

Integral University, Lucknow

Department of Nursing

EVALUATION SCHEME

G.N.M. 1st Year

S. No.	Subject Code	Name of Subject	Type of Paper	Evaluation Scheme		
				IA	EA	Total
1	NR Y 101	Bio Science	Theory	25	75	100
2	NR Y 102	Behavioural Science	Theory	25	75	100
3	NR Y 103	Nursing Foundations	Theory	25	75	100
4	NR Y 104	Community Health Nursing-I	Theory	25	75	100
5	NR Y 105	English	Theory	25	75	100
6	CS 121	Introduction to Computers	Theory	25	75	100
7	NR Y 106	Nursing Foundations	Practical	50	50	100
8	NR Y 107	Clinical Posting	Clinical	50	50	100
Total				250	550	800

IA = Internal Assessment

EA = External Assessment

BIO SCIENCE (NRY-101)

Placement:- First Year

Time: Theory – 120 Hours

Anatomy and Physiology – 90Hours

Microbiology – 30 Hours

ANATOMY AND PHYSIOLOGY

Course Description

This course is designed to help students gain knowledge of the structure and function of the human body and recognize any deviation from normal health in order to render effective nursing services.

General Objective

Upon completion of the course, the student shall be able to:

1. Describe in general the structure and functions of the human body
2. Describe in detail the structure and functions of the different organs and systems in the human body.
3. Apply the anatomical and physiological principles in the practice of nursing.

Unit No. I

Learning Objective:

Define and spell various anatomical terms

Content:

Introduction to anatomical terms organization of the human body

- a) Anatomical terms
- b) Systems and cavities of the human body

Learning Objective:

Describe different organs of the body, systemic function and their inter-relationship

Content:

Introduction to the detailed structure of the body

- a) The cell: Structure, reproduction and function

- b) Tissues including membranes and glands : types, structure and functions
- c) Body cavities and their contents

Learning Objective:

Describe the composition of blood and its functions

Content:

Blood

- a) Composition and formation of blood
- b) Functions of blood
- c) Blood clotting, blood grouping and cross matching
- d) Blood products and their use

Learning Objective:

Describe the structure and functions of heart and blood vessels

Content:

The circulatory system

- a) Heart: Structure, functions including conduction system and cardiac cycle
- b) Blood vessels: Types, structure and position
- c) Circulation of blood
- d) Blood pressure and pulse

Unit No. II

Learning Objective:

Describe the structure and functions of lymphatic system

Content:

The Lymphatic System

- Structure and functions of lymph vessels, Lymph nodes and lymph circulation, lymphatic tissue – spleen and thymus

Learning Objective:

Describe the structure and functions of respiratory system

Content:

The Respiratory System

- a) The structure and functions of respiratory organs
- b) The physiology of respiration
- c) Characteristics of normal respiration and deviation

Learning Objective:

Describe the structure and functions of digestive system

Content:

The Digestive System

- a) Structure and functions of the alimentary tract and its accessory organs
- b) The process of digestion, absorption and metabolism of food constituents

Learning Objective:

Describe the structure and functions of organs of Excretory System

Content:

The Excretory System

- a) Structure and functions of the kidney, ureters, urinary bladder and urethra
- b) Formation and composition of urine
- c) Fluid and electrolyte balance
- d) Structure and functions of the skin
- e) Regulation of the body temperature

Unit No. III

Learning Objective:

Describe the structure and functions of endocrine glands

Content:

The Endocrine System

- The structure and functions of the pituitary, thyroid, parathyroid and adrenal glands, pancreas (islets of Langerhans), ovaries and testes

Learning Objective:

Describe the structure and functions of male and female reproductive system and accessory organs

Content:

The Reproductive System

- a) structure and functions of the female reproductive system
- b) Process of menstrual cycle, reproduction and menopause
- c) Structure and functions of breasts
- d) Structure and functions of the male reproductive system
- e) Reproductive health

Learning Objective:

Describe the structure and functions of Nervous System

Content:

The Nervous System

- a) Types of nervous-structure and functions
- b) Brain and cranial nerves
- c) Spinal cord and motor and sensory pathways of the spinal cord, autonomic nervous system

Unit No. IV

Learning Objective:

Describe the structure and functions of Sensory Organs

Content:

The Sense Organs

- a) Skin, eye, ear, nose and tongue
- b) Physiology of vision, hearing, smell, touch, taste and equilibrium

Learning Objective:

Describe the structure and functions of Skeletal System

Content:

The Skeleton

- a) Formation and growth of bones

- b) Tendons, ligaments and cartilages
- c) Classification of bones and joints
- d) Joint movement
- e) Axial and appendicular skeleton

Learning Objective:

Describe the structure and functions of Muscular System

Content:

The Muscular System

- a) Types, structure and functions of muscle
- b) Origin, Insertion and action of muscles

MICROBIOLOGY

Course Description

This course is designed to help students gain knowledge and understanding of the characteristics and activities of micro-organisms, how they react under different conditions and how they cause different disorders and diseases. Knowledge of these principles will enable student to understand and adopt practices associated with preventive and promotive health care.

General Objectives

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

1. Describe the classifications and characteristics of micro-organisms
2. List the common disease producing micro-organisms
3. Explain the activities of micro-organism in relation to the environment and the human body
4. Enumerate the basic principles of control and destruction of micro-organisms
5. Apply the principles of microbiology in nursing practice

Unit No. V

Learning Objective:

Describe evolution of microbiology and its relevance in nursing

Content:

Introduction

- a) History of bacteriology and microbiology
- b) Scope of microbiology in nursing

Learning Objective:

Classify the different types of micro organism. Describe the normal flora and the common diseases caused by pathogens. Explain the methods to study microbes.

Content:

Micro Organisms

- a) Classification, characteristics (structure, size, method and rate of reproduction)
- b) Normal flora of the body
- c) Pathogenesis & common diseases
- d) Methods for study of microbes, culture & isolation of microbes

Learning Objective:

Describe the sources of infection and growth of microbes. Explain the transmission of infection and the principles in collecting specimens.

Content:

Infection and its transmission

- a) Sources and types of infection, nosocomial infection
- b) Factors affecting growth of microbes
- c) Cycle of transmission of infection portals of entry, exit, modes of transfer
- d) Reaction of body to infection, mechanism of resistance
- e) Collection of specimens

Learning Objective:

Describe various types of immunity, hypersensitivity autoimmunity and immunizing agents

Content:

Immunity

- a) Types of immunity – innate and acquired
- b) Immunization schedule. Immunoprophylaxis (vaccines, sera etc.)
- c) Hypersensitivity and autoimmunity
- d) Principles and uses of serological tests

Learning Objective:

Describe various methods of control and destruction of microbes

Content:

Control and destruction of Microbes

- a) Principles and methods of microbial control
 - Sterilization
 - Disinfection
 - Chemotherapy and antibiotics
 - Pasteurization
- b) Medical and surgical asepsis
- c) Bio-safety and waste management

Learning Objective:

Demonstrate skill in handling & care of microscopes Identify common microbes under the microscope

Content:**Practical Microbiology**

- a) Microscope- parts, uses, handling and care of microscope
- b) Observation of staining procedure, preparation and examination of slides and smears
- c) Identification of common microbes under the microscope for morphology of different microbes

BEHAVIOURAL SCIENCES (NRY 102)

Placement:- First Year

Time: Theory – 60 Hours

Psychology – 40Hours

Sociology – 20 Hours

PSYCHOLOGY

Course Description

This course is designed to help students understand the dynamics of human behavior and concept of mental health. This shall enable them to develop positive attitude and good inter-personal relationships in the practice of nursing in all health care setting.

General Objectives

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

1. Describe the concept of mental health and psychology
2. Explain the dynamics of human behavior, personality and learning
3. Discuss the role of adjustment mechanisms and emotions in health and illness
4. Demonstrate skills in the application of principle of psychology in nursing practice in all kind of health care setting

Unit No. I

Learning Objective:

State the concept, scope and importance of psychology

Content:

Introduction

- a) Definition, nature and scope of psychology
- b) Importance of psychology for nurses

Learning Objective:

Describe the structure of the mind

Content:**Structure of the mind**

- a) Conscious, pre-conscious
- b) Id, ego and super ego

Learning Objective:

Illustrate the dynamic of human behavior. Describe the concept of mental health

Content:**Psychology of Human Behavior**

- a) Basic human needs, dynamics of behavior, motivation drives
- b) Body mind relationship, mental health, characteristics of mentally healthy person, emotional control, psychological problems of patients and relatives
- c) Stress and conflict, natural sources and types of stress and conflicts, dealing with stress and conflict, frustration – sources and overcoming frustration
- d) Mental mechanism their uses and importance
- e) Attitude – meaning, development changes in attitude, effects of attitudes on behavior, importance positive attitude for the nurse
- f) Habits – meaning and formation
- g) Breaking of bad habits, importance of good habit formation for the nurse

Unit No. II**Learning Objective:**

Describe and apply the process of learning, thinking, reasoning, observation and perception

Content:**Learning**

- a) Nature, types and laws of learning
- b) Factors affecting learning, memory and forgetting

Thinking and Reasoning

- Nature and types of thinking, reasoning, problem solving, importance of creative thinking for nurse

Observation and perception

- Attention, perception, laws of perception, factors affecting attention and perception and errors in perception

Unit No. III

Learning Objective:

Discuss the concept and development of personality

Content:

Personality

- a) Meaning, nature and development, types of personality
- b) Assessment of personality importance of knowledge of personality for the nurse
- c) Characteristics of various age groups – child adolescent, adult and aged
- d) Will and character

Learning Objective:

Discuss the nature and measurement of intelligence

Content:

Intelligence

- a) Definition, meaning, individual differences in intelligence
- b) Mental ability, nature of intelligence and development
- c) Assessment of intelligence

SOCIOLOGY

Course Description

This course is designed to help student gain an understanding of sociology in the context of its relevance to nursing practice

General Objectives

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

1. Describe the concept of the family as a social unit and the status of the individual in the family
2. Explain the dynamics of society and identify common social problems
3. Demonstrate ability to understand the socio-cultural and economic aspects of the community in the light of their effects on health and illness
4. Utilize the knowledge and understanding of sociology in nursing practice

Unit No. IV

Learning Objective:

Describe the nature, scope & content of sociology and its importance in nursing

Content:

Introduction

- a) Definition and scope of sociology
- b) Its relationship with other social sciences
- c) Uses of sociology for nurses

Learning Objective:

Describe the influence of the environment on individual development and the rights and responsibilities of the individual in the society

Content:

Individual

- a) Review of human growth and development
- b) The socialization process
- c) Effect of environment on human growth and development
- d) Rights and responsibilities of the individual in a democratic society

Learning Objective:

Describe the concept of family as a social unit

Content:**The family**

- a) Definition, characteristics and types of family
- b) Family cycle and basic needs of family
- c) Importance of interdependence of family members
- d) Important functions of family and their problems
- e) Types of marriage, medical and sociology aspects of marriage

Unit No. V**Learning Objective:**

Describe about social groups, social change, control, stratification and social problems

Content:**Society**

- a) Definition and meaning
- b) Social groups – Types, structure, intergroup relationship group cycle, group behavior and group morale
- c) Social change – meaning, factors affecting and effect on society and institution leading to social problems
- d) Social control
- e) Social Stratification
- f) Social problems – prostitution, crime divorce, dowry system, juvenile delinquency, drug addiction alcoholism, handicapped, over population and slum
- g) Social agencies and remedial measures

Learning Objective:

Describe the culture and characteristics of community

Content:**The community**

- a) Community
 - Definition and types
 - Rural and urban
- b) Culture and characteristics

NURSING FOUNDATIONS (NRY 103)

Placement:- First Year

Time: Theory – 210 Hours

Fundamentals of Nursing – 190 Hours

First - Aid – 20 Hours

FUNDAMENTALS OF NURSING

Course Description

This course is designed to help students develop an ability to meet the basic health need of the patients with regard to nursing care and develop skill in the competencies required for rendering effective patient care.

General Objectives

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

1. Describe the physical, mental and social adjustment required of a sick individual and his family
2. Carry out basic nursing techniques and care with the application of sound scientific principle
3. Explain the concept of comprehensive nursing care
4. Develop skills in assessment, planning, implementation and evaluation of the nursing care rendered to the patients
5. Communicate effectively and establish good interpersonal relationship with the patients, their relatives and other health team members
6. Demonstrate skills in observation, recording and reporting
7. Recognize and utilize opportunities for planning and implementing need based health teaching programme (s) for individuals, groups, families and communities

Unit No. I

Learning Objective:

Define nursing and explain its nature, meaning, scope, ethics and principles in nursing.

Identify the qualities of professional nurse health care agencies and its functions.

Describe the holistic approach to nursing and the determinants of health and the effects of illness

Content:

Introduction to nursing

- a) Nursing – concept, meaning, definitions, scope and functions

- b) History of nursing in India
- c) Nursing as a profession
- d) Nursing professional – qualities and preparation
- e) Ethics in Nursing – roles and responsibilities of a nurse
- f) Health care agencies – hospital and community service – types and functions of hospitals health team
- g) Modern approaches to nursing care including holistic nursing care
- h) Health and disease
 - Definition of health, determinants of health status
 - Basic human needs
 - Illness and its effects on individual

Learning Objective:

Describe nursing care of the patient / client in hospital using nursing process

Demonstrate skill in the admission and discharge process, maintenance of safe environment and records and reports

Content:

Nursing care of the patient

- a) Patient environment in the hospital:
 - Patient unit
- b) Therapeutic environment
 - Physical factors – lighting temperature, ventilation, humidity, noise, pestilence,
 - Safety needs, prevention of environmental hazard
 - Psychosocial and aesthetic factors
- c) Patient's Adjustment to the Hospital
 - Understanding the patient as a person, socio – economic and cultural background, health status etc.
 - Effect of hospitalization on patient and family
 - Admission, transfer, discharge procedures
- d) Basic nursing skills-
 - Communication
 - Nursing interview
 - Recording and reporting
- e) Nursing procedure
 - Meaning and importance
 - Assessment, Nursing diagnosis planning, Implementation and evaluation
 - Nursing care plan

Unit No. II

Learning Objective:

Describe basic needs of the patient. Demonstrate skill in meeting basic care of the patient

Content:

Meeting the basic needs of a patient

- a) Physical needs –
 - Comfort, rest, sleep and exercise, importance and its promotion
 - Body mechanics – moving, lifting, transferring
 - Position and posture maintenance
 - Comfort devices
 - Beds and bed making – principles of bed making, types and care of bed linen
 - Safety devices, restraints and splints
 - Exercises – active and passive
- b) Hygienic needs
 - Personal and environmental hygiene personal
 - Nurses notes in maintaining personal and environmental hygiene
 - Care of eyes, nose, ear, hands and feet
 - Care of mouth, skin, hair and genitalia
 - Care of pressure areas, bed sores
- c) Elimination needs
 - Health and sickness
 - Problems – constipation and diarrhea, retention and incontinence of urine
 - Nurse's role in meeting elimination needs
 - Offering bed pan and urinal
 - Observing and recording abnormalities
 - Preparation and giving of laxative, suppositories, enemas, bowel wash, flatus tube
 - Perineal care, care of patient with urinary catheter, diapers
 - Maintenance of intake and output records
- d) Nutritional needs
 - Diet in health and disease
 - Factors affecting nutrition in illness
 - Nurse's role in meeting patients nutritional needs
 - Modification of diet in illness
 - Diet planning and serving
 - Feeding helpless patients including artificial methods of feeding
- e) Psychological and spiritual needs
 - Importance
 - Nurse's role – Diversional and recreational therapy

f) Care of terminally ill and dying patient

- Dying patient's signs and symptoms needs of dying patient and family
- Nursing care of dying -: special considerations; advance directives, euthanasia, will dying declaration, organ donation etc.
- Medico legal issues
- Care of the dead body
- Care of unit
- Autopsy
- Embalming

Unit No. III

Learning Objective:

Describe the principles of assessment demonstrate skills in assessing the patient

Content:

Assessment of patient / client

a) Physical assessment

- Importance, principles, methods of assessment
- Height, weight, posture
- Head to toe examination

b) Physiological assessment

- Vital signs, normal, abnormal characteristics, factors influencing the variations
- Observation and collection of specimens – urine, stool, vomits and sputum

c) Psychological assessment

- Mood, intelligence, emotions normal and abnormal behavior

Learning Objective:

Describe the infection control, methods in the clinical setting

Demonstrate infection control practices

Content:

Infection control

a) Infection control:

- Nature of infection
- Chain of infection transmission
- Defence against infection: natural and acquired
- Hospital acquired infection (nosocomial infection)

b) Concept of asepsis:

- Medical and surgical asepsis
 - Isolation precautions, barrier nursing
 - Hand washing: simple, hand asepsis, surgical asepsis (scrub)
 - Isolation – source and protection
 - Personal protective equipments types, uses and techniques of wearing and removing
 - Decontamination of unit and equipment
 - Transportation of infected patient
 - Standard safety precaution
 - Transmission based precautions
- c) Bio-medical waste management
- Importance
 - Types of hospital waste
 - Hazards associated with hospital waste
 - Decontamination of hospital waste
 - Segregation and transportation
 - Disposal

Learning Objective:

Describe therapeutic nursing care

Content:

Therapeutic Nursing Care

- a) Care of patients with respiratory problems / dyspnea
 - Deep breathing and coughing exercises
 - O₂ inhalation
 - Dry and moist inhalation
 - Oro nasal suctioning
- b) Care of patient with altered body temperature-hot and cold applications
- c) Care of patients with Fluid and Electrolyte imbalance
- d) Care of unconscious patient
- e) Care of the bed-ridden patient (traction, fracture etc.)
- f) Care of patient with pain
- g) Care of patients with body elimination deviation

Unit No. IV

Learning Objective:

Explain the principles, routes, effects of administration of medications

Content:

Introduction to clinical pharmacology

Administration of medication:

- a) General principles / considerations
 - Purpose of medication
 - Principles: Rights, special considerations, prescriptions, safety in administering medications and medication errors
 - Drugs forms
 - Routes of administration
 - Storage and maintenance of drugs and nurses responsibility
 - Broad classification of drugs
 - Therapeutic effect, side effect, toxic effect, allergic reaction, drug tolerance, drug interactions
 - Factors influencing drug actions
 - Systems of drug measurement: metric system, household measurements
 - Converting measurements units:
 - Terminologies and abbreviations used in prescription of medications
- b) Oral drug administration: oral, sublingual, buccal : equipment and procedure
- c) Parental:
 - General principles
 - Types of parental therapies
 - Types of syringes, needles, canulas and infusion sets
 - Protection from needle stick injuries, giving medications with a safety syringes
 - Routes of parental therapies
 - Purpose, site equipment, procedure and special considerations in giving intradermal, subcutaneous, intramuscular and intravenous medications
 - Advanced techniques: epidural, intrathecal, intraosseous, intraperitoneal, intrapleural, intra arterial
 - Role of nurse
- d) Topical administration: purposes, sit, equipment, procedure, special considerations for applications to skin and mucous membrane
- e) Direct application:
 - Gargle, throat swab
 - Insertion of drug into body cavities: nasal pack, suppositories / medicated packing into rectum / vagina
 - Instillations: ear, eye, nasal, bladder and rectal
 - Irrigations: eye, ear, bladder, vaginal and rectal, Spray: nose and throat
- f) Inhalations: nasal, oral, endotracheal, tracheal (steam, oxygen and medications) – purposes, types, equipments, procedure and special considerations
- g) Recording and reporting of medications administered

FIRST AID

Course Description

This course is designed to help students develop and understanding of community emergencies and be able to render first aid services as and when need arises.

General Objectives

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

1. Describe the rules of first aid
2. Demonstrate skills in rendering first aid in case of emergencies

Unit No. V Hrs. 2

Learning Objective:

Describe the importance and principle of first aid

Content:

Introduction

- a) Definition, Aims and importance of first aid
- b) Rules / General principles of First Aids
- c) Concept of emergency

Learning Objective:

Demonstrate skill in first aid techniques

Content:

Procedures and Techniques in First Aid

- a) Preparation of First Aids kit
- b) Dressing, bandaging and splinting (spiral, reverse spiral, figure of 8 spica, shoulder, hip, ankle, thumb, finger, stump, single and double eye, single and double ear, breast, jaw, capelin), triangle bandage uses, abdominal binder, T and many tail bandage, knots reef, clove
- c) Transportation of the injured
- d) CPR: Mouth to mouth, Sylvester, Schafer, external cardiac massage

Learning Objective:

Describe first aid in common emergencies

Content:

First aid in emergencies

- a) Asphyxia, drowning, shock
- b) Wounds and bleeding
- c) Injuries to the Bones, joints and muscle – fractures, sprains, strains, hanging, falls
- d) Burns and scalds
- e) Poisoning – ingestion, inhalation, bites and stings
- f) Foreign body in eye, ear, nose and throat

Learning Objective:

List various community emergencies and community resources

Content:**Community Emergencies & Community Resources**

- a) Fire, explosion, floods, earth-quakes, famines etc.
- b) Role of nurses in disaster management
- c) Rehabilitation
- d) Community Resources
 - Police, Ambulance services
 - Voluntary agencies-local, state national and international

NURSING FOUNDATIONS - PRACTICAL

(NRY 106)

Placement:- First Year

Time: Practical – 880 Hours

Lab– 200 Hours

Clinical – 680 Hours

Course Description

This course is designed to help the students to acquire knowledge, attitude and skills in techniques of nursing and practice them in clinical settings

The nurse on completion of this course will be able to:

- Demonstrate appropriate attitudes and skills in providing comprehensive nursing care to patients based on nursing process
 - Assess the nursing needs of the clients by collecting complete data, making relevant observation and analyze the data collected
 - Plan for appropriate nursing care by prioritizing the needs and executing competent nursing actions
 - Implement effective nursing care by integrating scientific principles for maintaining health optimum
 - Promote the health of the individual and the community by giving appropriate health teaching
 - Evaluate the patients response to nursing care provided
 - Apply the theoretical knowledge to the appropriate clinical nursing practice
 - Demonstrate skill in the use of problem solving methods in nursing practice
 - Contribute for promotion of health prevention of illness & restoration of health of people by working with other health team members
 - Gain knowledge of health resources in the community and the country
 - Demonstrate leadership skills in working with health team, community and others in the provision of health care
 - Recognize the needs for continuing education for professional development
 - Demonstrate use of ethical values in their personal and professional life
 - Assist in research activities

Areas Supervised practice in Lab General Medical and surgery wards
Hrs. 200/680 (Minimum practice time in clinical area)

Objectives:

- Performs admission and discharge procedure
- Prepares nursing care plan as per the nursing process format
- Communicates effectively with patient, families and team members
- Maintains effective human relations
- Develops plan for patient teaching
- Prepares patient reports
- Present reports
- Monitors vital signs
- Performs health assessment of each body system
- Provides basic nursing care to patients
- Performs infection control procedures
- Provide care to pre and post operative patients
- Perform procedures for care of wounds
- Administers drugs
- Provide care to dying and dead
- Counsel and support relatives

Skills:

Hospital admission and discharge

a) Admission:

- Prepare unit for new patient
- Prepare admission bed
- Perform admission procedure
- New patient
- Transfer in
- Prepare patient records

b) Discharge / Transfer out

- Gives discharge procedure counseling
- Perform discharge procedure (planned discharge, LAMA and abscond, Referral and transfer)
- Prepare records of discharge / transfer
- Dismantle and disinfect unit and equipment after discharge / transfer

Perform assessment:

- History taking, Nursing diagnosis, problem list, Prioritization, Goals & Expected Outcomes, selection of interventions
- Write nursing care plan
- Gives care as per the plan

Communication

- Use verbal and non verbal communication techniques

Prepare a plan for patient teaching session**Write patient report**

- Change-of shifts reports
- Transfer reports, incident reports etc.
- Present patient report

Vital signs

- Measure, records and interpret alterations in body temperature, pulse, respiration and blood pressure

Health assessment

- Health history taking
- Perform assessment: General Body Systems
- Use various methods of physical examination
- Inspection, Palpation, Percussion, Auscultation, Olfaction Identification of system
- Wise deviations

Prepare patient's unit:

- Prepare beds
- Open, closed, occupied, operation, amputation
- Cardiac, fracture, burn, divided & fowler's bed
- Pain assessment and provision for comfort

Use comfort devices Hygienic care:

- Oral hygiene
- Baths and care of pressure points
- Hair wash, Pediculosis treatment

Feeding:

- Oral / Enteral, naso / Orogastric, gastrostomy and parenteral feeding
- Naso-gastric tube insertion, suction and irrigation

Assisting patient in urinary elimination

- Provide urinal / bed pan
- Condom drainage
- Perineal care
- Catheterization
- Care of urinary drainage

Bladder irrigation Assisting bowel Elimination:

- Insertion of Flatus tube
- Enemas
- Insertion of Suppository

Bowels wash body alignment and mobility:

- Range of motion exercise
- Positioning: Recumbent, Lateral, Fowlers, Sims, Lithotomy, Prone, Trendelenburg position
- Assist patient in moving, lifting, transferring, walking
- Restraints

Oxygen administration

- Mask
- Prongs
- Tent
- Catheters

Suctioning: oropharyngeal, nasopharyngeal**Chest physiotherapy and postural drainage****Care of chest drainage****CPR-Basic life support****Observation of intravenous therapy****Blood and blood component therapy**

Collect / assist for collection of specimens for investigations urine, sputum, faeces, vomitus, blood and other body fluids

Perform lab tests:

- Urine: sugar, albumin, acetone
- Blood: sugar (with strip / gluco-meter)

Application of hot and cold therapies:

- Local and general
- Dry and moist

Communicating and assisting with self-care of visually & hearing impaired patients**Communicating and assisting with self-care of mentally challenged / disturbed patients****Recreational and diversional therapies****Caring of patient with alteration in sensorium****Infection control**

- Perform following procedures:
- Hand washing techniques
- Simple, hand antisepsis and surgical antisepsis (scrub)
- Prepare isolation unit in lab / ward
- Practice technique of wearing and removing personal protective equipment (PPE)
- Practice standard safety precautions (Universal precautions)

Decontamination of equipment and unit:

- Surgical asepsis:
- Sterilization
- Handling sterilized equipment
- Calculate strengths of solutions
- Care of articles

Pre and post operative care:

- Skin preparations for surgery: Local
- Preparation of post operative unit
- Pre & post operative teaching and counseling
- Pre & post operative monitoring
- Care of the wound
- Dressing of minor wounds, care of drainage / application of binders, splints & slings
- Bandaging of various body parts

Administration of medications

- Administer medications in different forms and routes
- Oral, Sublingual and Buccal
- Parenteral: Intradermal, subcutaneous, intramuscular etc.
- Assist with Intravenous medications
- Drug measurements and dose calculations
- Preparation of lotions and solutions
- Administer topical applications
- Insertion of drug into body cavity: Suppository & medicated packing etc.
- Instillation of medicines into Ear, Eye, Nose and Throat
- Irrigations: Eye, Ear, Bladder, Vagina and Rectum
- Inhalations: dry and moist
- Medicated / Nebulization
- Identification of spurious drugs
- Record date, time, medication, dose, route and sign immediately after administration

Care of dying patient

- Provide care for the terminally ill
- Caring and packing of dead body
- Counseling and supporting grieving relatives
- Handing over the body & valuables
- Transferring to mortuary with proper identification
- Terminal care of the unit

COMMUNITY HEALTH NURSING-I

(NRY 104)

Placement:- First Year

Time: – 180 Hours

CHN-I – 80 Hours

Environmental Hygiene – 30 Hours

Health Education & Communication Skills – 40 Hours

Nutrition – 30 Hours

COMMUNITY HEALTH NURSING - I

Course Description

This course is designed to help students gain an understanding of the concept of community health in order to introduce them to the wider horizons of rendering nursing services in a community set – up, both in urban and rural areas.

General Objectives

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

1. Describe the concept of health, community health and community health nursing
2. State the principles of epidemiology and epidemiological methods in community health nursing practice
3. Explain the various services provided to the community and role of the nurse
4. Demonstrate skills to practice effective nursing care of the individuals and families in the clinics as well as in their homes, using scientific principles

Unit No. I

Learning Objective:

Describe the concept of health and disease and community health

Content:

Introduction to Community Health

- a) Definition: Community, Community Health, Community Health Nursing
- b) Concept of Health and disease, dimensions and indicators of health, Health Determinants

- c) History & development of Community Health in India & its present concept
- d) Primary health care, Millennium Development Goals
- e) Promotion and maintenance of health

Learning Objective:

Explain various aspects of Community Health Nursing. Demonstrate skill in applying nursing process in Community Health Nursing settings

Content:

Community Health Nursing

- a) Philosophy, goals, objectives & principles, concept and importance of Community Health Nursing
- b) Qualities and functions of Community Health Nurse
- c) Steps of nursing process; community identification, population composition, health and allied resources, community assessment, planning & conducting community nursing care services

Learning Objective:

Demonstrate skill in assessing the health status and identify deviations from normal parameters in different age groups

Content:

Health Assessment

- a) Characteristics of a healthy individual
- b) Health assessment of infant, preschool, school going, adolescent, adult, antenatal woman, postnatal woman and elderly

Learning Objective:

Describe the principles of epidemiology and epidemiological methods in community health nursing practice

Content:

Principles of epidemiology and epidemiological methods

- a) Definition and aims of epidemiology, communicable and non-communicable diseases
- b) Basic tools of measurement in epidemiology
- c) Uses of epidemiology
- d) Disease cycle
- e) Spectrum of disease

- f) Levels of prevention of disease
- g) Disease transmission – direct and indirect
- h) Immunizing agents, immunization and national immunization schedule
- i) Control of infectious diseases
- j) Disinfection

Unit No. II

Learning Objective:

Demonstrate skill in providing comprehensive nursing care to the family

Content:

Family Health Nursing Care

- a) Family as a unit of health
- b) Concept, goals, objectives
- c) Family health care services
- d) Family health care plan and nursing process
- e) Family health services – maternal, child care and family welfare services
- f) Roles and function of a community health nurse in family health service
- g) Family health records

Learning Objective:

Describe the principles and techniques of family health care services at home and in clinics

Content:

Family Health Care Setting Home Visit:

- a) Purposes, Principles
- b) Planning and evaluation
- c) Bag technique
- d) Clinic: Purposes, type of clinics and their functions
- e) Function of Health personnel in clinics

Learning Objective:

Describe the referral system and community resources for referral

Content:

Referral System

- a) Levels of health care and health care setting
- b) Referral services available
- c) Steps in referral
- d) Role of a nurse in referral

Learning Objective:

List the records and reports used in community health nursing practice

Content:

Records and reports

- a) Types and uses
- b) Essential requirements of records and reports
- c) Preparation & maintenance

Learning Objective:

Explain the management of minor ailments

Content:

Minor Ailments

- a) Principles of management
- b) Management as per standing instructions / orders

COMMUNITY HEALTH NURSING-I- PRACTICAL

Placement:- First Year

Time: Practical– 320 Hours (8 Weeks)

Areas Community Health Nursing – Urban / Rural

Duration: 8 Weeks

Objectives:

- a) Organize home visit
- b) Prepare bag and demonstrate bag technique
- c) Build up and maintain report with family
- d) Identify needs of community
- e) Practice procedure
- f) Make referrals
- g) Plan and conduct health education on identified health needs
- h) Set up clinics with help of staff
- i) Maintain records and reports
- j) Collect and record vital health statistics
- k) Learn about various organizations of community health importance
- l) Health Assessment Family
- m) Identify the health needs of various age groups
- n) Assess the environment
- o) Maintain family folders
- p) Assessment nutritional needs
- q) Demonstrate different methods of preparing food according to the nutritional need of family

Skills:

- Conducting home visits
- Nutritional assessment of individuals
- Provide care at home as per standing orders / protocol
- Conduct health education
- Set up of different clinics
- Maintain records & reports
- Practice family health nursing
- Demonstrate different methods of preparation of meals

ENVIRONMENTAL HYGIENE

Course Description

Total Hours - 30

This course is designed to help students acquire the concept of health, understanding of the principles of environmental health and its relation to nursing in health and disease

General Objective

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

1. Describe the concept and principles of environmental health
2. Demonstrate skills to apply the principles of environmental hygiene in caring for self and others
3. Describe the environmental health hazards, related health problems and the services available to meet them

Unit No. III

Learning Objective:

Explain the importance of healthy environment and its relation to health and disease

Content:

Introduction

- a) Components of environment
- b) Importance of healthy environment

Learning Objective:

Describe the environmental factors contributing to health and illness

Content:

Environmental Factors Contributing to Health

- a) Water:
 - Sources and characteristics of safe and wholesome water
 - Uses of water
 - Rain water harvesting
 - Water pollution – natural and acquired impurities
 - Water borne diseases
 - Water purification – small and large scale
- b) Air:

- Composition of air
- Airborne diseases
- Air pollution and its effect on health
- Control of air pollution and use of safety measures
- c) Waste:
 - Refuse – garbage, excreta and sewage
 - Health hazards
 - Waste management: collection, transportation and disposal
- d) Housing:
 - Location
 - Type
 - Characteristics of good housing
 - Basic amenities
 - Town planning
- e) Ventilation:
 - Types and standards of ventilation
- f) Lighting:
 - Requirements of good lighting
 - Natural and artificial lighting
 - Use of solar energy
- g) Noise:
 - Sources of noise
 - Community noise levels
 - Effects of noise pollution
 - Noise control measures
- h) Arthropods:
 - Mosquitoes, housefly, sand fly, human louse, rat fleas, rodents, ticks etc.
 - Control measures

Learning Objective:

Describe the community organization to promote environmental health

Content:

Community organizations to promote Environmental health

- a) Levels and types of agencies:
 - National, state, local
 - Government, voluntary and social agencies
- b) Legislations and acts regulating the environmental hygiene

HEALTH EDUCATION AND COMMUNICATION SKILLS

Course Description

Total Hours - 40

This course is designed to help students to

1. Acquire the concept of health education and development an ability to select and / or prepare appropriate audio-visual aids and use them effectively to communicate with the individuals and community
2. Understand the principles of communication and counseling, its application in nursing practice

General Objectives

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

1. Describe the concept of health education, communication skills including soft skills, audio-visual aids and health education agencies
2. Identify and utilize opportunities for health education
3. Describe the application of information technology in preparation and use of various health teaching aids
4. Develop effective communication and counseling skills

Unit No. IV

Learning Objective:

Describe the concept and different aspects of communication

Content:

Communication Skills

- a) Definition, process, purpose, principles, types and importance of communication
- b) Barriers in communication
- c) Establishment of successful communication
- d) Observing and listening skills

Learning Objective:

Describe the aims and objectives, scope, levels, approaches and principles of health education

Content:

Health Education

- a) Concept, definition, aims and objectives of health education
- b) Principles of health education
- c) Process of change / modification of health behavior
- d) Levels and approaches of health education
- e) Methods of health education
- f) Scope and opportunities for health education in hospital and community
- g) Nurse's role in health education

Learning Objective:

Demonstrate the skills of counseling

Content:**Counseling**

- a) Definition, purpose, principles, scope and types
- b) Counseling process: step and techniques
- c) Qualities of a good counselor
- d) Difference between health education and counseling
- e) Role of nurse in counseling

Learning Objective:

Describe the types of AV aids. Demonstrate skill in preparing and using different kinds of audio-visual aids

Content:**Methods and Media of Health Education**

- a) Definition, purpose and types of audio-visual aids and media
- b) Selection, preparation and use of audio-visual aids: graphic aids, printed aids, three dimensional aids and projected aids
- c) Advantages and limitations of different media
- d) Preparation of health education plan

NUTRITION

Course Description

Total Hours - 30

This course is designed to help students understand that nutrition is an integral component of health as nutrients play a vital role in the growth, development and maintenance of the body

General Objectives

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

1. Describe the principles of nutrition and dietetics and its relationship to the human body in health and disease
2. Describe the balanced diet in promotion of health
3. Apply this knowledge in providing therapeutic diet in care of the sick
4. Demonstrate skills in selection, preparation and preservation of food

Unit No. V

Learning Objective:

Describe the relationship between nutrition and health

Content:

Introduction

- a) Meaning of food, nutrition, nutrients etc.
- b) Food Habits and customs
- c) Factors affecting nutrition
- d) Changing concepts in food and nutrition
- e) Relation of nutrition to Health

Learning Objective:

Describe the classification of food

Content:

Classification of food

- a) Classification by origin:
 - Food and animal origin
 - Food of plant origin
- b) Classification by chemical composition and sources
 - Carbohydrates

- Proteins
- Fats
- Minerals
- Vitamins
- Water
- c) Classification by predominant functions
 - Body building food
 - Energy giving food
 - Protective food
- d) Classification by nutritive value
 - Cereals and millets
 - Pulses and legumes
 - Vegetables
 - Nuts and oil seeds
 - Fruits
 - Animal Food
 - Fats and oils
 - Sugar and Jiggery
 - Condiments and spices
 - Miscellaneous food

Learning Objective:

Explain normal dietary requirements. Demonstrate skill in calculating normal food requirements

Content:

Normal Dietary Requirements

- a) Energy: Calorie, Measurement, Body Mass Index, Basal Metabolic Rate – determination and factors affecting
- b) Balanced Diet – nutritive value of foods, calculation for different categories of people, normal food requirement calculation, Menu plan. Combination of food affecting and enhancing the nutritive value of the diet
- c) Budgeting for food, low cost meals, food substitutes
- d) Diseases and disorders caused by the imbalance of nutrients
- e) Food allergy – cause, types, diet modifications in gluten, lactose and protein intolerance etc.
- f) Food intolerance – inborn errors of metabolism

Learning Objective:

Describe the principles and various methods of preparation, preservation and storage of food

Content:**Food preparation, preservation & Storage**

- a) Principles of cooking, methods of cooking and the effect of cooking on food and various nutrients. Safe food handling, health of food handlers
- b) Methods of food preservation – household and commercial, precautions
- c) Food storage – cooked and raw, household and commercial, ill effects of poorly stored food
- d) Food adulteration and acts related to it

Learning Objective:

Describe about therapeutic diet

Content:**Therapeutic Diet**

- a) Diet modification in relation to medical and surgical condition of the individual such as Protein Energy Malnutrition (PEM), Diabetes, Cardio Vascular disease, Hepatitis, Renal, Gouts, Irritable Bowel Syndrome (IBS), Obesity, Cholecystectomy, partial gastrectomy, bariatric surgery and colostomy etc.
- b) Special diet – low sodium diet, fat free diet, diabetic diet, bland diet, high protein diet, low protein diet, low calorie diet, geriatric diet, iron rich diet, liquid diet, semi – solid diet, soft diet and high fiber diet etc.
- c) Factors affecting diet acceptance, feeding the helpless patient
- d) Health education on nutrition needs and methods in diet modification

Learning Objective:

Describe the concept of community nutrition

Content:**Community Nutrition**

- a) Nutritional problems and programmes in India
- b) Community food supply, food hygiene and commercially prepared and grown food available locally
- c) National and international food agencies – Central Food Training Research Institute (CFTRI), Food and Agriculture Organization (FAO), National Institute of Nutrition (NIN), Food Safety and Standards Authority of India (FSSAI), CARE (Cooperative for Assistance and Relief Everywhere), National Institute of Public Cooperation and Child Development (NIPCCD) etc.

Learning Objective:

Demonstrate skill in preparation of common food items

Content:**Preparation of diet / practical**

- a) Beverages: hot and cold, juice, shakes, soups, lassi, barley water
- b) Egg preparation: egg flip, scramble, omlet, poached egg
- c) Light diet: porridges, gruel, khichari, dalia, kanji, boiled vegetables, salads, custards
- d) Low cost high nutrition diets – chikki, multigrain roti

ENGLISH (NRY 105)

Placement:- First Year

Time: – 30 Hours

Course Description

This course is designed to help students develop an ability to comprehend spoken and written English, so as to communicate effectively

General Objectives

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

1. Read and write correct English
2. Communicate effectively in English

Unit No. I Hrs. 6

Learning Objective:

Speak and write correct grammatical English

Content:

Grammar

- a) Review of basic grammar
- b) Building vocabulary

Unit No. II Hrs. 14

Learning Objective:

Develop ability to read, understand and write in English

Content:

Composition

- a) Sentence construction and usage
- b) Reading comprehension
- c) Written composition: paragraphs & essay, precise writing, story writing & comprehension, letter writing, nurses notes and reports, anecdotal records, diary writing

Unit No. III Hrs. 10

Learning Objective:

Demonstrate conversation skills

Content:

Spoken English

- a) Conversation – face to face and telephonic
- b) Oral report
- c) Discussion and debate
- d) Public speaking skills

COMPUTER EDUCATION (CS-121)

Placement:- First Year

Time: – 15 Hours

Course Description

This course is designed to help students gain a basic understanding of uses of computers and its application in nursing

General Objectives

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

1. Describe the basic disk operating system
2. Use computer for data processing
3. Use Microsoft Office Programmes
4. Use computer in patient Management System
5. Use E-mail and Internet

Unit No. I Hrs. 5

Learning Objective:

Describe the structure and purpose of computers and disk operating systems

Content:

Introduction to computers and Disk operating system

- a) Definition
- b) Classification
- c) Structure and parts of computer
- d) Disk operating system – DOS and Windows all versions
- e) Purposes / uses of computer in health care delivery system

Unit No. II Hrs. 15

Learning Objective:

Demonstrate skill in the use of MS Office

Content:

MS Office

- a) MS Word

- b) MS Excel with pictorial presentation
- c) MS Power Point
- d) MS Access
- e) MS Publisher Document

Unit No. III Hrs. 5

Learning Objective:

Demonstrate skill in using multimedia

Content:

Multimedia

- a) Types and uses
- b) Data base creation, retrieval and report generation
- c) Computer aided teaching and testing\

Unit No. IV Hrs. 10

Learning Objective:

Demonstrate the use of internet and e-mail

Content:

Use of internet and e-mail

- a) Accessing the website
- b) Searching the internet for content
- c) Accessing the email and communicating with the help of it
- d) Use of internet communication programmes – Skype