

**THE TAMILNADU DR.M.G.R. MEDICAL  
UNIVERSITY CHENNAI – 600 032.**



**SYLLABUS FOR  
DIPLOMA IN NURSING AIDE COURSE  
2010 – 2011**

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**DURATION:**

Course Duration - 2 Years  
Total No. of days - 365 days  
(a) No. of Weekly Off(Sundays) - 52 days  
(b) No. of Government Holidays - 22 days  
(c) No. of Holidays - 21 days  
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- 95 days  
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270 days  
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**COURSE OF INSTRUCTION**

**First Year**

<b>Subject</b>	<b>Theory (In hrs.) (Class and Lab)</b>	<b>Practical (In hrs.) (Clinical)</b>	<b>In Hours</b>
1. Fundamental of Nursing (including first aid, emergency Nursing)	100	1100	
2. Bio- Chemistry & Bio-physics	50	-----	
3. Anatomy & Physiology	80		
4. Nutrition	50		
5. Psychology	50		
8. Sociology	50		
9. Community Health Nursing & Hygiene	70	200	
10. Introduction to Midwifery	50	50	
11. Library Work /Self Study			50
<b>Total Hours</b>	<b>500</b>	<b>1350</b>	<b>50</b>
<b>Total Hours = 1900 hrs.</b>			

## Second Year

Subject	Theory (In hrs.) (Class and Lab)	Practical (In hrs) (Clinical)	In Hours
1. Medical Surgical Nursing (including Eye, ENT, Orthopedic & Cardiac Nursing)	120	500	
2. Pediatric Nursing	90	200	
3. Mental Health Nursing	90	200	
4. Obstetrics & Gynecological Nursing	90	400	
5. Management in Nursing	60	100	
6. Library Work / Self Study			50
<b>Total Hours</b>	<b>450</b>	<b>1400</b>	<b>50</b>
<b>Total Hours = 1900 hrs</b>			

## SCHEME OF EXAMINATION

### First Year

Subject	IA		University Exam		Practical	
	Max	Min	Max	Min	Max	Min
1. Fundamental of Nursing (including first aid, emergency Nursing)	50	25	100	50	100	50
2. Anatomy & Physiology	50	25	100	50	-	
3. Nutrition and Biochemistry	50	25	100	50	-	
4. Community Health Nursing & Hygiene	50	25	100	50	-	
5. Psychology & Sociology	50	25	100	50	-	
6. Introduction to Midwifery*	50	25	-		-	

*\*The respective college will conduct examination for Introduction to Midwifery and the marks will be sent to the University.*

**Second Year**

Subject	IA		University Exam		Practical	
	Max	Min	Max	Min	Max	Min
1. Medical Surgical Nursing (including Eye, ENT, Orthopedic & Cardiac Nursing)	50	25	100	50	100	50
2. Pediatric Nursing	50	25	100	50	100	50
<b>3. Mental Health Nursing</b>	50	25	100	50		
4. Obstetrics & Gynecological Nursing	50	25	100	50	100	50
5. Management in Nursing*	50	25	100	50		

*\*The respective college will conduct examination for management in Nursing and the marks will be sent to the University*

**DISTRIBUTION OF TYPE OF QUESTION PATTERN FOR 100 MARKS (APPLICABLE FOR ALL SUBJECTS):**

Short Answer	10 x 2 = 20 marks
Short Notes	10 x 5 = 50 marks
Essay questions	3 x 10 = 30 marks
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	100 marks
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# FUNDAMENTALS OF NURSING

## COURSE CONTENT

### Unit-I Introduction to Nursing

- Nursing: Definition, meaning, Nature, scope, principle sand History of nursing.
- Nurse: Definition and meaning, preparation of a nurse qualities-personal, professional.
- Ethics in nursing, Role and responsibilities of a nurse.
- Health care agencies: Hospital and community, Types of Hospitals and their functions.
- Holistic approach to nursing
- Comprehensive nursing care.

### Unit-II Nursing care of the patient /Client

- Introduction to the sick and well.
- Determinants of health status.
- Patient/ Client: as an individual, member of the family, Society, effects of illness and hospitalization on patient and His family.
- Admission of a patient: patient's unit, set up and care Admission procedure, reception of patient, care of patient's Belongings.

#### Bed and Bed Making

- Principle of bed-making, factor to be considered In selecting and making bed, different types of beds And their uses.

#### Maintenance of therapeutic environment

- Temperature, light, noise and humidity.

#### Psycho social Environment

- Meaning and its importance, aesthetic
- Consideration in the environment, colour scheme, Beauty and flower arrangements.

#### Nursing Process and Nursing Care Plan

- Meaning , importance and steps in development.

### Recording and Reporting

- Importance, types and nurses responsibilities.

### Discharging a patient

- Preparation of the patient physically and mentally, Discharge procedure, hospital policies, preparation Of the patient's relatives for discharge.
- Follow up and Rehabilitation revisit, treatment Compliance and referral.

## **Unit-III Basic Nursing Care and Needs of the Patient**

### Hygienic Needs and physical needs

- Importance of maintaining good personal and environment hygiene in health and disease.
- Nurse's role in maintaining good personal and environment hygiene
- Care of Skin and Mucous Membrane
- Bed bath, care of hair, eyes, nose, ears, teeth, genitalia, hands and **feet**. Nutrition needs
- Importance of diet in health and disease, factors affecting the normal nutrition in sickness, nurse's role in maintaining good nutrition, feeding helpless patients, maintenance of intake and output record.

### Elimination needs

- Problem in sickness: constipation and diarrhoea, retention and incontinence of urine.
- Nurse's role in meeting elimination needs.

### Safety needs

- Environmental hazards, role of nurses in prevention of health hazards.
- Interpersonal relationship, cultural/spiritual/religious needs.

### Activity and Exercises

- Importance of activity and exercise in health and sickness, active and passive exercise.

### Physical Comforts

- Comfort: meaning and its importance in health and disease, factors promoting and inhibiting physical comfort, comfort devices and their uses, body mechanics, positions.

### Moving, shifting and Lifting of patient

- Care of pressure points, bed sores: cause, signs, symptoms, prevention and nursing care.
- Shifting of patient from one side to another, from bed to wheel chair and bed to stretcher.

## **Unit-IV Assessment of Patient/ Client**

- Principles and importance of assessment, methods of assessment: observation, palpation, auscultation, percussion, developing skill in observation.

### Physical Assessment

- Height, weight, Posture, speech

### Physiological Assessment

- Temperature, pulse, respiration and blood pressure
- Characteristics of normal and abnormal (T.P.R and B.P.) and factors influencing the variations.
- Urine stool, vomit, sputum, normal and abnormal behavior and its deviation.

## Unit-V Therapeutic Nursing Care and Procedures Asepsis

- Hand washing, hand scrubbing, use of mask, gown, gloves.
- Disinfection techniques, sterilization techniques.
- Autoclaving, boiling, flaming, ultra violet rays.

### Care and Sterilization of:

- Linen, bed, mattress, floor, walls, cupboard and other articles.
- Rubber goods, dressing, instruments, needles, syringes enamel articles.
- Barrier Nursing and Isolation.

### Care of Respiratory System

- Inhalation: dry inhalation, moist inhalation, jug, Nelson's inhaler, steam tent, electric inhalers, suction oro-nasal
- Collection of specimen of sputum for examination.

### Care of Gastro Intestinal Tract

- Preparation and giving of enema: Retention enema, Evacuation enema, suppository, passing of flatus tube,

### Care of Genito Urinary System

- Perineal care of terminally ill patient and patient with urinary catheter.
- Collection of specimens of urine and stool for routine and culture examination.

### Care of Skin and Mucous Membranes

- Cold application: ice cap, cold packs, use of evaporating lotion.
- Hot application: use of hot water bottle, dry fomentation, moist fomentation, Medicated fomentation.

## Unit-VI Basic Needs and Care in Special Conditions

- Care of patient with fever, unconscious patient, patient with fluid imbalance, Patient with dyspnoea,
- Care of terminally ill patient.
- Care of physically handicapped.

### Dying patient

- Signs and symptoms of approaching death, needs of dying patient and his relatives, Care of the dying, last offices, packing of dead bodies in non-communicable and communicable diseases.

## Unit-VII Introduction to Pharmacology

- Concept of pharmacology.
- Classification of drugs.
- Administration of drugs.
- General action of drugs.
- Nursing implications in administration of drugs.

## First Aid

### Course Content

#### Unit-I Introduction

- Importance of first aid and rules of first aid.

- Concept of emergency.

#### **Unit-II First Aid in Emergency situations**

- Fire, burns, fractures, accidents, poisoning, drowning, hemorrhages, insect bites, foreign bodies.
- Transportation of the injured.
- Bandaging and splinting.

## **Anatomy and Physiology**

### **Course Content**

#### **Unit-I Introduction to anatomical terms**

#### **Unit-II Organization of body cells, tissues, organs, systems, membranes and glands**

#### **Unit-III Skeletal system**

- Bones: types, structure, function
- Axial skeleton
  
- Appendicular skeleton
- Joints: classification, structure and function.

#### **Unit-IV Muscular system**

- Type, structure and functions.
- Position and action of chief muscles of the body.

#### **Unit-V Cardio-Vascular system**

- Blood: composition clotting and blood group, cross matching. Blood products and their use.
- Heart: position, structure, conduction system, Function and cardiac cycle.
- Blood Vessels: Structural differences and position of chief vessels
- Circulation of Blood: Systematic, pulmonary and portal circulation
- Blood pressure and pulse
- Lymphatic system: Lymph vessels, glands, ducts and lymph circulation, lymph tissues in the body, spleen.

#### **Unit-VI Respiratory System**

- Structure and functions of respiratory organs
- Physiology of respiration.
- Characteristics of normal respiration and its deviations.

#### **Unit-VII Digestive system**

- Structure and function of organs of digestive and accessory organs.
- Process of digestion and absorption.
- Metabolism: meaning and metabolism of food constituents.

#### **Unit-VIII Excretory system**

- Structure and functions of organs of urinary system
- Structure and functions of the skin
- Regulation of body temperature.
- Fluid and electrolyte balance.

#### **Unit-IX Nervous System**



- Type, structure and functions of neuron.
- Central Nervous System: Structure and functions.
- Autonomic Nervous System: Structure and functions.

#### **Unit-X Endocrine System**

- Structure and functions of pituitary, pancreas, thyroid parathyroid, thymus and supra renal glands.

#### **Unit-XI Sense Organs**

- Structure and functions of eye, ear, nose and tongue.
- Physiology of vision, hearing and equilibrium.

#### **Unit-XII Reproductive System**

- Structure and functions of reproductive and accessory organs.
- Process of reproduction, menstrual cycle and menopause
- reproductive health
- Structure and functions of male organ reproductive system.

**Note:** Wherever possible related clinical application should be included in each unit.

## **Nutrition**

### **Course content**

#### **Unit-I Introduction**

- Changing concepts –food habits and customs.
- Relationship of nutrition to health.

#### **Unit-II Classification of food**

##### **a. Classification by origin**

- Food of animal origin
- Food of vegetable 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 (Legumes).
- Vegetables.
- Nuts and oil seeds.
- Fruits
- Animal food.
- Fats and oils
- Sugar and jiggery.
- Condiments and spices.

- Miscellaneous food

### **Unit-III Normal dietary requirements and deficiency diseases of each of the constituents of food**

- The Calorie
- Nutritive value of food items and their measures used.
- Balanced diet.
- Method of calculating normal food requirements, influence of age, sex and activity.
- Factors affecting selection and planning of meals.
- Budgeting for food.
- Low cost menu.
- Diseases caused by deficiency of protein, fat, carbohydrates, minerals and vitamins.

### **Unit-IV Preparation, preservation and storage of food**

- Principles of cooking.
- Methods of food preparation and their effects on food and food constituents, advantages and limitation of each.
- Household methods of preserving and storing food.
- Commercially prepared food and its adulteration.
- Precautions in selection, preparation and storage of food.

### **Unit-V Introduction to Diet Therapy**

- Methods of modifying diet in relation to calorie value, by increasing or decreasing of constituents.
- Diet and the patient
- Environmental, psychological and cultural factors in acceptance of diet by the patient.
- serving of food.
- Feeding of helpless patients.
- Opportunities for teaching.

### **Unit-VI Community Nutrition**

- Concept of community nutrition.
- Nutritional needs for special groups: infants, children, pregnant women, lactating mothers, old people etc.
- Nutrition education: needs and methods.
- Substitutes for non-vegetarian food.
- Methods of improving an ill-balanced diet.
- Food hygiene and laws related to food.

### **Unit-II Common preparations/ practicals**

- Beverages: tea, coffee, barely water, fruit juice, shakes, lassie.
- Egg preparations: Scrambled eggs, egg flip, omlette, poached egg.
- Soups: tomato, bone, vegetable(s)., liver etc.
- Light Diets: gruel, khichri, daliya, kanli,boiled vegetables, salads, custards etc.(As per the regional preferences)

## **Community Health Nursing-I**

### **Unit-I Introduction to Community Health and Community Health Nursing**

- Health and disease.

- Community, community health , community health nursing.
- Dimensions of health.
- Health determinants.
- Indicators of health.
- Levels of health care.
- Primary healthcare: Elements and principles, Nurse' role In primary health care.
- Health for all by 2000 A.D.
- Evolution and development of community health nursing In India and its present concept.
- Differences between institutional and community health nursing.
- Community health team functioning
- Philosophy, goals, objectives and principles of community Health nursing practice.
- Qualities and functions of a community health nurse.

## **Unit-II Community Health Nursing Process**

- Concepts and definition
- Importance of the community health nursing process.
- Steps of the process: Community identification, population Composition, health and allied resources, community Assessment , planning and conducting community health Nursing care services.

## **Unit-III Health Assessment**

- Characteristics of healthy individual.
- Identification of deviation from normal health.

## **Unit-IV Principles of epidemiology and Epidemiological Methods**

- Definition and aims of epidemiology.
- Basic tools of measurement in epidemiology.
- Uses of epidemiology.
- Disease cycle.
- Spectrum of disease.
- Levels of prevention of disease.
- Disease transmission- direct and indirect.
- Immunity

- Immunizing agents and immunization schedule.
- Control of infectious diseases.
- Disinfection.

## **Unit-V Family Health Nursing care**

- Concepts, goals, objectives, family as a unit of health family Health care services .
- Family health and nursing care process – Family health Assessment, family care plan.
- Family health services – Meterial, child care and Familywelfare services.
- Roles and function of a community health nurse in family Health services.
- Family health records.

## **Unit-VI Family Health care Settings**

### Home Visiting

- Purposes
- Principles
- Planning and evaluation.
- Bag technique

### Clinic

- Purposes
- Types of clinics and their functions.
- Setting up of various clinics.

## **Unit-VIII Referral Systems**

## **Unit-VIII Records and Reports**

- Types of records.
- Uses of records.
- Essential requirements of records.
- Cumulative records.
- Design of cards/ records.

## Unit-IX Minor Ailments

- Classification
- Early detection and management.

## Personal Hygiene

### Unit-I Introduction

- Concept of health and its relation to successful living.

### Unit-II Maintenance of Health

- Determinants of health, building of good health habits  
Immunization, correction of defects, maintenance of health  
Records.

### Unit-III Physical Health

- Care of skin, hair, teeth, eyes, ears, hands and feet, Rest  
And sleep, exercise, activity, recreation, posture, nutrition,  
Elimination, menstrual hygiene.

### Unit-IV Mental Health

- Characteristics of mentally healthy person.
- Mental hygiene in intrauterine, infancy, childhood,  
Adolescence, adulthood and old age.

## Sociology

### Unit-I Introduction

- Concept scope nature and importance of sociology in  
Nursing.
- The socio-cultural and economic aspects of the community  
And their effects in health and illness.

### Unit-II The Individual

- Brief review of human growth and development.

- Effect of environment on childhood, adolescence, adulthood and old age.
- The rights and responsibilities of the individual in a Democratic society.

### **Unit-III The Family**

- Family as a social institution and basic unit for health services.
- Basic needs of family, its structure and relationships.
- Family life education: pre-marriage and parenthood.

### **Unit-IV The Society**

- Concept
- Group: Types, Structure, inter-group relationship, group Cycle, group behaviour and group morale
- Social changes, social control, social stratification.
- Rural and urban society.
- Social problems: unmarried mothers, dowry system, Prostitution, drug addiction, alcoholism, delinquency, Handicapped, child abuse, women abuse.
- Social agencies and remedial measures.

### **Unit-V The Community**

- Definition, characteristics and culture.

### **Unit-VI Economy**

- Resources of the country: natural, occupational Agricultural, industrial etc.
- Social Security
- Population explosion: Its effect on economy and the need For population control.
- Budgeting for a family, per capital income and its impact On health and illness.

## **Psychology**

### **Unit-I Introduction**

- Definitions, scope of psychology and its importance in Nursing profession.

## **Unit-II Psychology of Human Behaviour**

- Dynamics of behaviour, motivation and behavioral process  
Of adjustment , adjustments and mal-adjustments,  
Unconscious behaviour.
- Frustration: sources and nature of frustration, measures to  
Overcome frustration.
- Conflicts; types, unconscious conflict, resolution, conflict and  
Nursing.
  
- Adjustment Mechanism: meaning, types and importance
- Emotions: in health and disease, emotional situations,  
Control of emotions, effect of emotional reactions on health.
- Attitudes: meaning, development, changes in attitude,  
Attitude and nursing.
- Habits: formation, types, effective habit formation,  
Advantages and disadvantage of habit formation.

## **Unit-III Learning**

- Nature of learning, laws and types of learning, factors  
Promoting effective learning, memory and forgetfulness.
- Thinking and reasoning.
- Nature and type of thinking
- Problem solving and reasoning.

## **Unit-IV Observation**

- Attention and perception, factors affecting attention and  
Observation and errors in reasoning.

## **Unit-V Intelligence**

- Definition, individual difference in intelligence.
- Mental ability and nature of intelligence.
- Measurement of intelligence .
- Development of intelligent behaviour.

## **Unit-VI Personality**

- Meaning, types, factors affecting development of  
Personality.
- Characteristics of various age group: child, adolescent,  
Adult and aged.
- Will and character.

# Paediatric Nursing

## Unit-I Introduction

- Concept in child health care
- Trends in paediatric nursing
- Role of paediatric nurse in child care.
- Child care in India.
- Emerging challenges, nursing process related to paediatric Nursing.
- Concept of preventive paediatrics.
- Vital statistics.

## Unit-II the Newborn

### A. Characteristics of New Born and Physiological Status of The new born

- Assessment of the new born: head to toe assessment (physical assessment), neurological assessment.
- Nursing care of the normal/healthy new born Including home care.
- Breast feeding-concept of Baby friendly Hospital Initiative.

### B. Common health problems-medical and nursing management of:

- Hyperbilirubinaemia, hemolytic disorder, neonatal hypoglycaemia, Sepsis, oral thrush, impetigo, erythema toxicum, hypothermia, Neonatal convulsions.
- Birth injuries ; injuries of muscles and peripheral nerves, injuries of bones, soft tissue injury and injury of nervous system.

### C. High Risk New Born

#### C. High risk New born

- Definition: small for dates, Low birth weight
- Common health problems of pre-term, post term and low birth weight infants and their nursing



management

- High risk to new born of HIV +ve mother, diabetic mother, its medical and nursing care.

### Unit-III The Healthy child

- Growth and development: Definition, principles, factors affecting growth and development, Techniques of assessment of growth and development, importance of learning about growth And development.

#### The Infant

- Growth and development during Infancy.

#### Health Promotion during infancy

- Nutrition counseling and weaning, immunization.
- Safety and security including prevention of accidents, play and toys.

#### The Toddler

- Growth and development of toddler.
- Health promotion during toddler hood, nutrition counseling, Toilet training, immunization, safety and prevention of accidents, guidance to parent on toddler's Care, play and toys.

#### The pre-Schooler

- Growth and development during pre-school years.
- Health promotion during pre-school years, nutritional guidance, safety and security, Day care centres/nursery school, play , role of parents in sex education of child.

#### The School ager

- Physical, psychological and moral development during school age years.
- Health promotion during school years, nutritional guidance, sleep and rest, physical exercise and Activity, dental health, sex education, play, role of parents in reproductive child health.

#### The Adolescent

- Physical changes, physiological and reproductive changes, reaction of adolescents to puberty.
- Health promotion during adolescence.
- Nutritional guidance, personal care, reproductive health/sex education, Role of parents in health Promotion of adolescents.

### Unit-IV The Sick Child

- Child's reaction to hospitalization.
- Effects of hospitalization on the family of the child.
- Role of nurse in helping child and family in coping with stress of hospitalization and illness.

#### Nursing interventions and adaptations in nursing care of sick child

- Examination, principles of safety observed in paediatric techniques.

- Preparation of child for diagnostic tests, collection of specimens.
- Calculation and administration of oral and parenteral medications.
- Procedures related to feeding: formula preparation, gavage, gastrostomy feeding.
- Procedures related to elimination: enema, colostomy irrigation.
- Use of play as nursing intervention
- Care of child in incubator.
- Administration and analysis of Oxygen concentration.
- Surgical dressing
- Steam tent inhalation.
- Immobilised child
- Phototherapy.

## **Unit-V Behavioural Disorders and common Health Problems during Childhood, Their Prevention, Medical and Nursing Management**

### Infancy

- Nutritional disturbances, allergies, dermatitis, vomiting, diarrhea, failure to thrive, Resistance to feeding, colic, anxiety.

### Early Childhood

- Communicable diseases, poisoning, tonsillitis, otitis, media, urinary tract infections, diarrhea, Child abuse, breath holding spells, bed wetting, thumb sucking, nail biting, temper tantrums, masturbation

### Later Childhood

- Problems of pubertal development: Precocious puberty tall stature, gynaecomastia, acne, Amenorrhoea, dysmenorrhoea, sexually transmitted diseases, accidents, sports injuries, Juvenile delinquency, anorexia nervosa, obesity.

## **Unit-VI Children with congenital Defects/Mal formations**

- Etiology, signs, symptoms, complications, medical, surgical and nursing Management of:
- Malformations , of the central nervous system-cranial deformities, defects of spinabifida, Meningocele, hydrocephalus, cerebral palsy, neural tube closure.
- Skeletal defects-cleft lip and palate.
- Defects of Gastro-intestinal tract- Oesophageal atresia and distula, anorectal Malformations, hernia, congenital hypertrophied pyloric stenosis.
- Defects of bladder, phimosis, cryptorchidism, polycystic kidney.
- Sexual abnormalities – ambiguous genitalis, hermaphroditism.
- Defects of cardio-vascular system- Congenital heart diseases, major Acyanotic and cyanotic defects.
- Orthopaedic Abnormalities – club foot, developmental abnormalities of Extremities.

## **Unit-VII Children with various disorders and diseases**

- Etiology, signs, symptoms, complications, prevention, medical, surgical and nursing Management of:
- Disturbances of fluid and electrolyte balance: imbalance, burns, disturbance of renal function, Acute and chronic glomerulonephritis, acute and chronic renal failure.
- Disturbed respiratory functions: Acute infections of upper and lower respiratory tract, Acute inflammation of lungs.
- Gastro-intestinal disorders: Malabsorption syndromes(ceeliac diseases) and obstructive Disorders(Intestinal obstruction, Hirschsprung's disease(Intestinal obstruction, Hirschsprung's Disease) inflammatory conditions (appendicitis, Meckel's diverticulum, ulcerative colitis), worm Infestations.
- Problems related to the elements of blood: Anaemias, sickle cell anaemia, thalassemia, defects Of haemostasis, haemophilia, Immune deficiency diseases, HIV infection (AIDS), leukemias, Thrombocytopenia, purpura.
- Disturbances of regulatory mechanism: disturbances of cerebral functions-altered state of Consciousness, craniocerebral trauma.
- Intracranial infections: Meningitis, encephalitis, convulsive disorders.
- Endocrine dysfunctions: Disorder of pituitary functions, disorders of thyroid and parathyroid Function, disorders of adrenal cortex, disorders of pancreatic hormone secretion.
- Problems that interfere with locomotion: Polio, osteomyelitis, kyphosis, lordosis and scoliosis, Rheumatoid arthritis.
- Children with developmental problems: Handicapped children, multiple handicapped children, Mental retardation.
- Communication disorders – hearing, vision impairment, deaf and blind children.

### **Unit-VIII Welfare of Children**

- Child welfare services, agencies, balwadi, anganwadi, day care centres, midday meal programme.
- Welfare of delinquent and destitute children.
- Programme and policies for welfare of working children.
- National child labour policy
- Child Act. Juvenile Justice Act.
- Internationally accepted rights of the child.

## **Mental Health and Psychiatric Nursing**

### **Unit-I Introduction**

- Meaning of mental health and mental illness.
- Definition of terms used in psychiatry.
- Review of mental mechanisms (ego mechanisms).
- Review of personality and types of personality.

### **Unit-II History of psychiatry**

- Contributors to psychiatry.

- History of psychiatric nursing.
- Trends in psychiatric nursing.

### **Unit-III Mental Health assessment**

- Psychiatric history taking
- Interview technique and mental status examination.

### **Unit-IV Community Mental Health**

- Concept, importance and scope.
- Attitude and misconceptions towards mentally ill.
- Prevention of mental illness(Preventive Psychiatry) during childhood, Adolescence, adulthood and old age.
- Community mental health services.
- Role of nurses in community mental health services.

### **Unit-V Psychiatric Nursing Management**

- Definition of psychiatric nursing.
- Principles of psychiatric nursing.
- Nursing process.
- Role of nurses in providing psychiatric nursing care.
- Therapeutic nurse-patient relationship.
- Communication skills.

### **Unit-VI Mental Disorders and Nursing Intervention.**

- Etiology- various etiological theories(genetics, biochemical, psychological, etc.)
- Classification of mental disorders.
- Organic mental disorder-Acute brain syndrome.
- Chronic brain syndrome.

#### Functional Mental Disorders.

- Prevalence, etiology, signs and symptoms, prognosis, medical and nursing management.
- Schizophrenic disorders.
- Mood (affective) disorders.
- Manic Depressive Psychosis.
- Anxiety states.

#### Definition, etiology, signs, symptoms, medical and nursing management of:

Phobic disorders, obsessive compulsive disorders, depressive neurosis, conversion disorders, Dissociative reaction, hypochondriasis, Psychosomatic disorders, alcohol, drugs and other Psychoactive substance abuse.

### **Unit-VII Bio-Psychosocial Therapies**

#### Psychopharmacology

- Definition, classification of drugs, antipsychotic, antidepressant, Antimanic, antianxiety agents.
- Role of nurse in psychopharmacology.

#### Psychosocial therapies

- Definition of psychosocial therapies.

- Types of therapies: individual and group therapy behavior therapy, Occupational therapy.
- Role of nurse in these therapies.

#### Somatic therapy

- History, technique of electro-convulsive therapy(ECT), Indications, contraindications.
- Role of nurses before, during and after electroconvulsive therapy.

#### Unit-VIII Forensic Psychiatry / Legal Aspects.

- Legal responsibilities in care of mentally sick patients
- Procedure for admission and discharge from mental hospital, leave of absence.
- Indian Lunatic Act 1912
- Mental Health Act 1987
- Narcotic Drugs and Psychotropic Act 1985.

#### Unit-IX Psychiatric Emergencies and Crisis Intervention

- Over active patient
- Destructive patient
- Suicidal patient

### **Medical Surgical Nursing-II**

#### **Unit-I Oncology Nursing**

- Nursing management of patient with abnormal cell growth.
- Assessment.
- Problems and management.
- Classification of Cancer.
- Detection, prevention.
- Treatment modalities.

#### Nursing management of patient receiving:

- Chemotherapy
- Radiation.
- Late effects of chemotherapy and radiation.
- Nursing management of patient undergoing radical surgery.
- Bone marrow transplant and its management.
- Nursing management of terminally ill patient.
- Rehabilitation of cancer patients.

#### **Unit-II Nursing Management of Patients with Diseases of Male Genito-Urinary Tract**

- Assessment of genitor-urinary function
- Disorders of male genitor-urinary tract and its management.

#### **Unit-III Nursing Management of Patients with Disorders of Breast**

- Assessment
- Disorders of breast and breast cancer.

- Management of patient undergoing surgery for cancer breast.

#### Unit-IV Nursing Management of Patients with Diseases and Disorders of Integumentary System

- Assessment of skin and its functions.
- Inflammatory and non-inflammatory disorders and diseases and its management.
- Infestations, infectious and non-infectious diseases and their management.

- skin cancer
- Special dermatological therapy.
- Burn and its management.

#### Unit-V Nursing Management of Patients with Ophthalmic Disorders and Diseases

- Assessment of function of eyes.
- Diseases and disorders of eyes and their management.
- Review national programmes on blindness and trachoma.

#### Hospital Cornea Retrieval

- Grief counseling, eye collection in hospitals
- Motivation for eye donation.
- Obtaining consent for eye donation.
- Transplantation of human organs bill and eye collection.
- Eye banking in India

#### Unit-IV Nursing Management of Patients with Disorders and Disorder and diseases of Ear, Nose and Throat

- Assessment of the function of Ear, Nose and Throat.
- Disorders and diseases of the Ear, Nose and Throat.
- Management of disorders and diseases of Ear, Nose and Throat.

#### Unit-VII Nursing Management of Patients with Cardio- Vascular, Circulatory and Haematological Disorders

- Assessment of cardio-vascular functions.
- Management of patients with cardio-vascular diseases.
- Management of patient in I.C.U. and C.C.U.
- Management of patient with cardio-vascular surgery.
- Assessment and management of circulatory haematological disorders and problems of peripheral circulation.
- Phlebotomy Procedure in blood donors.
- Sample and request for blood transfusion.
- Safety checks and records for blood transfusion.
- Adverse transfusion reaction and their management.
- Blood bank functioning-Hospital transfusion committee.
- Blood donor care, post donation management, counseling of blood donors.
- Inventory of necessary requirement for the transfusions.

#### Unit-VIII Nursing Management of Patients with Communicable Diseases

- Assessment.
- Review of infection, care and administration of antisera and vaccines.
- Isolation-review of epidemiology and control measures.
- Management of various infectious diseases.

Diseases caused by:

Virus - Measles, Chicken Pox, Influenza, Small Pox, Mumps, encephalitis, Infective Hepatitis, Poliomyelitis, Rabies, AIDS.

Bacteria - Diphtheria, whooping Cough, tetanus, Typhoid, Meningococcal Meningitis Tuberculosis

Zoonosis - Kala-azar, Plague, Relapsing fever.

Mosquito- Malaria, Filaria, Yellow fever, Dengue fever.

Unit IX Nursing Management of Patients with Sexually transmitted diseases

- Assessment
- sex health and hygiene.
- Gonorrhoea, syphilis, granuloma venereum, Chancroid, Granuloma inguinale and AIDS.

Unit-X Nursing Management of Patients with Musculo-skeletal Disorders and Diseases.

- Assessment of musculo-skeletal functions.
- Disorders and diseases of bone, muscle, cartilage, ligaments and their management.
- Rehabilitation, Physiotherapy and occupational therapy

Unit-XI Emergency and Disaster Nursing.

- Nature calamities.
- Manmade disaster.
- community resources available to meet such calamities
- Nurse's role in disaster management.

## **Gynaecological Nursing**

Course Content

Unit-I Introduction

- Definition related to gynaecological nursing.
- Sexuality
- Gynecological history taking, examination and Investigations

Unit-II Puberty

- Definition development of sex organs in females.
- Menstrual cycle.
- Disorders of menstruation: amenorrhoea, dysmenorrhoea, cryptomenorrhoea

#### Unit-III Fertility and Infertility

Definition, causes both in male and female investigation and Management.

#### Unit-IV Pelvic Infections

- vulva: Vulvitis, bartholinitis.
- Vagina: vaginitis, trichomonas vaginalis, moniliasis
- Metritis, salpingitis, oophoritis, pelvic abscess.
- Chronic infections, cervical erosion.

#### Unit-V Uterine Displacement and Descent

- Retroversion, retroflexion.
- Descent of the uterus: first degree, second degree, complete procedntia.

#### Unit- VI Sexually transmitted diseases and their prevention

- Syphilis, gonorrhoea, warts.
- Acquired Immuno Deficiency syndrome (AIDS)/HIV

#### Unit-VII Breast Disorders

- Mastitis
- Breast abscess.
- Tumours.
- Malignancy.

#### Unit-VIII Benign and Malignant Neoplasms of Reproductive Organs

- Uterine polyps, uterine fibroids
- Cancer:cervix, uterus
- Ovarian cyst: benign, malignant.
- Cancer: chemotherapy, radiotherapy.
- Palliative care.

## **Administration and Ward Management**

#### Unit-I Introduction

- Meaning and philosophy of administration and management and their significance.
- Elements and principles of administration.

#### Unit-II Planning: Principle, methods and types



Unit-III Organization: Command, Co- ordination and Control,  
Delegation, Staffing and Budgeting

- Definition, aims principles and techniques
- Preparation of organizational chart of a hospital ward primary health center, sub center.
- Policies of the hospital and of the various departments of the hospital.

Unit-IV Administration of a hospital unit and ward

- Administration of ward/ unit/health center, physical layout, safety measures, prevention of Accident and infections, legal responsibilities of a nurse.

#### Personal Management

- Job description, job specification, Job analysis, and job satisfaction.
- Staff development and staff welfare.
- Leadership styles, democratic leadership.

#### Management of Equipment and supplies

- Maintenance of supplies and equipment.
- Handling over and taking over of inventory.
- Indent and ordering of supplies and equipment.
- Problem solving: Process and approach, steps and methods of dealing with Complaints of patients and other health team members.
- Record and reports: meaning, type of records and reports maintained In the ward, importance and use of records and reports. Records and reports Maintained in Primary Health Center and Sub- Center.

Practical work

Student will work in ward/ health center with Ward Sister/ Public Health Nurse assisting her in carrying out her duties, to get experience in maintain ward inventory supplies, Preparation of duty roster and solving problems. Students will also get experience Of working in the hostel kitchen, clinics and in camps organized by the hospital.

Group Project

Project are to be undertaken by individual or group of student in related fields on a Selected topic or problem and solving the problem by using problem solving technique And submitting a written report of the same to the concerned teacher in the selected clinical Area. This experience may be planned as part of the experience in various clinical areas and Proper experience record should be maintained.

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