

COURSE STRUCTURE
(1st Semester to 4th Semester)

&

SYLLABUS
(1st Semester to 4th Semester)

For

POST BASIC B.Sc NURSING
(SEMESTER SYSTEM)
w.e.f. 2009-10 Academic Session

SIKSHA “O” ANUSANDHAN UNIVERSITY
SUM Nursing College
(Faculty of Nursing)
Bhubaneswar, Orissa, India

Objectives

On completion of B. SC. Nursing (Post-Basic) degree Programme the graduates will be able to :

1. Assess health status, identify nursing needs, plan, implement and evaluate nursing care for patients/clients that contribute to health of individuals, families and communities.
2. Demonstrate competency in techniques of nursing based on concepts and principles from selected areas of nursing physical, biological and behavioral sciences.
3. Participate as members of health team in the promotive preventive, curative and restorative health care delivery system of the country.
4. Demonstrate skills in communication and interpersonal relationship.
5. Demonstrate leadership qualities and decision-making abilities in various situations.
6. Demonstrate skills in teaching to individuals and groups in community health settings.
7. Demonstrate managerial skills in community health settings.
8. Practice ethical values in their personal and professional life.
9. Participate in research activities and utilize research findings in improving nursing practice.
10. Recognize the need for continued learning for their personal and professional development.

P.B.B.Sc Nursing Degree
Course Structure & Scheme of Exam.

Sl. No	Subject	HOURS OF INSTRUCTIONS		Duration of Exam	Scheme of Exam.					
		Theory (Hours)	Practical (Hours)		Theory(Marks)			Practical(Marks)		
					Int	Ext	Total	Int	Ext	Total
A. SEMESTER - I										
1.	Nursing Foundation	45			15	35	50			
2.	Nutrition and Dietetics	30	15		15	35	50			
3.	Biochemistry and Biophysics	60			25	75	100			
4.	Microbiology	60	30		25	75	100			
5.	Medical Surgical Nursing	90	270		25	75	100			
1.	Practical - Medical Surgical Nursing							50	50	100
B. SEMESTER - II										
1.	Psychology	60	15		25	75	100			
2.	Maternal Nursing	60	240		25	75	100			
3.	Child Health Nursing	60	240		25	75	100			
4.	English	60			25	75	100			
1.	Practical i) Maternal Nursing							50	50	100
	ii) Child Health Nursing							50	50	100
C. SEMESTER - III										
1.	Sociology	60								
2.	Community Health Nursing	60	240							
3.	Introduction to Nursing Education	60	75							
4.	Environmental Studies	60			50	--	50			
1.	Practical - Community Health Nursing							50	50	100
D. SEMESTER - IV										
1.	Mental Health Nursing	60	240							
2.	Introduction to Nursing service Administration	60	180							
3.	Introduction to Nursing Research and Statistics	45	120							
4.	Spoken English & Personality Development	70			50	--	50			
1.	Practical i) Mental Health Nursing							50	50	100
	ii) Research Project (Internal Exam)							50		50

N.B

1. Teaching of anatomy, Physiology, Pharmacology and Pathology will be integrated with clinical subjects.
2. A minimum of 80% attendance in theory and Practical/clinical in each subject is essential for appearing in the examination.
3. 100% attendance in practical/clinicals in each clinical area is essential before award of degree.
4. 50% of minimum marks in each theory and practical paper separately is required for passing.
5. **A candidate has to secure minimum of 33% in qualifying subject for passing.**

SYLLABUS
For
1st Semester
Post Basic B.Sc. in NURSING

Semester - I

Sl. No	Subject	HOURS OF INSTRUCTIONS		Duration of Exam	Scheme of Exam.						
		Theory (Hours)	Practical (Hours)		Theory(Marks)			Practical(Marks)			
					Int	Ext	Total	Int	Ext	Total	
A. SEMESTER - I											
1.	Nursing Foundation	45			15	35	50				
2.	Nutrition and Dietetics	30	15		15	35	50				
3.	Biochemistry and Biophysics	60			25	75	100				
4.	Microbiology	60	30		25	75	100				
5.	Medical Surgical Nursing	90	270		25	75	100				
1.	<u>Practical</u> - Medical Surgical Nursing							50	50	100	

Nursing Foundation

Placement : 1st Semester

Time allotted : theory -45 Hrs

COURSE DESCRIPTION

This course will help students develop an understanding of the philosophy, objectives and responsibilities of nursing as a profession . The purpose of the course is to orient to the current concepts involved in the practice of nursing and developments in the nursing profession.

OBJECTIVES

At the end of the course, the student will

1. Identify professional aspects of nursing
2. Explain theories of nursing
3. Identify ethical aspects of nursing profession
4. Utilise steps of nursing process.
5. Identify the role of the nurse in various levels of health services
6. Appreciate the significance of quality assurance in nursing
7. Explain current trends in health and nursing.

COURSE CONTENTS

UNIT I

- Development of nursing as a profession
 - Its philosophy
 - Objectives and responsibilities of a graduate nurse
- Trends influencing nursing practice
- Expanded role of the nurse
- Development of nursing education in India and trends in nursing education.
- Professional organizations, career planning
- Code of ethics & professional conduct for nurses.

UNIT II

- Ethical, legal and other issues in nursing
- Concepts of health and illness, effects on the person
- Stress and adaptation
- Health care concept and nursing care concept
- Developmental concept needs roles and problems of the developmental stages of individual- newborn, infant, toddler, pre adolescent, adolescent, adulthood, middle- age, old age.

UNIT III

- Theory of nursing practice
- Meta paradigm of nursing- characterized by four central concepts i.e nurse, person (client/patient) health and environment.

UNIT IV

- Nursing process
- Assessment Tools for assessment methods, recording
- Planning Techniques for planning care, types of care plans
- Implementation Different approaches to care, organizations
And implementation of care, recording
- Evaluation Tools for evaluation process of evaluation

UNIT V

- Quality assurance nursing standards nursing audit total quality management.
- Role of council and professional bodies in maintenance of standards

UNIT VI

- Primary health care concept:
 - community oriented nursing
 - holistic nursing
 - primary nursing
- Family oriented nursing concept
 - problem oriented nursing
 - progressive patient care
 - team nursing

Reference:

- | | | |
|-------------------------------------|---|-----------------------|
| 1) Basic Nursing | - | by Potter and Parry |
| 2) Basic Nursing | - | by Luxman |
| 3) Fundamental Nursing | - | by Kozier |
| 4) Moshy's Comprehensive Nursing | - | by Saxten |
| 5) Scientific Principles in Nursing | - | by Elhert |
| 6) Fundamental Nursing | - | by B.T. Vasabanthappa |

Nutrition & Dietetics

Placement : 1st Semester

Time allotted : Theory -30 Hrs
Practical -15 hrs

COURSE DESCRIPTION

This course is designed to provide the students with a wide knowledge of dietetics in Indian setting that the practice of teaching optimum and realistic dietary planning can become an integral part of nursing practice.

OBJECTIVES

At the end of the course, the student will

1. Explain the principles and practices of nutrition and dietetics
2. Plan therapeutic diets in different settings
3. Identify nutritional needs of different age groups and plan diet accordingly.
4. Prepare meals using different methods utilizing cookery rules.

COURSE CONTENTS

UNIT I

- Introduction to nutrition and dietetics
- Balanced diet factors on which it depends
- Factors to be considered in planning
- Guides available for planning
- Food Hygiene preparation and preservation
- Review of nutrients micro & macro.

UNIT II

- Introduction to diet therapy
- Routine hospital diets
- Therapeutic diet under each unit i.e Cardiovascular diseases
Gastrointestinal diseases Renal disorders Endocrine and metabolic disorders Allergy Infections and fevers Pre and post operative stage, Deficiency diseases and malnutrition overweight and underweight

UNIT III

- Infant and child Nutrition
- Feeding of normal infants Factors to be considered in planning nutritional requirements
- Feeding of premature infants factors to be considered in planning nutritional requirements
- Supplementary feeding of infants Advantage and method of introduction

- Weaning effects on mother and child
- Psychology of infant and child feeding
- Feeding the sick child Diet in diseases of infancy and childhood
Deficiency states –malnutrition and under nutrition
- Feeding pre school child nutritional needs factors to be considered in planning diets Problems in feeding
- School lunch Programme Advantages Need in India

UNIT IV

- Community Nutrition Need for community nutrition programme
- Nutritional needs for special groups infant child adolescent pregnant woman lactating mother and old people
- Substitutes for non vegetarian foods
- Selection of cheap and nutritious foods. Nutrition education needs and methods.
- Methods of assessing nutritional status of individual group/community.
- Current nutritional problems and national programmes

PRACTICUM

I. Methods of cooking and cookery rules

1. Simple preparation of beverages, soups, cereals and pulses eggs vegetables, meat.
2. Menu Plans.

II Preparation of supplementary food for infants.

1. Food for toddlers
2. low cost nutritious dishes for vulnerable groups
3. Dietary case study of patient on special diet and planning of low cost dietary instructions for home adaptations
4. Planning of therapeutic diets.

Reference:

- | | | |
|--|---|----------------------------|
| 1) Normal and Therapeutic Nutrition | - | by Robinson P. |
| 2) Our Food | - | by Swaminathan and Bhagwan |
| 3) Nutrition Hand Book for Nursing Practice | - | by Susan G. |
| 4) Clinical Nutrition and Dietetics for Nurses | - | by Goode A.W. |
| 5) T.B. of Nutrition | - | by Gopalan |
| 6) T.B. of Nutrition for Nurses | - | by Molly Sam |

Biochemistry & Biophysics

Placement : 1st Semester

Time allotted :

Section A (Biochemistry) theory -30 Hrs

Section B (Biophysics) theory -30 hrs

COURSE DESCRIPTION

This course introduces the basic principles of Biochemistry and Biophysics related to nursing.

OBJECTIVES

At the end of the course, the student will

1. Identify the basic principles of Biochemistry and Biophysics
2. Synthesize the knowledge of these principles in various nursing situations

Section A : Biochemistry

Theory -30 hrs

COURSE CONTENTS

UNIT I

- Introduction : Importance of Biochemistry in nursing
- Study of cell and its various components

UNIT II

- Water and Electrolytes : Water –Sources property & functions in human body.
- Water and fluid balance
- Electrolytes of human body functions sources.

UNIT III

- Enzymes
 - Mechanism of action
 - Factors affecting enzyme activity
 - Diagnostic applications
 - Precautions for handling specimens for enzyme estimation
- Digestion and absorption of carbohydrates proteins and fats
- Various factors influencing the digestion and absorption malabsorption syndrome

UNIT IV

- Carbohydrates : Catabolism of carbohydrates for energy purposes
- Mitochondrial oxidation and oxidation phosphorylation

- Fats of glucose in the body Storage of glucose in the body, glycogenesis glycogenolysis and neoglucogenesis, blood glucose and its regulation.
- Glucose tolerance test, hyperglycemia, hypoglycemia, glycemia.

UNIT V

- Protein : Amino acids . hormones.
- Essential amino acids. Biosynthesis of protein in the cells
- Role of nucleic acid in protin synthesis.
- Nitrogenous constituents of Urine Blood their origin- urea cycle uric acid formation gout.
- Plasma proteins and their functions.

UNIT VI

- Fat : Biosynthesis of fats and storage of fats in the body.
- Role of liver in fat metabolism
- Biological importance of important lipids and their functions
- Cholesterol and lipoprotein
 - sources occurrence and distribution
 - blood level and metabolism
 - ketone bodies and utilization

Inter-relationships in metabolism and cellular control of metabolic processes.

Section B : Biophysics

Theory -30 hrs

COURSE CONTENTS

UNIT I

- Introduction : concepts of unit and measurements
- Fundamental and derived units
- Units of length, weight, mass, time

UNIT II

- Vector and scalar motion speed velocity and acceleration.

UNIT III

- Gravity : Specific gravity, centre of gravity, principles of gravity.
- Effect of gravitational forces on human body
- Application of principles of gravity in nursing.

UNIT IV

- Force, Work, Energy: Their units of measurement.
- Type and transformation of energy forces of the body static forces
- Principles of machines friction and body mechanics.

UNIT V

- Heat : Nature, measurement, transfer of heat

- Effects of heat on matter
- Relative humidity specific heat
- Temperature scales
- Regulation of body temperature
- Use of heat for sterilization
- Application of these principles in nursing

UNIT VI

- Light : Laws of reflection.
- Focussing elements of the eye, defective vision and its correction use of lenses
- Relationship between energy, frequency and wavelength of light
- Biological effects of light
- Use of light in therapy
- Application of these principles in nursing.

UNIT VII

- Pressures: Atmospheric pressure, hydrostatic pressure, osmotic pressure
- Measurements of pressures in the body
 - Arterial and venous blood pressures
 - Ocular pressure
 - Intracranial pressure
 - Applications of these principles in nursing.

UNIT VIII

- Sound : Frequency, Velocity and Intensity
- Vocalisation and hearing
- Use of ultrasound. Noise pollution and its prevention
- Application of these principles in nursing.

UNIT IX

- Electricity and Electromagnetism: Nature of Electricity Voltage, Current Resistance and their Units
- Flow of electricity in solids electrolytes gases and vacuum
- Electricity and human body.
- ECG, EEG, EMG, ECT
- Pace makers and defibrillation
- Magnetism and electricity
- MRI Scanning. CAT Scan

UNIT X

- Atomic Energy : Structure of Atom, Isotopes and Isobars
- Radioactivity : Use of radioactive isotopes

- Radiation protection units and limits, Instruments used for detection of ionising radiation X- rays.

UNIT XI

- Principles of Electronics : common electronic equipments used in patient care.

Practicum

- Experiments and Tests should be demonstrated wherever applicable.

Reference:

Debajyoti Das	Biochemistry
N Murugesh	Biochemistry and Clinical Pathology
V K Malhotra	Biochemistry for students
Debajyoti Das	Biophysics and Biophysical Chemistry
U Satyanarayan	Essentials of Medical Biochemistry
A C Deb	Fundamentals of Biochemistry
R K Murray	Harper's Biochemistry
M N Chatterjee	Medical Biochemistry
R C Gupta	Medical Biochemistry
Rodney Boyer	Modern Experimental Biochemistry

Microbiology

Placement : 1st Semester

Time allotted : theory -60 Hrs

Practical -30 hrs

COURSE DESCRIPTION

This course is reorients the students to the fundamentals of Microbiology and its various sub-divisions. It provides opportunities to gain skill in handling and use of microscope for identifying various micro-organisms. It also provides opportunities for safe handling materials containing harmful bacteria and methods of destroying microorganisms.

OBJECTIVES

At the end of the course, the student will

1. Identify common disease producing micro-organisms.
2. Explain the basic principles of microbiology and their significance in health and disease.
3. Demonstrate skill in handling specimens
4. Explain various methods of dis-infection and sterilization
5. Identify the role of the nurse in hospital infection control system

COURSE CONTENTS

UNIT I

- Structure and Classification of Microbes
- Morphological types
- Size and form of bacteria
- Motility
- Classification of Micro-organisms

Practical:

- Use and care of microscope
- Common examination : smear, Blood, Moulds, Yeasts.

UNIT II

- Identification of Micro-organisms.
- Discussion of laboratory methods
- Diagnosis of bacterial diseases

Practical:

- Staining techniques-gram staining, acid fast staining.
- Hanging drop preparation.

UNIT III

- Growth and Nutrition of Microbes
- Temperature
- Moisture
- Blood

Practical :

- Preparation of Media and culture techniques.
- Collection handling and transportation of various specimens.

UNIT IV

- Destruction of Micro-organisms
- Sterilization and disinfection
- Chemotherapy and antibiotics
- Effects of heat and cold
- Hospital Infection control procedure & role of nurses.

Practical : Sterilization methods- Physical, Chemical and Mechanical

UNIT V

- Disease producing micro-organisms
- Gram positive bacilli
- Tuberculosis and Leprosy
- Anaerobes
- Cocci
- Spirochete
- Rickettsiae

Practical: Identification and study of the following bacteria : Streptococci, pneumococci and Staphylococci, Corynebacteria Spirochetes and gonococci . Enteric bacteria. Posting in infection control department.

UNIT VI

- Pathogenic fungi
- Dermatophytes
- Systemic Mycotic infection
- Laboratory diagnosis of mycotic infection

UNIT VII

- Immunity
- Immunity and hypersensitivity- skin test
- Antigen and antibody reaction
- Immunization in disease.

Practical : Demonstration of serological methods

UNIT VIII

- Parasites and Vectors
- Characteristics and classification of parasites
- Protozoal infection including amoebiasis
- Helminthes infection
- Diagnosis of parasitic infection
- Vectors and diseases transmitted by them

Practical : Identification of Parasites and Vectors.

UNIT IX

- Viruses
- Classification and general character of viruses
- Diseases caused by viruses in man and animal and their control

UNIT X

- Micro-organisms transmitted through food.
- Food poisoning food borne infections

PRACTICUM

Each Student will practice in the laboratory as indicated in each unit of the courses outline. While giving nursing care in the wards they will practice collection and processing of sterilization , immunization, chemotherapy and maintenance of personal and environmental hygiene. Observation visit to incinerator, posting in CSSD and infection control department.

Reference:

- | | | |
|-------------------------------|---|-------------------|
| 1) Microbiology for Nurses | - | by Ananthanarayan |
| 2) A.T.B. of Microbiology | - | by P. Chakraborty |
| 3) Microbiology for Nurses | - | by Glenn Periera |
| 4) Short T.B. of Microbiology | - | by S. Gupta |
| 5) Microbiology for Nurses | - | by Ichhpujani |

Medical surgical Nursing

Placement : 1st Semester

Time allotted : theory -90 Hrs
Practical -270 hrs

COURSE DESCRIPTION

The purpose of this course is to widen the students knowledge and develop proficiency in caring for patients with medical surgical problem . This course includes review of relevant anatomy and physiology pathophysiology in medical-surgical disorders and the nursing management of these conditions.

OBJECTIVES

At the end of the course, the student will

1. Explain relevant anatomy and physiology of various systems the body.
2. Explain pathophysiology of various disorders
3. Explain the actions side effects and nursing implication administering drugs for various disorders
4. Discuss the recent advancement in the treatment and care patients with medical surgical conditions
5. Develop skill in giving comprehensive nursing care to patient following the steps of nursing process.
6. Assist the patients and their families in identifying and meeting their own health needs
7. appreciate the role of the nurse in the medical surgical health team.

COURSE CONTENTS

UNIT I

- Introduction to medical surgical nursing
- Review of concepts of comprehensive nursing care in medical surgical conditions
- Nurse patient and his/her family
- Functions of nurse in the outpatient department
- Intensive care unit.

UNIT II

- Nursing management of patient with specific problems
 - Fluid and electrolyte imbalance
 - Dyspnea and cough respiratory obstruction
 - Fever
 - Shock
 - Unconsciousness
 - Pain
 - Acute illness
 - Chronic illness
 - Terminal illness
 - Age related illness
 - Patient under going surgery
 - Incontinence

UNIT III

- Nursing management of patient with neurological and neuro surgical conditions.
- Review of anatomy and physiology of the nervous system
- Pathophysiology diagnostic procedures and management of :
 - Cerebro- vascular accident
 - Cranial spinal and peripheral neuropathies
 - Head-ache and intractable pain
 - Epilepsy
 - Infectious and inflammatory diseases and trauma of the Nervous System.
 - Common disorders of the system
 - Recent advances in diagnostic and treatment modalities
 - Drugs used in these disorders
 - Tumors of brain & spinal cord congenital Malformation degenerative diseases.

UNIT IV

- Nursing management of patient with cardiovascular problems
- Review of relevant anatomy and physiology of cardio casculary system
- Pathophysiology diagnostic procedures and management of
 - Ischemic Heart diseases
 - Cardiac arrhythmias
 - Congestive heart failure
 - Rheumatic and other valvular heart diseases
 - Endocarditis cardiomyopathies congenital heart diseases hypertension heart block
 - Cardiac emergencies cardiac arrest acute pulmonary oedema cardiac tamponade cardiogenic shock aneurysms and

peripherovascular disorders recent advancement in cardiology.

UNIT V

- Nursing management of patient with respiratory problems
- Review of anatomy and physiology of respirator system
Pathophysiology diagnostic procedures and management of upper respiratory tract infections.
 - Bronchitis
 - Asthma
 - Emphysema empyema Atelectasis COPD
 - Bronchiectasis
 - Pneumonia
 - Pulmonary tuberculosis
 - Lung abscess
 - Pleural effusion
 - Tumours and Cysts
 - chest injuries
 - Respiratory arrest and insufficiency
 - Pulmonary embolism
 - Drugs used in the management of these patients
 - Special respiratory therapies.

UNIT VI

- Nursing management of patient with genitor-urinary problems
- Review of anatomy and physiology of the genitor urinary system
 - Nephritis
 - Renal calculus
 - Acute renal failure
 - Chronic renal failure
 - End stage renal disease
- Special procedures dialysis renal transplant
- Drugs used in management of these patients
- Congenital disorders urinary infections
- Benign prostate hypertrophy.

UNIT VII

- Nursing management of patient with problems of the digestive systems
- Review of anatomy and physiology of gastrointestinal system and accessory organs
- Pathophysiology diagnostic procedures and management of
 - G.I Bleeding
 - Peptic ulcer
 - Infection
 - Acute abdomen
 - Colitis diarrhea dysentery & mal- absorption syndrome

- Cholecystitis
 - Hepatitis hepatic coma and cirrhosis of liver
 - Portal hypertension
 - Pancreatitis
 - Tumors hernias fistulas fissures hemorrhoids.
- Drugs used in the management of these patients.

UNIT VIII

- Nursing management of patients with endocrine problems
- Review of anatomy and physiology and patho-physiology patients with
 - Thyroid disorders
 - Diabetes mellitus
 - Diabetes insipidus
 - Adrenal tumour
 - Pituitary disorders
 - Diagnostic procedures

Nursing management of patient with above problems

Drugs used in endocrine problems

UNIT IX

- Nursing management of patients with musculoskeletal problems
- Review of anatomy and physiology and pathophysiology
 - Arthritis osteomyelitis bursitis
 - Fractures dislocation and trauma
 - Prolapsed disc
 - Osteomalacia and osteoporosis
 - Tumor
 - Amputation

Diagnostic procedures

Nursing management of patients with above problems.

- Prosthesis and rehabilitation
- Transplant & replacement surgeries

UNIT X

- Nursing management of patients with disorders of female reproductive tract
- Disorder of menstruation
- Infections of the genital tract
- Benign and malignant tumors of the genital tract
- R.V.F, V.V.F
- Climateric changes and associated problems

UNIT XI

- Nursing management of patients with Oncological disorders
- Types of neoplasms and related pathophysiology
- Diagnostic procedures
- Modalities of treatment and nurse's role
- Special therapies –chemotherapy and radiotherapy
- Preventive measures other therapies

UNIT XII

- Nursing management of patient with burns
- Nursing management of patient with reconstructive surgeries

UNIT XIII

- Nursing management of patients with common communicable diseases & STD's
- Nursing management of patients with immunological disorders including HIV/AIDS

UNIT XIV

- Nursing management of patients with diseases of eye, ear, throat & skin

UNIT XV

- Nursing management patients with blood disorders
- Review of Anatomy & Physiology of Blood and Blood products
- Patho- physiology diagnostic procedures and management blood disorders
 - Anemia
 - Leukemia
 - Bleeding disorders
 - Hemophilia
 - Purpura etc
- Blood transfusion safety checks procedure and requirement management of adverse transfusion reaction records for transfusion.
- Management and counseling of blood donors phlebotomy procedure and post donation management
- Blood bank functioning and hospital transfusion committee
- Bio-safety and waste management in relation to blood transfusion

UNIT XVI

- Nursing in emergencies
- Cardiac emergencies

- Trauma
- Poisoning
- Crisis management thyroid crisis Hypertensive crisis and crisis.

PRACTICUM

- Students should rotated in the selected medical & surgical areas like Cardio Thoracic Neurology Urology Orthopedices Gynecology Oncology Burns and Reconstructive surgical units
- The students should given patient assignment. They have to practice patient centered comprehensive nursing.

Each student is required to give planned health teachings conduct clinical teaching case presentation and drug study.

Reference:

- | | | |
|--|---|--------------------------|
| 1) Medical Surgical Nursing | - | by Brunner and Siddharth |
| 2) Medical Surgical Nursing | - | by Black |
| 3) Manual of Nursing Practice | - | by Lippincott |
| 4) Medical Surgical Nursing | - | by B.T. Basavanthappa |
| 5) Medical Surgical Nursing | - | by Long |
| 6) Essential of Medical Surgical Nursing | | by Phipps |
| 7) Nursing Care Plan | - | by Mosby |
| 8) Medicine for Nurses | - | by Bloom |
| 9) Internal Medicine | - | by Harrison |
| 10) Principle of Medicine | - | by Davidson |

SYLLABUS
For
2nd Semester
Post Basic B.Sc. in NURSING

Semester - II

Sl. No	Subject	HOURS OF INSTRUCTIONS		Duration of Exam	Scheme of Exam.					
		Theory (Hours)	Practical (Hours)		Theory(Marks)			Practical(Marks)		
					Int	Ext	Total	Int	Ext	Total
B. SEMESTER - II					Int	Ext	Total	Int	Ext	Total
1.	Psychology	60	15		25	75	100			
2.	Maternal Nursing	60	240		25	75	100			
3.	Child Health Nursing	60	240		25	75	100			
4.	English	60			25	75	100			
1.	<u>Practical</u> i)Maternal Nursing							50	50	100
	ii)Child Health Nursing							50	50	100

Psychology

Placement : 2nd Semester

Time allotted : theory -60 Hrs
Practical -15 hrs

COURSE DESCRIPTION

This course is designed to reorient and widen the student knowledge of fundamentals of psychology. The student is offered an opportunity to apply the theoretical concepts in the clinical setting and thereby understand the psychodynamics of patient behavior. The course would also help the student to develop an insight into her own behaviour.

OBJECTIVES

At the end of the course, the student will

1. Apply psychological principles while performing nursing duties
2. Distinguish the psychological processes during health and sickness.
3. analyze own behaviour patterns.
4. Tabulate the psychological needs of the patients for planning nursing care.
5. Participate in psychometric assessment of the client.

COURSE CONTENTS

UNIT I

- Introduction :Definition of psychology scope and method psychology
- Relationship with other subjects.

UNIT II

- Sensation Attention and Perception : Definitions
- Sensory processes : Normal and abnormal
- Attention and distraction : contributory factors.
- Characteristics of perception Perception Normal and abnormal

UNIT III

- Motivation : Definition and nature of motivation
- Biological and social motives
- Frustration and conflicts
- Self –actualization

UNIT IV

- Emotions : Definition of emotions Expression and perception
- Emotions in sickness

UNIT V

- Personality : Definition Constituents of personality
- Personality in sickness and nursing

UNIT VI

- Psychological aspects of nursing
- Behaviour and sickness Psychological needs of
 - Child and adolescents
 - Adult
 - Aged
 - Attendants
 - Chronically ill individual

UNIT VII

Individual difference.

- Significance of individual differences.
- Heredity and environment
- Role of individual differences both in health and sickness
- Implications of individual differences in nursing

UNIT VIII

- Intelligence and abilities : Definition
- Intelligence and abilities during sickness.
- Measurement of intelligence and abilities

UNIT IX

- Learning : Definition Conditions of learning
- Laws of learning
- Learning during health and sickness

UNIT X

- Memory and forgetting : Definition and nature of memory
- Memory during health and sickness
- Forgetting during health and sickness

UNIT XI

- Attitudes :Definition Development and modification
- Role of attitudes in health and sickness.

UNIT XII

- Concept of mental hygiene & mental health

- Characteristics of a mentally health person
- Defense mechanisms

PRACTICUM

- 1 Simple experiments on (i) perception (ii) measuring thresholds (iii) reaction time.
- 2 Administration of psychological tests
- 3 Observation and recording data: (i) field observation (ii) interview (iii) case study (iv) self-rating.

Reference:

- | | |
|--|--------------------------------|
| 1) Elements of Psychology and Mental Hygienic for Nurses | – by Bhatia and Crag |
| 2) Introduction to Psychology Fernald | - by Normao L. Mana, Peter and |
| 3) Introduction of Abnormal Psychology | – by Coleman |
| 4) Invitation of Psychology | - by Parameswarm E.G. |
| 5) Psychology | - by Jenom Kagan |
| 6) Psychology | - by Higalrd |
| 7) Psychology | - by Bureau |
| 8) General Psychology | - by Dr. G. B. Mohanty |

Maternal Nursing

Placement : 2nd Semester

Time allotted : theory -60 Hrs
Practical -240 hrs

COURSE DESCRIPTION

This course is designed to widen the student's knowledge of obstetrics during pregnancy, labour and puerperium. It also helps to acquire knowledge and develop skill in rendering optimum nursing care to child bearing mother in a hospital or community and help in the management of common gynecological problems.

OBJECTIVES

At the end of the course, the student will

1. Describe the physiology of pregnancy, labour and puerperium
2. Manage normal pregnancy, labour and puerperium
3. Explain the physiology of lactation and advice management of breast feeding
4. Be skilled in providing pre and post operative nursing in obstetric conditions
5. Identify and manage high risk pregnancy including appropriate referrals.
6. Propagate the concept and motivate acceptance of families planning methods
7. Teach, guide and supervise auxiliary midwifery personnel.

COURSE CONTENTS

UNIT-1

- Introduction and historical review
- Planned parenthood
- Maternal morbidity and mortality rates
- Legislations related to maternity benefits, MTP acts, incentives for family planning etc.

UNIT II

- Review of the anatomy and physiology of female reproductive system
- Female pelvis (normal and contracted)
- Review of foetal development

UNIT III

- Physiology and management of pregnancy, labour and puerperium

- Signs and symptoms and diagnosis of pregnancy
- Antenatal care
- Pregnant women with HIV/AIDS
- Management of common gynecological problems

UNIT IV

- The New born baby
- Care of the baby at birth including resuscitation
- Essential Newborn Care
 - Feeding
 - Jaundice and infection
 - Small & large for date babies
 - Intensive care of the new born
 - Trauma and hemorrhage

UNIT V

- Management of abnormal pregnancy, labour and puerperium
- Abortion, entopic pregnancy and vesicular mole

Pregnancy induced hypertension, gestational diabetes, anemia, heart disease.

- Urinary infections, antepartum hemorrhage
- Abnormal labour (malposition & malpresentation)
 - Uterine inertia
 - Disorders of puerperium
 - Management of engorged breast, cracked nipples, breast abscess and mastitis
 - Puerperal sepsis
 - Post partum haemorrhage
 - Inversion and prolapse of uterus, obstetrical emergencies
 - Obstetric operation i.e forceps, vacuum, episiotomy caesarean section

UNIT VI

- Drugs in obstetrics
- Effects of drugs during pregnancy, labour and puerperium mother & baby

UNIT VII

- National Welfare Programmes for women
- National Family Welfare Programme
- Infertile family
- Problems associated with unwanted pregnancy
- Unwed mothers

PRACTCUM

1. The students will
 - a. Be posted in antenatal Clinic, MCH clinic anten ward labour room postnatal ward maternity OT

- b. Visit welfare agencies for women and write observation report
 - c. Follow nursing process in providing care to 3-6 patients
 - d. Write at least two nursing care studies and do a presentation
 - e. Give at least one planned health teaching to a group of mothers
2. Practice following nursing procedures
- a. Antenatal & Post natal examination, per vaginal exam.
 - b. conduct normal delivery stitching of episiotomy (For male candidates minimum conduct of 5 deliveries)
 - c. Motivation of family for adopting family planning methods
 - d. Motivate family for planned parenthood.
 - e. Assist in various diagnostic and therapeutic procedures including IUD insertion and removal.

Reference:

T F Baskett	Obstetrics Emergencies
V G Padubidri	Obstetrics
S Arulkumaran	Obstetrics & Gynecologic Emergencies
V G Padubidri	Gynecology
T R Moore	Gynecology & Obstetrics
C S Swain	Gynecology Contraception & Demography
V R Tindall	Principles of Gynecology
Myles	Text book for Midwives
D C Dutta	Text book of Gynecology
C S Dawn	Text book of Gynecology
S N Daffery	Text book of Gynecology
T K Indrani	Text book for Midwifery
M A Cooper	Text book of Midwives
D C Dutta	Text book of Obstetrics
C S Dawn	Text book of Obstetrics

Child Health Nursing

Placement : 2nd Semester

Time allotted : Theory -60 Hrs
Practical -240 hrs

COURSE DESCRIPTION

This course is aimed at developing an understanding of the modern approach to childcare the common health problems of children neonates in health and sickness.

OBJECTIVES

At the end of the course, the student will

1. Explain the modern concept of child care and the principles child health nursing
2. Describe the normal growth and development of children different ages.
3. Manage sick as well as healthy neonates and children
4. Identity various aspects of preventive pediatric nursing and them in providing nursing care to children in hospital community.

COURSE CONTENTS

UNIT I

- Introduction
- Modern concept of child care
- Internationally accepted rights of the child
- National policy and legislations in relation to child health welfare.
- National programmes related to child health and welfare
- changing trends in hospital care preventive promotive and curative aspects of child health
- Child morbidity and mortality rates
- Differences between an adult and child
- Hospital environment for a sick child
- The role of a paediatric nurse in caring for a hospitalized child
- Principles of pre and post operative care of infants and children
- Paediatric nursing procedures

UNIT II

- The healthy child
- Growth and development from birth to adolescence\

- The needs of normal children through the stages of development and parental guidance
- Nutritional needs of children & infants breast –feeding supplementary/artificial feeding and weaning
- Accidents, causes and prevention
- Value of play and selection of play material
- Preventive immunization

UNIT III

- Nursing care of a neonate
- Nursing care of a normal newborn
- Neonatal resuscitation
- Nursing management of a low birth weight baby
- Nursing management of common neonatal disorders

Organization of neonatal unit Prevention of infections in the nursery.

UNIT IV

- Nursing management in common childhood diseases
- Nutritional deficiency disorder
- Respiratory disorders and infections
- Gastrointestinal infections infestations and congenital disorders
- Cardio vascular problem-congenital defects and rheumatic fever
- Genito urinary disorder-Nephrotic syndrome Wilms tumor infection and congenital disorders
- Neurological infections and disorders convulsions epilepsy Meningitis hydrocephalus spin bifida
- Hematological disorder- Anemias thalassemia ITP Leukemia hemophilia
- Endocrine disorders- Juvenile Diabetes Mellitus
- Orthopedic disorders-club feet hip dislocation and fracture
- Disorders of skin eye and ears
- Common communicable diseases in children their identification nursing management in hospital and home and prevention
- Paediatric emergencies- poisoning foreign bodies haemorrhag burns and drowning.

UNIT V

- Management of behaviour disorders in children
- Management of challenged children
 - Mentally challenged
 - Physically challenged
 - Socially challenged

PRACTICUM

This student will:-

1. Be posted in pediatric medical and surgical ward OPD in hospital health centre and neonatal unit.
2. Visit a centre for handicapped children and child welfare centre and write observation report
3. Write an observation study of normal children of various age groups in home/nursery school/creche
4. follow nursing process in providing care to 3-6 children
5. Write at least two nursing care studies and do presentation
6. Give two planned health teachings one in hospital and one in OPD/health centre.
7. Practice the following nursing procedures
8. Taking pediatric history
9. Physical assessment of children
10. Baby bath
11. Feeding
12. Restraining
13. Calculation of dosage of drugs and administration of medications and injections
14. Collection of specimens
15. enema bowel wash colostomy irrigation
16. Steam and Oxygen inhalation
17. Preparation to assist with diagnostic tests and operation
18. Examination/Assessment of a newborn
19. Neonatal resuscitation
20. Care of a baby in incubator and on ventilator
21. Photo therapy
22. Assist in exchange transfusion and other therapeutic procedures.

Reference:

- | | | |
|------------------------------------|---|------------------------------|
| 1) Text Book of paediatrics | - | by Achar St and Vishwanathan |
| 2) Text Book of paediatric Nursing | - | by Narlow Borolly |
| 3) Care of Newborn | - | by Meherban Singh |
| 4) Essential of Paediatrics | - | by O.P.Ghai |
| 5) Text Book of Paediatrics | - | by Wagle C.S. |

English

Placement : 2nd Semester

Time allotted : theory -60 Hrs

COURSE DESCRIPTION

The course is designed to help the student understand and usage of English language required for their professional work

OBJECTIVES

At the end of the course, the student will develop

1. Ability to speak and write grammatically correct English
2. Effective skill in reading and understanding the English language
3. skill in reporting

COURSE CONTENTS

UNIT I

- Remedial Study of Grammar
- Review of grammar Vocabulary and effective use of dictionary
- Prepare task oriented seminars
- Symposia and panel discussion.

UNIT II

- The ability to understand selected passage and express minimum nin one's own words
- Reading and comprehension of the prescribed books

UNIT III

The study of various forms of composition

- Note taking
- diary
- Nurses notes anecdotal records
- Writing of summary
- Nurses reports on health problems

The student will submit one sample of each item from her own practical experience.

UNIT IV

- Verbal communication
- Oral reports
- Summarization of discussion

- Debate
- Listening comprehension-Film Cassette and Radio.

PRACTICUM

- The clinical experience in the wards and bed side nursing will provide opportunity for students to fulfill the objectives of learning language
- Assignment on writing and conversation through participation in discussion debates seminars and symposia. The students will gain further skills in task oriented communication.

Reference:

REFERENCE BOOKS :

1. Cassell's Student's English Grammar - J. Alsop
2. Grammar Games - Mario Rinvlukri (OUP)
3. A Course in Communication Skills - Dutt et al (CUP)
4. Oxford Advanced Learner's Dictionary (OUP)
5. Cambridge Learner's Dictionary (CUP)
6. Better English Pronunciation - J.D O Connor (ELBS)

SYLLABUS
For
3rd Semester
Post Basic B.Sc. in NURSING

Semester - III

Sl. No	Subject	HOURS OF INSTRUCTIONS		Duration of Exam	Scheme of Exam.						
		Theory (Hours)	Practical (Hours)		Theory(Marks)			Practical(Marks)			
					Int	Ext	Total	Int	Ext	Total	
C. SEMESTER - III											
1.	Sociology	60									
2.	Community Health Nursing	60	240								
3.	Introduction to Nursing Education	60	75								
4.	Environmental Studies	60			50	--	50				
1.	<u>Practical</u> - Community Health Nursing							50	50	100	

Sociology

Placement : 3rd Semester

Time allotted : theory -60 Hrs

COURSE DESCRIPTION

This course is to reorient students to sociology related to community and social institution in India and its relationship with health illness and nursing

OBJECTIVES

At the end of the course, the student will

1. Describe sociological concepts that are applicable to nursing
2. Determine role of sociology in nursing as related to social institutions in India
3. Develop positive attitudes towards individual, family and community.

COURSE CONTENTS

UNIT I

- Introduction
- Importance of study of sociology in nursing, relationship anthropology , sociology etc.

UNIT II

- Individual and the Society
- Socialization
- Interdependence of the individual and society
- Personal disorganization

UNIT III

- Culture
- Nature of culture
- Evolution of culture
- Diversity and uniformity of culture

UNIT IV

- Social organization
- Social groups crowds and public groups nations race

- Social institutions : The family marriage, education religion arts economic organization political organization.
- The urban & rural community in India : Ecology, characteristics of the village characteristics of the town and city.
- Social stratification : Class and caste.

UNIT V

- Social Process
- Process of Social Interaction : Competition conflict-war, cooperation accommodation and assimilation

UNIT VI

- Social change
- Nature and process of Social Change : Factors influencing cultural change. Cultural lag.

UNIT VII

- Social Problems
- Social disorganization control & planning : poverty population housing illiteracy food supplies growth of urbanization prostitution minority groups rights of women & children child labour child abuse delinquency and crime substance abuse.

Reference:

- | | | |
|---------------------------|---|--------------------|
| 1) Sociology for Nurses | - | by Dr. K.P. Pothan |
| 2) Sociology for Nurses | - | by Indrani |
| 3) Text Book of Sociology | - | by Sachdev |
| 4) Text Book of Sociology | - | by Resalkaihy |
| 5) Sociology for Nurses | - | by Potten |

Community Health Nursing

Placement : 3rd Semester

Time allotted : Theory -60 Hrs
Practical -240 hrs

COURSE DESCRIPTION

The course enables the students to understand the national health care delivery system and to participate in the delivery of community health nursing.

OBJECTIVES

At the end of the course, the student will

1. Explain the concept of various factors contributing to health individual family and community.
2. Identify the role of community health nurse
3. Describe national health care delivery system
4. Describe epidemiological methods and principles of prevent and control of illness in the community
5. Identify the role of personnel working in the community health set up.
6. Plan the work of community health nurse and supervise and train health workers.

COURSE CONTENTS

UNIT I

- Introduction
- Introduction to Community health –Concepts Principles and elements of Primary Health Care.
- Introduction to community health nursing
- concepts of community health nursing –Community nursing process.
- Objectives, scope and principles of community health nursing

UNIT II

- Family Health Services
- Concept, objectives, scope and principles.
- Individual family and community as a unit of service
- Principles and techniques of home visiting
- Establishing working relationship with the family
- Working with families in relation to prevention of disease, promotion of health

- Care of the sick in the home physically handicapped and mentally challenged
- Surveillance and monitoring

UNIT III

- Organization and administration of health services in India,
- National health policy
- Health Care Delivery system in India
- Health team concept
 - Centre, state, District, urban health services rural health services
 - System of medicines
 - Centrally sponsored health schemes
 - Role of voluntary health organizations and international health agencies
 - Role of health personnel in the community
 - Public health legislation.

UNIT IV

- Health education
 - Aims, concepts and scope of health education
 - National plan for health education
 - Communication techniques
 - Methods and media for health education programmes
 - Planning for health education and role of nurse

UNIT V

- Role of the community health nurse
- National health programmes
 - Maternal and child health programmes
 - Family welfare and school health services
 - Occupational health services.
- As a member of the health team
- Training and supervision of health care workers

UNIT VI

- Epidemiology
- Definition –Concepts, aims, objectives, methods, principles
- Epidemiology- Theories and Models
- Application of Epidemiology principles and concepts in community health.

UNIT VII

- Bio Statistics and Vital Statistics
- Introduction definition and scope, legislation
- Report recording and compiling of vital statistics at the local state ,national and international level.
- Definitions and methods of computing vital statistics
- Methods of presenting data
- Management Information System.

PRACTICUM

- Each student will prepare a community profile.
- The students will be allotted families for gaining experience in identifying family health needs health counseling and guidance and family budgeting for optimum health

- The students will participate in the activities of primary health centre

- Sub-centre MCH Centre

- Visits will be made to selected health and welfare agencies, water purification plant and sewage disposal plant Infectious disease hospital

- Conduct health educational programmes for individual /groups /community

Refernce:

- 1) Text book of Social and Preventive Medicine - by K Park
- 2) Community Health Nursing - by Stanhope
- 3) Community Health Nursing - by Bassavanthappa

Introduction to Nursing Education

Placement : 3rd Semester

Time allotted : Theory -60 Hrs
Practical -75 hrs

COURSE DESCRIPTION

This course introduces the students to principles and concepts of education curriculum, development and methods and media of teaching. It also describes the steps in curriculum development and implementation of educational programmes in nursing

OBJECTIVES

At the end of the course, the student will

1. Describe the philosophy and principles of education
2. Explain the teaching- learning process
3. develop the ability to teach using various methods and media
4. Describe the process of assessment
5. Describe the administrative aspects of school of nursing
6. Participate in planning and organizing an in –service education programme
7. Develop basic skill of counseling and guidance

COURSE CONTENTS

UNIT I

- Introduction to education
 - Meaning of education, aims function and principles.
- Philosophy of education
 - Factors influencing development of philosophy of nursing education.

UNIT II

- Teaching learning process
- Nature and characteristics of learning
- Principles and maxims of teaching
- Formulating objectives
- Lesson planning

UNIT III

- Methods of teaching
 - Teaching methods
 - Lecture
 - Discussion
 - Demonstration
 - Group discussion
 - Project
 - Role play
 - Panel discussion
 - Symposium
 - Seminar
 - Field trip
 - Workshop
 - Exhibition
 - Programmed instruction
 - Computer assisted learning
- Clinical teaching methods:
 - Case methods
 - Case presentation
 - Nursing rounds and reports
 - Bedside clinic
 - Conference (Individual and group)
 - Recording of interaction process

UNIT IV

- Educational media
- The communication process : factors affecting communication
- Purposes and types of audio-visual aids
- Graphics aid : Chalk –board charts graphs posters flash cards flannel graph/khadigraph bulletin cartoon
- Three dimensional aids : objects specimen models puppets
- Printed aids : pamphlets and leaflets
- Projected aids :slides films and televisions VCR VCP overhead projector camera microscope
- Audio aids tape recorder public address system computer

UNIT V

- Methods of assessment
- Purpose and scope of evaluation and assessment
- Criteria for selection of assessment techniques and methods
- Assessment of knowledge : essay type question SAQ (short answer Questions)
- MCQ (multiple choice questions)

- Assessment of skills : Observation check list . Practical Examination, Viva, Objective structured clinical examination
- Assessment of attitude : attitude scale.

UNIT VI

- Management of School of Nursing
- Planning of School of nursing organization
- Recruitment of teaching staff budget facilities for the school student selection and admission procedure administrative planning for students welfare services for students maintenance of school records preparation of annual reports. INC guidelines for school of nursing.

UNIT VII

- Guidance and counseling Definition
- Basic principles of guidance and counseling
- Organisation of guidance and counseling services
- Counseling process
- Managing disciplinary problems
- Management of crisis

UNIT VIII

- In- service education
- Introduction to nature and scope of in service education programme
- Principles of adult learning
- Planning for in service programme
- Techniques and methods of staff education programme
- Evaluation of in service programme.

PRACTICUM

Each student should

- Conduct five planned teaching using different methods and media
- Prepare different types of teaching aids
- Plan organize and conduct in service education programme.
- Conduct at least one counseling session
- Prepare rotation plans.

Reference:

- 1) Head Nurse , their Leadership Role - by Jean Barret
- 2) Nursing Administration - by B.T. Basavanhappa
- 3) Principles of Administration Applied to Nursing Service - by Goddard
- 4) Nursing administration - by IGNOU Publication
- 5) Teaching and Learning in School of Nursing - by Heidgerken
- 6) Nursing Education - by B.T. Vasanthappa

ENVIRONMENTAL STUDIES

(3rd Semester)

Full Marks: 50
Internal Mark: 50

Unit 1 : The Multidisciplinary nature of environmental studies.

Definition, scope and importance.

(2 hrs)

Need for public awareness.

Unit 2 : Natural Resources:

(8 hrs)

Renewable and non-renewable resources:

Natural resources and associated problems.

- a) Forest resources: Use and over-exploitation, deforestation, case studies. Timber extraction, mining, dams and their effects on forests and tribal people.
- b) Water resources: Use and over-utilization of surface and ground water, floods, drought, conflicts over water, dams benefits and problems.
- c) Mineral resources: Use and exploitation, environmental effects of extracting and using mineral resources, case studies.
- d) Food resources : World food problems, changes caused by agriculture and overgrazing effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity, case studies.
- e) Energy resources : Growing energy needs, renewable and non-renewable energy sources, use of alternate energy sources case studies.
- f) Land resources: Land as a resource, land degradation, man induced landslides, soil erosion and desertification.
- g) Role of an individual in conservation of natural resources.
- h) Equitable use of resources for sustainable lifestyles.

Unit 3 : Ecosystems

(8 hours)

- Concept of an ecosystem.
- Structure and function of an ecosystem.
- Producers, consumers and decomposers.
- Energy flow in the ecosystem.
- Ecological succession.
- Food chains, food webs and ecological pyramids.
- Introduction, types, characteristic features, structure and function of the following ecosystem:-
 - a. Forest ecosystem
 - b. Grassland ecosystem
 - c. Desert ecosystem
 - d. Noise pollution
 - e. Thermal pollution
 - f. Nuclear hazards

- Solid waste Management : Causes, effects and control measures of urban and industrial wastes.
- Role of an individual in prevention of pollution.
- Pollution case studies.
- Disaster management : floods, earthquake, cyclone and landslide.

Unit 6 : Social Issues and the Environment

(7 hrs)

- From Unsustainable to Sustainable development
- Urban problems related to energy
- Water conservation, rain water, harvesting, watershed management
- Resettlement and rehabilitation of people; its problems and concerns. Case studies.
- Environmental ethics: Issues and possible solutions.
- Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case studies.
- Wasteland reclamation.
- Consumerism and waste products.
- Environment Protection Act
- Air (Prevention and Control of Pollution) Act.
- Water (Prevention and control of Pollution) Act
- Wildlife Protection Act
- Forest Conservation Act
- Issues involved in enforcement of environmental legislation.
- Public awareness.

Unit 7 : Human Population and the Environment

(7 hrs)

- Population growth, variation among nations.
- Population explosion – Family Welfare Programme
- Environment and human health.
- Human Rights.
- Value Education.
- HIV / AIDS.
- Women and Child Welfare.
- Role of Information Technology in Environment and human health.
- Case Studies.

Unit 8 : Field work

(6 lectures)

- Visit to a local area to document environmental assets – river, forest, grassland / hill / mountain.
- Visit to a local polluted site – Urban / Rural / Industrial / Agricultural
- Study of common plants, insects, birds.
- Study of simple ecosystems – pond, river, hill slopes, etc. (Field work Equal to 5 lecture hours).

Reference:

1. Agarwal, K.C. 2001 Environmental Biology, Nidi Publ. Ltd. Bikaner.
2. Bharucha Erach, The Biodiversity of India, Mapin Publishing Pvt. Ltd. Ahmedabad – 380 013, India, Email: mapin@icenet.net (R)
3. Jadhav, H & Bhosale, V.M. 1995. Environmental Protection and Laws. Himalaya Pub. House, Delhi 284p
4. Rao M.N. & Dutta, A.K. 1987. Waste Water treatment. Oxford & IBH Publ. Co. Pvt. Ltd. 345p
5. Sharma B.K., 2001. Environmental Chemistry. Goel Publ. House, Meerut.
6. Survey of the Environment, The Hindu (M)
7. Wagner K.D., 1998. Environmental Management. W.B. Saunders Co. Philadelphia, USA 499p
(M) Magazine
(R) Reference

SYLLABUS
For
4th Semester
Post Basic B.Sc. in NURSING

Semester - IV

Sl. No	Subject	HOURS OF INSTRUCTIONS		Duration of Exam	Scheme of Exam.					
		Theory (Hours)	Practical (Hours)		Theory (Marks)			Practical(Marks)		
					Int	Ext	Total	Int	Ext	Total
D. SEMESTER – IV					Int	Ext	Total	Int	Ext	Total
1.	Mental Health Nursing	60	240							
2.	Introduction to Nursing service Administration	60	180							
3.	Introduction to Nursing Research and Statistics	45	120							
4.	Spoken English & Personality Development	70			50	--	50			
1.	<u>Practical</u>							50	50	100
	i) Mental Health Nursing									
	ii) Research Project (Internal Exam)							50		50

Mental Health Nursing

Placement : 4th Semester

Time allotted : Theory -60 Hrs
Practical -240 hrs

COURSE DESCRIPTION

This course is enable the students to recognize and appreciate the causes symptoms and process of abnormal human behaviour. It also introduces the student to the present day treatment modalities in the light of psychological social and cultural factors affecting human behaviour This course helps the student to learn principles of mental health and psychiatric nursing and to develop beginning skills in the management of the mentally ill in hospital and community.

OBJECTIVES

At the end of the course, the student will

1. Identify and describe the philosophy and principles of mental health nursing.
2. Describe the historical development of mental health and psychiatric nursing
3. Classify mental disorders
4. Develop skill in history taking and performing mental status examination.
5. Describe etiological factors psycho-pathology clinical features diagnostic criteria and treatment methods used for mental disorders
6. Manage the patients with various mental disorders
7. Communicate therapeutically with patients and their families.
8. Identify role of the nurse in preventive psychiatry
9. Identify the legal aspects in practice of mental health and psychiatric nursing

COURSE CONTENTS

UNIT I

- Introduction and Historical Development
- History of psychiatry
- Historical development of mental health nursing
- Philosophy principles of mental health and psychiatric nursing
- Concept of normal and abnormal behavior
- Role and qualities of mental health and psychiatric nurse
- Mental health team and functions of team members
- Legal aspects in psychiatry and mental health services.

UNIT II

- Classification and assessment of mental disorders
- Terminologies used in Psychiatry
- Classification of mental disorders
- Etiological factors and psychopathology of mental disorders
- History taking and assessment methods for mental disorders

UNIT III

- Therapeutic communication
- Communication process
- Interview skills therapeutic communication techniques. Nurse Patient Relationship Therapeutic impasses and it's management Process recording.

UNIT IV

- Management of mental disorders
- Etiological factors psychopathology types clinical feat diagnostic criteria treatment and nursing management of ____ with following disorders:
 - Neurotic Disorders : Anxiety Neurosis Depres Neurosis Obsessive Compulsive Neurosis Neurosis and Hypochondriacally neurosis stress and somatoform disorders
 - Psychotic disorders Schizophrenic form affective organic psychosis
 - Organic Brain syndromes
 - Psychosomatic disorders
 - Personality disorders
 - Disorders of childhood and adolescence.

UNIT V

- Management of patients with substance use disorders
- Substance use and misuse
- Dependence intoxication and withdrawal
 - Classification of psychoactive substances
 - Etiological & contributory factors
 - Psychopathology
 - Clinical features
 - Diagnostic criteria
- Treatment and nursing management of patient with substation use disorders
- Preventive and rehabilitative aspects in substance abuse

UNIT VI

- Management of mental sub-normality
- Classification of mental sub-normality

Etiological factors psychopathology psychometric diagnostic criteria and management of sub-normality.

UNIT VII

- Psychiatric emergencies
- Types of emergencies psychopathology clinical features assessment and diagnosis treatment and nursing management of patient with psychiatric emergencies
- Crisis Intervention therapy.

UNIT VIII

- Therapeutic Modalities
- Principles indication contraindications and role of nurse in various treatment methods;
 - Therapeutic community and Milieu therapy
 - Occupational therapy
 - Psychotherapy
 - Behaviour therapy
 - Group therapy
 - Family therapy
 - Pharmacotherapy
 - Electro convulsive therapy
 - Other miscellaneous therapies

UNIT IX

- Preventive Psychiatry
- Model of prevention
- Role of nurse in preventive psychiatry
- Psychiatric social work
- Community mental health nursing
- Community mental health agencies
- National mental Health Programmes

PRACTICUM

The student will be provided opportunity to ;

- Observe record and report the behavior of their selected patient
- Record the process of interaction
- Assess the nursing needs of their selected patients plan implement the nursing intervention
- Counsel the attendant and family members of patient
- Participate in the activities of psychiatric team
- Write observation report after a field visit to the following place
 - Child guidance clinic
 - School/special Schools (for mentally subnormal
 - Mental Hospital
 - Community mental health centres
 - De-addiction centre.

Reference:

A K Aggarwal	Clinical Psychiatry
V M D Namboodiri	Concise textbook of Psychiatry
Robert G Mitchell	Essential Psychiatry Nursing
V Eapen	Essentials of Psychiatry
Mary Verghese	Essentials of Psychiatry & Mental Health
R Sreevani	Guide to Mental Health
Alphonsa Jacob	Handbook of Psychiatric Nursing
L P Shah	Handbook of Psychiatric
M S Bhatia	Psychiatric Nursing
Bimla Kapoor	Psychiatric Nursing vol - 1
Bimla Kapoor	Psychiatric Nursing vol - 2
Kusum Samant	Psychiatric for Nurses
S Nambi	Psychiatric for Nurses
Niraj Ahuja	Text Book of Psychiatry
M S Bhatia	Text Book of Psychiatry
B T Basavanthappa	Psychiatry Mental Health Nursing

Introduction to Nursing Service Administration

Placement : 4th Semester

Time allotted : Theory -60 Hrs
Practical –180Hrs

COURSE DESCRIPTION

This course is designed to give an opportunity to the student to gain an understanding of the principles of administration and its application to nursing service. It is also intended to assist the students to develop an understanding of professional leadership need.

OBJECTIVES

At the end of the course, the student will

1. Identify the principles of administration
2. Describe the principles and techniques of supervision
3. Explain the principles and methods of personnel management
4. Explain the principles of budgeting
5. Organize and manage a nursing unit effectively
6. Identify dynamics of organizational behaviour styles and functions of effective leadership

COURSE CONTENTS

UNIT I

- Principles and Practice of Administration
- Significance, elements and principles of administration,
- Organisation of Hospital Definition Aims functions and classifications health team
- Policies of hospital, different departments with special emphasis to department of nursing & office management.
- Responsibilities of the nursing personnel specially of ward sister, medico legal aspects, concept of cost effectiveness.

UNIT II

- Nursing Unit Management
- Physical layout of a nursing unit and necessary facilities
- Factors affecting the quality of nursing care.

- Maintenance of a therapeutic environment
- Administration of the unit management of patient care.
- Maintenance of physical environment.
- Assignment of duties and time plan.
- Patient assignment, safety measures, prevention of accidents and infections,
- Maintenance of patients records and reports, legal responsibilities.
- Maintenance of quality nursing care, nursing audit.

UNIT III

- Personnel management
- Staff recruitment and selection, appointment, promotions, personnel policies and job descriptions.
- Job analysis.
- Staffing the unit, staffing norms, rotation plan, leave planning performance appraisal, staff welfare and management of disciplinary problems.

UNIT IV

- Supervision
- Principles of supervision, nature and objectives
- Tools and techniques of supervision
- Evaluation
- Nursing audit
- Staff development – orientation program
- Skill training
- Leadership development.
- Problem solving process.

UNIT V

- Material Management
- Principles of material management.
- Quality control.
- Inventory, care of equipment, safekeeping
- Role of nursing personnel in material management.

UNIT VI

- Financial Management
- Budgeting – Principles of budgeting, audit.

UNIT VII

- Organisational Behaviour
- Group dynamic and human relation, organizational communication (hospital information system)
- Public relations, leadership styles and functions,
- Methods of reporting.
- Maintaining records and reports.

PRACTICUM

- Observe the functioning nursing administration at various level i.e. institution, department, unit.
- Each student will practice ward management under supervision
- Student will prepare rotation plan of the staff. Write reports give verbal reports of the ward and assist in maintaining the inventory of the nursing unit.

Visit to private and Government hospital and write observation reports.

Reference:

M A George	The Hospital Administrator
Rachel Rao	Ward Management for Nurses
K Samant	Hospital ward management
K S Joglekar	Hospital ward management & Professional Adjust
M Sharma	Hospital waste management & its monitoring
Rao	Ward Management
Patel	Word Procedures
Basvanthappa	Nursing Administration
Lucita	Nursing Practice & Public Health Administration

Introduction to Nursing Research and Statistics

Placement : 4th Semester

Time allotted : Theory -45 Hrs
Practical -120 hrs

COURSE DESCRIPTION

The course is designed to assist the students to develop an understanding of basic concepts of research and statistics use the findings of nursing research in nursing practice apply the knowledge in conducting project(s) and solve problems related to nursing using scientific methods.

OBJECTIVES

At the end of the course, the student will

1. Define the terms and concepts of nursing research
2. Identify needs and scope of nursing research
3. Identify and define a research problem
4. Locate and list sources of literature for a specific study
5. Describe different research approaches, methods of data collection and sampling techniques with a special reference to survey method.
6. Develop tool for data collection
7. Enumerate steps of data analysis and present data summary in tabular form
8. Use descriptive and co-relational statistics in data analysis
9. conduct a group research project

COURSE CONTENTS

A. INTRODUCTION TO RESEARCH METHODOLOGY

UNIT I

- Steps of scientific methods
- Definition of research
- Need for nursing research
- Characteristics of good research, Research Process

UNIT II

- Statement of research problem
- Statement of purpose and objectives
- Definition of research terms
- Review of literature

UNIT III

- Research approaches : historical survey and experimental

UNIT IV

- Sampling Techniques and methods of data collection
- Sampling
- Instruments-questionnaire. Interview
- Observation schedule records measurements
- Reliability and validity of instruments

UNIT V

- Analysis of Data :Tabulation
 - Classification and summarization
 - Presentation
 - Interpretation of data

UNIT VI

- Communication of research findings
- Writing Report:
 - Organizing materials for writing

- Format of the report
- Use of computers

B. INTRODUCTION TO STATISTICS

UNIT VII

- Descriptive Statistics
- Frequency Distribution –Types of measure –frequencies class interval graphic methods of describing frequency
- Measures of Central Tendency –Mode Median and Mean
- Measures of variability Range, Standard deviation
- Introduction to normal probability

UNIT VIII

- Correlation
- Computation by rank difference methods
- Uses of correlation co-efficient

UNIT IX

- Biostatistics : Crude rates and standardized rates ratio and estimation of the trends

UNIT X

- Introduction to computers in nursing
- Introduction to computers and disk-operating system
- Introduction to word processing
- Introduction to data base
- Windows applications word excel power point multimedia
- Use of statistical packages.
- Introduction to Internet & use of electronic mail.
- Computer aided teaching & testing.

PRACTICUM

Students will conduct research project in small groups in selected areas of nursing and submit a report (Group studies may include studying of existing health practices, improved practices of nursing (procedures), health records, patient records and survey of nursing literature).

Reference:

Patricia L Munhall	Nursing Research
Strombrog Frank marion	Instrument for clinical health care reasearch
B T Basvanthappa	Nursing Research
Burns	Understanding Nursing Reaserch
Poilt	Nursing Reaserch
C.k	Research Methodlogy
Best	Reaserch in Education
Bruns Nancy	Understanding Nursing Reaserch
Wood j marilynn	Basic steps in planning reasearch
B Sarmukaddam	Biostatistics
B K Mahajan	Biostatistics
G N Prabhakara	Biostatistics
Mahajan BK	Methods in Biostatistics

SPOKEN ENGLISH & PERSONALITY DEVELOPMENT

(4th Semester)

Total Hours – 70 hrs

Part – A

i) **FUNCTIONAL GRAMMAR & VOCABULARY BUILDING CLASSES:** (10 hrs)

1. Parts of speech
2. Sentence parts: Phrases and clauses
3. Basic sentence pattern
4. Semantic sentences
5. Tense, time & aspect
6. Non-finites
7. Conditionals
8. Subject-verb agreement
9. Active & Passive
10. Reported speech
11. Modals
12. Structural sentences
13. Relative clauses

Part - B

ii) **INTERACTIVE CLASSES** (20 hrs)

1. To enquire, to influence, to regulate, to entertain, to persuade, to motivate, to instruct, to inform, to request etc.
2. Polite expressions & greetings
3. Body conditioning and naturalization
4. Questions, statements and responses
5. Argumentations and debates
6. Group discussions
7. Analytical classes
8. Short responses
9. Omission of information
10. Tag questions
11. What-to-say classes
12. Useful expressions

13. Polite questions
14. Word games
15. Fun classes
16. Fillers such as well, you know, any way etc.
17. Word contracts
18. Silent and voice-filled posses
19. Repetition and false starts
20. Other interactive features.

Part - C

iii) PRESENTATION CLASSES (20 hrs)

1. Speech making
2. Pictorial analysis
3. Impersonation
4. Oral reporting
5. Impromptu Speech
6. Story developing
7. Narrative and descriptive presentations
8. Elocution and inflection
9. Retrieval, factual and experiential presentations.
10. Paraphrasing
11. Context building
12. Idea presentations
13. Event analyses
14. Oral reporting
15. One-minute speech
16. Public speaking

Part – D

iv) PHONETIC CLASSES (10 hrs)

1. Phoneme studies
2. Long and short vowels
3. Diphthongs
4. Consonant classification
5. Syllables and syllabic division
6. Speech organs, areas of articulation and exercise
7. Elocution & inflection

8. Stress pattern
9. Neutral accents
10. Intonation
11. American and British styles
12. Word contracts
13. Stress on paradigm shift
14. Rhythm

Part – E

vi) **PERSONALITY DEVELOPMENT** (10 hrs)

1. Basic human personality
2. Personality domains and development
3. Universal human values
4. Personality in the face of cross-culture environment
5. Balancing between your career personality and social personality
6. Self-confidence
7. Interpersonal skills
8. Memory development
9. Cognitive area development
10. Corporate personality
11. Relevance of spiritualism
12. Banishment of phobias
13. Value of exercise
14. Yoga classes (for educational success)
15. Outfits
16. Making friends
17. Socialization
18. Present work culture and new challenges
19. Problem-solving and decision-making
20. Life skills

REFERENCE BOOKS :

1. Cassell's Student's English Grammar- J. Alsop
2. Grammar Games – Mario Rinvlukri (OUP)
3. A Course in Communication Skills – Dutt et al (CUP)
4. Cambridge Learner's Dictionary (CUP)