

2.3.2.Link for additional information

- Nutrition:
 - * Importance.
 - * Factors affecting nutritional needs
 - * Assessment of nutritional needs: Variables
 - * Meeting Nutritional Needs: Principles, equipments, procedure and special considerations.
- Oral
- Enteral: Naso/Orogastric, gastrostomy of Parenteral:
- Urinary Elimination
 - * Review of Physiology of Urine Elimination, Composition and characteristics of urine
 - * Factors influencing Urination
 - * Alteration in Urinary Elimination
 - * Types and Collection of urine specimen: Observations, urine testing
 - * Facilitating urine elimination: Assessment, types, equipments, procedures and special considerations.
- Providing urinal/bed pan
- Condom drainage
- Perineal care
- Catheterization
- Care of urinary drainage
- Care of urinary diversions
- Bladder irrigation
- Bowel Elimination
 - * Review of Physiology of Bowel Elimination, Composition and characteristics of faeces.
 - * Factors affecting Bowel elimination
 - * Alternation of Bowel Elimination
 - * Types of Collection of specimen of faeces: Observation
 - * Facilitating bowel elimination: assessment, equipments, procedures and special considerations.

- Passing of Flatus tube
- Enemas
- Suppository
- Sitz bath
- Bowel was
- Care of Ostomies
- Mobility and Immobility
 - * Principles of Body Mechanics
 - * Maintenance of normal body Alignment and mobility
 - * Factors affecting body Alignment and mobility
 - * Hazards associated with immobility
 - * Alteration in body Alignment and mobility
 - * Nursing interventions for impaired Body Alignment and Mobility: Assessment, types, devices used, method and special considerations, rehabilitation aspects.
- Range of motion exercises
- Maintaining body alignment: Positions
- Moving
- Lifting
- Transferring
- Walking
- Restraints
- Oxygenation
 - * Review of Cardiovascular and respiratory physiology
 - * Factors Affecting Oxygenation
 - * Alterations in oxygenation
 - * Nursing interventions in oxygenation: Assessment, types, equipment used, procedure and special considerations.

- Maintenance of patent airway
- Oxygen administration
- Suction
- Inhalations: Dry and moist
- Chest physiotherapy and postural drainage.
- Pulse oximetry
- CPR-Basic life support
- Fluid, Electrolyte, and Acid – Base Balances
 - * Review of Physiological regulation of Fluid, Electrolyte, and Acid-Base Balances
 - * Factors Affecting Fluid, Electrolyte, and Acid-Base Balances.
 - * Alterations in Fluid, Electrolyte, and Acid – Base Balances.
 - * Nursing interventions in fluid, Electrolyte and Acid – Base Imbalances: assessment, Types, equipment, procedure and special considerations
- Measurement fluid intake and output
- Correcting Fluid Electrolyte Imbalance:
- Replacement of fluids: Oral and Parenteral-Venipuncture, regulating IV flow rates, changing IV solutions and tubing, changing IV dressing,
- Administering Blood transfusion
- Restriction of fluids.

iii. Psychosocial Needs:

- Concepts of Cultural Diversity, Stress and Adaptation, Self-concept, Sexuality, Spiritual Health, Coping with loss, death and grieving
- Assessment of psychosocial needs
- Nursing intervention for psychosocial needs
 - * Assist with coping and adaptation
 - * Creating therapeutic environment and Recreational and diversional therapies.

- vi. Surgical asepsis.
- vii. Care of the wound: Types, equipments, procedure and special consideration
 - a. Dressings, Suture Care,
 - b. Care of Drainage
 - c. Applications of Bandages, Binders, Splints & Slings
 - d. Heat and Cold Therapy.

Unit 14

Hours: 15

Meeting Special Needs of the Patient

- i. Care of patients having alteration in
 - a. Sensorium (Unconsciousness); Assessment, Management.
 - b. Functioning of sensory organs: (Visual & hearing impairment)
 - c. Assessment of Self-Care ability
 - d. Mobility (Physically challenged, cast) assessment of Self-Care ability; Communication Methods of special considerations
 - e. Mental state (mentally challenged), assessment of Self-Care ability;
 - f. Comfort – (Pain) – Nature, Types, Factors influencing Pain, Coping, Assessment, Management;
- ii. Treatment related to gastrointestinal system: Naso-gastric suction, gastric irrigation, gastric analysis.

Unit 15

Hours: 05

Care of Terminally Ill Patient

- i. Concepts of Loss, Grief, grieving Process
- ii. Signs of clinical death
- iii. Care of dying patient: Special considerations
 - * Advance directives: Euthanasia, will, dying declaration, organ donation etc.
- iv. Medico-legal issues
- v. Care of dead body: equipment, procedure and care of unit.
- vi. Autopsy a Embalming.

12. Assisting Patient in Urinary Elimination:

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

13. Bladder Irrigation Assisting Bowel Elimination:

- Insertion of flatus tube
- Enemas
- Insertion of suppository

14. Bowel Wash Body Alignment and Mobility:

- a. Range of motion exercises
- b. Positioning: Recumbent, lateral (rt / lt), fowler's, sims, Lithotomy, Prone, Trendelenburg position.
- c. Assist patient in moving, lifting, transferring, walking
- d. Restraints.

15. Oxygen Administration.

16. Suctioning: Oropharyngeal, Nasopharyngeal

17. Chest Physiotherapy and Postural Drainage

18. CPR-Basic Life Support.

19. Intravenous Therapy.

20. Blood and Blood Component Therapy.

29. Pre and Post Operative Care:

- Skin preparations for surgery: local.
- Preparation of post operative unit
- Pre and post operative teaching and counseling
- Pre and post operative monitoring.
- Care of the wound:
- Dressings, suture care, care of drainage, application of bandages, blinders, splints and slings.
- Bandaging of various body parts.

30. Administration of Medications:

- Administer Medications in different forms and routes: oral, sublingual, buccal, parenteral: intradermal, subcutaneous, intramuscular etc.
- Assist with Intra venous medications.
- Drug measurements and dose calculations.
- Preparation of lotion and solutions.
- Administers topical applications.
- Insertion of drug into body cavity: Suppository & medicated packing etc.
- Instillation of medicines and spray into ear, eye, nose and throat
- Irrigations: eye, ear, bladder, vagina and rectum.
- Inhalations: dry and moist.

31. Care of Dying Patient:

- Caring and packing of dead body.
- Counseling and supporting grieving relatives..
- Terminal care of the unit.

UNIT – 5

Hours: 30

Nursing Management of Patient (Adults Including Elderly) with Blood and Cardio

Vascular Problems:

- Review of anatomy and physiology of blood and cardio vascular system
- Nursing assessment – history and physical assessment
- Etiology, pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics & nursing management of vascular system: Hypertension, hypotension, atherosclerosis, Raynaud's disease. Aneurysm and peripheral vascular disorders

- **Heart:**
- Coronary artery diseases: Ischemic heart disease, coronary atherosclerosis angina pectoris, myocardial infarction
- Valvular disorders of the heart: congenital and acquired, rheumatic heart diseases
- Endocarditis, pericarditis, myocarditis
- Cardio myopathies
- Cardiac dysrhythmias, heart block
- Congestive cardiac failure: Cor-pulmonale, pulmonary edema, cardiogenic shock, cardiac tamponade
- Cardiac emergencies and arrest
- **Cardio Pulmonary Resuscitation (CPR)**
- Blood: anaemias, polycythemia, bleeding disorders: clotting factor defects and platelets defects, thalassemia, leukaemias, leukopenias and agranulocytosis
- Lymphomas, myelomas
- Special therapies
- Blood transfusion, safety checks, procedure and requirements, management of adverse transfusion reaction, records for blood transfusion

- Nursing procedures
- Drugs used in treatment of communicable diseases

UNIT – 13

Hours: 20

Peri Operative Nursing:

- Organisation and physical set up of the operation theatre(OT): classifications, O.T. design, staffing, members of the OT team, duties and responsibilities of nurse in O.T., principles of health and operating room attire, instruments, sutures and suture materials, equipments, O.T. tables and sets for common surgical procedures, positions and draping for common surgical procedures, scrubbing procedures, gowning and gloving, Preparation of O.T. sets, Monitoring the patient during surgical procedures
- Maintenance of therapeutic environment in O.T.
- Standard safety measures
 - Infection control: fumigation, disinfection and sterilization
 - Biomedical waste management
 - Prevention of accidents and hazards in O.T
- Anaesthesia: Types, methods of administration, effects and stages, equipments, drugs
- **Cardio Pulmonary Resuscitation (CPR)**
- Pain management techniques
- Legal aspects

Teaching and Learning Activities:

- Lecture discussion / demonstration
- Practice session
- Supervised clinical practice
- Seminar
- Case discussion
- Explain using charts, graphs, models, films, slides
- Health education
- Drug book presentation

Skills:

UNIT – 1

Weeks: 6

General Medical Ward:

- Assessment of the patient: taking history, perform general and specific physical examination, identify alternations and deviations
- Practice medical surgical asepsis – standard safety measures
- Administer medications: Oral, IV, IM, Subcutaneous
- **IV therapy:** IV canulation, maintenance and monitoring
- Oxygen therapy by different methods
- Nebulization
- Chest physio therapy
- Naso gastric feeding
- Assist in common diagnostic tests
- Perform/Assist in therapeutic procedures
- Blood and component therapy
- Throat suctioning
- Collect specimens for common investigations
- Maintain elimination: Catheterisation, Bowel wash, Enema, Urinary drainage
- Maintain intake, output and documentation
- Counsel and teach in relation to specific disease conditions

UNIT – 2

Weeks: 6

General Surgical Ward:

- Practice medical surgical asepsis – standard safety measures
- Pre operative preparation of patients
- Post operative care – receiving pt, assessment, monitoring, care
- **Care of wounds and drainage**
- Suture removal
- Ambulation and exercise
- Naso gastric aspiration

- Care of chest drainage
- Ostomy care: Gastrostomy, Colostomy, Enterostomy
- Blood and component therapy
- Practice universal precautions

UNIT – 3

Weeks: 02

Cardiology Ward:

- Physical examination of the cardio vascular system, recording and interpreting ECG
- Monitoring of patients
- Preparation and assisting in non-invasive and invasive diagnostic procedures
- Administer cardiac drugs
- Cardio pulmonary resuscitation
- Teach patients and families
- Practice medical surgical asepsis-standard safety measures

UNIT – 4

Weeks: 01

Skin & Communicable Diseases Ward:

- Assessment of patients with skin disorders
- Assist in diagnostic and therapeutic procedures
- Administer topical medication
- Practice medical surgical asepsis – standard safety measures
- Use of personal protective equipment (PPE)
- Give medicated baths
- Counseling HIV positive patients
- Teach prevention of infectious diseases

UNIT – 5

Weeks: 02

Orthopaedic Ward:

- Assessment of orthopaedic patients
- Assist in application of plaster cast and removal of cast

changes, skeletal changes, skin changes, endocrine system, psychological changes & discomforts of pregnancy

- Diagnosis of pregnancy: signs, differential diagnosis, confirmatory tests
- Antenatal care: objectives, assessment: history and physical examination, antenatal examination, signs of previous child-birth, relationship of foetus to uterus and pelvis: lie, attitude, presentation, position, per vaginal examination
- Screening and assessment for high risk
- Risk approach
- History and physical examination
- Modalities of diagnosis; invasive & non-invasive, ultrasonics, cardio tomography, NST, CST
- Antenatal preparation: antenatal counseling, antenatal exercises, diet, substance use, education for child-birth to husband and families, preparation for safe-confinement, prevention from radiation
- Psycho-social and cultural aspects of pregnancy: adjustment to pregnancy, unwed mother, single parent, teenage pregnancy, sexual violence
- Adoption

UNIT – 4

Hours: 12

Assessment and Management of Intra-natal Period:

- Physiology of labour, mechanism of labour
- Management of labour: First stage: signs and symptoms of onset of labour; normal and abnormal, duration; preparation of : labour room woman, assessment and observation of women in labour, partogram – maternal and foetal monitoring, active management of labour, induction of labour, pain relief and comfort in labour
- Second stage: signs and symptoms; normal and abnormal, duration, conduct of delivery; principles and techniques, episiotomy (only if required), receiving the new born – neonatal resuscitation; initial steps and subsequent resuscitation, care of umbilical cord, immediate assessment including screening for congenital anomalies, identification, bonding, initiate feeding, screening and transportation of the neonate.

- **Third stage:** signs and symptoms: normal and abnormal, duration, method of placental expulsion, management: principles and techniques, examination of the placenta, examination of the perineum
- Maintaining record and reports
- **Fourth stage**

UNIT – 5

Hours: 05

Assessment and Management of Women During Post Natal Period:

- Normal puerperium; physiology duration
- Postnatal assessment and management: promoting physical and emotional well-being, lactation management, immunization
- Family dynamics after child-birth
- Family welfare services: methods, counseling
- Follow-up
- Records and reports

UNIT – 6

Hours: 06

Assessment and Management of Normal Neonates:

- Normal neonate: physiological adaptation, initial & daily assessment, essential newborn care: thermal control, breast feeding, prevention of infections
- Immunization
- Minor disorders of newborn and its management
- Levels of neonatal care (level I, II & III)
- Maintenance of reports and records

- Nursing management of critically ill patient
- Monitoring of critically ill patient
- CPR-Advance Cardiac Life Support
- Treatments and procedures
- Transitional care
- Ethical and legal aspects
- Communication with patient and family
- Intensive care records
- Crisis intervention
- Death and dying-coping with
- Drugs used in critical care unit

UNIT – 10

Hours: 08

Nursing Management of Patients Adults Including Elderly with Occupational and Industrial Disorders:

- Nursing assessment-history and physical assessment
- Etiology, pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical & surgical nursing management of Occupational and Industrial disorders
- Role of nurse
- Special therapies, alternative therapies
- Nursing procedures
- Drugs used in treatment of Occupational and Industrial disorders

Teaching and Learning Activities:

- Lecture discussion/demonstration
- Practice session
- Role plays
- Supervised clinical practice
- Disaster management drills

Assignments:

• Conduct antenatal Examination –	30
• Case book recording	
• Conduct normal deliveries -	20
• Pervaginal examinations –	5
• Perform and suture the episiotomies –	5
• Resuscitate newborns –	5
• Assist with Caesarean sections –	2
• Witness abnormal deliveries –	5
• Assist with MTP and other surgical procedures –	1
• Give care to post natal mother -	20
• Health talks/Case study/Case presentation/Observation study –	1
• IUD insertion -	5
• Counselling -	2
• Simulation exercise on recording and reporting –	1

Assignments Methods:

- Verification of findings of Antenatal examination
- Assessment of clinical performance with rating scale
- Completion of case book recording
- Evaluation of case study, presentation and health education sessions
- Assessment of each skill with checklist
- Evaluation of and observation study

Essential Requirements for Registration as Midwife:

• Antenatal examination	30
• Conducting normal deliveries in hospital/home/health centre	20
• Vaginal examination	5
• Episiotomy and suturing	5
• Neonatal resuscitation	5