SYLLABUS
P.B. B.Sc. NURSING
DEGREE COURSE
POST BASIC B.SC. NURSING

UNDER GRADUATE PROGRAM: Post Basic B.Sc. Nursing

ELIGIBILITY CRITERIA: Registered Nurses Midwife (Diploma in Nursing) with minimum one year experience either in hospital as a whole time public health nurse

COURSE DURATION: 2 years

COURSES OF STUDY

1st Year

<table>
<thead>
<tr>
<th>S.No</th>
<th>Subject</th>
<th>Hours Theory</th>
<th>Hours Practical</th>
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<tr>
<td>1.</td>
<td>Nursing Foundation</td>
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<td>2.</td>
<td>Nutrition &amp; Dietetics</td>
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<td>3.</td>
<td>Biochemistry and Biophysics</td>
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<td>4.</td>
<td>Psychology</td>
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<td>5.</td>
<td>Maternal Nursing</td>
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<td>6.</td>
<td>Child Health Nursing</td>
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<td>7.</td>
<td>Microbiology</td>
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<td>8.</td>
<td>Medical &amp; Surgical Nursing</td>
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<td>English (Qualifying)</td>
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2nd Year

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<td>11.</td>
<td>Community Health Nursing</td>
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<td>12.</td>
<td>Mental Health Nursing</td>
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<td>13.</td>
<td>Introduction to Nursing Education</td>
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<td>14.</td>
<td>Introduction to Nursing Administration</td>
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<td>15.</td>
<td>Introduction to Nursing Research &amp; Statistics</td>
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SYLLABUS

NURSING FOUNDATION

Placement: First Year

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 nursing 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

I. Development of Nursing as a profession
II. Its philosophy
III. Objectives and responsibilities of a graduate nurse
IV. Trends influencing nursing practice
V. Expanded role of the nurse
VI. Development of nursing education in India and trends in nursing education
VII. Professional organizations, career planning
VIII. Code of ethics & Professional conduct for nurse.

**Unit II**

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

**UNIT III**

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

**UNIT IV**

I. Nursing process.
II. Assessment: Tools for assessment, methods, recording.
III. Planning: Techniques for planning care, types of care plans.
IV. Implementation of care, recording.

**UNIT V**

I. Quality assurance: nursing standards, nursing audit, total quality management.
II. Role of council and professional bodies in maintenance of standards.

**UNIT VI**

Primary health care concept:

I. Community oriented nursing
II. Holistic nursing
III. Primary nursing
IV. Family oriented nursing concept:

V. Problem oriented nursing
VI. Progressive patient care
VII. Team nursing
NUTRITION AND DIETETICS

Placement: First Year Time Allotted: Theory - 30 hrs. Practical - 25 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

1. Introduction to nutrition and dietetics.
2. Balanced diet, factors on which it depends.
3. Factors to be considered in planning.
4. Guides available for planning.
5. Food hygiene, preparation and preservation

UNIT II

1. Introduction to diet therapy
2. Routine hospital diets
3. Therapeutic diet under each unit i.e. cardiovascular diseased, Gastronitestinal 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

1. Infant and child nutrition
2. Feeding of normal infants: factors to be considered in planning, nutritional requirements.
3. Feeding of premature infants: factors to be considered in planning, nutritional requirements.
IV. Supplementary feeding of infants: Advantage and method of introduction.
V. Weaning, effects on mother and child
VI. Psychology of infant and child feeding.
VII. Feed the sick child. Diet in diseases of infancy and childhood.
VIII. Deficiency states – malnutrition and under nutrition.
IX. Feeding pre-school child: nutritional needs, factors to be considered in planning diets. Problems in feeding.
X. School lunch programme: Advantages, Need in India.

UNIT IV

I. Community Nutrition: Need for community nutrition programme.
II. Nutritional needs for special groups: infant, child, adolescent, pregnant woman, lactating mother and old people.
III. Substitutes for non-vegetarian foods.
IV. Selection of cheap and nutritious foods. Nutrition education- needs and methods.
V. Methods of assessing nutritional status of individual/group/community.
VI. 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.

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.
BIOCHEMISTRY AND BIOPHYSICS

Time Allotted:
Section A (Biochemistry) – Theory 30 hrs.
Section B (Biophysics) – Theory 30 hrs.
Practical – 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

1. Introduction: Importance of biochemistry in nursing
2. Study of cell and its various components.

UNIT II

2. Water and fluid balance.
3. Electrolytes of human body, functions, sources.

UNIT III

1. Enzymes
2. Mechanism of action
3. Factors affecting enzyme activity
4. Diagnostic applications
5. Precautions for handling specimens for enzyme estimation
6. Digestion and absorption of carbohydrates, proteins and fats
7. Various factors influencing the digestion and absorption, malabsorption syndrome.
UNIT IV

I. Carbohydrates: Catabolism of carbohydrates for energy purposes
II. Mitochondrial oxidation and oxidation phosphorylation.
III. Fats of glucose in the body. Storage of glucose in the body, glycogenesis, glycogenolysis and neoglucogenesis, blood glucose and its regulation.
IV. Glucose tolerance test, hyperglycemia, hypoglycemia, glycemia.

UNIT V

I. Protein: Amino acids, hormones.
II. Essential amino acids. Biosynthesis of protein in the cells
III. Role of nucleic acid in protein synthesis.
IV. Nitrogenous constituents of urine, blood, their origin – urea cycle, uric acid formation, gout.
V. Plasma proteins and their functions.

UNIT VI

I. Fat: Biosynthesis of fats and storage of fats in the body.
II. Role of liver in fat metabolism
III. Biological importance of important lipids and their functions
IV. Cholesterol and lipoprotein
V. Sources, occurrence and distribution
VI. Blood level and metabolism
VII. Ketone bodies and utilization.
VIII. Inter-relationships in metabolism and cellular control of metabolic processes.

SECTION B: BIOPHYSICS

COURSE CONTENTS

UNIT I

I. Introduction: Concepts of unit and measurements.
II. Fundamental and derived units.
III. Units of length, weight, mass, time.

UNIT II

Vector and scalar motion, speed, velocity and acceleration.
UNIT III

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

UNIT IV

I. Force, work, Energy: Their units of measurement.
II. Type and transformation of energy, forces of the body, static forces.
III. Principles of machines, friction and body mechanics.
IV. Simple mechanics – lever and body mechanics, pulley and traction, incline plane, screw.
V. Application of these principles in nursing.

UNIT V

I. Heat: Nature, measurement, transfer of heat
II. Effects of heat on matter
III. Relative humidity, specific heat
IV. Temperature scales
V. Regulation of body temperature
VI. Use of heat for sterilization
VII. Application of these principles in nursing

UNIT VI

I. Light: Laws of reflection
II. Focusing elements of the eye, defective vision and its correction, use of lenses.
III. Relationship between energy, frequency and wavelength of light
IV. Biological effects of light.
V. Use of light in therapy.
VI. Application of these principles in Nursing.

UNIT VII

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

UNIT VIII

I. Sound: Frequency, Velocity and intensity
II. Vocalization and hearing
III. Use of ultrasound. Noise pollution and its prevention
IV. Application of these principles in nursing.

UNIT IX

I. Electricity and Electromagnetism: Nature of electricity. Voltage, current, resistance and their units.
II. Flow of electricity in solids, electrolytes, gases and vacuum.
III. Electricity and human body.
IV. ECG, EEG,EMG, ECT
V. Pace makers and defibrillation
VI. Magnetism and electricity.
VII. M.R.I Scanning, CAT Scan

UNIT X

II. Radioactivity: Use of radioactive isotopes.
III. 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.
PSYCHOLOGY

Placement: First Year

Time Allotted: Theory - 60 hrs.
              Practical - 15 hrs

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 behaviour. This course would also help the student to develop and 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

I. Introduction: Definition of psychology, scope and methods of psychology.
II. Relationship with other subjects.

UNIT II

I. Sensation, Attention and perception: Definitions
II. Sensory processes: Normal and abnormal
III. Attention and distraction: Contributory factors
IV. Characteristics of perception, perception: Normal and abnormal
UNIT III

I. Motivation: Definition and nature of motivation
II. Biological and social motives
III. Frustration and conflicts
IV. Self-actualization

UNIT IV

I. Emotions: Definition of emotions, expression and perception
II. Emotions in sickness

UNIT V

I. Personality: Definition, constituents of personality
II. Personality in sickness and nursing

UNIT VI

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

UNIT VII

I. Individual differences
II. Significance of individual differences.
III. Heredity and environment
IV. Role of individual differences both in health and sickness.
V. Implications of individual differences in nursing.

UNIT VIII

I. Intelligence and Abilities: Definition
II. Intelligence and abilities during sickness
III. Measurement of intelligence and abilities.
UNIT IX

I. Learning: Definition, conditions of learning
II. Laws of learning
III. Learning during health and sickness.

UNIT X

I. Memory and forgetting: Definition and nature of memory
II. Memory during health and sickness.
III. Forgetting during health and sickness

UNIT XI

I. Attitudes: Definition, Development and modification
II. Role of attitudes in health and sickness.

UNIT XII

I. Concept of mental hygiene and mental health
II. Characteristics of a mentally healthy person.
III. Defense mechanisms.

PRACTICUM

1. Simple experiments of (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.
MICROBIOLOGY

PLACEMENT: FIRST YEAR          TIME ALLOCATED: Theory -60 hrs
                                   Practical 30 hrs

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 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

I. Structure and classification of microbes
II. Morphological types
III. Size and form of bacteria
IV. Motility.
V. Classification of Micro-organisms.

Practical:

I. Use and care of microscope.
II. Common examination :Smear, blood, mouldes, yeasts.
UNIT II
I. Identification of Micro-organisms
II. Discussion of laboratory methods
III. Diagnosis of bacterial diseases.

Practical:
I. Staining techniques-gram staining, acid fast staining.
II. Hanging drop preparation.

UNIT III
I. Growth and Nutrition of Microbes
II. Temperature
III. Moisture
IV. Blood

Practical:
I. Preparation of Media and culture techniques.
II. Collection, handling and transportation of various specimens.

UNIT IV
I. Destruction of Micro-organisms.
II. Sterilization and disinfection
III. Chemotherapy and antibiotics
IV. Effects of heat and cold
V. Hospital infection control procedure and role of nurses.

Practical: Sterilization methods - physical, chemical and mechanical

UNIT V
I. ¾ Disease producing micro-organisms
II. Gram positive bacilli
III. Tuberculosis and Leprosy
IV. Anaerobes
V. Cocci
VI. Spirochaete
VII. 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

I. Pathogenic Fungi  
II. Dermatophytes  
III. Systemic mycotic infection  
IV. Laboratory diagnosis of mycotic infection

UNIT VII

I. Immunity  
II. Immunity and hypersensitivity – Skin test  
III. Antigen and antibody reaction  
IV. Immunization in disease.

Practical: Demonstration of serological methods

UNIT VIII

I. Parasites and vectors.  
II. Characteristics and classification of parasites  
III. Protozoal infection including amoebiasis  
IV. Helminthes infection  
V. Diagnosis of parasitic infection  
VI. Vectors and diseases transmitted by them.  
VII. Practical: Identification of Parasites and Vectors.

UNIT IX

I. Viruses.  
II. Classification and general character of viruses  
III. Diseases caused by viruses in man and animal and their control.

UNIT X

I. Micro-organisms transmitted through food.  
II. 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.
MATERNAL NURSING

Placement :first Year

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 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

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

UNIT II

I. Review of the anatomy and physiology of female reproductive system.
II. Female pelvis (normal and contracted)
III. Review of foetal development.

UNIT III

I. Physiology and management of pregnancy, labour and puerperium
II. Signs and symptoms and diagnosis of pregnancy
III. Antenatal care
IV. Pregnant women with HIV/AIDS
V. Management of common gynaecological problems.

UNIT IV

I. The New born baby
II. Care of the baby at birth including resuscitation

III. Essential Newborn Care
IV. Feeding
V. Jaundice and infection
VI. Small and large for date babies
VII. Intensive care of the new born
VIII. Trauma and haemorrhage.

UNIT V

I. Management of abnormal pregnancy, labour and puerperium
II. Abortion, ectopic pregnancy and vesicular mole.
III. Pregnancy induced hypertension, gestational diabetes, anaemia, heart disease.
IV. Urinary infections, Antepartum hemorrhage
V. Abnormal labour (malposition and malpresentation)

VI. Uterine inertia
VII. Disorders or puerperium
VIII. Management of engorged breast, cracked nipples, breast abscess and mastitis
IX. Puerperal sepsis
X. Post partum haemorrhage
XI. Inversion and prolapse of uterus, obstetrical emergencies
XII. Obstetrical operations i.e. forceps, vacuum, episiotomy, caesarean section.

UNIT VI

I. Drugs in obstetrics
II. Effects of drugs during pregnancy, labour and puerperium on mother and baby.
UNIT VII
I. National Welfare programmes for women
II. National Family welfare programme
III. Infertile family
IV. Problems associated with unwanted pregnancy
V. Unwed mothers.

PRACTICUM
1. The students will
   a. Be posted in antenatal clinic, antenatal ward, labour room, postnatal ward, maternity
      OT, MTP room.
   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 and postnatal 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.
CHILD HEALTH NURSING

Placement : first Year
Time Allotted : Theory - 60 hrs
Practical - 240 hrs

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 child health 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 pediatric nursing and apply them in providing nursing care to children in hospital and community.

COURSE CONTENTS

UNIT I

I. Introduction
II. Modern concept of child care
III. Internationally accepted rights of the child
IV. National policy and legislations in relation to child health and welfare.
V. National programmes related to child health and welfare.
VI. Changing trends in hospital care, preventive, promotive and curative aspects of child health.
VII. Child morbidity and mortality rates.
VIII. Differences between an adult and child.
IX. Hospital environment for a sick child.
X. The role of a paediatric nursing in caring for a hospitalized child
XI. Principles of pre and post operative care of infants and children.
XII. Paediatric nursing procedures.

UNIT II

I. The healthy child
II. Growth and development from birth to adolescence
III. The needs of normal children through the stages of development and parental guidance.
IV. Nutritional needs of children and infants breast-feeding, supplementary/artificial feeding and weaning.
V. Accidents, causes and prevention
VI. Value of play and selection of play material
VII. Preventive immunization.
UNIT III

I. Nursing care of a neonate
II. Nursing care of a normal newborn
III. Neonatal resuscitation
IV. Nursing management of a low birth weight baby.
V. Nursing management of common neonatal disorders.
VI. Organization of neonatal unit. Prevention of infections in the nursery.
VII. Nursing management in common childhood diseases
VIII. Nutritional disorders and infections
IX. Respiratory disorders and infections
X. Gastrointestinal infections, infestations and congenital disorders.
XI. Cardio vascular problem-congenital defects and rheumatic fever.
XII. Genito-urinary disorder –Nephrotic syndrome, wilms’ tumor, infection and congenital disorders.
XIII. Neurological infections and disorders-convulsions, epilepsy, meningitis, hydrocephalus, spinabifida.
XIV. Hematological disorders –aAnemias thalassemia, ITP, Leukemia, hemophilia.
XV. Endocrine disorders – Juvenile diabetes mellitus.
XVI. Orthopedic disorders –club feet, hip dislocation and fracture.
XVII. Disorders of skin, eye and ears.
XVIII. Common communicable diseases in children, their identification, nursing management in hospital and home and prevention.
XIX. Paediatric emergencies –poisoning, foreign bodies, haemorrhage, burns and drowning.

UNIT V

I. Management of behaviour disorders in children.
II. Management of challenged children:
III. Mentally challenged
IV. Physically challenged
V. Socially challenged
PRACTICUM

The student will:-

1. Be posted in paediatric 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/ 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:
   8. Taking pediatric history.
   11. Feeding
   12. Restraining
   13. Calculation of dosage of drugs and administration of medications and injections.
   15. Enema, bowel wash, colostomy irrigation.
   16. Steam and Oxygen inhalation
   17. Preparation to assist with diagnostic tests and operations.
   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.
MEDICAL SURGICAL NURSING

Placement: First Year
Time Allotted: Theory – 90 hrs
Practical – 300 hrs

COURSE DESCRIPTION

The purpose of this course is to widen the student’s 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 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 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 team.

COURSE CONTENTS

UNIT I

I. Introduction to medical surgical nursing.
II. Review of concepts of comprehensive nursing care in medical surgical conditions.
III. Nurse, patient and his/her family.
IV. Functions of nurse in the outpatient department.
V. Intensive care unit.

UNIT II

I. Nursing management of patient with specific problems.
II. Fluid and electrolyte imbalance.
III. Dyspnea and cough, respiratory obstruction
IV. Fever
V. Shock
VI. Unconsciousness
VII. Pain Acute illness
VIII. 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:

I. Cerebro-vascular accident.
II. Cranial, spinal and peripheral neuropathies.
III. Head-ache and intractable pain
IV. Epilepsy
V. Infectious and inflammatory diseases and trauma of the nervous system.
VI. Common disorders of the system.
VII. Recent advances in diagnostic and treatment modalities.
VIII. Drugs used in these disorders.
IX. Tumors of brain and 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

I. Ischemic heart diseases.
II. Cardiac arrhythmias.
III. Congestive heart failure.
IV. Rheumatic and other valvular heart diseases.
V. Endocarditis, cardiomyopathies, congenital heart, diseases, hypertension, heart block.
VI. 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.

I. Bronchitis
II. Asthma
III. Emphysema, empyema, Atelectasis, COPD
IV. Bronchiectasis
V. Pneumonia
VI. Pulmonary tuberculosis
UNIT VI

Nursing management of patient with genitor-urinary problems. Review of anatomy and physiology of the genitor-urinary system

I. Nephritis
II. Renal Calculus
III. Acute renal failure
IV. Chronic renal failure
V. 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

I. G.I.Bleeding
II. Peptic ulcer
III. Infections
IV. Acute abdomen
V. Colitis, diarrhea, dysentery and mal-absorption syndrome.
VI. Cholecystitis
VII. Hepatitis, hepatic coma and cirrhosis of liver.
VIII. Portal hypertension
IX. Pancreatitis
X. Tumors, hernias, fistulas, fissures, hemorrhoids.
XI. 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 of patients with
I. Thyroid disorders
II. Diabetes mellitus
III. Diabetes insipidus
IV. Adrenal tumour
V. Pituitary disorders
VI. Diagnostic procedures

Nursing management of patients with above problems.
Drugs used in endocrine problems.

UNIT IX

Nursing management of patients with musculoskeletal problems.
Review of anatomy and physiology and pathophysiology

I. Arthritis, osteomyelitis, bursitis,
II. Fractures, dislocation and trauma
III. Prolapsed disc
IV. Osteomalacia and osteoporosis
V. Tumor
VI. Amputation

Diagnostic procedures
Nursing management of patients with above problems.
Prosthesis and rehabilitation.
Transplant and replacement surgeries.

UNIT X

I. Nursing management of patients with disorders of female reproductive tract.
II. Disorder of menstruation
III. Infections of the genital tract
IV. Benign and malignant tumors of the genital tract
V. R.V.F., V.V.F
VI. Climacteric changes and associated problems.

UNIT XI

I. Nursing management of patients with oncological disorders.
II. Types of neoplasms and related pathophysiology
III. Diagnostic procedures
IV. Modalities of treatment and nurse’s role
V. Special therapies – Chemotherapy and radiotherapy
VI. Preventive measures, other therapies.

UNIT XII
I. Nursing management of patient with burns.
II. Nursing management of patient with reconstructive surgeries.

UNIT XIII

Nursing management of patients with common communicable diseases and STD’S
Nursing management of patient with immunological disorders including HIV/AIDS

UNIT XIV

Nursing management of patients with diseases of eye, ear, nose, throat and skin.

UNIT XV

Nursing management of patients with blood disorders
Review of anatomy and physiology of blood and blood products. Pathophysiology, diagnostic procedures and management of blood disorders

I. Anemia
II. Leukemia
III. Bleeding disorders
IV. Hemophilia
V. 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 Biosafety and waste management in relation to blood transfusion.

UNIT XVI

I. Nursing in emergencies.
II. Cardiac emergencies
III. Trauma
IV. Poisoning
V. Crisis management: Thyroid crisis, Hypertensive crisis, adrenal crisis.
PRACTICUM

Students should rotated in the selected medical and surgical areas, like cardio thoracic, neurology, urology, orthopedics, Gynecology, Oncology, burns and Reconstructive surgical units.

The students should given patient assignment. They have to practice patient cantered comprehensive nursing. Each student is required to give planned health teachings, conduct clinical teaching, case presentation and drug study.
ENGLISH

Placement: First Year

Time allotted: Theory -60 hrs

COURSE DESCRIPTION
This course is designed to help the student understand and usage of English language required for their professional work.

OBJECTIVES

After the course the students 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

I. Remedial study of grammar
II. Review of grammar, vocabulary and effective use of dictionary
III. Prepare task oriented seminars.
IV. 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

I. The study of various forms of composition
II. Note taking
III. Diary
IV. Nurses notes, anecdotal records
V. Writing of summary
VI. Nurses reports on health problems
VII. The student will submit one sample of each item from her own practical experience.

UNIT IV

I. Verbal communication
II. Oral reports
III. Summarization of discussion
IV. Debate
V. 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.
II YEAR

SOCIOLOGY

Placement: Second Year  Time allotted :Theory -60 hrs

COURSE DESCRIPTION

This course reorients 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 of anthropology, sociology, etc.

UNIT II

I. Individual and the society
II. Socialization
III. Interdependence of the individual and society
IV. Personal disorganization.

UNIT III

I. Culture
II. Nature of culture
III. Evolution of culture
IV. Diversity and uniformity of culture
UNIT IV

I. Social organization
II. Social groups, crowds and public groups, nations, race.
III. Social institutions: The family marriage, education, religion, arts, economic organization, political organization.
IV. The urban and rural community in India: Ecology, characteristics of the village, characteristics of the town and city.
V. Social stratification: Class and caste.

UNIT V

I. Social process
II. Nature and process of social change: Factors influencing cultural change.
    Cultural lag.

UNIT VII

I. Social problems
II. Social disorganization, control and planning: poverty, population, housing, illiteracy, food supplies, growth of urbanization, prostitution, minority groups, rights of women and children, child labour, child abuse, delinquency and crime, substance abuse.
COMMUNITY HEALTH NURSING

Placement: Second Year Time allotted: Theory – 60hrs 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 of 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 prevention and control of illness in the community.
5. Identify the role of personnel working in the community health setup.
6. Plan the work of community health nurse and supervise and train health workers.

COURSE CONTENTS

UNIT I

I. Introduction
II. Introduction to community health – Concepts, Principles and elements of primary health care.
III. Introduction to community health nursing.
IV. Concepts of community health nursing – community nursing process.
V. Objectives, scope and principles of community health nursing.

UNIT II

I. Family health services
II. Concept, objectives, scope and principles.
III. Individual family and community as a unit of service
IV. Principles and techniques of home visiting
V. Establishing working relationship with the family.
VI. Working with families in relation to prevention of disease, promotion of health.
VII. Care of the sick in the home, physically handicapped and mentally challenged.
VIII. Surveillance and monitoring
UNIT III

I. Organisation and administration of health services in India.
II. National health policy
III. Health care delivery system in India
IV. Health team concept

V. Centre, State, district, urban health services, rural health services
VI. System of medicines
VII. Centrally sponsored health schemes
VIII. Role of voluntary health organizations and international health agencies
IX. Role of health personnel in the community
X. Public health legislation.

UNIT IV

I. Health Education
II. Aims concepts and scope of the health education
III. National plan for health education
IV. Communication techniques
V. Methods and media for health education programmes
VI. Planning for health education and role of nurse

UNIT V

I. Role of the community health nurse.
II. National health programmes
III. Maternal and child health programmes
IV. Family welfare and school health services
V. Occupational health services.
VI. As a member of the health team.
VII. Training and supervision of health care workers.

UNIT VI

I. Epidemiology
II. Definition-concepts, aims, objectives, methods, principles
III. Epidemiology – Theories and models
IV. Application of Epidemiology, principles and concepts in community health.

UNIT VII

I. Bio statistics and vital statistics
II. Introduction, definition and scope, legislation
III. Report, recording and compiling of vital statistics at the local, state, national and international level.
IV. Definitions and methods of computing vital statistics
V. Methods of presenting data
VI. 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.
MENTAL HEALTH NURSING

PLACEMENT : SECOND YEAR TIME ALLOTTED: Theory : - 60 hrs
Practical – 240 hrs

COURSE DESCRIPTION

This course 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 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 criterial 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

I. Introduction and historical development
II. History of psychiatry
III. Historical development of mental health nursing
IV. Philosophy, principles of mental health and psychiatric nursing
V. Concept of normal and abnormal behaviour
VI. Role and qualities of mental health and psychiatric nursing
VII. Mental health team and functions of team members
VIII. Legal aspects in psychiatry and mental health services
UNIT II

I. Classification and assessment of mental disorders
II. Terminologies used in psychiatry
III. Classification of mental disorders
IV. Etiological factors and psychopathology of mental disorders
V. History taking and assessment methods for mental disorders.

UNIT III

I. Therapeutic communication
II. Communication process
III. Interview skills, therapeutic communication techniques. Nurse patient Relationship, therapeutic impasse and it’s management process recording.

UNIT IV

I. Management of mental disorders.
II. Etiological factors, psychopathology, types, clinical features, diagnostic criteria, treatment and nursing management of patient with following disorders:

III. Neurotic Disorders: Anxiety Neurosis, Depressive Neurosis, Obsessive compulsive Neurosis, phobic Neurosis and Hypochondriacal Neurosis, Stress related and somatoform disorders.
IV. Psychotic Disorders: Schizophrenic form, affective and organic psychosis.
V. Organic Brain syndromes
VI. Psychosomatic disorders
VII. Personality disorders
VIII. Disorders of childhood and adolescence.

UNIT V

I. Management of patients with substance use disorders
II. Substance use and misuse.
III. Dependence, intoxication and withdrawal
IV. Classification of psychoactive substances
V. Etiological and contributory factors
VI. Psychopathology
VII. Clinical features
VIII. Diagnostic criteria
IX. Treatment and nursing management of patient with substance use disorders.
X. Preventive and rehabilitative aspects in substance abuse.
UNIT VI

I. Management of mental sub-normality
II. Classification of mental sub-normality
III. Etiological factors, psychopathology, psychometric assessment, diagnostic criteria and management of sub-normality.

UNIT VII

I. Psychiatric Emergencies
II. Types of emergencies, psychopathology, clinical features, assessment and diagnosis, treatment and nursing management of patient with psychiatric emergencies.
III. Crisis intervention therapy.

UNIT VIII

Therapeutic Modalities
Principles, indication, contraindications and role of nurse in various treatment methods:

I. Therapeutic community and Milieu therapy
II. Occupational therapy
III. Psychotherapy
IV. Behaviour therapy
V. Group therapy
VI. Family therapy
VII. Pharmacotherapy
VIII. Electro convulsive therapy
IX. Other miscellaneous therapies.

UNIT IX

I. Preventive Psychiatry
II. Model of prevention
III. Role of nurse in preventive psychiatry
IV. Psychiatric social work
V. Community mental health nursing Community mental health agencies
VI. National mental health programmes
PRACTICUM

The student will be provided opportunity to:
Observe, record and report the behavior of their selected patients. Record the process of interaction
Assess the nursing needs of their selected patients, plan and 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 places:
  - Child guidance clinic,
  - School/Special Schools (For Mentally subnormal)
  - Mental Hospital
  - Community mental health centres,
  - De-addiction centre.

INTRODUCTION TO NURSING EDUCATION

Placement: Second year Time Allotted: Theory -60 hrs Practical -75 hrs

COURSE DESCRIPTION

This course introduced 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 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

UNIT II

I. Teaching learning process
II. Nature and characteristics of learning
III. Principles and maxims of teaching
IV. Formulating objectives
V. Lesson planning

UNIT III

I. Methods of teaching
II. Teaching methods
III. Lecture
IV. Discussion
V. Demonstration
VI. Group discussion
VII. Project
VIII. Role play
IX. Panel discussion
X. Symposium
XI. Seminar
XII. Field trip
XIII. Workshop
XIV. Exhibition
XV. Programmed instruction
XVI. Computer assisted learning

XVII. Clinical teaching methods:

XVIII. Case methods
XIX. Case presentation
XX. Nursing rounds and reports
XXI. Bedside clinic
XXII. Conference(individual and group)
XXIII. Recording of interaction process
UNIT IV

I. Educational media
II. The communication process: factors affecting communication
III. Purposes and types of audio-visual aids
IV. Graphics aid: Chalk-board, charts, graphs, posters, flash cards, flannel graph/khadigraph, bulletin, cartoon.
V. Three dimensional aids: Objects, specimen, models, puppets.
VI. Printed aids: pamphlets and leaflets
VII. Projected aids: slides, films and televisions, VCR, VCP, Overhead projector, camera, microscope.
VIII. Audio – Aids: Tape-recorder, public address system, computer

UNIT V

I. Methods of assessment
II. Purpose and scope of evaluation and assessment
III. Criteria for selection of assessment techniques and methods
IV. Assessment of knowledge: essay type question, SAQ (Short Answer Questions)
V. MCQ (multiple choice questions)
VI. Assessment of skills: Observation, check list. Practical examination, Viva, objective structured clinical examination.
VII. Assessment of attitude: Attitude scale.

UNIT VI

I. Management of school of Nursing
II. Planning of school of nursing, organization
III. 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

I. Guidance and counseling definition
II. Basic principles of guidance and counseling
III. Organisation of guidance and counseling services
IV. Counselling process
V. Managing disciplinary problems
VI. Management of crisis
UNIT VIII

I. In-service education
II. Introduction to nature scope of in-service education programme
III. Principles of adult learning
IV. Planning for in-service programme
V. Techniques, and methods of staff education programme
VI. 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.
INTRODUCTION TO NURSING SERVICE ADMINISTRATION

Placement : Second year  
Time Allocated: Theory -60 hrs  
Practical -180 hrs

COURSE CONTENTS

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. Organise and manage a nursing unit effectively
6. Identify dynamics of organizational behaviour, styles and functions of effective leadership.

COURSE CONTENTS

UNIT I

I. Principles and practice of Administration
II. Significance, elements and principles of administration,
III. Organization of hospital – Definition, Aims, functions and classifications, health team.
IV. Policies of hospital, different departments with special emphasis to department of nursing and office management.
V. Responsibilities of the nursing personnel specially of ward sister, medico legal aspects, concept of cost effectiveness.
UNIT II

I. Nursing unit Management
II. Physical layout of a nursing unit and necessary facilities
III. Factors affecting the quality of nursing care
IV. Maintenance of a therapeutic environment
V. Administration of the unit-management of patient care
VI. Maintenance of physical environment
VII. Assignment of duties and time plan.
VIII. Patient assignment, safety measures, prevention of accidents and infections,
IX. Maintenance of patients records and reports, legal responsibilities.
X. Maintenance of quality nursing care, nursing audit.

UNIT III

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

UNIT IV

I. Supervision
II. Principles of supervision, nature and objectives
III. Tools and techniques of supervision
IV. Evaluation
V. Nursing audit
VI. Staff development –orientation program
VII. Skill training
VIII. Leadership development
IX. Problem solving process.
UNIT V

I. Material management
II. Principles of material management
III. Quality control
IV. Inventory, care of equipment, safekeeping
V. Role of nursing personnel in material management.

UNIT VI

I. Financial Management
II. Budgeting – Principles of budgeting, audit.

UNIT VII

I. Organizational behaviour
II. Group dynamic and human relation, organizational communication (hospital information system)
III. Public relations, leadership styles and functions
IV. Methods of reporting
V. Maintaining records and reports

PRACTICUM

Observe the functioning of 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 report of the ward and assist in maintaining the inventory of the nursing unit.
Visit to private and government hospital and write observation reports.
INTRODUCTION TO NURSING RESEARCH AND STATISTICS

Placement: Second Year
Time Allocated: 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 projects(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 CONTENTS

A. INTRODUCTION TO RESEARCH METHODOLOGY

UNIT I

1. Steps of scientific methods.
2. Definition of research
3. Need for nursing research

UNIT II

1. Statement of research problem
2. Statement of purpose and objectives
3. Definition or research terms
IV. Review of literature.

UNIT III
Research approaches: historical, survey and experimental

UNIT IV

1. Sampling techniques and methods of data collection.
2. Sampling
3. Instruments- questionnaires, interview
4. Observation schedule, records, measurements
5. Reliability and validity or instruments.

UNIT V

1. Analysis of Data: Tabulation
2. Classification and summarization
3. Presentation
4. Interpretation of data

UNIT VI

1. Communication of research findings
2. Writing Report:
3. Organizing materials for writing
4. Format of the report
5. Use of computers

B. INTRODUCTION TO STATISTICS

UNIT VII

1. Descriptive Statistics.
3. Measures of central tendency – Mode, Median and mean.
4. Measures of variability: Range, standard deviation
5. Introduction to normal probability.

UNIT VIII

1. Correlation
2. Computation by rank difference methods
3. Uses of correlation co-efficient
UNIT IX

Biostatistics: Crude rates and standardized rates, ratio and estimation of the trends.

UNIT X

I. Introduction to computers in nursing
II. Introduction to computers and disk-operating system.
III. Introduction to word processing
IV. Introduction to data base
V. Windows applications, word, excel, power point, multimedia.
VI. Use of statistical packages.
VII. Introduction to internet & use of electronic mail
VIII. Computer aided teaching and 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 on nursing literature)