

# Study & Evaluation Scheme

of

## Post Basic B.Sc. Nursing

[Applicable w.e.f. Academic Session 2016-17  
approved by AC/EC meeting date February 13, 2016]



**TEERTHANKER MAHAVEER UNIVERSITY**

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**TEERTHANKER MAHAVEER UNIVERSITY**  
(Established under Govt. of U. P. Act No. 30, 2008)  
NH-24, Delhi Road, Moradabad (U.P)



**Study & Evaluation Scheme  
of  
Post Basic B.Sc. Nursing**

**SUMMARY**

**Programme** : Post Basic B. Sc Nursing  
**Duration** : Two year (Annual System)  
**Medium** : English

<b>Minimum Required Attendance for appearing in examination</b>	<b>Theory</b>	<b>Clinical</b>	
	80%	<b>For Appearing in Examination</b>	<b>For Getting Degree</b>
		80%	100%

**Credits** :  
**Maximum Credits** : 54  
**Minimum Credits Required for the degree** : 54

<b>Assessment</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
	25	75	100

**Internal Evaluation  
(Theory Papers)**

Internal Exam I	Internal Exam II	Internal Exam III	Assignment(s)	Other Activities (Sports Seminars Workshops & Discipline etc.)	Attendance	Total
<b>Best two out of three</b>						
5 Marks	5 Marks	5 Marks	5 Marks	5 Marks	5	25 marks

<b>Evaluation of Practical/Dissertations &amp; Project Reports</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
	50	50	100

<b>Duration of Examination</b>	<b>External</b>		<b>Internal</b>	
	<b>35 Marks</b>	<b>75 Marks</b>	<b>15 Marks</b>	<b>25 Marks</b>
	2 hrs	3 hrs	2 hrs	3 hrs

To qualify the course a student is required to secure a minimum of 50% marks separately i.e. both internal and in year-end examination. A candidate who secures less than of 50% of marks in a course/subject shall be deemed to have failed in that course/subject.

A candidate failing in any number of subjects will be promoted to next higher class. The candidate shall clear all the subjects of previous years before appearing in the final year examination. If a candidate fails in either theory or practical, he/ she have to reappear in both.

***Question Paper Structure***

1. The question paper shall consist of eight questions. First question shall be of short answer type and

be compulsory. It shall contain 8 parts, covering the entire syllabus and the student shall be required to answer any five of them (weightage 3 marks each).

- Out of the remaining seven questions, student shall be required to attempt any five. Not more than one question shall be set from the single unit. The weightage of Question No. 2 to 8 shall be 12 marks each.

**Study & Evaluation Scheme**  
**Programme: Post Basic B.Sc. Nursing**  
**Year I**

<i>S. No.</i>	<i>Course Code</i>	<i>Subject</i>	<i>Periods</i>			<i>Credit</i>	<i>Evaluation Scheme</i>		
			<i>L</i>	<i>T</i>	<i>P</i>		<i>Internal</i>	<i>External</i>	<i>Total</i>
1	PBN101	Nursing Foundation	2	-	-	2	25	75	100
2	PBN102	Nutrition and Dietics	1	-	2	2	25	75	100
3	PBN103	Biochemistry and Biophysics	2	-	-	2	25	75	100
4	PBN104	Psychology	2	-	-	2	25	75	100
5	PBN105	Maternal Nursing	2	-	-	2	25	75	100
6	PBN106	Child health Nursing	2	-	-	2	25	75	100
7	PBN107	Microbiology	2	-	2	3	25	75	100
8	PBN108	Medical Surgical Nursing	3	-	-	3	25	75	100
9	PBN109	English	2	-	-	2	25	75	100
10	PBN151	Maternal Nursing (P)	-	-	6	3	50	50	100
11	PBN152	Child health Nursing (P)	-	-	6	3	50	50	100
12	PBN153	Medical Surgical Nursing (P)	-	-	8	4	50	50	100
<b>Total</b>			<b>18</b>	<b>-</b>	<b>24</b>	<b>30</b>	<b>375</b>	<b>825</b>	<b>1200</b>

## Year II

<i>S. No.</i>	<i>Course Code</i>	<i>Subject</i>	<i>Periods</i>			<i>Credits</i>	<i>Evaluation Scheme</i>		
			<i>L</i>	<i>T</i>	<i>P</i>		<i>Internal</i>	<i>External</i>	<i>Total</i>
1	PBN201	Sociology	2	-	-	2	25	75	100
2	PBN202	Community Health Nursing	2	-	-	2	25	75	100
3	PBN203	Mental Health Nursing	2	-	-	2	25	75	100
4	PBN204	Introduction to Nursing Education	2	-	2	3	25	75	100
5	PBN205	Introduction to Nursing Administration	2	-	6	5	25	75	100
6	PBN206	Introduction to Nursing Research and Statistics	2	-	-	2	100	-	100
7	PBN251	Community Health Nursing (P)	-	-	6	3	50	50	100
8	PBN252	Mental Health Nursing (P)	-	-	6	3	50	50	100
9	PBN253	Research Project on Nursing	-	-	4	2	100	-	100
<b>Total</b>			<b>12</b>	<b>-</b>	<b>24</b>	<b>24</b>	<b>425</b>	<b>475</b>	<b>900</b>

**Note:**

**L – Lecture**  
1L = 1Hr

**T- Tutorial**  
1T = 1 Hr

**P- Practical**  
1P = 1 Hr

**C-Credits**  
1C = 1Hr of Theory Paper  
= 2 Hrs of Practical/Tutorial

# Post Basic B.Sc. Nursing Year- I

## NURSING FOUNDATION

**Course Code: PBN101**

**L-2, T-0, P-0, C-2**

**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 practices 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. Utilize 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 Practices.
- Expanded role of the Nurse.
- Development of Nursing Education in India and trends in Nursing Education.
- Professional organization, career planning.
- Code of ethics & Professional conduct for Nurses.

#### Unit II

- Ethical, legal and other issues in Nursing.
- Concept of health and illness, effects on the person.
- Stress and adaptation.
- Health care concept and Nursing care concept.
- Development concept, needs, roles and problems of the development stages of individual – newborn, infant, toddler, pre-adolescent, adolescent, adulthood, middle- age old age.

#### Unit III

- Theory of Nursing practices.
- 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: Teaching for planning care, types of care plans.
- Implementation: Different approaches to care, organizations and implementation of care, record.
- Evaluation: tools for evaluation, process of evaluation, types 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 Books**

1. Barbara Kosier et al, *Fundamentals of Nursing Concepts and Procedure*, Addison Welsloy Publishing Co., 2007, Philadelphia.
2. Brown Ammy Francis, *Medical Nursing*, W.B Saunders and Co., 2006, USA.
3. Esther Mc Clain RN, *Scientific Principle of Nursing*, Current technical literature Publications, 1969, Bombay.
4. Potter and Perry, *Fundamentals of Nursing Concepts-Process and Practice*, C.V Mosby and Co., 1985, London.
5. Virginia Henderson et al, *Principles and Practice of Nursing*, Mc Milan Publishing Co., London.
6. Nancy Sr., *Principles and Practices of Nursing*, vol. I, II, NR Publishing Home, 1984, Indore.
7. Elbert et al, *Scientific Principles in Nursing*, C. V Mosby and Co., 1974, USA.
8. Ann Marriner, *The Nursing Process- A Scientific Approach to Nursing Care*, C.V Mosby and Co., 1979.
9. Hoodmark Rohweden, *Scientific Foundation of Nursing*, 3<sup>rd</sup> edition, J.B Lippincott Co., 1975,
10. Norman G. Kirby and Sliphen J Mather, Bailliers, *Hand Book of First Aid*, India Traveller Book Seller,
11. Lois Dakes, *Illustrations of Bandaging and First Aid*, E and S Livingstone Ltd, Teviot plane.

\* Latest editions of all the suggested books are recommended.

# Post Basic B.Sc. Nursing Year - I

## NUTRITON AND DIETICS

Course Code: PBN102

L-1, T-0, P-2, C-2

**Course Description:** This course is designed to provide the students with a wide knowledge of dietetics in Indian setting, that the practices of teaching optimum and realistic dietary planning can become an integral part of Nursing Practices.

### 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.
5. Prepare recommended meals according to the disease conditions of the patients.

### Course Contents

#### Unit I

- Introduction to nutrition and dietetics.
- Balanced diet, factors on which it depends.
- Factors to be considered in planning.
- Guidelines 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 stages, 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: Advantage, 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. Foods for toddlers.
2. Low cost nutritious dishes for vulnerable groups.
3. Dietary case study of patient on special diet planning of low cost dietary instructions for home adaptations.
4. Planning of therapeutic diets.

## Reference Books

1. Anderson, *Nutrition in Nursing*, Lippincott Co., 1972, Philadelphia.
2. Antia, E. P., *Clinical Dietetics and Nutrition*, Oxford University Press, 1995, New Delhi.
3. Corrine H Robinson, *Normal and Therapeutic Nutrition*, Oxford and IBH Publications.
4. Sue Rodwell Williams, *Nutrition and Diet Therapy*, C.V Mosby and Co., 1977.
5. Patwardhan V. N., *Nutrition in India*, 1961.
6. Hervietta Flick, *Introduction to Nutrition*, Mac Millon Publishing Co., 1970.
7. Lenna F. Copper, *Nutrition in Heath and Disease*, J.B Lippincott Co., Philadelphia.
8. Joshi V.D., *Hand Book of Nutrition and Dietetics*, Vora Medical Publications, Bombay.
9. Swaminathan M., *Hand Book of Food and Nutrition*, Bangalore printing and publishing Co., 1970, Bangalore.

\* Latest editions of all the suggested books are recommended.

**Post Basic B.Sc. Nursing Year - I**  
**BIOCHEMISTRY AND BIOPHYSICS**

**Course Code: PBN103**

**L-2 T-0, P-0, C-2**

**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**

**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, mal-absorption 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 protein 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 relationship in metabolism and cellular control of metabolic processes.

## **Section B: Biophysics**

### **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.
- Simple mechanics – lever and body mechanics, pulley and traction, incline plane, screw.
- Application of these principles in Nursing.

#### **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.
- Focusing elements of the eye, defective vision and 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
  - Application of these principles in Nursing.

### **Unit VIII**

- Sound: Frequency, velocity and intensity.
- Vocalization 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.
- M.R.I. Scanning, C.A.T 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 ionizing 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 Books**

1. Eastham Duncan Robert, *Biochemical Values in Clinical Medicine*, John Cought and Sons Ltd, 1977.
2. Chandlish J K, *Lecture Notes on Biochemistry*, Blackwell Scientific Publications, 1984.
3. Klein S. Israel and Ordan James, *Human Biochemistry*, Mosby Co., 1958.
4. Varley Harold, *Practical Clinical Biochemistry*, CBS Publishers and Distributors, 1988, New Delhi.

\*Latest editions of all the suggested books are recommended.

## **Post Basic B.Sc. Nursing Year - I PSYCHOLOGY**

**Course Code: PBN104**

**L-2, T-0, P-0, C-2**

**Course Description:** This course is designed to reorient and widen the student's 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 behaviors. This course would also help the student to develop an insight into her own behavior.

### **OBJECTIVES**

**At the end of course, the student will:**

1. Apply psychological principles while performing Nursing duties.
2. Distinguish the psychological processes during health and sickness.
3. Analyze own behavior 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 methods of psychology.
- Relationship with other subject.

#### **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 differences.
- 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 healthy 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 Books**

1. Morgan C. T, & King, *Introduction to Psychology*, Megrow Bill International.
2. Andrew Mc Ghee, *Psychology on Applied to Nursing*, Livingstone Nursing Texts, Churchill Livingstone.
3. Philip E Vernon, *The Measurement of Abilities*, University of London Press Ltd., 1972.
4. Kuppuswamy, Prabhu P.H, *General Psychology*, Asia Publishing Home, 1975, Bombay.
5. Madeleine A. Leininger, *Wontemporary Issues in Mental Health Nursing*, Little Brown & Company, Boston.

7. Donald Snygy, *Individual Behaviour, A new frame of Reference for Psychology*, Harper and Brother Publishers, 1982.
  8. Phillip L Harriman, *Handbook of Psychological Terms*, Littlefield Adam and co., 1969.
- \*Latest editions of all the suggested books are recommended.

## **Post Basic B.Sc. Nursing Year - I**

### **MATERNAL NURSING**

**Course Code: PBN105**  
2

**L-2, T-0, P-0, C-**

**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 a child bearing mother in a hospital or community and help in the management of common gynecological problems.

#### **OBJECTIVES**

**At 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 on management of breast feeding.
4. Be skilled in providing pre and post operative Nursing care in obstetric conditions.
5. Identify and manage high risk pregnancy including appropriate referrals.
6. Propagate the concept and motivate acceptance of family planning methods.
7. Teach, guide and supervise auxiliary midwifery personnel.

#### **Course Contents**

##### **Unit I**

- 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 woman with HIV/ AIDS.
- Management of common Gynaecological problems.

##### **Unit IV**

- The new born body.
- 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, ectopic pregnancy and vesicular mole.
- Pregnancy induced hypertension, gestational diabetes, anaemia, heart disease.
- Urinary infection, Antepartum haemorrhage.
- 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 prolapsed of uterus, obstetrical emergencies
  - Obstetrical operation i.e. forceps, vacuum, episiotomy, caesarean section.

### Unit VI

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

### Unit VII

- National Welfare Programmes for Women.
- National Family Welfare Programme.
- Infertile Family.
- Problems associated with unwanted pregnancy.
- Unwed mothers.

### PRACTICUM

#### 1. The student will:

- Be posted in antenatal Clinic, MCH clinic, antenatal ward, labour room, postnatal ward, maternity OT, MTP room.
- Visit welfare agencies for woman and write observation report.
- Follow Nursing process in providing care to 3-6 patients.
- Write at least two Nursing care studies and do a presentation.
- Give at least one planned health teaching to a group of mothers.

#### 2. Practices following Nursing procedures -

- Antenatal & Post natal examination, per vaginal exam.
- Conduct normal delivery, stitching of episiotomy, (for male candidate minimum conduct of 5 deliveries)
- Motivation of family for adopting family planning methods.
- Motivate family for Planned Parenthood.
- Assist in various diagnostic and therapeutic procedures including IUD insertion and removal.

### Reference Books

- Dawn C.S, *Text Book of Obstetrics*, New central book agency Ltd., Calcutta.
- Duta D.C, *Text Book of Obstetrics*, New central agency Ltd., Calcutta.

3. Dawn C.S, *Text Book of Gynaecology & Contraception*, Dawn books, 1994, CIT Road, Calcutta.
4. Dutta D. C., *Text Book of Gynaecology*, New central book agency Ltd., Calcutta.
5. Hawkins & Borune, Shaw's, *Text Book of Gynaecology*, B.I. Churchill Livingstone Pvt. Ltd.
6. Myles Margaret, *Text Book of Midwives*, Educational low priced books scheme, British Government

\*Latest editions of all the suggested books are recommended.

## **Post Basic B.Sc. Nursing Year - I CHILD HEALTH NURSING**

**Course Code: PBN106**  
2

**L-2, T-0, P-0, C-**

**Course Description:** This course is aimed at developing an understanding of the modern approach to child care, the common health problems of children and 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 of Paediatric Nursing.
2. Describe the normal growth and development of children at different ages.
3. Manage sick as well as healthy neonates and children.
4. Identify various aspects of preventive Paediatric Nursing and apply them in providing Nursing care to children in hospital and 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 and 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 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. Preventive of infections in the nursery.

### **Unit IV**

- Nursing management in common childhood diseases.
- Nutritional deficiency disorders.
- 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, spinabifida.
- Hematological disorders – Anemias, Thalassemia, ITP, Leukemia, hemophilia.
- Endocrine disorders – Juvenile Diabetes Mellitus.
- Orthopedic disorders – club foot, 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, haemorrhage, burns and drowning.

### **Unit V**

- Management of behavioral disorders in children.
- Management of challenged children:
  - Mentally challenged
  - Physically challenged
  - Socially challenged.

### **PRACTICUM**

The student will:

1. Be posted in Paediatric Medical and Surgical wards, OPD in hospital, health centre and neonatal units.
2. Visit a centre for handicapped children and child welfare centre and write observation report.
3. Write an observational study of normal children of various age groups in home/ nursery school/ crèche.
4. Follow Nursing process in providing care to 3-6 children.
5. Write at least two Nursing care studies and do a presentation.
6. Give two planned health teachings, one in hospital and one in OPD / health centre.
7. Practice the following Nursing procedures:
  - Taking pediatric history
  - Physical assessment of children

- Baby bath
  - Feeding
  - Restraining.
8. Calculation of dosage of drugs and administration of medications and injections.
  9. Collection of specimens.
  10. Enema, bowel wash, colostomy irrigation.
  11. Steam and oxygen inhalation.
  12. Preparation to assist with diagnostic tests and operations.
  13. Examination / Assessment of a newborn.
  14. Neonatal resuscitation.
  15. Care of a baby in incubator and on ventilator.
  16. Photo Therapy.
  17. Assist in exchange transfusion and other therapeutic procedures.

### **Reference Books**

1. Alexander NM, Brown MS, *Paediatric Physical Diagnosis for Nurses*, McGraw-Hill Book Co., New York.
2. Ball, *Paediatric Nursing Caring for Children*, 1999, Prenticehall.
3. Behrman, Richard K & Vaughan, Nelson, *s, TextBook of Paediatrics*, WB Saunders Co.,
4. Blake G, Florence & Wright, *Essentials of Paediatric Nursing*,
5. Barbara EW, *Guidelines in the Care of the Low Birth Weight*, Orient Longman
6. Bowden Greenberg, *Paediatric Nursing Procedure*, Lippincott, Williams & Wilkins
7. Cameron, Jelinek et al, *Text Book of Emergency Paediatric Medicine*,

\* Latest editions of all the suggested books are recommended.

## **Post Basic B.Sc. Nursing Year - I MICROBIOLOGY**

**Course Code: PBN107  
3**

**L-2, T-0, P-2, C-**

**Course Description:** This course 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 of materials containing harmful bacteria and methods of destroying microorganisms.

### **OBJECTIVES**

**At the end of 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, Mouldes, and 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 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.
- Spirochaete.
- 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 specimens, prevention and control of hospital infections, sterilization, immunization, chemotherapy and maintenance of personal and environmental hygiene. Observation visit to incinerator, posting in CSSD and infection control department.

**Reference Books**

1. Ananthanarayan R, et al, *Text Book of Microbiology*, Orient Longman, 1981.
2. Blackwell C. Caroline, *Principles of Infection and Immunity in Patient Care*, Edenburg Churchill Livingstone, 1981.
3. Hug L. L, Muffet, *Clinical Microbiology*, J. B. Lippincott Co., 1981.
4. Loyd Roberts et al, *Medical Microbiology*, Boston Little Co., 1989.

\*Latest editions of all the suggested books are recommended.

# Post Basic B.Sc. Nursing Year - I

## MEDICAL SURGICAL NURSING

**Course Code: PBN108**

**L-3, T-0, P-0, C-3**

**Course Description:** The purpose of this course is to widen the students' knowledge and develop proficiency in caring for patients with medical surgical problems. This course includes review of relevant Anatomy and Physiology, Pathophysiology in Medical-Surgical disorders and Nursing management of these conditions.

### OBJECTIVES

**At the end of the course, the student will:**

1. Explain relevant Anatomy and Physiology of various systems of the body.
2. Explain Pathophysiology of various disorders.
3. Explain the actions, side effects and Nursing implications in administering drugs for various disorders.
4. Discuss the recent advancement in the treatment and care of patients with medical surgical conditions.
5. Develop skill in giving comprehensive Nursing care to patients 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 term.

### 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 undergoing surgery
  - Incontinence.

### **Unit III**

- Nursing management of patient with Neurological and Neurosurgical conditions.
- Review of Anatomy and Physiology of the Nervous System.
- Pathophysiology, diagnostic procedures and management of:
  - Cerebro-vascular accident.
  - Cranial spinal and peripheral Neuropathies.
  - Headache 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 malformations, degenerative diseases.

### **Unit IV**

- Nursing management of patient with Cardiovascular problems.
- Review of relevant Anatomy and Physiology of Cardiovascular 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 respiratory 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 Genito-urinary problems.
- Review of Anatomy and Physiology of the Genito-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 patients 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
  - Infections
  - Acute abdomen
  - Colitis, diarrhoea, 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 Pathophysiology of patients with:
  - Thyroid disorders
  - Diabetes mellitus
  - Diabetes insipidus
  - Adrenal tumour
  - Pituitary disorders
  - Diagnostic procedures.
  
- Nursing management of patient with above problems.
- Drug used in Endocrine problems.

## **Unit IX**

- Nursing management of patients with musculoskeletal problems.
- Review of anatomy, 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 patient 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 patient with common communicable diseases & STD'S.
- Nursing management of patient with immunological disorders including HIV/AIDS.

#### **Unit XIV**

- Nursing management of patient with diseases of eye, ear, nose, throat & skin.

#### **Unit XV**

- Nursing management of patient with blood disorders
- Review of Anatomy & Physiology of Blood & Blood products.
- Pathophysiology, diagnostic procedures and management of blood disorders:
  - Anemia
  - Leukemia
  - Bleeding disorders

- Hemophilia
- Purpura etc.
- Blood transfusion, safety checks, procedure and requirements. Management of adverse transfusion reaction, records for blood 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 Adrenal crisis.

#### **PRACTICUM**

1. Students should be rotated in the selected medical & surgical areas, like Cardio Thoracic, Neurology, Urology, Orthopedics, Gynecology, Oncology, and Burns and Reconstructive surgical units.
2. The students should be given patient assignment. They have practices patient centered comprehensive Nursing.
3. Each student is requested to give planned health teachings, conduct clinical teaching, case presentation and drug study.

#### **Reference Books**

1. Bruno Peulenic, Patrick Maxial, *Medical Surgical Nursing- Pathophysiological Concept*, J.B. Linnincott Co. Philadelnhia.
2. Sorensen and Luckmann, *Basic Nursing -A Psycho-Physiological Approach*, John Wright publishing Co.
3. Perry, Ann G. and Patricia A. Potter, *Clinical Nursing Skills and Techniques*, The C.V Mosby Co., 1990, St Louis.
4. Powell Mary, *Orthopaedic Nursing*, ELBS, 1976.
5. Sathoskar R. S., *Pharmacology and Pharmacotherapeutics*, Bombay popular Prakashan, Bombay.
6. Shackelton, Alberta, Dent et al., *Practical Nurse Nutrition Education*, W. B Saunders.  
\* Latest editions of all the suggested books are recommended.

# Post Basic B.Sc. Nursing Year - I

## ENGLISH

Course Code: PBN109

L-2, T-0, P-0, C-2

**Course Description:** This course is designed to help the students understand and use skills of English language required for their professional work.

### OBJECTIVES

After 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 meaning in one's own words.
- Reading and comprehension of the prescribed books.

#### Unit III

- The study of various forms of composition:
  - Note taking
  - Diary
  - Nurse notes, Anecdotal records
  - Writing of summary
  - Nurses' reports on health problems.

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

#### Unit IV

- Verbal communication.
- Oral reports.
- Summarizing of the discussion.
- Debate.
- Listening comprehension- film, cassette and radio.

### PRACTICUM

1. The clinical experience in the wards and bed side nursing will provide opportunity for students to fulfill the objectives of learning language.
2. Assignment on writing and conversation through participation in Discussion, Debates, Seminars and Symposia. The students will gain further skill in task oriented communication.

### Reference Books

1. Tikkoo M. L., et al, *Intermediate Grammar usage and Composition*, Orient Longman Publication.
2. Sidhu, *An Intensive Course in English – A Remedial Work Book*, Orient Longman Publication.
3. Jain R.C., *English Grammar and Composition*, Mac-Milan Publication.

\* Latest editions of all the suggested books are recommended.

**Post Basic B.Sc. Nursing Year - I**  
**MATERNAL NURSING (PRACTICAL)**

**Course Code: PBN151**

**L-0, T-0, P-6, C-3**

This Course is based on Course Code PBN105

Guidelines

1. The student will:
  - a. Be posted in antenatal Clinic, MCH clinic, antenatal ward, labour room, postnatal ward, maternity OT, MTP room.
  - b. Visit welfare agencies for woman 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. Practices following Nursing procedures -
  - f. Antenatal & Post natal examination, per vaginal exam.
  - g. Conduct normal delivery, stitching of episiotomy, (for male candidate minimum conduct of 5 deliveries)
  - h. Motivation of family for adopting family planning methods.
  - i. Motivate family for Planned Parenthood.
  - j. Assist in various diagnostic and therapeutic procedures including IUD insertion and removal.

**Post Basic B.Sc. Nursing Year - I**  
**CHILD HEALTH NURSING (PRACTICAL)**

**Course Code: PBN152**

**L-0, T-0, P-6, C-3**

This Course is based on Course Code PBN106

Guidelines

The student will:

1. Be posted in Paediatric Medical and Surgical wards, OPD in hospital, health centre and neonatal units.
2. Visit a centre for handicapped children and child welfare centre and write observation report.
3. Write an observational study of normal children of various age groups in home/ nursery school/ crèche.
4. Follow Nursing process in providing care to 3-6 children.
5. Write at least two Nursing care studies and do a presentation.
6. Give two planned health teachings, one in hospital and one in OPD / health centre.
7. Practice the following Nursing procedures:
  - Taking pediatric history
  - Physical assessment of children
  - Baby bath
  - Feeding
  - Restraining.
8. Calculation of dosage of drugs and administration of medications and injections.
9. Collection of specimens.
10. Enema, bowel wash, colostomy irrigation.
11. Steam and oxygen inhalation.
12. Preparation to assist with diagnostic tests and operations.
13. Examination / Assessment of a newborn.
14. Neonatal resuscitation.
15. Care of a baby in incubator and on ventilator.
16. Photo Therapy.
  - Assist in exchange transfusion and other therapeutic procedures.

**Post Basic B.Sc. Nursing Year - I**  
**MEDICAL SURGICAL NURSING (PRACTICAL)**

**Course Code: PBN153**

**L-0, T-0, P-8, C-4**

This Course is based on Course Code PBN108

Guidelines

1. Students should be rotated in the selected medical & surgical areas, like Cardio Thoracic, Neurology, Urology, Orthopedics, Gynecology, Oncology, and Burns and Reconstructive surgical units.
2. The students should be given patient assignment. They have practices patient centered comprehensive Nursing.
3. Each student is requested to give planned health teachings, conduct clinical teaching, case presentation and drug study.

## Post Basic B.Sc. Nursing Year - II SOCIOLOGY

**Course Code: PBN201**  
2

**L-2, T-0, P-0, C-**

**Course Description:** This course is to reorient students to Sociological relation 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 of 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: 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 woman & children, child labour, child abuse delinquency and crime, substance abuse.

## **Reference Books**

1. Sachdeva V., D. R. and Bhushan, *An Introduction to Sociology*, Kitab Mahal Ltd., 1974, Allahabad.
2. Gupta Dipankar, *Social Stratification*, Pub. Oxford University Press, 1991, New Delhi.
3. Shankar Rao C.N, *Introducing Sociology*, Pub. Jai Bharat Prakashana Manglore-575004.
4. Bhimappa K, *Sociology*, Cambridge Publishing Co. West of Chord Road.Banglore-560044 \* Latest editions of all the suggested books are recommended.

## **Post Basic B.Sc. Nursing Year - II**

### **COMMUNITY HEALTH NURSING**

**Course Code: PBN202**  
**2**

**L-2, T-0, P-0, C-**

**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 concepts of various factors contributing to health of individual, family and Community.
2. Identify the role of a Community Health Nurse.
3. Describe National Health Care delivery system.
4. Describe Epidemiological methods and principles of prevention and control of illness in the community.
5. Identify the role of personnel working in the Community Health setting.
6. Plan the work of Community Health Nursing, and supervise and train health workers.

#### **Course Contents**

##### **Unit I**

- Introduction to Community Health – Concepts, Principles and Elements of Primary Health Care.
- Introduction to Community Health Nursing.
- Concept of Community Health Nursing – Community Nursing process.
- Objective, Scope and Principles of Community Health Nursing.

##### **Unit II**

- Family Health Services.
- Concept, Objective, 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 diseases, 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 concepts:
  - 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.
- Definition and methods of computing vital statistics.
- Methods of presenting data.
- Management information system.

#### **PRASCTICUM**

1. Each student will prepare a community profile.
2. The student will be allotted families for gaining experience in identifying family health needs, health counseling and guidance and family budgeting for optimum health.
3. The student will participate in the activities of primary health centre.
4. Sub-centre, MCH centre.
5. Visits will be made to selected health and welfare agencies, water purification plant and sewage disposal plant, infectious disease hospital, child welfare centre, old aged homes, orphanages and handicapped hospitals.
6. Conduct health educational programmes for individual/ groups/ community.

#### **Reference Books**

1. Clark, June & Jill Handerson, *Community Health*, Churchill Livingstone, New York.
2. Freeman B. Ruth, *Public Health Practices*, W. W. Saunders Co, Philadelphia.
3. Fromer Joan Margot, *Community Health Care and the Nursing process*, C. V. Mosby Co, Toronto.
4. Park J. E, *Text Book of Preventive and Social Medicine*, Ms Banarsidas Bhanhot Co., Jabalpur.
5. Park K, *Text Book of Preventive and Social Medicine*, Ms Banarsidas Bhanhot Co, Jabalpur.

6. Rao S. Kasthi, *An Introduction to Community Health Nursing*, B. I. Publishers, Madras.  
7. Stan hope & Lancaster Janette, *Community Health Process and Practice for Promoting Health*, The C.V Mosby & CO. London.  
\* Latest editions of all the suggested books are recommended.

**Post Basic B.Sc. Nursing Year - II**  
**MENTAL HEALTH NURSING**

**Course Code: PBN203**  
**2**

**L-2, T-0, P-0, C-**

**Course Description:** These courses enable the students to recognize and appreciate the causes, symptoms and process of abnormal human behavior. It also introduces the student to the present day treatment modalities in the light of psychological, social and cultural factors affecting human behavior. 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 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, Psychopathology, 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 Nursing 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 an assessment methods for mental disorders.

### **Unit III**

- Therapeutic communication.
- Communication process.
- Interview skills, therapeutic communication techniques. Nurse patient relationship, therapeutic impasse and its management process recording.

### **Unit IV**

- Management of mental disorders
- Etiological factors, psychopathology, types, clinical features, diagnostic criteria, treatment and Nursing management of patient with following disorders:
  - Neurotic disorders: Anxiety Neurosis, Depressive Neurosis, Obsessive Compulsive Neurosis, Phobic Neurosis and Hypochondriacal Neurosis, stress related and somatoform disorders.
  - Psychotic disorders: Schizophrenic form, Affective and 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 Substance 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 assessment. 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
  - Behavior therapy

- Group therapy
- Family therapy
- Pharmacotherapy
- Electro convulsive therapy
- Other miscellaneous therapies.

### **Unit IX**

- Preventive Psychiatry.
- Model of prevention.
- Role of Nursing 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:

1. Observe, Record and Report the behavior of their selected patients.
2. Record the process of interaction.
3. Assess the Nursing needs of their selected patients, plan and implement the Nursing intervention.
4. Counsel the attendant and family members of patient.
5. Participate in the activities of Psychiatric team.
6. Write observation report after a field visit to the following places:
  - Child guidance clinic.
  - School / Special Schools (For mentally subnormal)
  - Mental Hospital,
  - Community Mental Health Centres.
  - De-addiction and Rehabilitation Centres.

### **Reference Books**

1. Brown R.T. Feldman G.R, *Epilepsy -Diagnosis and Management*, Little Brown and Co., 1983, Toronto.
2. Beck M. C. Rawtins P. R. and et al, *Mental Health – Psychiatric Nursing*, The C.V.Mosby Co., Ltd.,
3. Coleman C. J, *Abnormal Psychology and Modern Life*, P. B. Tara and Sons Co. Pvt Ltd., 1982.
4. Kaplan H. Saddock B, *Synopsis of Psychiatry*, William Sand Wilkins, 1991, Bathmov.
5. Stuart W. G. Sundeen J. S, *Principles and Practice of Psychiatric Nursing*, Mosby Year book, 1991,

\* Latest editions of all the suggested books are recommended.

## **Post Basic B.Sc. Nursing Year - II**

### **INTRODUCTION TO NURSING EDUCATION**

**Course Code: PBN204**

**L-2, T-0, P-2, C-3**

**Course Description:** This course introduces the students to the principles and concepts of education, curriculum development, and methods and media of teaching. It also describes the steps in curriculum development and implementation of education programmes in Nursing.

#### **OBJECTIVES**

**At the end of the course, the students 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
  - Lecturer
  - 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.
- Communication Process: Factors Affecting Communication.
- Purpose and Types of Audio-Visual Aids.
- Graphics aids: Chalk-board, Charts, Graphs, Poster, Flash Cards, Flannel graph / Khadigraph, Bulletin, Cartoon,
- Three Dimensional Aids: Objects, Specimen, Models, Puppets.
- Printed Aids: Pamphlets and Leaflets.
- Projected Aids: Slides, Films and Television, 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 of students, welfare services for students, maintenance of schools records, preparation of annual reports, INC guidelines for schools of Nursing.

## **Unit VII**

- Guidance and counseling: Definition.
- Basic principles of guidance and counseling.
- Organization 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:

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

## **Reference Books**

1. Hedgerken Loretta E, *Teaching and Learning in School of Nursing*, J.B. Lippincott Co.,
2. Tomyay de Rheba, Thompson, *Strategies for Teaching Nursing*, Willey Medical Publisher, 1982, New York.

\* Latest editions of all the suggested books are recommended.

**Post Basic B.Sc. Nursing Year - II**  
**INTRODUCTION TO NURSING ADMINISTRATION**

**Course Code: PBN205**

**L-2, T-0, P-6, C-5**

**Course Description:** Tyler Ralph.W, This course is designed to give an opportunity to the student to gain an understanding of the principle 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 behavior, styles and functions of effective leadership.

**Course Contents**

**Unit I**

- Principles and Practices of administration.
- Significance, elements and principles of administration,
- Organization of Hospital – Definition, aims, functions, and classifications, health term.
- Policies of hospital, different departments with special emphasis to department of Nursing & office management.
- Responsibilities of the Nursing personnel especially 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 jobs 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**

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

## **PRACTICUM**

1. Observe the functioning of Nursing administration at various level i.e. institution, department, unit etc.
2. Each student will practice Ward Management under supervision.
3. 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.
4. Visit to private and government hospital and write observation reports.

## **Reference Books**

1. Goel S.L, *Health Care Administration*, Seterling Publication New Delhi.
2. Jean Barrett, *Ward Management and Teaching*, Himalayan Books, New Delhi.
3. Goyal R.C, *Hospital Personal Management*, Prentice Hall India, New Delhi.
4. Awasthi, *Public Administration*, Makeswar, Publication Laxmi Narayan Agarwal, 1987. \* Latest editions of all the suggested books are recommended.

## Post Basic B.Sc. Nursing Year - II

### INTRODUCTION TO NURSING RESEARCH AND STATISTICS

Course Code: PBN206

L-2, T-0, P-0, C-2

**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 practices, apply the knowledge in conducting project(S) and solve problems related to nursing using scientific method.

#### OBJECTIVES

**At the end of the course, the students 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 Constants

#### 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.
- Instrument-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, 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 Computer and disk – operating system
- Introduction to word processing
- Introduction to data base
- Window application: 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 Books

1. Polit. D. F. and Hungler, B. P, *Essentials of Nursing Research*, J. B. Lippincott Co., Philadelphia.
2. Treece, E. W. and Treece J. W, *Elements of Research in Nursing*, C.V. Mosby Co., St. Louis.
3. Basavanthappa B.T, *Nursing Research*, Jaypee Brothers, 2003, New Delhi.
4. Garrett H.E, *Statistic in Psychology & Education*, Vakils, Feffer and Samons, Bombay.
5. Mahajan B.K, *Methods in Biostatistics*, Jaypee medical publication, 1999, New Delhi.

\* Latest editions of all the suggested books are recommended.

**Post Basic B.Sc. Nursing Year - II**  
**COMMUNITY HEALTH NURSING (PRACTICAL)**  
**Course Code: PBN251** **L-0, T-0, P-6, C-3**

This Course is based on Course Code PBN202

**Guidelines**

1. Each student will prepare a community profile.
2. The student will be allotted families for gaining experience in identifying family health needs, health counseling and guidance and family budgeting for optimum health.
3. The student will participate in the activities of primary health centre.
4. Sub-centre, MCH centre.
5. Visits will be made to selected health and welfare agencies, water purification plant and sewage disposal plant, infectious disease hospital, child welfare centre, old aged homes, orphanages and handicapped hospitals.
6. Conduct health educational programmes for individual/ groups/ community.

**Post Basic B.Sc. Nursing Year - II**  
**MENTAL HEALTH NURSING (PRACTICAL)**

**Course Code: PBN252**

**L-0, T-0, P-6, C-3**

This Course is based on Course Code PBN203

Guidelines

The student will be provided opportunity to:

1. Observe, Record and Report the behavior of their selected patients.
2. Record the process of interaction.
3. Assess the Nursing needs of their selected patients, plan and implement the Nursing intervention.
4. Counsel the attendant and family members of patient.
5. Participate in the activities of Psychiatric team.
6. Write observation report after a field visit to the following places:
  - Child guidance clinic.
  - School / Special Schools (For mentally subnormal)
  - Mental Hospital,
  - Community Mental Health Centres.
  - De-addiction and Rehabilitation Centres.

## **Post Basic B.Sc. Nursing Year - II**

### **RESEARCH PROJECT ON NURSING**

**Course Code: PBN253**

**L-0, T-0, P-4, C-2**

**Objectives:** During the training the students is expected to learn about research problem, research methodology, statistical methods, research plan and implementation. The knowledge will be utilized for improving the quality of nursing practice and education.

**Guidelines:**

1. During the clinical training a student is supposed to write a research project work related to the profession of nursing, based on his/her interest.
2. Project work would be under the supervision of internal faculty located for the project guiding appointed by the Principal/Director of college of nursing.
3. The research project would be completed and submitted before the completion of fourth year of the course (i.e. teaching work).
4. Before the submission of project the student will be require to make a presentation before the research committee through power point presentation.
5. The assessment of performance of student will be totally internal and the research committee will assess the student on the basis of his performance.
6. There would be mid-term review of the progress of the project presented before three members of the research committee appointed by the Principal/Director of college of nursing.
7. The research project work should cover the following area.
  - i. Review of literature on the selected topic and reporting
  - ii. Formulation of problem statement, objective and hypotheses
  - iii. Development of theoretical/conceptual framework.
  - iv. Research methodology conducted during the training period
  - v. Analysis and interpretation
  - vi. Summary & Conclusion.