**Syllabus for**

**Auxiliary Nurse and Midwives (RANM)**

**COUNCIL**

**Indian Nursing Council**

Combined Council Building, Kotla Road, Temple Lane, New Delhi -110002

**BOARD**

MAHARASHTRA STATE BOARD OF NURSING & PARAMEDICAL EDUCATION BOARD, MUMBAI

**Preface**

Auxiliary Nurse Midwives (ANM) play major role in improvement of the health and family welfare service. The millennium development goals can be achieved with their active work (involvement) in the community. Infectious diseases such as HIV/ AIDS, TB and Malaria can be prevented and health promotion can be strengthened for all ages especially maternal and child health.

The National Rural Health Mission has been launched by Government of India to bring about improvement in the health system and health status of the people, especially those who live in the rural areas of the country. Some of the objectives of the mission are universal access to public health care services with emphasis on services addressing women and child health, sanitation, immunization, prevention and control of communicable disease including locally endemic disease, access to integrated comprehensive primary health care, population stabilization, gender and demographic balance etc.

With this background the Indian Nursing Council revised the syllabus by having series of consulation with various stakeholders. The components of skilled birth attendant (SBA) and Integrated Management of Neonatal and Childhood Illnesses (IMNCI) has been integrated in the syllabus. Candidates who will qualify after the implementation of the revised syllabus will be able to provide effective qualitative primary health care services in the rural area effectively.

I take this opportunity to acknowledge the contribution of Nursing experts and staff of INC in the preparation of this document.

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2. Human body and Hygiene
3. Environmental Sanitation
4. Mental health

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**(Prevention of Disease and Restoration of Health)**

1. Infection and Immunization
2. Communicable disease
3. Community Health Problems
4. Primary Medical Care
5. First Aid and Referral **Child Health Nursing Midwifery**

##### Health Center Management

**Curriculum Practical**

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**Midwifery**

**Primary Health Care and Health Centre Management**

**Introduction Philosophy**

Health is a fundamental human right. Maintenance of optimum level of health entails individual as well as social responsibility. However health can never be ad- equately protected by health services without active involvement of the community.

Indian Nursing Council (INC) believes that ANM/FHW plays a vital role in the rural health care delivery system. She should be sensitive and accountable to meet the health needs of the community. She should be able to provide accessible, equi- table, affordable and quality health care. ANM/FHW can act as a catalyst for pro- moting inter-sectoral convergence in promotive and preventive health care

ANM curriculum intends to prepare skilled and effective female health workers to achieve the goals of National Rural Health Mission which aims at bringing about dramatic improvement in the health system and health status of the country. ANM/ FHW would be trained in community health skills to practice basic health care at a defined level of proficiency in accordance with local conditions and to meet local needs'. Further, the programme fits into the general educational pattern as well as nursing education system

# Purpose

The purpose of the ANM/FHW course is to prepare an ANM to function at the community level/village with specific skills to fulfill the health needs of the community. She will be an active link between the community and the health care system.

# General objectives:

On completion of the course, the ANM/FHW will be able to:

* Appreciate the concept of holistic health and understand the influence of socioeconomic and environmental factors on the health status of the community.
* Identify health problems/needs and resources in the community and mobilize social support for active participation of the community in health care activities.
* Provide preventive, promotive, restorative and emergency health care to individuals and community as required.
* Provide treatment of minor ailments
* Provide skilled midwifery services to all mothers in the community and refer mothers at risk to hospitals.
* Provide skilled care to all neonates in community and refer neonates at risk to the appropriate levels.
* Render skilled child care services at home, clinic and school.
* Guide/Train birth attendants, Anganwadi workers (AW\Y)s , other community health activists and volunteers.
* Provide need-based information and counselling related to health of individuals, family and groups.
* Participate in all the National health and Family welfare programmes at community level
* Act as a team member in the health care delivery system
* Coordinate and collaborate with the other health team members and com munity based organizations, non-govt. organizations (NGO) and village administration
* Manage the health centre including equipments and supplies, and maintain the records in order to provide quality based people friendly services.
* Update knowledge and skills for professional and personal growth.

Course of Study First Year

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Nursing Courses** | **Class room hours** | | | **Experience** | | |
| **Sr.**  **No.** | **Course title and**  **description** | **Theory** | **Demon**  **stration** | **Total** | **Hospital** | **Community** | **Total** |
| I | Community Health  Nursing | 120 | 50 | 170 | 10 | 100 | 110 |
|  | **Health Promotion** | 120 | 75 | 195 | 20 | 180 | 200 |
|  | A. Nutrition | 35 | 30 | 65 |  |  |  |
|  | B. Human body and  Hygiene | 35 | 20 | 55 |  |  |  |
|  | C. Environmental  Sanitation | 20 | 15 | 35 |  |  |  |
|  | D. Mental helath | 30 | 10 | 40 |  |  |  |
| **III** | Primary health care  nursing I- | 130 | 150 | 280 | 90 | 300 | 390 |
|  | A. Infection and  Immunization | 25 | 20 | 45 |  |  |  |
|  | B. Communicable  disease | 40 | 25 | 65 |  |  |  |
|  | C. Community  Helath Problems | 30 | 50 | 80 |  |  |  |
|  | D. Primary Medical  care | 20 | 20 | 40 |  |  |  |
|  | E. First Aid and  Referral | 25 | 35 | 60 |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **IV** | Child health nursing | 75 | 110 | 185 | 80 | 100 | 180 |
|  | Total hours | 450 | 385 | 835 | 200 | 680 | 880 |
|  | Total= 1720hours |  |  |  |  |  |  |

**Second Year (First six months)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Nursing Courses | Class room hours | | | Experience | | |
| Sr.  No. | Course Title and  descirption | Theory | Demonstration | Total | Hospital | Community | Total |
| V | Midwifery | 200 | 160 | 360 | 220 | 160 | 380 |
| VI | Health centre  Management | 40 | 40 | 80 | - | 60 | 60 |
|  | Total hours | 240 | 200 | 440 | 220 | 220 | 440 |

Total= 880 hours

**Second Year (Internship-six months)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sr. No.** | **Nursing Courses** | **Experience** | | |
| **Course title and 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 hrs.**

**Guidelines for intership:**

1. The ANM students (in a group of 4-5) should beposted in the sub center/ primary health centre with a regular ANM for one month/ 4 weeks for super vised independent practice in the community which should be residential.
2. The students should participate in all National Health and Family Welfare programms during their clinical experience.
3. At least 80% of all the clinical requirements should be completed before appreating for the final (second year) examination.
4. The principal of the ANM School should certify for each student that she has undergone successfully the internship program completed 100% of the clinical requirements and acquired the requisite competencies as listed in the syllabus before the award of the certificate/ diploma by the state nursing council/ examination board.
5. The casebook and competency record book should be completed and signed by the competent authority of the school before appearing for the second year practical examination.

**Scheme of Examination:**

Theory and practical examinations at the end of the first year

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

Grand total for first year 800 marks.

**Thepry and practical examinations at the end of the course, (Second Year)**

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| --- | --- | --- | --- | --- |
| **Paper** | **Course** | **External**  **Assessment** | **Internal**  **Assessment** | **Duration** |
| Theory  Paper V | Midwifery | 75 | 25 | 3 hrs. |
| Theory  Paper VI | Helath Centre management | 75 | 25 | 3 hrs. |
| Practical  III | Midwifery | 100 | 100 | - |
| Practical  IV | Primary Health care nursing  and helath center management | 100 | 100 | 3 hrs. |

Grand total for second year 600 marks Note

Supplementary examination should be conducted at six monthly intervals for the failures.

Internal assessment should be done on class test, assignments, report of visits and group work.

All practical examinations must be held in the respective clinical areas and on patients.

Pass mark for each nursing subject on aggregate will be 50%

A candidate has to pass in theory and practical exam separately in each of the paper.

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 total internal marks.

Maximum number of attempts permitted for each paper is 3 including first attempt

Maximum duration of completion of the course is 4 years

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 passed the first year examination.

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 ex- amination 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.

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| **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.

### Learning objectives;

Community Health Nursing

**Theory-** 120 hours

**Demonstration-** 50 hours

**Total-** 170 hours

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

1. Describe the concept of community health, primary health (-are.
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.

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| **Unit** | **Time (Hrs.)** | | **Expected outcomes** | **Contents** | **Teaching Learning**  **Activities** |
| **Th.** | **Demo** |
| 1. | 10 |  | * Define health and explain its   Dimensions | **Concept of Health**   * Health and its   changing concepts. | * Lecture discussion. * Posters. |
|  |  | * List determinants of health | * Dimensions of health |  |
|  |  | * Define Primary Health Care | * Determinants of health |  |
|  |  | * List components of Primary Health   Care and their | * Primary health care,   definition, |  |
|  |  | application within a communitv | components,  significance. |  |
|  |  |  | community, |  |
|  |  |  | application |  |
| 2. | 10 |  | * Describe health concepts and practices of community. * Enumerate health   related cultural beliefs and | **Community Health practices**   * Health concepts of people and health care providers. * Health behaviours,   beliefs and cultural | * Lecture discussion. * Practice session. * Demonstration |
|  |  | Practices | practices of |  |
|  |  |  | community.   * Ethics and   behaviour related to community practices. |  |
|  |  |  | * Method of home   visiting. |  |
| 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. * Participate in national health and | * Lecture discussion. |
|  |  |  | * Trends and | family welfare |  |

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|  |  |  | development in | programs   * Field Visits: Village, Sub center, Primary health center, Community health center. |  |
| 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. |
| 4. | 10 | 5 | * Explain the organization of health services at   different levels | Health Organization   * Organization of SC, PHC, CMC and district hospital. | * Lecture discussion. * Field Visits to   Various |
|  |  |  | * Describe the referral system. * Explain the Role of National and International health agencies and Non- Governmental Organisations | * 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, | available organizations. |
|  |  |  |  | UNESCO. Colombo  Plan, ILO, CARE  etc. |  |
|  |  |  |  | * National: Indian |  |
|  |  |  |  | Red Cross, Indian Council for Child welfare, Family  planning association |  |

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|  |  |  |  | of India etc   * Non-Governmental organizations |  |
|  |  |  | * 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 • Explain administrative set up at the village | Structure of community   * Rural community-   . Characteristics, changes in the village community development, major rural problems   * Urban Community- Characteristics, changes and adjustments to urban environment,   major urban problems   * Village: Physical structure   - Administrative set up   * Function of Panchayat * r th   73 " and 74  amendments to Constitution and role of Panchayat in health.   * Structure of an urban community slum | * Lecture   discussion.   * Field visits: village mapping, slum mapping, resource 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. |

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| --- | --- | --- | --- | --- | --- |
|  |  |  |  | * Social groups organizations. leaders * Community   resources |  |
| *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 socialisation * 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 a els | * 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 assessment | * Scope and Methods 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 | * Lecture   discussion.   * Preparation of questionnaire * Field visits/   community:   * Conduct survey. |

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|  |  |  |  | (FGD) and case studies   * Participatory learning for action(PLA) * Analysis of data, Preparation of report |  |
| 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 | * Lecture   discussion.   * Demonstration of different methods of communication * 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 health education. |
|  |  |  |  | * Use of local folk   methods and media for |
|  |  |  |  | disseminating health messages.   * BCC(Behavioural change |
|  |  |  |  | communication), IEC  (Information, Education and  communication): |
|  |  |  |  | Aims, Scope, concept and approaches   * Teaching learning   process, concept , characteristics, steps of |
|  |  |  |  | learning,  characteristics of learner   * Principles, methods of teaching * Planning of health |
|  |  |  |  | education activities: |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  | * Role and responsibilities of ANM's/Health   workers in BCC |  |
| 10. | 5 | 5 | * Explain concept and principles of counseling * Describe the technique of counseling * Describe role of | Counseling.   * Concept, Principles and Techniques of counseling. * Identifying needs   and areas for counseling in the | * Lecture discussion. * Conduct counseling session and follow up. |
|  |  |  | counsellor | community.   * Role of counselor * Role of ANM/ Female Health worker |  |
|  |  |  |  | as counselor |  |
| 11. | 5 | 2 | * 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 technique.
* Village mapping.
* Community survey.

### Learning objectives:

HEALTH PROMOTION

**Theory** - 120 hours

**Demonstration -** 75 hours

**Total** - 195 hours

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 hygiene and its effect on health.
4. Describe hygiene for self and individuals.
5. Describe importance of environmental sanitation and waste management.
6. Promote mental health of individual, family and community
7. **Nutrition**

**Theory - 35** hrs.

Demonstration - 30 hrs.

**Total - 65** hrs.

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| --- | --- | --- | --- | --- | --- |
| **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. | **Essential nutrients**   * Importance of nutrition in health and sickness * Essential nutrients, functions, sources and requirements * Classification of foods and their   nutritive value | * Lecture discussion. * Explain using Models and Charts. * Exhibit raw food item showing balanced diet |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | * Plan balanced diet for different age groups | * Normal requirements at different ages. * Balanced diet for different age group |  |
| 2. | 10 | 5 | * Identify malnutrition and nutritional deficiencies. * Counsel women   with anaemia.   * Describe special diet for sick. * Explain role of ANM's/FHW/ AWWs. | Nutritional problems Nutritional deficiencies:   * Deficiencies, correction, treatment and referral - protein energy malnutrition * Vitamin and mineral deficiencies: | * Lecture   discussion.   * Visit ICDs project and discuss the program. * Explain using Models and Charts. * Planning diets for anemic women and other deficiency conditions |
|  |  |  |  | Nutritional anaemia in women   * Under five nutrition * The role of ANM's/ FHW/ AWWs in supplementary food. * Special diets of   individuals for |  |
|  |  |  |  | different age group. |  |
| 3. | 5 | 5 | * Assess nutritional   status of individual and family. | Nutritional assessment   * Methods of | * Lecture discussion. * Demonstration |
|  |  |  | * Identify local | nutritional | * Field visits. |
|  |  |  | foods for enriching | assessment of |  |
|  |  |  | diet.   * Identify good food habits from harmful food fads and customs. | 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. |  |
| 4. | 10 | 15 | * Plan diet for a   family | Promotion of  nutrition | * Lecture   discussion. |
|  |  |  | * Counsel for improving diet of the family. * Demonstrate safe preparation and cooking methods. * Explain methods of safe | * 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. | * 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.

1. **Human body and hygiene**

**Theory - 35 hrs. Demonstration - 20 hrs.**

**Total - 55 hrs**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Unit** | **Time (Hrs.)** | | **Expected outcomes** | **Contents** | **Teaching** |
|  |  |  | **Learning** |
| **Th.** | **Demo** |
|  |  |  |  |  | **Activities** |
| 1. | 20 |  |  |  |  |
| * Describe the structure and functions of the various systems of body * State (unctions of different organs. | The human body   * Structure and functions of human body. * Body systems and their functions | * Lecture discussion. * Identification of body parts. * Explain using Models and |
|  |  |  |  | digestive system respirator' system. genito urinary system, cardiovascular system, nervous system, muscular system,  endocrine system, | Charts. |
|  |  |  |  | special sensory organs. |  |
| 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 | * Lecture discussion. * Demonstration. |
|  |  |  |  | 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 care: * Elimination Care of bowels and bladder |  |
| 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. * Self-actualisation | * Lecture discussion. * Health education regarding healthy life style. |
|  |  |  |  | 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 organs of body.

### Environmental Sanitation

**Theory - 20** hrs.

Demonstration - 15 hrs.

**Total - 35** hrs.

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| --- | --- | --- | --- | --- | --- |
| **Unit** | **Time (Hrs.)** | | **Expected Outcomes** | **Contents** | **Teaching**  **learning Activities** |
| **Th.** | **Demo** |
| **1** | **5** | **2** | Explain the | **Environmental** | * Lecture |
|  |  |  | importance of basic | **Sanitation** | discussion. |
|  |  |  | sanitation at home | * Environment and | * Case study. |
|  |  |  | and in the | ecology for healthy |  |
|  |  |  | community. | living: basic sanitary |  |
|  |  |  |  | needs. |  |
|  |  |  |  | * Air, sunlight and |  |
|  |  |  |  | ventilation. |  |
|  |  |  |  | * Home environment |  |
|  |  |  |  | -: smoke, animals, |  |
|  |  |  |  | water, drains and |  |
|  |  |  |  | toilets etc. |  |
| **2** | **5** | **4** | * Describe the | **Safe water** | * Lecture |
|  |  |  | importance of safe | * Sources of water & | discussion. |
|  |  |  | water for health. | characteristics of safe | * Village |
|  |  |  | * Describe | water - sources of | mapping: |
|  |  |  | methods of | contamination and | water sources, |
|  |  |  | purifications of | prevention. | drains, ponds |
|  |  |  | water. | * Purification of | and |
|  |  |  |  | water for drinking : | contamination |
|  |  |  |  | methods- small and | areas. |
|  |  |  |  | large scale. | * Visit to a |
|  |  |  |  | * Disinfections of | water |
|  |  |  |  | well, tube well tank | purification |
|  |  |  |  | and pond in a village. | plant. |
|  |  |  |  | * Waterborne diseases |  |
|  |  |  |  | and prevention. |  |
| **3** | **5** | **4** | * Explain the   importance of safe | **Disposal of excreta**  **and waste.** | * Lecture   discussion. |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | disposal of waste and its role in prevention of diseases.   * State the hazards due to waste | * Methods of excreta disposal - types of latrine. * Handling animal excreta. * Methods of waste disposal * Hazards due to waste | • Demonstration.   * Visit to sewage disposal unit and sanitary latrine |
| **4** | **5** | **5** | Involve community in sanitation activities.  Educate  community for safe | **Community**  **participation**   * Drainage and   preparation of soak pits. | * Lecture discussion. * Construction of a small scale   soak pit at |
|  |  |  | disposal of different types of waste. | * Maintaining healthy environment within and around village -   cleaning and | school or health centre premises.   * Disinfection |
|  |  |  |  | maintenance of village drains, ponds and wells.   * Common waste, | of a well, tube well along  with village |
|  |  |  |  | excreta and animal waste - disposal in the village. | leaders or members of community.   * Organize   village |
|  |  |  |  |  | meeting. |

***Suggested activities for Evaluation***

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

### Mental Health

**Theory - 30** hrs.

Demonstration - 10 hrs.

**Total - 40** hrs.

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| **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 Helath**   * 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 quesliormaire 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 | Mental illness   * Identify abnormal behaviours. * Types of mental illnesses and treatments. | * Lecture   discussion.   * Visit to a mental hospital/ clinic. |

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|  |  |  | care   * Counsel for prevention of mental illness. | * Early detection and referral of mentally ill * Prevention of mental illness * Home care and counselling * Refer psychiatric   emergencies. |  |
| 4. | 5 | 2 | * Explain process of ageing. * Identify | Old age care   * Process of ageing - physical, | * Lecture discussion. * If available visit |
|  |  |  | characteristics of elderly   * Provide need | psychological changes.   * Needs and problems | an old age home. |
|  |  |  | based care. | * Care of elderly at home. * Rehabilitation and agencies of caring |  |
|  |  |  |  | elderly. |  |

**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 hours

**Demonstration** - 150 hours

**Total** - 280 hours

**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

### Infection and Immunization

##### Theory - 25 hours Demonstration - 20 hours

**Total** - 45 hours

|  |  |  |  |  |  |
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| **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 * Classificationof 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 | * Lecture discussion. * Demonstration * Explain using microscepe. |
|  |  |  |  | of microbes. |  |
| **3** | **6** | **2** | * Understand body defence mechanism * State types of | **Immunity and body defense mechanisms**   * Body's defense mechanism | * Lecture discussion. * Demonstration * Field visits for |
|  |  |  | immunity   * Describe different types of vaccine and their | * Immunity - concept * Hypersensitivity:   Antigen antibody reaction | cold chain. |

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|  |  |  | preservation. | * Types of immunity * Types of vaccines * Storage and care - cold chain maintenance. |  |
| **4** | **6** | **4** | * State immunization schedule * Give immunization * Organize   immunization camps | Immunization   * Immunization against different infections - immunization schedule * Injection safety * Methods of | * Lecture discussion. * Demonstration. * Posters on immunization schedule * Visit immunization |
|  |  |  | * Prepare articles for immunization * Participate in | administering vaccine   * Sterilization of   syringes and | camp/ outreach camp |
|  |  |  | special drives. | needles.   * Immunization in the community |  |
|  |  |  |  | * Immunization Hazards * Precautions while giving vaccines * Special immunization drives and programmes. * Records and reports |  |
| **5** | **2** | **4** | * Collect specimens correctly * Handle body discharges safely * Give health education for   disposal of body | Collection of specimen   * Principles and methods of collection of specimens and handling body discharges. * Collection of specimens of blood, | * Lecture   discussion.   * Preparation of malaria slide. * Collection of sputum. * Collection of urine and stool. |
|  |  |  | discharges. | sputum, urine, stool   * Safe disposal of | * Labeling of the specimens. |

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|  |  |  |  | body discharges. | * Visit to the   laboratory |
| 6. | 3 | 6 | * Explain difference between antisepsis, disinfection and sterilization * Describe the principles of antisepsis, disinfection and   sterilization | Disinfection and  sterilization   * Principles and methods of antisepsis, disinfection and sterilization * Methods of disinfecting different equipments * Methods of sterilizing different | * Lecture discussion. * Demonstration * Visit sterilization department of a hospital. |
|  |  |  | * Perform disinfections and | equipments |  |
|  |  |  | sterilization of various |  |  |
|  |  |  | equipments |  |  |
| 7. | 2 | 2 | * Explain the   methods of waste | Waste Disposal   * Waste disposals- | * Lecture   discussion |
|  |  |  | disposal | infectious and non- infectious: concepts. principles, and methods at different levels | * 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

1. **Communicable Diseases**

**Theory - 40 hrs. Demonstration** 25 hrs.

**Total - 65** hrs.

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| **Unit** | **Time**  **(Hrs.)** | | **Expected Outcomes** | **Contents** | **Teaching learning**  **Activities** |
| **Th.** | **Demo** |
| 1. | 7 | 5 | * Understand | **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 |
|  |  |  | epidemiological  concept of | discussion   * Calculation of |
|  |  |  | occurrence of diseases.   * Describe levels of   prevention and | mortality and morbidity for different diseases.   * Visit isolation |
|  |  |  | general measures for control of communicable diseases.   * Explain   importance of Surveillance. | unit   * Surveillance |
|  |  |  | notification |  |
|  |  |  | reporting. |  |
| 9 | 25 | 5 | * Describe signs   and symptoms of different communicable diseases.   * Explain preventive measures for different communicable   diseases. | Communicable  diseases.   * Signs, Symptoms, care and prevention of the following: * Diphtheria, pertussis, tetanus, poliomyelitis, measles and tuberculosis * Chicken pox, | * Lecture   discussion.   * Visit infectious disease hospital / center. * Demonstration. * Supervised Clinical Practice. |

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|  |  |  | * Describe care and referral for different communicable diseases. | mumps, rubella, enteric 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 |
| 3. | 6 | 8 | * State the principles of care of infectious cases. * Enumerate Standard safety measures | Care in communicable diseases   * Care of patients with communicable diseases. | * Lecture discussion. * Demonstration * Prepare health education messages |
|  |  |  | * Understand | * Isolation methods. | * Prepare chart on |
|  |  |  | preventive measures   * Provide health | * Standard safety measures (Universa   precautions) | Standard safety measures. |
|  |  |  | education | * Health education and messages for different communicable diseases. * Role and |  |
|  |  |  |  | responsibilities of |  |
|  |  |  |  | health worker /ANM |  |
| 4. | 2 | 7 | * Identify causes of | Epidemic | * Lecture |

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|  |  |  | epidemics   * Define role of health worker/ ANM in relief work. | Management   * Definitions and   causes of epidemics.   * Epidemic enquiry in a community and epidemic mapping * Relief work and role   of health worker/ | discussion.   * Community   mapping.   * Health   Education. |
|  | ANM. |  |

###### Suggested activities of Evaluation

* Preparation of surveillance report
* Conduct Health education
* Demonstration on :-

- Standard safety measures in Nursing Practice

#### Community Health Problems

Theory - 30 hrs. Demonstration 50 hrs.

**Total - 80 hrs.**

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| **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 | 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. | * Lecture discussion. * Demonstration. * Supervised clinical practice. * Health education |
|  |  |  | * Advise family | Weight, Height: |  |
|  |  |  | members in care | recognition of |  |
|  |  |  | of sick | abnormalities   * Identification of health problems * Management of the sick: home and   community nursing |  |
|  |  |  |  | procedures, care of the sick, referral   * Health education: individual and family |  |
| 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 - | * Lecture   discussion.   * Demonstration. * Supervised clinical practice. |

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|  |  |  |  | common conditions causing fever, malaria, typhoid, Acute respiratory Infection ( ARI) etc   * Nursing management of patient with fever * Alternate system of   medicine |  |
| 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 respirator problems * Management: Role and responsibilities of ANM/health workers in | * Lecture discussion. * Demonstration. * Demonstration of steam inhalation, nasal drops, oxygen inhalation * Health education   discussion   * Demonstration. * Supervised clinical practice. * Health |
|  |  |  |  | care of respiratory problems including Home care remedies.   * Integrate accepted | education |
|  |  |  |  | practices of AYUSH |  |
| 4. | 2- | 2 | * Identify cause and   provide care and | Aches and pains   * Causes and nursing management of : | * Lecture discussion * Demonstration |
|  |  |  | support   * Refer when necessary. | Tooth ache, ear  ache, abdominal pain, headache, | * Health education |
|  |  |  |  | joint pains.   * Management as per the standing orders   and protocols |  |
|  |  |  |  | * Role of ANM/health |  |

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|  |  |  |  | worker in the community including Home care remedies   * Integrate accepted practices of AYUSH |  |
| 5. | 3 | 4 | * Identify cause and provide care and support * Refer when   necessary   * Identify cause and provide care and support * Refer when necessary | Digestive problems   * indigestion. anorexia, vomiting, distension and Constipation * Haemorrhoids. 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 | **Urinary problems** | * Lecture |
|  |  |  | cause and | * Signs and symptoms | discussion. |
|  |  |  | provide care and | of renal conditions | * Demonstration |
|  |  |  | support | * Retention of urine, | * Health education |
|  |  |  | * Refer when | renal colic, edema |  |
|  |  |  | necessary. | * Role of ANM/health |  |
|  |  |  |  | worker in the |  |
|  |  |  |  | community including |  |
|  |  |  |  | Home care remedies. |  |
|  |  |  |  | * Integrate accepted |  |
|  |  |  |  | practices of AYUSH |  |
| 7 | 3 | 3 | * Identify | **Cardiovascular** | * Lecture |
|  |  |  | cause and | **problem** | discussion. |
|  |  |  | provide care and | * Signs and symptoms | * Demonstration. |
|  |  |  | support | of cardiac conditions | Health education |
|  |  |  | * Refer when | and blood related |  |
|  |  |  | necessary | 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 |  |
| 8 | 2 | 3 | * Identify cause and provide care and support * Refer when | Diseases of the nervous system   * Signs and symptoms of neurological | * Lecture discussion. * Demonstration. * Health education. |
|  |  |  | necessary | problems - Headache, |  |
|  |  |  |  | backache and paralysis   * 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 | * Lecture discussion. * Demonstration. * Health education |
|  |  |  |  | practices of AYUSH |  |

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| 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 | * Lecture   discussion.   * Demonstration. * Case study. |
|  |  |  |  | * Helping family to   ensure need based care |  |

***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.

#### Primary Medical Care

**Theory - 20** hrs.

**Demonstration - 20** hrs.

**Total - 40** hrs.

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| **Unit** | **Time**  **(Hrs.)** | | **Expected Outcomes** | **Contents** | **Teaching learning**  **Activities** |
| **Th.** | **Demo** |
| 1 | 5 | 4 | * Name   different  systems of | **Types of drugs**   * Different Systems of medicine: allopathic and | * Lecture   discussion.   * Calculation of |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | medicine   * Understand abbreviations * Calculate dosages of medicines * Understand classification of drugs. | 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 | dosage and conversion.   * Drug study. |
|  | * Calculation of dosage |  |
| 2 | 5 | 10 | * Demonstrate administration of drugs * Explain importance of observations and recording. | **Administration of drugs**   * Routes of administration   -Oral, parentral (intradermal, intramuscular, subcutaneous, Intra venous), 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 | **Drugs used in minor ailments**   * Common drugs for fever, cold and cough, | * Lecture discussion. * Visit subcentre. |
|  |  |  | care of drugs. | aches and pains etc. | * Demonstration |
|  |  |  |  | * Drug kit in the |  |
|  |  |  |  | subcentre. content and its use   * Storage and care of |  |
|  |  |  |  | drugs |  |
| 4 | 5 | 4 | Administer | **Common emergency** | * Lecture |
|  |  |  | emergency | **drugs** | discussion. |
|  |  |  | drugs | * Methergine, | • |
|  |  |  | following | misoprostol injection | Demonstration |
|  |  |  | precautions. |  | * Drug study. |

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|  |  |  |  | oxytocin, IV fluids, antibiotics, injection and magnesium sulphate deriphylline, avil and other antihistaminic, pelhecline, vitamin K, antirabies vaccine, 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

### First Aid and Referral

Theory - 25 hrs. Demonstration - 35 hrs.

**Total - 60** hrs.

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| **Unit** | **Time**  **(Hrs.)** | | **Expected Outcomes** | **Contents** | **Teaching learning**  **Activities** |
| **Th.** | **Demo** |
| 1 | 2 | 7 | * Understand   principle of first aic  care   * Use first aid kit * Demonstrate different type of bandages | Need for First Aid   * Principles of first   aid   * Mobilization of resources * Fist aid kit & supplies. * Bandages: Types, Uses * Principles and | * Lecture   discussion.   * Demonstration. * Practice session. |
|  |  |  |  | methods of |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  | bandaging |  |
| 2. | 10  - | 5 | * Demonstrate   first  aid care for Cuts and wounds, Foreign bodies, Burns and scalds   * , Health | Minor Injuries and  ailments   * Cuts and wounds : types, principles and first aid care * Foreign bodies • Burns and scalds | * Lecture   discussion.   * Demonstration. * Practice session * Supervised clinical |
|  |  |  | education and referral | types, principles and first aid care   * Health education and referral * Role of ANM/health worker | practice.   * Health education |
| 3. | 5 | 8 | * Identify   different bones   * Describe types | Fractures   * Skeletal system and different bones. | * Lecture   discussion.   * Demonstration. * Practice |
|  |  |  | of fracture   * Apply splints and bandages * Transfer | * Fractures: Types. Causes, signs and symptoms, first aid care, * Methods of | session |
|  |  |  | fractured patients | immobilization and |  |
|  |  |  | correctly. | transportation. |  |
| 4. | 8. | 15 | * Follow   principles of first aid and  provide care in different | Life Threatening  Conditions   * Bleeding * Drowning * Strangulation, | * Lecture   discussion.   * Demonstration. * Nasal pack * Apply |
|  |  |  | emergencies | suffocation and asphyxia   * Loss of consciousness * Cardio respiratory arrest | tourniquet.   * BLS demonstration. * Insertion of naso gastric tube |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  | * Convulsions | * Practice |
| * Foreign bodies | session |
| * Chest injuries |  |
| * Shock and allergic |  |
| conditions |  |
| * Poisoning, bites |  |
| and stings |  |
| * Stroke |  |
| * Heat stroke |  |
| * Severe burn |  |

***Suggested activities for Evaluation***

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

**Learning objectives:**

Child Health Nursing

**Theory** - *75* hours

**Demonstration** - 110 hours

**Total** - 185 hours

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.

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| **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 protection | **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 | * Lecture discussion. * Demonstration. * Explain using road to health chart. * Health education Visit a school. |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  | * 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 |  |
| 2. | 20 | 20 | * Explain the importance of breast feeding * Educate mothers regarding breast feeding * Explain complimentary feeding | Nutrition of infants and children   * Exclusive Breast feeding * Nutritional requirements * Complementary feeding * Problems of | * Lecture discussion. * Demonstration. |
|  |  |  | * Educate for nutrition of | feeding   * Breast feeding |  |
|  |  |  | children according to age | Counselling   * Infant feeding and HIV * Baby friendly |  |
|  |  |  |  | hospital initiative |  |
| 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. | * Lecture   discussion.   * Survey the areas where child labour is used in the community. |

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|  |  |  |  | * Female infanticide |  |
| 4. | 10 | 35 | * Provide care to the   sick children   * 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 | 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 | * Lecture discussion. * Explain using   charts.   * Preparation of ORS at clinic/ home * Demonstration. * Explain using slide. * IMNCI protocols |
|  |  |  | illness. | * Ear infections * Worm infestation * Accidents and   injuries   * Skin infections * Fever - malaria, measles. * IMNCI strategy |  |
| 5 | 15 | 20 | * Assess the school child * Need based counselling of children, teacher | **pare of School children**   * School health: Objectives, problems   and programmes | * Lecture discussion. * Demonstration * Health education. |
|  |  |  | and parents. | Environment of school   * Assessment of |  |
|  |  |  |  | general health of school children   * Denial and eye problems |  |
|  |  |  |  | * Nutritional deficiencies * School health |  |
|  |  |  |  | education for |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  | children   * Need based sharing of health information with teachers/ parents/children * Records and reports |  |
| 6. | 5 | 5 | * Explain the various, changes in the adolescents | Care of adolescents   * Physical growth during adolescence * Emotional and behavioural changes | * Lecture discussion. * Demonstration. * Explain using charts and |
|  |  |  |  | in girls and boys   * Special needs of adolescents. | models. |
|  |  |  |  | * Sex education for adolescents * Counselling |  |
| 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. | * Lecture discussion. * Explain using charts. * Health education. |
|  |  |  |  | * Role of ANM/ |  |
|  |  |  |  | female health worker |  |

Suggested activities for Evaluation

* Case studies
* Breast feeding techniques
* Preparation of ORS
* Preparation of complementary feeds
* 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

### Learning objectives:

**Midwifery**

**Theory** - 200 hours

**Demonstration** - 160 hours

**Total** - 360 hours

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 counselling 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 motherhood.
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.

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| **Unit** | **Time**  **(Hrs.)** | | **Expected Outcomes** | **Contents** | **Teaching learning**  **Activities** |
| **Th.** | **Demo** |
| **1** | **8** |  | * Describe structure and   functions of | 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. |
|  |  | female |
|  |  | reproductive  system   * Describe |
|  |  | structure and |
|  |  | functions of male |
|  |  | reproductive |
|  |  | system |
| 2. | 6 | 2 | * Describe female pelvis and its diameters and relation to foetal skull * Explain the | Female Pelvis and foetal skull   * Structure of the pelvic bones-types of pelvis * Pelvic diameters | * Lecture discussion. * Demonstration. * Explain using   models, charts, slides and |
|  |  |  | muscles and ligaments of the pelvic floor | * Muscles and   ligaments of pelvic floor | films. |
|  |  |  | * Describe foetal | * Foetal skull : bones, |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | skull | diameters, sutures, size, shape, moulding, skull areas, fontanelles |  |
| 3. | 5 | 5 | * Explain growth   and development of foetus   * Describe placenta, membrane and | 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, |
|  |  |  | umbilical cord  and  their | specimens •  Practice  session |
|  |  |  | development • State the functions of placenta, |  |
|  |  |  | membranes and cord. |  |
| 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 | * Lecture discussion. * Demonstration. * Explain using Models and Charts. |
|  |  |  |  | Ministry of health and family Welfare |  |
| 5. | 10 | 8 | * Provide | Antenatal Care | * Lecture |

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|  |  |  | antenatal care   * Provide need- based information and   guidance. | * Registration * Taking history of a pregnant woman. * Physical   examination, Investigation - | discussion.   * Demonstration. * Practice   session.   * Supervised   clinical |
| * Advise diet and nutrition for the pregnant mothers * Identify risk factors   and refer on time. | routine and specific   * Prophylactic medications * Need based health   information and guidance | practice. |
| * Prepare mother for delivery | * Nutrition in pregnancy * Special needs of a pregnant woman. * Involvement of husband and |  |
|  | family.   * Identification of high risks cases anc 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   * Onset and stages of | * Lecture   discussion. |
|  |  |  | normal labour   * Demonstrate the | labour, physiological changes | * Demonstration * Witness normal |
|  |  |  | mechanism of  labour | * Changes in Uterine   muscles, and cervix | delivery   * Explain using |
|  |  |  | * Detect a normal lie and | * Lie, attitude, position, denominator and | partograph. |
|  |  |  | presentation of foetus.   * Identify | presentation of foetus.   * Foetal skull, * Mechanisms of labour |  |
|  |  |  | deviation from | Identification of high |  |

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| --- | --- | --- | --- | --- | --- |
|  |  |  | normal progress | 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 |  |
| of labour |
| * Demonstrate |
| plotting of t |
| partograph |
| 7. | 12 | 15 | * Use partograph | Care during normal | * Lecture |
|  |  |  | and | labour | discussion. |
|  |  |  | perform Per | * History of labour | * Demonstration. |
|  |  |  | Vagina | * Importance of five | * Explain using |
|  |  |  | examination. | 'C's | models, charts, |
|  |  |  | * Assist and | * Monitoring progress | films and slides |
|  |  |  | conduct | of labour with | partograph. |
|  |  |  | child birth | partograph | * Supervised |
|  |  |  | * Resuscitate | preparation for | clinical practice |
|  |  |  | new- | delivery | * Practice |
|  |  |  | born | * Care of mother in | session |
|  |  |  | * Deliver the | first and second | * Case study. |
|  |  |  | placenta | stage of labour |  |
|  |  |  | * Provide care to | * Assist and conduct |  |
|  |  |  | mother and | childbirth |  |
|  |  |  | newborn | * Immediate care of |  |
|  |  |  | throughout | new-born- |  |
|  |  |  | delivery | resuscitation, apgar |  |
|  |  |  | * Perform | score, cord care |  |
|  |  |  | necessary | * Oxytocin |  |
|  |  |  | recordings | Misoprostol drugs: |  |
|  |  |  |  | Dose, route, |  |
|  |  |  |  | indication, |  |
|  |  |  |  | contraindication, |  |
|  |  |  |  | action, side effects |  |
|  |  |  |  | precautions, role and |  |
|  |  |  |  | responsibilities of |  |

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|  |  |  |  | ANM/FHW   * Delivery of placenta and examination of placenta * Care of mother in third and fourth stage: Recognise degrees of tear and appropriate care and referral * Establishment of breast feeding, exclusive breast feeding * Kangaroo mother care * Baby friendly hospital initiative * Record childbirth and ensure birth registration   Refer SBA module of Ministry of health and  Family Welfare |  |
| 8. | 10 | 10 | * Perform postnatal assessment * Identify deviations from normal pure perium and take   necessary care. | 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.   * Prophylactic   medicines   * Special needs of   postnatal women   * Need based health | * Lecture discussion. * Demonstration. * Supervised clinical practice |
|  |  |  | * Establish breast |  |
|  |  |  | feeding. |  |
|  |  |  | * Provide need |  |
|  |  |  | based information and |  |
|  |  |  | counselling |  |

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|  |  |  |  | education.  Refer SBA module of Ministry of health and  Family Welfare |  |
| 9. | 10 | 10 | * Provide immediate care to normal new born * Resuscitate new born at birth * Identify "at risk" neonate and state measures to   be taken   * Give immunization as per routine * Care for new - born with common minoi disorders | Care of New-born   * Assessment of new born for gestation age, risk status and abnormalities * Neonatal resuscitation * Monitoring of vital signs and birth weight * Management of normal new-born and common minor disorders. * Exclusive Breast feeding and management * Temperature   maintenance, kangaroo mother care | * Lecture   discussion.   * Demonstration. * Lecture discussion. * Demonstration. |
|  |  |  |  | * 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   / LEW baby and  fulfill the special | High risk New Born   * Pre term / Low   Birth weight babies.   * Special needs of high | * Lecture discussion. * Demonstration. * Explain using |

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|  |  |  | needs.   * Provide care required during special conditions in a new-born * Guide in home care of a high risk new - | risk babies   * Care at home -referral and follow   up   * Care during asphyxia, convulsions,   vomiting.   * Care for thrush, cord sepsis, diarrhoea. * Implementation | charts. |
|  | IMNCI protocol Refer SBA module of Ministry of health and "amily Welfare |  |
| 11. | 10 | 3 | * Define MMR | Safe mother-hood | * Lecture |
|  |  |  | & IMR | * Concept and cause | discussion. |
|  |  |  | * State the | of maternal | * Demonstration. |
|  |  |  | components of | mortality and | * Explain using |
|  |  |  | RCH  programme • | morbidity  e Safe motherhood | charts. |
|  |  |  | Explain | components: RCH |  |
|  |  |  | preventive | and NRHM |  |
|  |  |  | measures for safe | * Preventive |  |
|  |  |  | motherhood Safe | measures |  |
|  |  |  | mother-hood | Role of ANM/ Female |  |
|  |  |  |  | Health worker |  |
|  |  |  |  | Refer SBA module |  |
|  |  |  |  | of Ministry of |  |
|  |  |  |  | health and Family |  |
|  |  |  |  | Welfare |  |
| 12. | 10 | 5 | * Identify high | High risk | * Lecture |
|  |  |  | risk | pregnancies | discussion. |
|  |  |  | pregnancies | * High risk | * Case study - 2 |
|  |  |  | * Refer them in | pregnancies: | * Supervised |
|  |  |  | time  e Counsel and | Identification. Risk  factors, decision | clinical practice.   * Demonstration |
|  |  |  | involve | making, and |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | husband and family  members in high risk pregnancies | management.   * Protocols and standing orders: * Referral and follow   up |  |
|  | * Counselling 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 |
| 13 | 15 | 10 | * Identify   abnormalities of  pregnancy in | Abnormalities of  pregnancy   * Common | * Lecture   discussion.   * Demonstration. |
|  |  |  | time   * Refer to correct place in time * State the diseases   that can affect during pregnancy | abnormalities of pregnancy: hyperemesis gravidarum, leaking and bleeding per vagina   * Anaemia of   pregnant woman   * Eclampsia and pre eclampsia and toxaemia of pregnancy * Indication 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 |  |
| 14. | 5. | 5 | * Identify types of abortion * Prepare mother for termination of pregnancy * Counsel for safe abortion. | **Abortion**   * Types of abortion, causes of 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 | * Lecture discussion. * Suprarenal * Clinical practice * Observation. * Demonstration. |
| 15. | 10 | 10 | * Identify deviations from normal child birth and refer in time * Provide Care to the   mother in | Abnormal childbirth   * Common abnormalities of childbirth * Abnormal presentations * Abnormal uterine actions | * Lecture discussion. * Demonstration. * Explain using through birth Atlas and charts. * Explain using |

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|  |  |  | emergency and | * Cephalo pelvic | partograph. |
| while | disproportion |  |
| transferring to | * Prolonged labour |  |
| hospital. | * Identification, |  |
| * Mobilise | immediate |  |
| support from the | management and |  |
| family and | referral |  |
| community. | * . Emergency care of |  |
|  | mother during transfer |  |
|  | to hospital. |  |
|  | * Role of ANM/ |  |
|  | Female health worker |  |
|  | Refer SBA module of |  |
|  | Ministry of health and |  |
|  | Family Welfare |  |
| 16. | 10 | 10 | * Provide   emergency care at the time of haemorrhage   * Identify the | Abnormal  Puerperium   * Postpartum haemorrhage and its management. * Puerperal sepsis | * Lecture   discussion.   * Explain using charts   through charts |
|  |  |  | cause  of different PPH.   * Identify causes of complications during puerperium   and render adequate care. | and its management   * Retention of urine * Breast complications during lactation and * Psychiatric complications   Role of ANM/Female health worker  Refer SBA module of Ministry of health and | different types of PPH. |
|  |  |  |  | Family Welfare |  |
| 17 | 5 | 5 | * Assist in various surgical intervention in the mother during   labour | **Surgical Intervention**   * Assisting in the fallowings:   - Induction of labour  and its management | * Lecture discussion. * Demonstration |

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|  |  |  | * Render care to mothers pre &   post operatively in surgical | * Forceps and Vacuum extraction * Episiotomy and suturing |  |
| intervention. | * Craniotomy * Caesarean section * 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 medicines during child birth for mother and child. * Understand | **Medications used in midwifery**   * Pain relieving drugs * Anaesthetic drugs * For uterine contractions * For controlling bleeding * For preventing postnatal infection. * For preventing eclampsia * Antibiotics * IV fluids * Role of ANM/ Female health worker   Refer SDA module of Ministry of health and  Family Welfare | * Lecture discussion. * Visit labour room. * Demonstration. Any study any |
|  |  |  | their action and  care needed for | book. |
|  |  |  | the mother.   * State the dosage   of these medicines for |  |
|  |  |  | mother and child. |  |
| 19. | 3 | - | * Describe the concept of quality of life * Explain how quality of life affects life   expectancy and peoples health | Life cycle approach   * Quality of life and life expectancy * People's health throughout the life cycle * Role of education economic status, | * Lecture discussion. |
|  |  |  | * Describe role of | social status on |  |

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|  |  |  | education on quality of life | quality of life   * Holistic approach to life.   Refer SBA module of Ministry of health and Family Welfare |  |
| 20. | 5 | - | * Explain status of women in Indian society * Enumerate factors affecting women status * Describe the importance of women's health * Explain the programmes for empowering women   in the society. | Status of women and empowerment   * Status of women in society * Factors affecting   status - gender bias, sex selection tests, female foeticide and infanticide sex ratio discrimination and exploitation   * Effect of tradition, culture and literacy * Relationship between status of women and   women's health. | * Lecture discussion. * Demonstration. * Visit family of an under privileged group. * Group discussion. |
|  |  |  |  | * 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 | Women's health | * Lecture |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | complications related to child birth.   * Identify | problems   * Complications related to childbirth   - WF, RVF, | discussion.   * Demonstration. * Case study of a women at |
| common | prolapse and | menopause |
| and emergency complications and provide care   * Take pap smear | incontinence.   * Cervical erosion and leucorrhoea   pruritus   * Cancers - cervical   and breast:   * Pap smear for   detection of cancer |  |
|  | cervix   * Tumours - fibroids * Menstrual disorders * Menopause and its implications.   Refer SBA module of Ministry of health and Family Welfare |  |
| 22. | 6 | 4 | * Describe causes signs and symptoms of STI and RTI * Describe the treatment for the STFs and RTI * Education on prevention and | RTIs and STIs   * Causes and signs and symptoms of STIs and RTIs * Syndromic approach for treatment * Referral treatment and follow up care. * Information, education | * Lecture discussion. * Demonstration. * Health   education.   * Case study. |
|  |  |  | treatment of RTI's | and communication for |  |
|  |  |  | and STIs | prevention and |  |
|  |  |  |  | treatment. |  |
| 23. | 6 | 10 | * Explain the cause, effect and prognosis of HIV/AIDS * Counsel the | HIV /AIDS   * Epidemiological facts related to spread of infection * Methods of | * Lecture discussion. * Demonstration * Explain HIV/   AIDS through |
|  |  |  | HIV positive | transmission | charts and |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | persons | * Effect on immunity and signs and symptoms * The AIDS patient community support and home care * Counselling: process and techniques * Counselling 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 | models.   * Role/play. |
| * Explain home |  |
| care for |  |
| HIV/AIDS |  |
| patients |  |
| 24. | 2 | 2 | * Identify cases of   infertility   * Provide counselling to infertile couples * Refer and provide   follow up care to infertility cases. | Infertility   * Classification and Causes of infertility in male and female * Investigation and   treatment   * Identification of couples, counselling, 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 | Population | * Lecture |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | impact  of population explosion | Education   * Population trends in India * Vital statistics birth and death rates, growth rate, NRR, fertility rate, couple protection rate,   family size.   * National family Programme trends and changes RCH-I,   RCH-II programme  and NRHM   * Target free approach forTW * Role of mass media   andlEC   * Role of ANM/ health   worker | discussion.   * Visit office of DFWO |
| specially  1 1 J 1  on health   * Enumerate Birth Rate, Death Rate, | * Explain using   vital statistics. |
| Net Reproductive Rate etc.   * Describe the   scope |  |
| of Family Welfare programme.   * Discuss trends |  |
| in health and family welfare programmes |  |
| 26. | *8* | 5 | * Prepare   eligible couple register   * Describe the different methods of contraception and their effects. * Provide guidance to the adopters * Provide need based counselling related to contraception. | **Family welfare**   * Identification of eligible couples and those need contraceptive methods. * Information related to contraception and importance of choice. * Natural and temporary methods of contraception * Permanent methods * New methods nor- plant and injectables. Emergency contraception * Follow up of | * Lecture   discussion.   * Demonstration * Case study. * Health education |
|  |  |  |  | contraceptive users.   * Counselling |  |

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|  |  |  |  | * 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 new born 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 \1tal indicators

Learning objectives:

**Health Center Management**

**Total** - 80 hours **Theory** - 40 hours **Demonstration -** 40 hours

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 TEA, 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 meetings * Conduct clinics at sub centre. * Display health messages. | **The sub center**   * Organization of functions and facilities of sub centre * Sub centre activity plans * Conduct a clinic and special programs and follow up * Conducting meetings and counselling sessions. * Sub centre action plan * Information, education and communication * Display of   messages | * Lecture discussion. * Demonstration. * Visit sub centre * Attend a clinic at the sub centre. |
| 2. | 4. | 10 | * Write indents | Maintenance of | * Lecture |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | and  stock position   * Prepare weekly | stocks   * Maintenance of supplies, drugs, | discussion.   * Explain using stock register, |
| and monthly reports. | equipment, stock, indenting.   * Calculation of indent as per population requirement * Management information and evaluation system(MIES) * Maintenance of records. * Reports of sub centre. | indents etc to monthly reports of the students.   * Calculation of indent as per population requirement * Explain the various records |
| 3. | 6 | 5 | * Establish co-   ordination with different organization  working in the area. | Co- ordination   * Inter-sectoral co- ordination * Co-ordination   with school teachers, | * Lecture   discussion.   * Visit local govt departments,   NGOs and discuss their |
|  |  |  | * Demonstrate good relationship with | ASHA, anganwadi workers, panchayat   * Role of NGOs and   co-ordination with | programs. |
|  |  |  | them. | government |  |
|  |  |  |  | departments. |  |
| 4. | 10 | 10 | * Enumerate the National Health programs * Describe the role of   ANM in these | Implementation of national health program   * National Health programs and the role of the ANM | * Lecture discussion. * Visit a TB and a leprosy patient and observe DOTS |
|  |  |  | programs. | * Detection, referral, treatment and | program and MDT carried |
|  |  |  |  | follow up of cases | out by health |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  | of  malaria, leprosy tuberculosis, blindness, goiter. | 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. * Methods of self | * Lecture discussion. * Demonstration. * Role /play * Exercise on * Reading * Summerisation * Comprehension |
|  |  |  |  | development • | * Practice in public |
|  |  |  |  | Interacting with community   * Improving writing speaking abilities in | speaking. |
|  |  |  |  | local language and English |  |

***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 health programmes at CHC/PHC/SC
* Assignment on organization of sub-centre/clinics

COMMUNITY HEALTH NURSING AND HEALTH PROMOTION

**Hospital** - 30 hours

Community - 280 hours

Total-310 hours

|  |  |  |
| --- | --- | --- |
| **Expected Competency** | **Hospital Experience** | **Community Experiences** |
| * Describe community structure | * Interviewing, Physical and health need assessment of (five) | * Visit village for understanding the village mapping, physical, social |
| * Community assessment and home visiting. | persons. | and resources structure of the village. |
| * Health   assessment of individuals |  | * Conduct community need assessment |
| of different age groups |  | * Prepare and use |
|  |  | questionnaire for home |
|  |  | visits and assessing health |
|  |  | concepts, behaviours, |
|  |  | 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 the responsibilities of team members  Prepare the organization |
|  | chart. |
| * Perform nutritional | Identifies, assesses two | Group work on: |
| assessment | patients with malnutrition | * Nutrition exhibition in |
| * Conduct IEC activities |  | a school / health centre. |
| related to nutrition |  | * Cooking demonstration |
|  |  | for a group of women in a |
|  |  | village. |
|  |  | * Prepare and maintain a |

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|  |  | 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 hygiene |
| * Assess environmental sanitation * Conduct IEC activities   related to environmental sanitation |  | * Using a guideline each group assesses a community's   environmental sanitation, organizes discussion with |
|  | community 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 persons * Health education * Referral |
|  | * Prepare a report. |

**CHILD HEALTH NURSING**

**Hospital** - 80 hours **Community** - 100 hours **Total** - 180 hours

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| --- | --- | --- |
| **Expected Competency** | **Hospital Experience** | **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 |

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|  |  | education sessions for school children - 2 sessions.   * Assess health status of 10   children |
| Care of the sick child. | * Give care to 5 children as per the IMNCI protocol * Give care to 5 children each with diarrhoea and ARI. * Demonstration, | * Give care to 5 children as per the IMNCI protocol * Give care to 5 children each with diarrhoea and ARI * Give care to children |
|  | preparation and use of ORS to parents. | with other ailments   * Demonstrate, preparation and use of |
|  |  | ORS to parents.   * Identify and refer children at high risk * Demonstrate home care for a child with diarrhoea |
|  |  | and ARI |
| * Counsel mothers about feeding of infants and young child | Counsel mothers about breast feeding | * Identify and counsel 2 mothers with problems related to breastfeeding. * Demonstrate complementary food |
|  |  | preparation and use. |

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

**MIDWIFERY**

**Hospital** - 220 hours **Community** - 160 hours **Total** - 380 hours

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| --- | --- | --- |
| **Expected Competency** | **Hospital Experience** | **Community Experiences** |
| * Assessment and care of   normal pregnant women. | * Detecting pregnancy   using pregnancy testing | * Registration and   management of vital |
|  | kit. Registration of ant- enatal mothers.   * Pre conception | events registers.   * Conduct antenatal examinations at home. |
|  | counselling. |  |

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|  | * Measuring the blood | * Participate in antenatal |
| pressure, pulse and fetal | clinics in the sub center |
| heart rate, checking for | * Malaria testing for |
| pallor and edema and | pregnant mothers |
| determining the fundal | * Counseling on birth |
| height, fetal lie and | preparedness, |
| presentation accurately. | complication readiness, |
| * Hemoglobin estimation | diet and rest, infant |
| and testing urine for | feeling, sex during |
| protein and sugar | pregnancy, domestic |
| * Examine 20 antenatal | violence and |
| women (in the hospital | contraception. |
| and community) |  |
| * Provide IFA |  |
| supplements and |  |
| administer TT injection |  |
| to 10 women. |  |
| * Conducting normal delivery. * Recognise 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 | * Conduct deliveries in the community (health centers   preferably anc home). |
|  | infection prevention practices.   * Assist in the suturing of |  |
|  | 5 episiotomies and tears. |  |
| * Assessing and care of postnatal mothers and newborns | * Provide essential care of the newborn-10 * Basic Resuscitation of   the newborn-5 | * Follow up of 10 postnatal mothers for 10 days \v1th at least 3 home visits. * Care of newborns in the |

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|  | * 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 hospital and community) | home-10   * Conduct health education for groups of mothers and individuals-2 each. * Integrate accepted practices of AYUSH |
| * 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 sections-2 * Observe caesarean sections-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 | * 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 newboms 5 and refer them to the   higher center. |
|  | 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. |  |
| * Counsel eligible couples   about different methods of contraception. | * Counseling of   mother/couples for family planning | * Counsel eligible couples   on different methods of contraception. |
| * Prepare acceptors for sterilization and IlJCDs * Detection of cervical cancer | * Prepare and assist for sterilization of 5 female and 2 male cases (in the hospital or community) * Insertion of intra uterine devices and prescription of   contraceptives   * Perform 2 IUCD insertions (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 | * Perform 2 IUCD insertions (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 |
|  | 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:

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| * Assessment and care of normal pregnant   woman | * Examine 15 antenatal women (in the   hospital and community) |
| * Conduct normal delivery | * Conducting pelvic assessment to |

|  |  |
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| * Recognize different degrees of t ears give emergency care and refer | determine pelvic adequacy PV examination 5   * Conducting 10 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   mothers and ncwborns | * Provide essential care of the newborn-   10   * Basic Resuscitation of the newborn-5 * Care of postnatal mothers 10 (in the   hospital and community) |
| * Assessing and referring mothers at risk | * Take care ol 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   acicl-2 |
| * Management of sick neonates and children (IMNCI) | * Assessment and care of 5 sick neonated and 5 sick children as per the IMNCI   protocols |

## PRIMARY HEALTH CARE NURSING AND HEALTH CENTRE MANAGEMENT

**Hospital** - 90 hours

**Community** - 360 hours

**Total** - 450 hours

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| **Expected**  **Competency** | **Hospital Experience** | **Community**  **Experience** |
| * Administer immunization   safely. | * Perform immunization   for infants and children   * DPT, measles, BCG, oral polio, hepatitis and maintains record in health centre or hospital. * Injection safety measures | * Perform immunization   for infants and children- DPT, measles, BCG hepatitis oral polio and maintains record.   * Plans and conducts two immunization sessions in 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 patients at home. * Integrate accepted practices of AYUSH * Refers patients to hospital \ health centre and   follow up. |
| * Provide first aid in various emergencies. | * Practice bandaging, splints, slings | * Provide first aid in the health center/ clinic and   maintain records. |
| * Provide primary medical care. | * Administers medication * Treatment of minor ailments | * Conduct health camps * Administers medications and refers patients if required * Integrate accepted practices of AYUSH |
| * Organize and manage sub centre * Render care at home. |  | Intensive experience at a sub -centre and participate with the ANM / FHW in -  - Organizing various  clinics |

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| --- | --- | --- |
|  |  | * 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 intranatal care at home |