approach to life Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion
20	5	-	• Explain status of women in Indian society • Enumerate factors affecting women status • Describe the importance of women's health • Explain the	**Status of women and empowerment** • Status of women in society • Factors affecting status gender bias,sex selection,wife, female foeticide and infanticide sex ratio discrimination and exploitation • Effect of tradition culture and literacy	• Visit family of an under privileged group • Group Discussion

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching : Learning Activities
	Th	Demo			
			programmes for empowering women in the society.	• Relationship between status of women and women's health. • Effects of women's health in community: single, divorced deserted woman, widows special needs • Laws related to women • Programmes for women's empowerment. Refer SBA module of Ministry of health and Family Welfare	
21	10	10	• Explain the complications related to child birth • Identify common an emergency complications and provide care	**Women's health problems** • Complications related to childbirth-VVF, RVF, prolapsed and incontinence. • Cervical erosion and leucorrhoea pruritus • Cancers-cervical and breast • Pap smear for detection of cancer cervix • Tumors- Fibroids • Menstrual disorders • Menopause and its implications Refer SBA module of Ministry of health and Family Welfare	• Lecture discussion • Demonstration • Case study of a women at menopause
22	6	4	• Describe causes signs and symptoms of STI and RTI • Describe the treatment for the STI's and RTI • Education on prevention and treatment of RTI's and STI's	**RTIs and STI's** • Causes and signs and symptoms of STI's and RTI's • Syndromic approach for treatment • Referral treatment and follow up care • Information, education and communication for prevention and treatment	• Lecture discussion • Demonstration • Health education • Case study
23	6	10	• Explain the cause, effect and prognosis of HIV/AIDS. • Council the HIV positive persons • Explain home care for HIV/AIDS patients.	**HIV/AIDS** • Epidemiological facts related to spread of infection • Methods of transmission • Effect on immunity and signs and symptoms • The AIDS patient community support and home care • Counseling: process and techniques	• Lecture discussion • Demonstration • Explain HIV/AIDS through charts and models. • Role Play

Unit	Time (Hrs.) Th.	Time (Hrs.) Demo	Expected outcomes	Contents	Teaching - Learning Activities
				• Counseling of HIV positive patients and pregnant women • Standard safety measures • Voluntary counseling and testing center (VCTC)/Integrated counseling and testing center(ICTC) activities • Care continuum and Anti Retro viral Therapy(ART) • Prevention of parent to child transmission(PPTCT) Prophylaxis and breast feeding guidelines	
24	2	2	• Identify Cases Of Infertility • Provide counseling to infertile couples • Refer and provide follow up care to infertility cases.	**Infertility** • Classification and causes of infertility in male and female. • Investigations and treatments. • Identification of couples, counseling, referral and follow up. • Role of ANM/Female health worker	• Lecture discussion • Demonstration • Explain using charts and posters • Case study.
25	4	3	• Explain the impact of population explosion specially on health • Enumerate Birth Rate, Death Rate, Net Reproductive Rate etc. • Describe the scope of Family Welfare Programme • Discuss trends in health and family welfare programmes.	**Population Education** • Population trends in India • Vital statistics birth and death rates, growth rate,NMR,fertility rate, couple protection rate, family size. • National family Programme trends and changes RCH I,RCH II programme and NRHM • Target free approach for FW • Role of mass media and IEC • Role of ANM/health worker.	• Lecture discussion • Visit office of DFWO • Explain using vital statistics
26	8	5	• Prepare eligible couple register • Describe the different methods of contraception and their effects • Provide guidance to the adopters	**Family welfare** • Identification of eligible couples and their need, contraceptive methods • Information related to contraception and importance of choice. • Natural and temporary methods of contraception	•

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching - Learning Activities
	Th.	Demo			
				• Permanent methods • New methods not given and injectables • Emergency contraceptive pills • Counseling • Role of ANM/Female Health worker	

Suggested activities for Evaluation:

- Taking of history and antenatal examination
- Demonstration of vaginal examination
- Plotting of partograph during labour
- Return demonstration of normal delivery using five 'C's
- Demonstration of perineal care
- Essential care of newborn
- APGAR score and resuscitation of a newborn baby
- Health education on exclusive breast-feeding
- Midwifery case book
- Demonstration of immunization
- Drug book
- Records and reports
- Case studies
- Preparation of posters on methods of Family welfare
- Demonstration of IUCD insertion
- Information Education and Communication
- Calculation for Vital indicators.

HEALTH CENTER MANAGEMENT

Total-80 hrs.
Theory-40 hrs.
Demonstration-40 hrs.

Learning Objectives:

On completion of the course the student will be able to

1. Organise sub-center and clinics to carry out scheduled activities
2. Indent and maintain necessary stock.
3. Participate in the implementation of National Health Programmes
4. Update knowledge and skills
5. Provide guidance to TBA, AWW, ASHA and other voluntary health workers.
6. Collaborate and coordinate with other health team members and agencies.
7. Maintain records and reports

Unit	Time (Hrs)		Expected Outcomes	Contents	Teaching Learning Activities
	Th	Demo			
1	10	5	• Organize and set up a sub centre • Prepare a sub centre activity plan • Conduct meeting • Conduct clinics at sub centre • Display health messages	**The sub centre** • Organization of functions and facilities of sub centre • Sub centre activity plans • Conduct a clinic and special programs and follow up • Conducting meetings and counseling session • Sub centre action plan • Information, education and communication • Display of messages	• Lecture discussion • Demonstration • Visit sub centers • Attend a clinic at the sub centre
2	4	10	• Write indents and stock position • Prepare weekly and monthly reports	**Maintenance of stock** • Maintenance of supplies, drugs, equipments, stock, indenting • Calculation of indent as per population requirement • Management information and evaluation system(MIES) Maintenance of records, reports of sub centre	• Lecture discussion • Explain using stock register, indents etc to monthly reports of the students • Calculation of indent as per population requirement • Explain the various records
3	6	5	• Establish coordination with different organization working in the area	**Co-ordination** • Inter-sectoral co-ordination • Co-ordination with allied	• Lecture discussion • Visit local govt departments, NGOs and discuss

Unit	Time (Hrs.) Th	Time (Hrs.) Demo	Expected Outcomes	Contents	Teaching Learning Activities
			• Demonstrate good relationship with them	teachers ASHA, anganwadi workers, panchayat • Role of NGOs and co ordination with government departments	their programs
4	10	10	• Enumerate the national health programs • Describe the role of ANM in these programs	**Implementation of national health programs** • National health programs and the role of the ANM • Detection, referral, treatment and follow up of cases of malaria, leprosy, tuberculosis, blindness goiter	• Lecture discussion • Visit a TB and a leprosy patient and observe DOTS program and MDT carried out by health workers.
5	10	10	• Demonstrate ability in writing reports in correct language • Understand the scope of her career advancement and self development	**Update knowledge** • Continuing education for self development - circulars, hand outs, meetings, journals • Method of self developments • Interacting with community • Improving writing , speaking abilities in local language and English	• Lecture discussion • Demonstration • Role/ play • Exercise on -reading -summerisation -comprehension • Practice in public speaking

Suggested activities for Evaluation

- Detection of tuberculosis, malaria, leprosy etc.
- Assignment on records and reports maintained at sub centre.
- Peer group teaching on DOTS & MDT
- Participation of national programmes in CHC/PHC/SC
- Assignment on organization of sub-centre/clinics

MIDWIFERY PRACTICAL

Hospital - 200 hrs.
Community - 160 hrs.
Total - 360 hrs.

Expected Competency	Hospital Experiences	Community Experiences
• Assessment and care of normal pregnant women	• Detecting pregnancy using pregnancy test kit • Registration of antenatal mothers • Pre conception counseling • Measuring the blood pressure, pulse and fetal heart rate; checking for pallor and edema and determining the fundal height, fetal lie and presentation accurately • Hemoglobin estimation and testing urine for protein and sugar • Examine 20 antenatal women (in the hospital and community) • Provide IFA supplements and administer TT injection to 10 women	• Registration and management of vital events registers • Conduct antenatal examinations at home • Participate in antenatal clinics in the sub center • Malaria testing for pregnant mothers • Counseling on birth preparedness, complication readiness, diet and rest, infant feeding, sex during pregnancy, domestic violence and contraception
• Conducting normal delivery • Recognize different degrees of tears, give emergency care and refer	• Maintain midwifery case book • Conducting pelvic assessment to determine pelvic adequacy • PV examination 5 • Plotting the partographs and deciding when to refer the women • Conducting 10 safe deliveries(in the hospital and community), with active management of third stage of labour, using infection prevention practices • Assist in the suturing of 5 episiotomies and tears	• Conducting deliveries in the community (health centers preferably and home)
• Assessing and care of postnatal mothers and newborns	• Provide essential care of the newborn-10 • Basic resuscitation of the newborn-5 • Managing/counseling on postpartum care and nutrition • Counseling /supporting of mothers for breast feeding and preventing /managing breast feeding problems • Counseling for kangaroo mother care • Care of postnatal mothers 10 (in the	• Follow up of 10 postnatal mothers for 10 days with at least 3 home visits • Care of newborns in the home -10 • Conduct health education for group of mothers and individuals-2 each • Integrate accepted practice of AYUSH

Expected Competency	Hospital Experiences	Community Experiences
	hospital and community • Conduct health education for groups of mothers and individuals- 3 each • Follow infection prevention and biomedical waste management in the labour room and sub center	
• Assessing and referring mothers at risk	• Identify high- risk mothers and give care • Prepare for caesarean section-2 • Observe caesarean section-2 • Observe abnormal deliveries 5 • Prepare for MTP and observe procedure -2 • Take care of women with abortion – 2 • Insert a urinary catheter in women • Preparation and administration of oxytocin drip • Bimanual compression of the uterus for the management of PPH • Care of mother with HIV • Digital removal of retained products of conception for incomplete abortion • Provide post abortion care	• Do a case study of a complicated childbirth in the village • Conduct a village meeting for emergency transport of women in labour and at risk • Identify and refer women with unwanted pregnancy for MTP • Interview any 10 women and list reasons for unsafe motherhood and abortion • Identify high risk mothers 5 and newborns 5 and refer them to the higher center
• Counsel eligible couples about different methods of contraception • Preparation acceptors for sterilization and IUCDs • Detection of cervical cancer	• Counseling of mother/ couples for family planning • Prepare and assist for sterilization of 5 females and 2 male cases(in the hospital or community) • Insertion of intra uterine devices and prescription of contraceptives • Perform 2 IUCDinsertions (in the hospital or community) • Distribute oral pills -5 • Demonstrate the use of condoms and distribute condoms-5 • Visual inspection of the cervix and taking a pap smear test-2	• Counsel eligible couples on different methods of contraception • Perform 2 IUCD insertions (in the hospital or community) • Distribute oral pills -5 • Demonstrate the use of condoms and distribute condom-5 • Visual inspection of the cervix and taking a pap smear test-2

Clinical requirements to be completed during the internship period:

In addition to practicing and gaining competency in the above mentioned skills the students are expected to complete the following requirements during the internship period.

Expected Competency	Hospital and Community Experiences
• Assessment and care of normal pregnant woman	• Examine 15 antenatal women (in the hospital and community)
• Conduct normal delivery • Recognize different degrees of tears give emergency care and refer	• Conducting pelvic assessment to determine pelvic adequacy PV examination 5 • Conducting10 safe deliveries (in the hospital and community), with active management of the third stage of labour ,using infection prevention practices • Assist in the suturing of 5 episiotomies and tears
• Assessment and care of postnatal mother and newborns	• Provide essential care of the newborn-10 • Basic resuscitation of the newborn-5 • Care of postnatal mothers 10 (in the hospital and community)
• Assessment and referring mothers at risk	• Take care of women with abortion-2
• Counsel eligible couples about different methods of contraception • Prepare acceptors for sterilization and IUCDs • Detection of cervical cancer	• Prepare and assist for sterilization of 5 female and 2 male cases(in the hospital or community) • Perform 3 IUCD insertions (in the hospital or community) • Distribute oral pills-5 • Demonstrate the use of condoms and distribute condoms-5 • Visual inspection of cervix with acetic acid-2
• Management of sick neonates and children(IMNCI)	• Assessment and care of 5 sick neonates and 5 sick children as per the IMNCI protocols

PRIMARY HEALTH CARE NURSING AND HEALTH CENTRE MANAGEMENT PRACTICAL

Hospital -90 hrs.
Community - 360 hrs.
Total -450 hrs.

Expected Competency	Hospital Experiences	Community Experiences
• Administer immunization safely	• Perform immunization for infants and children • DPT, measles, BCG, oral polio, hepatitis and maintains record in health centre or hospital • Infection safely measures	• Performs immunization for infants and children-DPT ,measles ,BCG, hepatitis oral polio and maintains record • Plans and conducts two immunization sessions n the village and sub-centre and records • Injection safety measures
• Give care to the sick	• Give care to sick people in the health centre/hospital	• Assess and take care of sick patents at home • Integrate accepted practices of AYUSH • Refers patients to hospital/health centre and follow up
• Provide first aid in various emergencies	• Practices bandaging ,splints, slings	• Provide first aid in the health center/clinic and maintain records
• Provide primary medical care • Organize and manage sub centre • Render care at home	• Administers medication • Treatment of minor ailments	• Conduct health camps • Administers medications and refers patients of AYUSH • Intensive experience at a sub centre and participate with the ANM/FHW in- - Organizing various clinics Indenting - Maintaining stock books - Management information and evaluation system (MIES): vital statistics, family folders/ eligible couple registers, records and reports etc - Providing emergency care - Home visits and pre, post and intranatals care at home