

CURRICULUM

Technical School Leaving Certificate

Auxiliary Nursing Midwifery (*Pre-SLC Program*)



Council for Technical Education and Vocational Training
Curriculum Development Division
Sanothimi, Bhaktapur

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Program Description

This course is designed to prepare competent ANM especially in midwifery, reproductive health (MCH/FP) and community health, in order to work in Health Post, Primary Health Care Centre and District Hospital (HP, PHCC and DH) as indicated in National Health Care System in the area of promotive, preventive, restorative and rehabilitative health services to the individual, family, groups and communities.

This course is based on the practical exposure in different areas as required. Duration of course is 29 months (124 weeks). Out of those 17 weeks are allocated for study block and 21 weeks are allocated for practical experiences in first year. Similarly, 13 weeks are allocated for study block and 25 weeks are for practical experiences in second year. The detail time allocation of the course is given in operational calendar. Additionally, 20 weeks are allocated for On-the-Job Training (OJT).

In the first year, the core courses and content courses are offered. Similarly, in the second year only content courses are offered. Trainees will be placed in different areas of health care practice after completing final examination as an OJT. The trainees must complete the OJT training under the supervision of concerned supervisor.

Varieties of teaching learning methodologies such as illustrated lecture, discussion, case study, demonstration, re-demonstration, practical exercise, role play will be used in classroom and demonstration according to prescribed hours of theory. Similarly students must be exposed in various clinical and field areas for prescribed period of time for practical experience to develop the skill on the concerned subjects. Demonstration applied in classroom teaching will be considered as theory class.

Various instructional media and materials are suggested for the effective instruction and demonstration.

- **Printed Media Materials** (Assignment sheets, Case studies, Handouts, Information sheets, Individual training packets, Procedure sheets, Performance Check lists, Textbooks etc.).
- **Non-projected Media Materials** (Display, Models, Flip chart, Poster, Writing board etc.).
- **Projected Media Materials** (Opaque projections, Overhead transparencies, Slides etc.).
- **Audio-Visual Materials** (Audiotapes, Films, Slide-tape programs, Videodiscs, Videotapes etc.).
- **Computer-Based Instructional Materials** (Computer-based training, Interactive video etc.).

The student will be evaluated by the written examination for theory and performance evaluation on various tasks according to the given criteria in practical subjects. Demonstration applied in classroom teaching will be considered as theory class.

Aim of the Course

The aim of the course is to produce competent ANMs who provide Primary Health Care Services for individuals, family, groups and communities through various level of health delivery systems (Sub Health Post, Health Post, Primary Health Care Centre, and District Hospitals) in the Nepal.

Overall Objective

At the end of the course, the ANM graduates will be able to provide basic nursing care, community health care including treatment of simple disorder, care of children, examination of

pregnant women, conducting normal deliveries, care of postnatal mothers and new born babies either in home or in health institutions.

Specific Objectives

After the completion of this program, the ANM graduates will be able to:

- Provide basic preventive, promotive, maintenance, and restorative and rehabilitation aspects of individuals, families, groups and communities.
- Support in providing basic nursing care to the clients through nursing procedure by applying nursing processes.
- Plan and conduct different activities of health clinics such as reproductive health and nutrition.
- Identify the simple health disorders and their treatment.
- Examine the pregnant mothers and provide proper antenatal care to mothers as per need.
- Identify common problems and high-risk conditions of antenatal mothers and take an appropriate action.
- Conduct normal delivery.
- Provide postnatal care to mothers and children according their needs properly.
- Identify basic health needs of the community people through community diagnosis including drinking water, nutrition, and environmental condition and take an appropriate action by approaching different multi-sectoral health.
- Identify the couples who need family planning services and counsel them for informed choice of family planning method as their need.
- Visit the home for identifying the health need of individuals and family and take action appropriately.
- Examine postnatal mothers and newborn babies and provide care as necessary.
- Recognize major health problems of maternal and child and make them proper referral as needed.
- Educate and supervise FCHV in health post, sub-health post and community.
- Maintain reports and records of activities considering HIMS.
- Maintain communication with the individual, family, and community in understandable way.

Course Duration

This course will be completed within 29 months/124 weeks/3920 hours; including 20 weeks (800 hrs) On the Job Training (OJT) with supervision. The 5 months (800 hours) OJT will be compulsory after completing final exam.

- *Total theory hours=1209*
- *Total practical hours= 1911*
- *Ratio of Theory and Practical (outreach practical only)= 3:7*
- On the Job Training hours= 800
- Working hours = 40 hours per week.
- Academic weeks = 52 per year

Evaluation Scheme

S.N.	Particulars	Internal Assessment	Final Exam	Pass %
1.	Theory	50%	50%	40%
2.	Practical	50%	50%	60%

- No of assessments= 3
- Every students must pass in each internal assessment to appear the final exam.

Eligibility for Admission

Sent up (Test) pass

Admission Criteria

Candidates will be selected on the basis of entrance examination conducted by CTEVT.

Pattern of Attendance

Every student must have minimum of 80% attendance in theory and 90% attendance in practical to appear the internal and final examinations.

Grading System

The grading system will be as follows:

<u>Grading</u>	<u>overall marks</u>
Distinction	80% or above
First division	75% to below 80%
Second Division	65% to below 75%
Third Division	Pass aggregate to below 65%

Certification

The Council for Technical Education and Vocational Training will award the "**Technical School Leaving Certificate in Auxiliary Nursing Midwifery**" to the candidate who successfully completes the requirements as prescribed by the curriculum.

Career Path

The graduate will be eligible for the position equivalent to Non-gazetted 2nd class/level 4 (technical) as an **Auxiliary Nurse Midwife (ANM)** or as prescribed by the Public Service Commission. The graduate is eligible for registration with the Nepal Nursing Council in the grade as mentioned in the Nepal Nursing Council Act.

Allocation of Weeks and hours for Theory and Practical

For first year

S.N.	Particulars	Weeks	Hours
1.	Study Block	17	702
2.	Hospital Practicum: Fundamentals of Nursing	13	546
3.	Community Practicum: home visit and MCH/FP	8	312
4.	Vacation: Dashain/Tihar/Winter/Summer	12	
5.	Final examination	2	
Total:		52	1560

Second year

S.N.	Particulars	Weeks	Hours
1.	Study Block	13	507
2.	Clinical Practice: In hospital: Midwifery	15	624
3.	Community: community diagnosis MCH/FP PHCC/HP/SHP	4 3 3	429
4.	Vacation: Dashain/Tihar/Winter/Summer	12	
5.	Final examination	2	
Total weeks		52	1560
6	On the Job Training with supervision	20	800
Grand total		124	3920

Note: The individual technical schools can manage their vacation plan according to their climatic situation.

Course Structure

First year

S.N.	Subject	Nature	Class Hours		Full Marks	
			Theory	Practical	Theory	Practical
1	Applied English	T	78		50	
2	Applied Nepali	T	78		50	
3	Applied Mathematics	T	78		50	
4	Applied Science	T	78		50	
5	Anatomy and Physiology	T	78		50	
6	Fundamentals of Nursing (Theory)	T	156		100	
7	Fundamentals of Nursing (Practical)	P		546		350
8	Community Health Nursing I (Theory)	T	78		50	
9	Reproductive Health (Theory)	T	78		50	
10	Reproductive Health and Community Health Nursing I (Practical)	P		312		200
Sub total			702	858	450	550
Total			1560		1000	

Second year

S.N.	Subject	Nature	Class Hours		Full Marks	
			Theory	Practical	Theory	Practical
1.	Midwifery A (Theory)	T	78		50	
2.	Midwifery A (Practical)	P		256		150
3.	Midwifery B (Theory)	T	78		50	
4.	Midwifery B (Practical)			256		150
5.	Midwifery C (Theory)	T	68		50	
6.	Midwifery C (Practical)	P		112		75
7.	Community Health Nursing II (Theory)	T	75		50	
8.	Epidemiology and Communicable Diseases (Theory)	T	60		50	
9.	Treatment of Simple Disorder (Theory)	T	78		50	
10.	Health Management (Theory)	T	78		50	
11.	Community Health Nursing II (Community Health Nursing II, Epidemiology and Communicable Diseases, Treatment of Simple Disorder and Health Management)	P		421		275
Sub total			515	1045	350	650
Total			1560		1000	
On the Job Training			800		500	
Grand total			3920		2500	

First Year

Master Plan of First Year

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
Study Block								Fundamental of Nursing								Study Block	

18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
Summer Vacation		Community Health								Study Block		Dashain Tihar Vacation				

35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Fundamental of Nursing						Study Block					Revision	Final Examination		Winter Vacation			

Applied English

Total hour: 78

Full Marks: 50

Course description

This course is designed for the development of English language skills in reading, writing and speaking for the trainees who involve in related occupation. The focus of this subject, as a core subject is to improve the conversational, comprehensive, and written skills needed for their day to day life as well as to make them use the terminologies related to their occupation.

Competencies

S.N.	Descriptions	Time (hours)
1.	Orient with: <ul style="list-style-type: none">◆ Noun◆ Verb◆ Adjective◆ Adverb	10
2.	Apply auxiliary and main verbs	2
3.	Orient with tense and sentence structure: <ul style="list-style-type: none">◆ Simple past / past continuous (when)◆ Present perfect / simple past◆ Past perfect / simple past◆ Present perfect / continuous◆ Future perfect / continuous◆ "Going to" future / uses	15
4.	Orient with punctuation	3
5.	Orient with affirmative / Negative sentences	3
6.	Orient with Yes / No question	5
7.	Orient with Wh- question	5
8.	Read/ Write memos	2
9.	Read, understand and use the technical terms in their sentences (with emphasis on trade related terminologies).	5
10.	Read short related publications/ national news papers like Himalayan, Kathmandu Post.....	2
11.	Read and follow English language instruction.	4
12.	Improve listening skills through participating in conversational programs between two persons or among the groups	3
13.	Explain related objects, models and demy, graphs, visuals by both written and speaking methods	8
14.	Participate on debate programs which are related to the training and advocate for the motion and also against the motion	3
15.	Write dairy, notes	2
16.	Write curriculum vitae	2
17.	Develop the spoken competencies based on the conversation among friends, between ANM and patients and other clients. (For dialogue, conversation and debate practice)	4
Total time (hours)		78

व्यावहारिक नेपाली

कुल समय: ७८ घण्टा

पूर्णाङ्क: ५०

पाठ्य विवरण

प्राविधिक शिक्षालयहरूमा दुइ वर्षे (२९ महिने) प्राविधिक एस.एल.सी. तहको एकजुलियरी नर्स मिडवाइफमा तालीम लिने प्रशिक्षार्थीहरूका लागि नेपालीका व्यावहारिक पक्षमा आवश्यक पर्ने भाषिक सीपको विकासका लागि देहायबमोजिमको व्यावहारिक नेपाली अध्यापनका लागि यो पाठ्यवस्तु तयार गरिएको छ । यसमा व्यावहारिक नेपाली व्याकरण र सामान्य रचना तथा नर्सिङ्ग विषयको कामको सिलसिलामा आवश्यक पर्ने व्यावहारिक कार्यसंग सम्बन्धित विषयहरू समावेश गरिएका छन् । यो विषयको अध्यापन प्रथम वर्षमा गराइनेछ ।

विषय	पाठ्य घण्टा
१ व्याकरण	
● पदविचार सम्बन्धी ज्ञान (नाम, सर्वनाम, क्रिया, विशेषण र अव्यय)	४
● शब्द निर्माण प्रक्रिया (उपसर्ग, प्रत्यय र समास)	३
● वाक्य निर्माण सम्बन्धी ज्ञान	२
● वाक्यका किसिम (सामान्य, मिश्र र संयुक्त)	३
● वाक्य परिवर्तन सम्बन्धी ज्ञान (आज्ञार्थक, इच्छार्थक, प्रश्नार्थक, सम्भावनार्थक आदि)	
● वाच्य परिवर्तन सम्बन्धी ज्ञान र प्रयोग	४
● निर्माण सम्बन्धी पारिभाषिक शब्दको ज्ञान र तिनको प्रयोग	४
● नेपाली समाजमा विपरीतार्थक, पर्यायवाची र श्रुतिसम भिन्नार्थक शब्दको ज्ञान र प्रयोग	४
● नेपाली समाजमा प्रचलित स्वास्थ्य विषयसंग सम्बन्धित शब्द र वाक्यद्वितिको ज्ञान र प्रयोग	८
२ भाषा र अभिव्यक्ति	
● अनुच्छेद लेखन प्रक्रियाको ज्ञान र प्रयोग ।	५
● निबन्ध लेखन प्रक्रियाको ज्ञान र प्रयोग ।	५
● पत्र लेखन (घरायसी पत्र, कार्यालयीय पत्र, व्यापारिक पत्र, व्यावसायिक पत्र, संस्मरण पत्र (Memo) को ज्ञान र प्रयोग ।	५
● स्वास्थ्य सम्बन्धी जनचेतना शिक्षा (यसमा स्वास्थ्यको कमी कमजोरीबाट हुने रोगहरू र ती रोगहरूबाट बच्नका लागि गरिने विविध उपायहरूको ज्ञानका वारेमा १ पेजको लेख लेख्न लगाई त्यसबारे आफ्नो कक्षामा बोल्न लगाउने जस्ता सीप दिने र त्यसमा अभ्यास गराउने) ।	५
● स्वास्थ्यको कमीबाट हुने असर र सरसफाइको कारण उत्पन्न स्वास्थ्यलाई पर्न जाने असर र त्यसका लागि अपनाउनु पर्ने सावधानीका विषयमा जनचेतना शिक्षा ।	१
● बूँदा र सारांश लेखनको ज्ञान र प्रयोग	३
● प्रश्नको आधारमा उत्तर लेखन प्रक्रियाको ज्ञान र अभ्यास	२
३ प्रतिवेदन लेखन	
● सामान्य प्रश्नावली तयारी सम्बन्धी ज्ञान र प्रयोग	३
● कार्य प्रतिवेदन सम्बन्धी ज्ञान र प्रयोग	३
● कार्यालय व्यवस्थापन सम्बन्धी ज्ञान दिने र विरामीको उपचारका लागि स्वास्थ्यको जाँच गर्ने स्थान (स्वास्थ्य चौकी) को स्थापनाका लागि आवश्यक योजना तयारी गर्ने, योजना गरिएको कार्यक्रमका लागि बजेटिङ्ग गर्ने जस्ता विषयको ज्ञान र प्रयोग	५
● मासिक तथा वार्षिक प्रगति प्रतिवेदन सम्बन्धी ज्ञान र प्रयोग ।	२
४ उद्योगबाट उत्पादित सामग्रीको जानकारी सम्बन्धी ज्ञान	
● औषधी उत्पादन गर्ने सस्थाबाट उत्पादित औषधीको प्रयोग अघि त्यसको गुणस्तर बनोट, प्रयोग विधि आदिको विषयमा जानकारी गर्न सामग्री प्रयोग पन्जिका (Catalogue) अध्ययन र प्रयोग गर्ने ज्ञान र अभ्यास ।	७

Applied Mathematics

Total hours: 78

Full Marks: 50

Course description

This course is designed to equip trainees with basic mathematical knowledge and skills necessary for equipping to the competencies in the related occupation. This course deals with basic mathematics and statistics related to the occupation.

Competencies

At the end of the course the student will be able to:

S.N.	Competencies	Hours
1.	Convert unit of measurement from one system to another system.	4
2.	Read and apply the conversion table.	4
3.	Measure length, breadth, and height of the object /geometrical figure.	4
4.	Calculate perimeter of the geometrical figures (triangle, square, rectangle, circle, and polygon).	4
5.	Calculate area (rectangle, circle, trapezoid, triangle etc).	4
6.	Measure mass/density/weight/capacity/Volume of solid and liquid.	4
7.	Add, subtract, multiply and divide the mixed multiple digit, mixed decimal numbers and mixed fractions.	4
8.	Calculate percentage.	2
9.	Calculate the amount of medicine before administering	2
10.	Convert centigrade VS Fahrenheit.	3
11.	Calculate simple and compound interest.	4
12.	Calculate costs per unit.	2
13.	Apply unitary rule.	2
14.	Demonstrate the number of female applicants of last five year of all trades of the technical school through simple bar diagram.	5
15.	Demonstrate the number of applicants by sex from the academic year 2058 to 2062 of the technical school through multiple bar diagram.	5
16.	Convert the number of patients flow in the MCH clinic of the school of last 10 days into percentage through pie chart.	5
17.	Calculate crude birth rate, general fertility rate, age specific fertility rate and total fertility rate of a sampled ward of the school located VDC or municipality.	5
18.	Calculate crude death rate, infant mortality rate, and age specific death rate of a sampled ward of the school located VDC or municipality.	5
19.	Calculate population growth rate of a sampled ward of the school located VDC or municipality through population pyramid.	5
20.	Interpret and present simple graphics, charts, and maps, choosing an appropriate form for the information being illustrated.	5

Applied Science

Total hours: 78

Full Marks: 50

Course description

This course is designed to equip trainees with basic science knowledge and skills necessary for mastering the competencies in the related occupation. This course deals with the contents of physics, chemistry, zoology, and botany as a fused subject.

Competencies

At the end of the course the student will be able to:

- | | | |
|-----|--|--------|
| 1. | Identify the parts of microscope and its use | 2 hrs. |
| 2. | Describe simple machines related to nursing | 4 hrs. |
| | (a) Pulley | |
| | (b) Inclined plane | |
| | (c) Wheel & axle | |
| 3. | Explain the difference among elements, compound, and mixture | 3 hrs. |
| 4. | List the characteristics of acid, bases and salts | 3 hrs. |
| 5. | Classify the living organism | 6 hrs. |
| 6. | Describe and explain the plant & animal cell | 2 hrs. |
| 7. | Describe and explain the process of mitosis and meiosis | 5 hrs. |
| 8. | Explain DNA as hereditary material | 4 hrs. |
| 9. | Explain the theory of Mendel's law and Darwinism | 8 hrs. |
| 10. | Describe the structure of viruses and list the characteristics | 6 hrs. |
| 11. | Describe the structure of bacteria and list the characteristics | 6 hrs. |
| 12. | Define transplantation and list its types | 3 hrs. |
| 13. | Describe the application of biotechnology in medicine | 3 hrs. |
| 14. | Define the term of climate and explain how the various factors affected. | 3 hrs. |
| 15. | Describe the types of pollution | 6 hrs. |
| | (a) Air | |
| | (b) Water | |
| | (c) Sound | |
| 17. | Describe and explain: | 9 hrs. |
| | (a) Water cycle | |
| | (b) Carbon cycle | |
| | (c) Food chain | |
| | (d) Ecosystem | |
| 18. | Describe the disasters | 5 hrs. |
| | (a) Man made | |
| | (b) Natural | |

Anatomy & Physiology (Theory)

Total Hours: 78

Total Marks: 50

Course Description	Objectives
<p>This course provides knowledge of anatomy and physiology, so that students can apply this knowledge while using the nursing process for providing care to individual/family and community.</p>	<p>At the end of this course, the student will be able to:</p> <ul style="list-style-type: none">• Describe the different structure of human body including various system• Explain the normal functions of different systems of human body

Anatomy & Physiology (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
1.	<ul style="list-style-type: none"> • Define terms used in anatomy • Explain cell and differentiate living and non-living cell including structure and function • Explain four kinds of tissues. 	<p>Terms used in anatomy and physiology:</p> <ol style="list-style-type: none"> a. Anatomy b. Physiology c. Dorsal d. Superior e. Inferior f. Lateral g. Medial h. Upward i. Downward j. Anterior k. Posterior l. Distal m. Proximal n. Rotation o. Circular motion <p>Cell:</p> <ol style="list-style-type: none"> a. Structure and function b. Cell division c. Differentiate living and nonliving cell <p>Tissue (types):</p> <ol style="list-style-type: none"> a. Epithelial tissue b. Connective tissue c. Muscle tissue d. Nervous tissue 	10	<ul style="list-style-type: none"> • Illustrative lecture. • Hand out • Show poster microscope • Illustrative lecture • Anatomical chart 	<p>Assignment of drawing of a cell structure</p> <p>Question and answer Written test</p>	

Anatomy & Physiology (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
2.	<p>Define classifications, types and functions of the skeletal system</p> <ul style="list-style-type: none"> • Describe the classification of bone • Describe different types of bone in the human body • Describe the function of bone • Describe the different types of joints in the body and their functions. 	<p>Skeletal system a. Introduction of skeletal system.</p> <p>Classification of bone a. Axial skeleton b. Appendicular skeleton</p> <p>Types of bone a. Long bone. b. Short bone. c. Flat bone. d. Irregular.</p> <p>Function of bone</p> <p>Joints: a. Types. b. Function.</p>	6	Illustrative lecture. Model	<p>Draw human skeletal diagram of bone.</p> <p>Identify the different parts of the bone in skeletal system.</p>	

Anatomy & Physiology (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
3.	Explain the muscular system and its function	<p>Muscular System a. Introduction of muscular system</p> <p>Type and importance of muscles a. Voluntary b. Involuntary c. Cardiac muscles</p> <p>Functions of muscle.</p> <p>Important muscles, its location and structure a. Deltoid b. Gluteal c. Pelvic Muscle</p>	4	<ul style="list-style-type: none"> ● Illustrative lecture. ● Poster, chart. ● Model 	Assignment of drawing various parts of muscles	
4	<p>Describe the different organs of alimentary canal contributing to digestion</p> <p>Explain mechanism of digestion.</p>	<p>Digestive system: Organs of digestive system and their structure and function.</p> <p>Main Organs a. Mouth b. Esophagus c. Stomach d. Small intestine e. Large intestine f. Rectum.</p> <p>Accessory organs a. Liver. b. Gall bladder. c. Pancreas.</p> <p>Mechanism of digestion.</p>	6	<ul style="list-style-type: none"> ● Illustrative lecture ● Poster, chart ● Model 	Question and answer Assignment for drawing of Alimentary canal including liver, gall bladder and pancreas.	

Anatomy & Physiology (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
5.	<p>Identify different organs of respiratory system, their functions and importance.</p> <ul style="list-style-type: none"> • List the muscles contributing to respiration and their importance. • Explain mechanism of respiration. 	<p>Respiratory System:</p> <p>Organs of respiratory system</p> <ol style="list-style-type: none"> a. Nose b. Pharynx c. Larynx d. Trachea e. Lungs <ul style="list-style-type: none"> • Bronchi • Bronchioles • Alveoli <p>Muscle contributing respiration and their importance.</p> <ol style="list-style-type: none"> a. Intercostal muscles b. Diaphragm <p>Mechanism of respiration</p> <ol style="list-style-type: none"> a. Expiration b. Inspiration c. Exchange of gas 	6	<ul style="list-style-type: none"> • Brain Storming • Model • Chart • Illustrative lecture • Lecture • Chart 	Draw a diagram of different organs of respiratory system	

Anatomy & Physiology (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
6.	<p>Explain the characteristics and functions of blood</p> <ul style="list-style-type: none"> Explain the various organs of circulatory system including their structure and function. Explain the type of the circulation. 	<p>Circulatory System Introduction. Characteristics and functions of blood.</p> <ol style="list-style-type: none"> Volume Composition of blood and the normal values. Blood grouping and cross matching. Clotting mechanism. <p>Structure and function of organs involve circulatory system.</p> <ol style="list-style-type: none"> Blood vessels Heart <p>Type of circulation</p> <ol style="list-style-type: none"> Systemic Pulmonary 	8	<ul style="list-style-type: none"> Model Chart Illustrative lecture 	<p>Draw a diagram of heart Blood vessels circulation Pathological form for blood test. Written test.</p>	
7.	<p>Explain the main functions of lymphatic system and lymph nodes.</p>	<p>Lymphatic system. Organs of lymphatic system. Function and location</p> <ol style="list-style-type: none"> Tonsil Thymus Spleen 	3	<ul style="list-style-type: none"> Model Chart Illustrative lecture 		

Anatomy & Physiology (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
8.	<p>Explain structure, position and function of different organs involved in urinary system.</p> <ul style="list-style-type: none"> Describe the formation and composition of urine. Explain fluid and electrolyte its importance in body. 	<p>Urinary System Organs involved in urinary system and its function.</p> <ol style="list-style-type: none"> Kidney Ureters Bladder Urethra <p>Urine</p> <ul style="list-style-type: none"> Composition <p>Electrolyte balance.</p> <ol style="list-style-type: none"> The body water contain Electrolyte level Importance 	8	<ul style="list-style-type: none"> Model Chart Illustrative lecture 	<p>Draw a diagram of kidney</p> <p>Ureter Bladder Pathological form for urine test</p>	
9	<p>Explain Reproductive System and organs</p> <ul style="list-style-type: none"> List the male reproductive organ and explain their structure position and function. 	<p>Reproductive system Introduction</p> <p>Male reproductive organ (structure, position and function)</p> <ol style="list-style-type: none"> Scrotum Testes Epididymis Spermatogenesis Spermatic cords. Seminal vesicles. Ejaculatory ducts. Prostate gland Urethra Penis 	12	<ul style="list-style-type: none"> Model Chart Illustrative lecture Draw diagrams of reproductive organs + menstrual cycle. 	<p>Draw a diagram of male reproductive organ.</p>	

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
	<ul style="list-style-type: none"> Explain the external and internal organs of female reproductive organs including structure, position and function. Explain the physiology of reproduction. Explain the menstrual cycle and associate hormone regarding reproduction. Explain the structure and function of breast (mammary gland). 	<p>Female reproductive organ (structure, position and function)</p> <p>External organ</p> <ol style="list-style-type: none"> Perineum Vulva Mons veneries Labia majora Labia minora Clitoris Bartholin gland Urethral orifice <p>Internal Organ:</p> <ol style="list-style-type: none"> Vagina Uterus Fallopian tubes (uterine tube) Ovary <p>Physiology of reproduction.</p> <ol style="list-style-type: none"> Menarche Conception Fertilization Menopause/Climetric <p>Menstrual Cycle.</p> <ol style="list-style-type: none"> Phase of menstrual cycle. Hormones <ul style="list-style-type: none"> Progesterone Estrogen Testosterone <p>Breast:</p> <ol style="list-style-type: none"> Structure Function 		<ul style="list-style-type: none"> Model Chart Illustrative lecture Illustrative lecture Model Chart Illustrative lecture Model Chart Illustrative lecture 	<p>Draw a diagram of female reproductive organ.</p> <p>Draw a diagram of menstrual cycle showing phases.</p> <p>Draw a diagram of breast.</p>	

Anatomy & Physiology (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
10.	Explain endocrine system and main endocrine glands including its structure location and functions.	Endocrine System Introduction. Location, structure and function of main endocrine glands a. Pituitary gland. b. Thyroid gland. c. Parathyroid d. Adrenal gland (supra renal). e. Islet of Langerhans in the pancreas f. Pineal gland. g. Ovary (female) h. Testes (male)	6		Draw a diagram of pituitary gland.	Book: <ul style="list-style-type: none"> • Kamala Tuladhar, Integrated science related to health. • Ross and Wilson, Anatomy and physiology in health and illness, ELBS Pub.
11.	Describe nervous cells and its types <ul style="list-style-type: none"> • Explain the type and organs of nervous system including its structure and function. • List the special sensory organ and its structure and functions. 	Nervous system Introduction Nerve cell a. Sensory nerve b. Motor nerve c. Mixed nerve Types of nervous system a. Central nervous system <ul style="list-style-type: none"> • Brain • Spinal cord b. Peripheral nervous system <ul style="list-style-type: none"> • Cranial nerve • Spinal nerve c. Autonomic nervous system <ul style="list-style-type: none"> • Sympathetic • Parasympathetic Special sensory organs. a. Skin b. Eye c. Ear d. Nose e. Tongue	9	<ul style="list-style-type: none"> • Illustrative lecture and discussion 	Draw a diagram of nervous system.	

Reference books:

1. Wilson K. Ross and Wilson Foundations of Anatomy and Physiology, English Language Society 1981.
2. Winwood. Rs Sear's Anatomy and Physiology for Nurses, English Language society 1985
3. Parker M. Microbiology for nurses, London, Billiere Tindall. 1978
4. Dixit. H. Kafle, K. and Shrestha A. Nepal Formulary, Kathmandu, Nepal: Institute of medicine 1980.
5. Anatomy and physiology for Nurses 16th edition 1993;Jaypee brothers Medical Publishers (P)Ltd.
6. Inderbir Singh Anatomy and physiology for Nurses ; 1st edition2005
7. Tuladhar, K. and Shrestha, U. (2007). Integrated science related to health. Kathmandu: Suraj printing press.
8. Shrestha, Dr. D., 2013. Understanding human anatomy and physiology, Vol I & II.
9. Tuitui, R., 2011. Human anatomy & physiology.
10. श्रेष्ठ, गुप्त बहादुर, शरीर रचना तथा क्रिया विज्ञान, मकालु बुक्स एण्ड स्टेशनर्स, पुतलीसडक, काठमाडौं
11. BD Chaurasia's Human Anatomy;Regional And Applied Dissection and clinical 3rd edition re-printed 2008
12. Gerard J.Tortora;Bryan H.Derrickson Principles of Anatomy and physiology12th edition copyright 2009;
13. Anatomy and physiology for Nurses 16th edition 1993;Jaypee brothers Medical Publishers (P)Ltd.

Fundamentals of Nursing (Theory)

Total Hours: 156

Total Marks: 100

Course Description	Objectives
<p>This course is designed with the aim to provide knowledge and skill in fundamentals concept of nursing applied science, social science and procedures of nursing practice to the students that should be practiced in the care of individual/family and community within hospital as well as out of hospital setting.</p>	<p>At the end of this course the students will be able to:</p> <ul style="list-style-type: none">• Define nurse, auxiliary nurse midwife and the roles & responsibilities of ANM in hospital and in community.• Explain the brief history of nursing in Nepal.• Discuss different hospitals of Nepal.• Describe the roles and responsibilities of Nursing Association of Nepal and Nepal Nursing Council.• Explain nursing process: assessment, nursing diagnosis, plan, implement and evaluation.• Describe different routes of drug administration and nurses responsibilities.• Explain about different nursing measures (procedure).• Describe the patient's need and measure to fulfillment of need.• Explain the ethical and legal responsibility of ANM's.

Fundamentals of Nursing (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
1.	Define nurse, ANM and nursing. <ul style="list-style-type: none"> Describe qualities of good ANM and her roles and responsibilities in HP, PHC, Hospital and in community 	Introduction & concept of nursing: a. History of Nursing in Nepal b. Definition of <ul style="list-style-type: none"> Nurse Auxiliary Nurse Midwife (ANM) Nursing c. Qualities of good ANM d. Roles and responsibilities of ANM in SHP, HP, PHC, Hospital and Community	5	<ul style="list-style-type: none"> Illustrative lecture Brain Storming Discussion 	Question and Answer	<ul style="list-style-type: none"> TNAN paricharika 1-25 Constitution of NAN 2047, 2057 NNC Act 2052. UMN Program Silver Jubilee. Fundamental of Nursing Nursing Journal (NAN)
2	Describe national and international professional nursing organization. <ul style="list-style-type: none"> Explain ethical and legal responsibilities of nurses. 	Professional organization a. International council of Nursing (ICN) b. Nursing Association of Nepal (NAN) c. Nepal Nursing Council (NNC) d. Others health related councils. Ethical and legal responsibilities of Nurse in Nepal. a. Nursing ethics. b. Other health related law and acts	4	<ul style="list-style-type: none"> Illustrative lecture 	Question and answer	
3.	Describe hospital, its types, purpose and functions including rules and regulation, admission and discharge procedure	Introduction to hospital a. Types b. Purposes c. Functions d. Admission/discharge procedure e. Rules and regulation	3	<ul style="list-style-type: none"> Illustrative lecture and discussion Admission/discharge forms Investigation form Visit to Hospital 	Report of the hospital visit	
4.	Discuss nursing process and its components in brief <ul style="list-style-type: none"> Prepare nursing care plan 	Nursing process a. Definition b. Components c. Assessment of need d. Nursing diagnosis e. Planning f. Implementation g. Evaluation Nursing care plan	10	<ul style="list-style-type: none"> Atkinson Shrestha, S. Practice nursing process in simulation 	Check the Nsg care plan.	

Fundamentals of Nursing I (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
5	<p>Define cardinal (vital) signs</p> <ul style="list-style-type: none"> Explain body temperature (normal and abnormal), its regulation, types of high body temperature Describe different grades of fever and the method of checking temperature Discuss nursing care of patient with high fever Define pulse and state the purpose, types, methods and sites of checking pulse. 	<p>Nursing measures to assess client's vital signs</p> <p>Vital Signs (Cardinal) : Definitions of</p> <ul style="list-style-type: none"> Temperature Pulse Respiration Blood Pressure <p>a. Body temperature:</p> <ul style="list-style-type: none"> Normal and abnormal Regulation body temperature Types of fever <p>Grades of fever:</p> <ul style="list-style-type: none"> Sub normal Normal Pyrexia Hyperpyrexia Rigor <p>Method and site of checking temperature</p> <ul style="list-style-type: none"> Oral Axilla Rectal <p>Conversion of temperature from Centigrade to Fahrenheit and vice versa.</p> <p>Nursing care of patient with high fever</p> <p>b. Pulse</p> <ul style="list-style-type: none"> Definition Types of pulse Purpose of checking pulse Sites of checking pulse Method of checking pulse. <p>Factors affecting pulse</p> <p>c. Respiration:</p> <ul style="list-style-type: none"> Definition Types 	<p>2</p> <p>4</p> <p>1</p> <p>5</p> <p>1</p> <p>2</p> <p>3</p>	<ul style="list-style-type: none"> Illustrative lecture, poster, chart Illustrative lecture Demonstration of temperature recording Chart Illustrative lecture and demonstration Students practice different method of checking temperature and convert them in different scales and record report on each other. Illustrative lecture and brain storming Illustrative lecture and demonstration different types of pulse in a chart and methods of checking and recording and reporting. Have students practice on each 	<p>Question and answer.</p> <p>Check the accuracy of temperature recording in chart (at least 5 persons).</p> <ul style="list-style-type: none"> Re-demonstrations check for the accuracy of recording and reporting Re-demonstration on checking 	

	<ul style="list-style-type: none"> • Discuss the factors affecting pulse. • Define respiration, types, characters and factors affecting respiration as well as method of checking them. • Describe blood pressure, its types, characters and factors affecting blood pressure as well as method of checking them. 	<ul style="list-style-type: none"> • Factors affecting respiration • Method of checking respiration <p>d. Blood Pressure:</p> <ul style="list-style-type: none"> • Definition of terms • Blood pressure; systolic and diastolic pressure. • Hypertension/Hypotension • Pulse pressure <p>Sites of checking BP Factors affecting BP</p>	<p>2</p> <p>6</p>	<p>other.</p> <ul style="list-style-type: none"> • Illustrative lecture. • Illustrative lecture and demonstration on checking respiration, recording and reporting. • Have students practice on each other 	<p>respiration and in recording and reporting system.</p> <p>Question and Answer</p>	
6.	Discuss basic needs and the different ways and means of meeting them.	<p>Basic Needs Maslow's Hierarchy of basic needs in relation to</p> <ol style="list-style-type: none"> Physiological need Safety and security need Love and belonging need Self-esteem need. Self-actualization need 	3	<ul style="list-style-type: none"> • Lecture and discussion. • Sorensen and Atkinson ch-2 • Brainstorming 	Question and answer	
7	Describe the procedures step by step with its purpose, principles and articles required	<p>Nursing measures to meet the physical needs of client Personal hygiene needs</p> <ol style="list-style-type: none"> Mouth care <ul style="list-style-type: none"> • Purpose. • Principle of mouth care. • Articles required. • Step by step procedure • Health education • Recording and reporting Sponge bath and back care <ul style="list-style-type: none"> • Purpose • Principle • Articles required • Step by step procedure • Recording and reporting Nail care <ul style="list-style-type: none"> • Purpose • Principle • Article required • Step by step procedure 	<p>3</p> <p>4</p> <p>2</p>	<ul style="list-style-type: none"> • Lecture and demonstration • Nursing procedure manual • Illustrative lecture and demonstration • Demonstration 	<p>Re-demonstration</p> <p>Re-demonstration</p> <p>Re-demonstration</p> <p>Re-demonstration</p>	

	<ul style="list-style-type: none"> Hair Wash Explain various ways of providing comfort to the patient Discuss different position Discuss different measures to relieve in preventing bed sore. 	<ul style="list-style-type: none"> Recording and reporting <p>d. Hair wash, pediculosis treatment and hair combing</p> <ul style="list-style-type: none"> Purposes and Principle Article required Step by step procedure Recording and reporting <p>e. Comfort measures for rest and sleep</p> <p>Bed making</p> <ul style="list-style-type: none"> Purpose Types of mattress used in health facilities Different types of bed used in hospital for different purposes <ul style="list-style-type: none"> Occupied bed Unoccupied bed Fowler bed/cardiac bed Orthopedic bed Postoperative bed <p>Position:</p> <ul style="list-style-type: none"> Dorsal /Supine. Lateral Prone Fowler's Lithotomy. <p>f. Pressure relief measures to prevent bed sore by using:</p> <ul style="list-style-type: none"> Air ring Cradle Foot board Pillows Air mattress Back rest. Cardiac table Sand bag. 	<p>3</p> <p>10</p> <p>2</p> <p>2</p>	<ul style="list-style-type: none"> Illustrative lecture and demonstration Illustrative lecture and demonstration Have students practice making bed. Illustrative lecture and demonstration by participation of students. Illustrative lecture and demonstration of different pressure relief measure and ways to use on them. 	<p>Re-demonstration</p> <p>Re-demonstration</p> <p>Re-demonstration</p>	
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Fundamentals of Nursing (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
8	Discuss nutritional need and different ways of meeting nutritional needs of patients.	<p>Nutritional need</p> <ol style="list-style-type: none"> Nutritional need of client Serving food in different ways Feeding helpless/unconscious patient Inserting Ryle's tube Caring clients with IV infusion Maintaining intake output 	4	<p>Illustrative lecture Discussion</p>	Question and answer	
9.	<p>Describe elimination need of patients and conditions of constipation's distention and retention with the relief of measures.</p> <ul style="list-style-type: none"> Define purpose, types and methods of giving enema. State simple measures to relieve abdominal distention and full bladder 	<p>Elimination needs</p> <p>Definition of constipation:</p> <ol style="list-style-type: none"> Relief measures of constipation Oral fluid intake Food with fibers intake Abdominal exercise <p>Enema</p> <ol style="list-style-type: none"> Definition Purpose Types Articles required Method of giving enema Record and report <p>Abdominal Distention and Full Bladder</p> <ol style="list-style-type: none"> Abdominal Distention: <ul style="list-style-type: none"> Definition Ways of relieving distention <ul style="list-style-type: none"> Ambulating Aspiration/gastric lavage Full Bladder <ul style="list-style-type: none"> Stimulation of bladder by pouring hot and cold water Catheterization Maintain intake output chart 	<p>1</p> <p>3</p> <p>4</p>	<ul style="list-style-type: none"> Illustrative lecture and demonstration Discussion. Lecture and demonstration. 	<p>Re-demonstration.</p> <p>Re-demonstration of giving enema.</p>	<ul style="list-style-type: none"> Nursing procedure manual.

	<ul style="list-style-type: none"> Describe catheterization with its purpose, type, principle and procedures in female and male patients including care of catheter for prevention of infection. 	<p>c. Catheterization of female and male:</p> <ul style="list-style-type: none"> Definition Purposes Principles Types Articles required Step by step procedures <p>d. Catheter care:</p> <ul style="list-style-type: none"> Care of Foley's catheter. Ways of preventing ascending infection. 	4			
10.	<ul style="list-style-type: none"> Describe methods of keeping environment clean and protecting patients in different conditions. Discuss the safe technique of lifting and moving the patient. 	<p>Measures to fulfillment of human safety needs:</p> <p>a. Keeping environment safe</p> <ul style="list-style-type: none"> Provision of safe water Adequate ventilation Adequate lighting Floor -free of slippery object and sharp instrument <p>b. Protective measures:</p> <ul style="list-style-type: none"> Use of side rails to prevent patient's fall from bed Use of restrains <p>c. Technique of lifting and moving patient from</p> <ul style="list-style-type: none"> Wheel chair to bed and vice versa 	4			
11.	<p>Define purpose and importance of infection prevention practice.</p> <ul style="list-style-type: none"> Explain various methods of protective barriers including instrument processing and waste disposal 	<p>a. Infection Prevention and control.</p> <ul style="list-style-type: none"> Definitions Purpose Importance <p>b. Universal precaution</p> <p>c. Protective Barriers</p> <ul style="list-style-type: none"> Hand washing techniques <ul style="list-style-type: none"> Simple (6 steps) Surgical Use of various types of gloves Use of Antiseptics and its selection Decontamination of instrument 	8	Lecture and discussion, use flow charts, Demonstration of IP	Performance evaluation (FP clinic) Written examination	Demonstration of hand washing Performance evaluation (FP clinic/health institute)

	<ul style="list-style-type: none"> Explain dressing, its types, purpose and methods of performing dressing. Define bandaging splints and comprehend different types of bandaging procedure with its purpose. 	<ul style="list-style-type: none"> Cleaning HLD <ul style="list-style-type: none"> Boil or steam Chemical Sterilization <ul style="list-style-type: none"> Chemical Autoclave Dry heat Storage of HLD and sterilized instruments Health care waste management <p>d. Dressing:</p> <ul style="list-style-type: none"> Definition Types Purpose Procedure Recording and reporting <p>e. Bandaging and splints:</p> <ul style="list-style-type: none"> Definition of bandaging and splints Types Purpose of bandaging Step by step procedure Recording and reporting 	4	<p>Visit to IP unit and waste disposal area in any health institution</p> <ul style="list-style-type: none"> Demonstration dressing procedure. Dressing set. 	Re-demonstration.	
			2	<ul style="list-style-type: none"> Demonstration. Practice bandaging among students. 	Re-demonstration.	
12.	<ul style="list-style-type: none"> Define different terms used in administration of drugs Explain rules of administrating drugs Describe different routes and methods of administration and method of calculating drugs 	<p>Administration of drugs, Terms used for abbreviations used: AC, PC, OD, BD, TDS, QID, PRN, HS, SOS</p> <p>Rules of administrating drugs:</p> <ol style="list-style-type: none"> Right medicine Right time Right dose Right patient Right route Right record, etc. <p>Route of administrating drugs:</p> <p>a. Oral.</p> <ul style="list-style-type: none"> Emulsion extracts Mixture syrupy Tablets (pills, capsules) 	1	<ul style="list-style-type: none"> Lecture and discussion. Handouts. 	Question and answer.	
			2	<ul style="list-style-type: none"> Illustrative lecture. 		
			6	<ul style="list-style-type: none"> Lecture and demonstration. 	Re-demonstration.	

	<ul style="list-style-type: none"> • Discuss nurse's responsibilities in administration & special care require in relation to dangerous drugs 	<p>b. Parenteral (Injections.)</p> <ul style="list-style-type: none"> • Intradermal • Subcutaneous • Intra muscular • Intravenous (IV) infusion <p>c. Per rectum</p> <p>d. Per vagina</p> <p>e. Inhalation.</p> <ul style="list-style-type: none"> • Oxygen • Steam/nebulization <p>f. Tropical Application</p> <p>g. Instillation</p> <p>Responsibilities of nurses in administrating different drugs</p> <p>Care of dangerous drugs</p>	2	<ul style="list-style-type: none"> • Instruct students to practice injection in model or in orange or Dummy • Arm Model • Demonstration students should be instructed to practice inhalation. • Illustrative lecture. • Brain storming 	Written exam.	
13.	<ul style="list-style-type: none"> • Identify conditions requiring hot and cold application and its purpose. • Discuss different types of methods of applying hot and cold application with precautionary measures and nurses responsibilities. 	<p>Hot and cold application:</p> <ol style="list-style-type: none"> Definition Purposes Indication Methods Precautionary measures Nursing responsibility 	2	<ul style="list-style-type: none"> • Illustrative lecture and demonstration. 	Re-demonstration.	
14.	<ul style="list-style-type: none"> • Describe different types of exercises used for clients with its purpose and procedure. • Describe meaning, purpose and procedures of deep breathing • Explain purpose and procedures of postural drainage 	<p>Exercise:</p> <p>Active and passive exercise (Range of motion exercise):</p> <ol style="list-style-type: none"> Definition. Purpose. Procedure. <p>Deep breathing and coughing exercise:</p> <ol style="list-style-type: none"> Definition Purpose Procedure <p>Postural drainage:</p> <ol style="list-style-type: none"> Definition Purpose Procedure Recording and reporting 	4	<ul style="list-style-type: none"> • Illustrative lecture and demonstration. • Have student's exercise active and passive exercise deep breathing and coughing exercise and postural drainage. 		

Fundamentals of Nursing (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
15.	<ul style="list-style-type: none"> • Discuss first aid, its principles and methods of asserting situation and referring system. • Describe the conditions requiring first aid and their signs and symptoms and method of treating victim. • Explain the cardiopulmonary resuscitation methods for rescuing victims. 	<p>First aid:</p> <ol style="list-style-type: none"> a. Definition. b. Principle. c. Assessing the situation. d. Referring system. <p>Conditions requiring first aid and their sign and symptoms including their first aid treatment:</p> <ol style="list-style-type: none"> e. Bites. <ul style="list-style-type: none"> • Snake bite. • Insects bite • Dog bite. • Scorpion bite. f. Burn/scalds. <ul style="list-style-type: none"> • Acid/alkali/fire/heat. • Electric. g. Hemorrhage. h. Choking. i. Poisoning. j. Drowning. k. Fracture. l. Foreign body - nose, ear, eyes, throat. <p>Cardiopulmonary resuscitation method</p> <ol style="list-style-type: none"> a. Cleaning airway/give mouth to mouth respiration. b. Clearing breathing. c. Cardiac massage. d. Drugs 	<p>2</p> <p>16</p> <p>8</p>	<p>Lecture and Discussion</p> <p>Demonstration</p> <p>Have students practice with one another.</p> <p>Demonstration.</p> <p>Practice C.R.P. in dummy.</p>	<p>Re-demonstration.</p> <p>Re-demonstration</p>	
16.	<ul style="list-style-type: none"> • Discuss care of dead body and provide psychological support to the family members. 	<p>Care of dead body</p> <ol style="list-style-type: none"> e. Nursing management of the dead body f. Psychological support to family g. Cultural aspect during care of dead body 	2	<p>Illustrative lecture and discussion.</p> <p>Practice care of dead body in a dummy in classroom.</p>	Re-demonstration.	

Fundamentals of Nursing (Practical)

Total Hours: 546

Total Marks: 350

Location for practical experience: Hospital

Course Description	Objectives
<p>This clinical course provides opportunity for the students to practice basic skills in nursing by applying knowledge and attitude learned from social, physical science and nursing.</p> <p>Clinical weeks: 7</p>	<p>At the end of this clinical period, the students will be able to:</p> <ul style="list-style-type: none">• Assess the needs of the patients by using history taking, physical examination and diagnostic assessment.• Plan & provide care of patients in hospital as well as in community by relating knowledge from social and physical science through nursing process.• Demonstrate skill in performing different procedures required in the care of patients in hospital as well as in community.• Report and record proper information about patient's condition and refer if needed.• Evaluate the care provided to the patient and interprets towards care of the patient/family in hospital as well as in community and re-plan if needed.

Unit	Clinical Tasks	Evaluation
1	Take orientation about health facilities a. Orient the hospital units and their rules and regulations as well as activities. b. Orient about the roles and responsibilities of ANM in hospital/community.	Written report of orientation program
2	Carry out admission and discharge procedures a. Provide information regarding rules and regulations of health facilities to the patients/family b. Perform initial assessment of the patients c. Complete admission and discharge process	Admission and discharge procedures by using checklist
3.	Assessment of patients a. Perform history taking b. Take vital signs and anthropometric measurement <ul style="list-style-type: none"> • Temperature. • Pulse. • Respiration. • Blood pressure • Height • Weight c. Perform Physical assessment d. Recording and reporting of findings e. Collect specimens <ul style="list-style-type: none"> • Collect, label and dispatch specimen of urine, blood, stool, sputum to laboratory • Perform urine testing for albumin and sugar • Collect report and reporting 	Demonstrate history taking technique and physical assessment of patient Performance evaluation Procedure checklist Maintain procedure logbook

Unit	Clinical Tasks	Evaluation
4	<p><u>Perform comfort measures</u></p> <ol style="list-style-type: none"> a. Make occupied bed. b. Make unoccupied, bed. c. Make postoperative bed. d. Keep patient in different position as per their need to provide comfort <ul style="list-style-type: none"> • Supine. • Prone. • Dorsal. • Lateral • Lithotomy • Fowler. e. Apply different pressure relief appliances during care of patient. <ul style="list-style-type: none"> • Air Ring. • Sand bag. • Cradles • Pillow. f. Perform, pressure relief measures to prevent bed sore to patient <ul style="list-style-type: none"> • Position change • Back care. 	Procedure checklist
5	<p><u>Maintain hygienic needs</u> Assess/assist/perform the following procedure to meet hygienic needs</p> <ol style="list-style-type: none"> a. Oral care b. Sponge bath c. Back care and relief of pressure area d. Nail care e. Hair care f. Pediculosis treatment 	Procedure checklist
6	<p><u>Meet nutritional needs</u></p> <ol style="list-style-type: none"> a. Feeding helpless patient b. Recognizing daily food habits likes/dislikes c. Assisting with gastric (Ryle's) tube feeding d. Preparation of rehydration solution e. Caring patient with I/V infusion f. Maintaining intake and output chart 	

Unit	Clinical Tasks	Evaluation
7.	<p><u>Maintain standard precaution</u></p> <p>a. Perform the following activities</p> <ul style="list-style-type: none"> • Hand washing • Decontamination • Isolation/aseptic • Gloving/gowning/mask/goggles/boots/cap <p>b. Observe the sterilization of following articles</p> <ul style="list-style-type: none"> • Sharp instruments and goods • Metal instruments • Rubber goods and linen <p>c. Practice following precaution to prevent ascending urinary infection in case of patient with urinary catheter:</p> <ul style="list-style-type: none"> • Use aseptic technique • Catheter care • Health education related to perineal hygiene 	<p>Checklist Procedures</p>
8	<p><u>Relief distension of bladder and bowel</u></p> <p>a. Ambulating.</p> <p>b. Stimulation by pouring cold or hot water over Perineum area and over bladder area.</p> <p>c. Catheterization of patient.</p> <p>d. Measures, to relive Constipation.</p> <ul style="list-style-type: none"> • Find out daily elimination habit. • Encourage e fluid intake. • Encourage food containing fibers. • Encourage abdominal exercise. • Give suppository. • Enema 	

Unit	Clinical Tasks	Evaluation
9.	<p><u>Therapeutic needs</u></p> <p>a. Inhalation therapy</p> <ul style="list-style-type: none"> • Oxygen inhalation; catheter, mask, tent • Steam inhalation/nebulization <p>b. Administer injection and medication by observing rules</p> <ul style="list-style-type: none"> • Right patient • Right dose (dose calculation) • Right route • Right time • Right medication • Right documentation etc. <p>c. Practice dressing and bandaging</p> <ul style="list-style-type: none"> • Dressing simple wound and bed sore. • Bandaging simple, spiral and figure of eight bandage. 	<p>Procedure evaluation at least five.</p> <p>Performance evaluation.</p> <p>Procedure evaluation.</p>
10	<p>Provide health education according to patient's needs</p> <p>a. Deep breathing & coughing exercise.</p> <p>b. Active and passive exercise.</p> <p>c. Early ambulating.</p> <p>d. Postural drainage.</p> <p>e. Steam inhalation (Tincture benzoin)</p> <p>f. Catheter care</p> <p>g. All other care</p>	<p>Procedure evaluation.</p>

Reference books:

1. Prakash, R., 2007. Manual of nursing procedures (fundamental of nursing) VI I & II.
2. Devkota R & Pathak S., 2010. A textbook of fundamental of nursing.
3. Giri M & Sharma P., 2013. Essential fundamental of nursing.
4. Pathak, S and Devkota, R. (2012). A textbook of fundamentals of nursing. Kathmandu: Vidyarthi Prakashan (P) Ltd.
5. Thappa, B.T. (2004). Fundamentals of nursing. New Deli: Jaypee brothers' medical publisher.
6. Perry P.A. and Potter A. G. (2005). Fundamentals of nursing. Mosby Missouri.
7. Fundamental of Nursing, 6th edition, Lippincott Williams and Wilkins
8. Medical and Surgical nursing Joyce M.Black,Jane Hokanson Hawks;7th edition
9. Medical and surgical Nursing, Brunner's and Suddharta
10. NAN constitution booklet, 1047, 2057 and 2062.
11. TUTH nursing procedure manual, Kathmandu, HLMC, 1987
12. Ethics in nursing practice, ICN, 2002
13. Mehta, R.S. & Mandal G.N., Nursing Concept, Makalu Books and Stationers, Putali Sadak, Kathmandu. 2005

Community Health Nursing I (Theory)

Total Hours: 78

Total Marks: 50

Course Description	Objectives
<p>This course offers the knowledge on basic concepts of community health nursing including the importance of Nutrition, Environmental Sanitation, Immunization and Health Education to the students for the promotive and preventive health that the knowledge will apply in the practice of community health nursing in home visit and other various health care settings.</p>	<p>At the end of course, students will be able to:</p> <ul style="list-style-type: none">• Describe about community health nursing.• Describe the purpose, principles, advantages and steps of home visiting.• Describe the balance diet and relationship between nutrition and health.• Explain the components of environment sanitation.• Recognize the different types of immunization according to the need of mother and child.• Explain the principles, importance, methods and media of health education.

Community Health Nursing I

Chapter 1: Introduction of Community Health Nursing						Total Hours: 11
Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
1.	<ul style="list-style-type: none"> Define various terms related to Community Health 	<p>Define various terms related to community health:</p> <ol style="list-style-type: none"> Health Optimum health Community Community health Community health nursing Family health <p>History of Community Health Nursing</p>	1	<ul style="list-style-type: none"> Discussion. Illustrative lecture. 	Question and answer.	White Board Board Marker
2.	<ul style="list-style-type: none"> Describe the factors influencing health of society. 	<p>Factors influencing health</p> <p>Internal Factors</p> <ol style="list-style-type: none"> Genetics Biological <p>External Factors</p> <ol style="list-style-type: none"> Environment Socio economic status Political factors Cultured Health services 	2	<ul style="list-style-type: none"> Discussion. Illustrative lecture. 	Question and answer.	White Board Board Marker
3.	<ul style="list-style-type: none"> Describe purpose, principles, advantages and steps of home visiting. 	<p>Home visiting</p> <ol style="list-style-type: none"> Introduction Purposes Principles Advantages Steps <ul style="list-style-type: none"> Fact finding Data analysis Planning action with family Action and health education Follow-up Evaluation of services Home visit bag technique <ul style="list-style-type: none"> Use and care Equipment required for preparing home visiting bag 	4	<ul style="list-style-type: none"> Illustrative lecture Demonstration Discussion Role play 	Re-demonstration. Role-play.	White Board Board Marker Poster Kat...

Community Health Nursing I

Chapter 2: Nutrition				Total hours: 26		
Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
1.	<ul style="list-style-type: none"> Describe nutrition and its relationship to health. 	Nutrition Definition Relationship to health: <ol style="list-style-type: none"> Growth and development Specific deficiencies Resistance to infection 	1	Illustrative lecture Discussion		
2.	<ul style="list-style-type: none"> Explain about nutritional status of women and children in Nepal. 	Nutritional status of women and children in Nepal.	1	Illustrative lecture Discussion		Report of DOHS.
3.	<ul style="list-style-type: none"> Explain the different categories of food and their source functions and daily requirement for a person. 	Categories of food (Source, function and amount needed to human body) <ol style="list-style-type: none"> Energy food <ul style="list-style-type: none"> Carbohydrates Fat Body building food: protein Protective food & Micronutrients: <ul style="list-style-type: none"> Vitamins Minerals 	2	<ul style="list-style-type: none"> Group discussion on local resources for the different categories of food available in their locality. 	Exhibition of various local food stuffs containing various nutrition.	Real food Poster Flipcharts
4.	<ul style="list-style-type: none"> Explain various nutritional deficiency diseases, their causes, signs and symptoms, prevention and care. 	Nutritional deficiency diseases Causes, Sign and symptoms, Prevention and Care of; <ol style="list-style-type: none"> Malnutrition (PEM, kwashiorkar). Night blindness Ricketsia Osteoporosis Anemia Scurvy Goitre Cretinism 	6	<ul style="list-style-type: none"> Illustrative lecture Discussion Group work 	List the causes of different nutritional deficiencies. Differentiate between PEM and kwashiorker.	Red food Poster Flipcharts

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
5.	<ul style="list-style-type: none"> Explain the role and, responsibilities of ANM for maintaining nutritional status of women and children. 	Role and responsibilities of ANM <ol style="list-style-type: none"> Selection of food Preservation of nutrient in food Health education about kitchen garden 	1	<ul style="list-style-type: none"> Discussion Illustrative lecture 	Question and answer.	Poster
6.	<ul style="list-style-type: none"> Explain the traditional practices of food habit among various cultures and its effect on health in Nepal. 	<ol style="list-style-type: none"> Traditional practices of food habit Taboos Impact on health 	2	<ul style="list-style-type: none"> Discussion between different cultural groups of student. Sum up with Illustrative lecture. Discussion 	Question and answer.	
7.	<ul style="list-style-type: none"> Identify the additional requirement of food during the various stages of life. 	Additional requirement of food during <ol style="list-style-type: none"> Pregnancy Lactation Adolescence 	1	<ul style="list-style-type: none"> Illustrative lecture Discussion 		
8.	<ul style="list-style-type: none"> Explain balance diet and its importance to health. 	Balance diet <ol style="list-style-type: none"> Definition Importance Meal plan for a family Factors influencing meal planning 	2	<ul style="list-style-type: none"> Illustrative lecture Discussion. 		Exhibition of real food
9.	<ul style="list-style-type: none"> Explain the importance and advantage of breast- feeding for baby including Colostrum. 	Breast-feeding <ol style="list-style-type: none"> Terminology <ul style="list-style-type: none"> Colostrum Baby friendly hospital Exclusive breast-feeding Importance/advantage of breast feeding Expressed breast milk and its storage Disadvantage of bottle-feeding 	3	<ul style="list-style-type: none"> Illustrative lecture. Discussion 	Written test.	Poster
10.	<ul style="list-style-type: none"> Explain the weaning food and method of preparing sarbottam pitho 	Weaning food <ol style="list-style-type: none"> Definition of weaning food Age specific complimentary feeding Composition and method of preparing sarbottam pitho 	3	<ul style="list-style-type: none"> Discussion on traditional practices of weaning in various ethnic groups (pasni). Demonstration of preparing sorbottam pitho. 	Demonstration	Real food

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
11.	<ul style="list-style-type: none"> Explain food adulteration and its impact on health. 	<p>Food adulteration</p> <ol style="list-style-type: none"> Introduction Impact on health <p>Food hygiene</p> <ol style="list-style-type: none"> Introduction Basic measures to maintain food hygiene Process/ways of food contamination Health hazard of food contamination 	2	<ul style="list-style-type: none"> Discussion Illustrative lecture 		Posters <u>Book</u> <ul style="list-style-type: none"> Women and children in Nepal, UNICEF. Park & Park, Preventive and social medicine. Community health nursing, HLMC, 10M
12.	<ul style="list-style-type: none"> Explain various methods for preparing and preserving the food to maintain nutritional contents. 	<p>Food preservation</p> <ol style="list-style-type: none"> Definition Conditions of nutritional loss from food Methods for preserving nutrition in various foods 	2	<ul style="list-style-type: none"> Discussion on practice of preparing food in various cultural groups Illustrative lecture 		

Chapter 3: Environmental Sanitation

Total hours: 23

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
1	<ul style="list-style-type: none"> Define environmental sanitation. Explain major component of environment. 	Environmental sanitation Definition a. Environment b. Sanitation c. Environmental sanitation Component of environment a. Physical environment. b. Biological environment. c. Social environment.	2	<ul style="list-style-type: none"> Illustrative lecture Discussion 	Question and answer.	
2.	<ul style="list-style-type: none"> Define the terms used in refuse dispose. Describe the various, type of refuse. Explain the health hazard caused by environmental pollution Explain the various methods and steps of waste disposal 	Refuse Definition a. Refuse/waste b. Refuse disposal Classification of refuse a. Domestic waste b. Business/market/cosmetic waste c. Industrial waste d. Health care waste Types of solid waste a. Organic b. Inorganic:Mercury (Broken thermometer) Health hazard a. Air pollution. b. Water pollution. c. Environment pollution: <ul style="list-style-type: none"> Fly breeding. Rodents. Dust. Aesthetic. Waste management at community and health care facilities Steps for disposal a. Proper collection b. Disposal Method of disposal	1 1 1 2 3	<ul style="list-style-type: none"> Illustrative lecture Discussion Illustrative lecture Discussion Discussion Illustrative lecture Film show Poster show 	Question and answer. Question and answer. Question and answer. Poster presentation.	Posters Posters

		<ul style="list-style-type: none"> a. Burning b. Dumping/ Burial c. Composting d. Controlled tipping or sanitary landfill e. Recycling 				
3.	<ul style="list-style-type: none"> • Explain about importance, method, and health implication of excreta disposal. • Describe the method of excreta disposal and various type of latrine 	<p>Excreta disposal</p> <p>Introduction.</p> <p>Health hazard due to improper disposal of excreta</p> <ul style="list-style-type: none"> a. Water pollution. b. Contamination of food. c. Breeding of flies. d. Air pollution. <p>Mode of transmission of diseases</p> <ul style="list-style-type: none"> a. Fluid b. Finger c. Flies d. Faces e. Food <p>Latrines, method of excreta disposal</p> <ul style="list-style-type: none"> a. Types of Latrines <ul style="list-style-type: none"> • Borehole latrine • Dug well • Water seal b. Method of construction c. Location d. Advantage of various latrines 	<p>2</p> <p>1</p> <p>2</p>	<ul style="list-style-type: none"> • Discussion • Show the model. • Demonstration. • Illustrative lecture 	Question and answer.	<p>Poster</p> <p>Book.</p> <ul style="list-style-type: none"> • Park and Park, Preventive and social medicine.

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
4.	<ul style="list-style-type: none"> Explain the safe and wholesome water and its uses. List the sources of water in Nepal and its character. 	Water Introduction a. Meaning of safe and wholesome water b. Uses of water c. Characteristic of safe water	1	<ul style="list-style-type: none"> Illustrative lecture 	Question and answer.	Poster
		Sources of water a. Rain water b. Surface water c. Ground water Characteristic of water from different source	2	<ul style="list-style-type: none"> Illustrative lecture Group division Discussion. 	Feedback on group work	
	<ul style="list-style-type: none"> Describe how the water can be polluted Explain about health hazard due to water pollution 	Water pollution a. Meaning b. Causes of water pollution c. Water borne diseases	1		Report presentation after visit in-group.	Photography
		Purification of water Methods a. Large scale. <ul style="list-style-type: none"> Storage Filtration Chlorination b. Small scale/household <ul style="list-style-type: none"> Boiling Chemical Filtration Disinfection of well	2	<ul style="list-style-type: none"> Group discussion Demonstration Observation of waters Treatment plant 		Posters
	<ul style="list-style-type: none"> Explain the various methods of water purification. 					

Chapter 4: Health Education						Total Hours: 18
Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
1.	<ul style="list-style-type: none"> Define health education. List the importance, principle, and objective of health education. Explain various methods of health education used in various setting and their advantage and disadvantage. 	<p>Health education</p> <p>a. Definition b. Importance c. Principle d. Objective</p> <p>Methods</p> <p>a. Individual methods; counselling b. Small group methods; Illustrative lecture, Mini group discussion, Workshop, Panel discussion, Demonstration, Role play, Symposium, Brainstorming c. Large group methods; Role play, Exhibition, Drama, Puppet show, classroom lecture, Brainstorming</p> <p>Advantages and disadvantages of different methods</p>	1 5	<ul style="list-style-type: none"> Lecture Role play Group divide and exercise Demonstration 	<p>Question and answer</p> <p>Re-demonstration of role play</p>	
2.	<ul style="list-style-type: none"> Explain the media and materials used in health education Explain the principles of developing teaching learning materials. 	<p>Media and material</p> <p>Types</p> <p>a. Visual: slide, projector, transparency, multimedia, Pamphlet, Poster, Flipchart, Flannel board, Flash card b. Audio: Radio, Cassette player c. Audio visual: TV, Film d. Principles of developing teaching learning materials.</p>	3 1	<ul style="list-style-type: none"> Lecture Group discussion Show real object and model 	<p>Question and answer.</p> <p>Individual assignment for developing T/L material.</p> <p>Question and answer. Check the prepared A/V aid.</p>	<ul style="list-style-type: none"> K. Park, Textbook of preventive and social medicine. R.R. Saxena, Social and preventive medicine.

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
3.	<ul style="list-style-type: none"> Explain meaning, principles, importance and types of health teaching. 	Health teaching a. Definition b. Importance c. Principle d. Types <ul style="list-style-type: none"> Formal Informal 	3	<ul style="list-style-type: none"> Brain storming Illustrative lecture. 	Role play Feedback	
4.	<ul style="list-style-type: none"> Describe the planning of health teaching for given situation Conduct health teaching 	Planning of health teaching a. Assessment of problem. b. Plan of teaching (lesson plan) <ul style="list-style-type: none"> Setting objective Writing contents Planning of time allocation Planning method and media of teaching Evaluation Summarize Conduct health teaching	5	<ul style="list-style-type: none"> Individual assignment to develop lesson plan in a given topic. Classroom teaching demonstration 	Evaluation of lesson plan. Feedback Re-demonstration	

Reproductive Health (Theory)

Total Hours: 78

Total Marks: 50

Course Description	Objectives
<p>This course will provide the students basic knowledge and skill needed to provide reproductive health care to the person through the life cycle regarding adolescence and women's health, family planning, sub fertility and safe motherhood service.</p> <p>Note: Practical experience of this subject is incorporated in Community Health Nursing.</p>	<p>At the end of this course, the students will be able to:</p> <ul style="list-style-type: none">• Describe reproductive system• Define reproductive health.• Explain the reproductive health including life cycle of reproductive health.• Explain the concept of reproductive health and National policy, planning and scope.• Explain the population composition and family planning.• Identify the various temporary and permanent family planning methods.• Describe the adolescence and women's health issues and factors affecting the reproductive health of women's.

4	<ul style="list-style-type: none"> List the problems of women their causes, signs and symptoms, prevention and management. Explain the factors affecting women's health. 	<p>Women's health problem</p> <p>a. Social problem:</p> <ul style="list-style-type: none"> Gender bias/discrimination Too early pregnancy Too close pregnancy Too many pregnancies Violence <p>b. Physical problem</p> <ul style="list-style-type: none"> Prolapse VVF RVF Cervicitis Breast cancer Cervical cancer Menopausal syndrome <p>Factors affecting women's health</p> <ol style="list-style-type: none"> Perception of women's and illness Socio, economic condition Political commitment Cultural practices Religious belief Legal condition 	10 4	<ul style="list-style-type: none"> Discussion. Illustrative lecture. 	Question and answer.	<p>Booklet Women in SEARO. National safe motherhood package.</p> <p>National safe motherhood service guideline.</p>
5	<ul style="list-style-type: none"> Explain safe motherhood program in Nepal including its objectives, components policy strategy and action plan. 	<p>Safe motherhood</p> <ol style="list-style-type: none"> Introduction Objectives Components National strategy, policy and plan of action of safe motherhood program in Nepal. 	3	<ul style="list-style-type: none"> Illustrative lecture 	Questions and answer	<ul style="list-style-type: none"> WHO SM documents State of women and children in Nepal (UNICEF) Women in SEARO. SM package
6.	<ul style="list-style-type: none"> Explain impacts of population growth in Nepal 	<p>Population</p> <ol style="list-style-type: none"> Population in Nepal Impact of rapid population growth 	1	Brainstorming followed by lecture	Written examination	

7	<ul style="list-style-type: none"> Explain counseling process, benefits, principles and responsibility of effective counselor and ABHIBADAN Approach Explain informed choice and its importance, principles, barriers and consent. 	<p>Counseling and Informed Choice</p> <p>Counseling</p> <ol style="list-style-type: none"> Definition of family planning counseling Principles of family planning counseling Client's right Responsibilities/skills of effective counselor ABHIBADAN approach <p>Informed Choice</p> <ol style="list-style-type: none"> Definition of informed choice Principles of informed choice Importance of informed choice Barrier to informed choice Informed consent 	8	Discussion & interaction lecture, Lecture, Role-play, followed by discussion	Written examination Performance evaluation (FP clinic) Feedback	
8.	<ul style="list-style-type: none"> Explain about client assessment and examination 	<p>Client Assessment</p> <ol style="list-style-type: none"> History taking Physical assessment: Head to toe examination including PV and breast examination Purpose of client assessment and PV examination 	8	Lecture and demonstration Demonstration of real objects Exercise	Written examination, performance evaluation	Zoe model, breast model, use flowcharts

9.	<ul style="list-style-type: none"> Describe different methods of family planning and manage minor complications. 	<p>Family Planning Define Family Planning Benefits/scopes of family planning Methods of family planning</p> <p>a. Condom</p> <ul style="list-style-type: none"> Types Indications, mode of action, effectiveness, precaution Advantages (contraceptive & non contraceptive)/disadvantages Client instruction <p>b. Spermicide</p> <ul style="list-style-type: none"> Indication, mode of action, effectiveness, precaution Advantage/disadvantages Client instruction <p>c. Combine Oral contraceptives</p> <ul style="list-style-type: none"> Introduction Types of COCs Mode of action, effectiveness, precaution Indications/contraindications Advantages/disadvantages Common side effects/management Warning signs Client instruction /return to fertility <p>d. DMPA (Depo)</p> <ul style="list-style-type: none"> Introduction Mode of action, effectiveness, precaution Indications/contraindications Advantages/disadvantages Common side effects/management Warning sign Client instruction /return to fertility <p>e. IUCD</p> <ul style="list-style-type: none"> Introduction Mode of action, effectiveness, precaution Indication /contraindication Advantages/disadvantages Common side effects/management Warning sign Client instruction/return to fertility 	3 2 2 2 2	Brainstorming, illustrate lecture, demonstration	Questions to the students after session, return demonstration	
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	<ul style="list-style-type: none"> Explain the permanent methods of Family Planning 	<p>Permanent FP (VSC) Male/female</p> <p>Introduction</p> <p>Methods</p> <ol style="list-style-type: none"> Female Male <p>Female Sterilization</p> <ul style="list-style-type: none"> Laparoscopy Minilap <ol style="list-style-type: none"> Action/effectiveness Time Client instruction Advantages/disadvantages Post-operative care and follow-up Identification of post-operative complication and referral. Facts and reversal <p>Male sterilization</p> <ul style="list-style-type: none"> Vasectomy <ol style="list-style-type: none"> Action/effectiveness Time Clients instruction Advantages/disadvantages Post-operative care and follow-up Identification of post-operative complication and referral. Facts and reversal 	<p>2</p> <p>2</p> <p>2</p> <p>2</p>	<ul style="list-style-type: none"> Brainstorming Group work Illustrated lecture with question Group presentation 	<p>Summary of the session with question to the students</p>	<p>Model Vasectomy Minilap</p>
	<ul style="list-style-type: none"> Discuss about emergency contraceptive. 	<p>Emergency contraception</p> <ol style="list-style-type: none"> Introduction Types <ul style="list-style-type: none"> Pills IUCD Dose and timing Effectiveness, precaution Client information Identification of complications and referral 	<p>2</p>			

10.	<ul style="list-style-type: none"> State causes, signs and symptoms, management and complications of abortion. 	Abortion a. Definition b. Causes c. Types d. Signs and symptoms e. Management (PAC/CAC) f. Complications g. Post Abortion family planning	2	<ul style="list-style-type: none"> Discussion. Illustrative lecture. 	Ref. to Mid A	
11.	<ul style="list-style-type: none"> Define sub-fertility and explain the causes, prevention, management and counseling of sub-fertility. 	Sub-fertility g. Definition h. Causes i. Prevention j. Management (male and female)	2	<ul style="list-style-type: none"> Discussion. Illustrative lecture. 		

Reference books:

- Standards for midwifery practice for safe motherhood, vol. 1, 2, 3 and 4 WHO, Regional Office for SEA, New Delhi, 1999.
- Reproductive Health Protocol for ANM, HMG, Family Health Division.
- अ.न.मी. विद्यार्थीहरूका लागि परिवार नियोजन सन्दर्भ पुस्तिका, प्रा.शि. तथा व्या. ता. परिषद् र नेपाल परिवार स्वास्थ्य कार्यक्रम, २००४
- तुइतुई, रोशनी तथा डा. सुवाल एस.एन. मातृशिशु तथा प्रजनन स्वास्थ्य, मकालु बुक्स एण्ड स्टेशनर्स, पुतलीसडक, काठमाडौं, २०६२।
- Shrestha DR., 2008. Reproductive Health, national and international perspectives.
- Family Health Division, 2008. Reproductive Health.
- Family Health Division, 2010. National Medical standard for Reproductive Health. V01 I & III

Community Health Nursing I and Reproductive Health (Practical)

Total Hours: 312

Total Marks: 200

Course Description	Objectives
<p>This course will introduce to the students about home visit/family planning /Maternal and Child Health clinic. Each students will be exposed to field practice for 8 weeks</p> <ul style="list-style-type: none"> • MCH/FP clinic = 6 weeks. • Home Visit = 2 weeks. <p style="padding-left: 40px;">Total = 8 weeks</p> <p>During the community visit, each student will provide opportunity to give care to the families and apply their knowledge of nursing process, communication skills, nutrition, environmental sanitation, proper waste disposal, treatment of simple diseases of family, providing formal and informal teaching, family planning and immunization knowledge for family.</p> <p>During the clinical practicum in MCH/FP clinic, each student will provide opportunity to give care for mother and child individually and provide family planning counselling to individual or group.</p>	<p>During two weeks home visit, the students will be able to:</p> <ul style="list-style-type: none"> • Assess the individual member of the family to identify the problems of clients in their home. • Use nursing process in caring the individuals and families. • Prepare sarbottam pitho if necessary. • Identify the content of balance diet and its relationship between nutrition and health. • Identify the type of water used in family, dietary pattern, waste disposals system of the family • Plan health education and health action according to identified problems. <p>During six weeks MCH/FP Clinic practicum, the students will be able to:</p> <ul style="list-style-type: none"> • Assist in preparing of FP/MCH clinic. • Assess the antenatal /postnatal mother and child health status and compare with normal growth and development of child and mothers. • Immunize the mother and under five children as health policy of Nepal government. • Provide family planning counseling to clients as required. • Distribute temporary family planning materials. • Observe IUD and implant insertion and removal. • Give health teaching to client as necessary. • Maintain record/file in clinic. • Prepare equipment/supply for sterilization.

Community Health Nursing I and Reproductive Health (Practical)

S.N.	Clinical Tasks	Evaluation
1	<p>Clinical task for home visiting (2 weeks) Total marks: 75</p> <ul style="list-style-type: none"> • Identify the health problems of individuals and families. • Use nursing process in caring the individuals and families. • Prepare sarbottam pitho if necessary. • Prepare meal plan for family • Identify the type of water used in family, dietary pattern, waste disposals system of the family and take necessary action. • Plan health education and health action according to identified problems. • Maintain 2 kitchen garden including sewage disposal, rodent control and construction of latrine if necessary 	<ul style="list-style-type: none"> • Submit family folder. • Health education – individual, couple and family. • Daily evaluation performance by rating scale. • Presentation of health action in family. • Submit physical assessment/history taking - forms. • Conduct counseling session by using checklist • Submission of Logbook.
2	<p>Clinical task for MCH/FP clinic (six weeks) Total marks: 125</p> <ul style="list-style-type: none"> • Assist in preparing of FP/MCH clinic. • Assess the antenatal /postnatal mother and child health status and compare with normal growth and development of child and mothers. • Immunize the mother and under five children as health policy of Nepal government. • Provide counseling to individual, adolescence, couple and families as required. • Distribute temporary family planning devices. • Observe IUD and implant insertion and removal. • Give health teaching to client as necessary. • Maintain record/file in clinic. • Sterilize equipment/supply as required. • Maintain cold chain of vaccine. • Maintain logbook. 	

Second Year

Master Plan of Second Year

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
Study Block						Midwifery Practical						Study Block					
18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	
Summer Vacation		Community Health Practical									Dashain Tihar Vacation						
35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Midwifery Practical						Study Block				Revision	Final Exam		Winter Vacation				

OJT placement

- Health Post = 5 weeks
- PHC = 5 weeks
- Hospital = 10 weeks

Midwifery "A" (Theory)

Total Hours: 78

Total Mark-50

Course Description	Objectives
<p>This course provides basic knowledge about human reproduction and care of the woman during pregnancy following government's policy, strategies and protocol.</p>	<p>At the end of this course, the students will be able to:</p> <ul style="list-style-type: none">• Describe the anatomy and physiology of female pelvis and reproductive organs of female.• Describe the physiology of mensuration conception, fetal and placental development.• Describe the physiology and diagnosis of pregnancy.• Describe the minor and major disorders during pregnancy and its management.• Identify essential drugs (misoprostal) used in obstetric, recommended by DDA, MOHP and FHD.• Explains various diseases, associated with pregnancy its effects and management.• Discuss about importance and process of examination of pregnant women.• Identify the need of pregnant mother and provide health information and education accordingly to the pregnant mothers, families members and relatives in order to ensure optimal health during pregnancy.

Midwifery 'A' Theory

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
1	<ul style="list-style-type: none"> Explain history of midwifery State different terminology used in midwifery 	Introduction of midwifery <ol style="list-style-type: none"> Commonly used terminology in midwifery Short History of Midwifery Midwifery Terminology 	1	Illustrated Lecture and handout or book ref.	Questions/Answers	OHP, Screen, Marker, Black Board and check, Midwifery Reference materials
2	<ul style="list-style-type: none"> Review female reproductive organs and the characteristics of sperm and ovum from reproductive health 	Introduction Female Reproductive Organs Structure and physiology <ol style="list-style-type: none"> External Genitalia Internal organs Characteristics and functions <ol style="list-style-type: none"> Sperm Ovum Ovarian and Uterine Cycle <ol style="list-style-type: none"> Physiology of menstruation Phases 	2	Illustrated Lecture Group work	Questions/Answers Assignment	OHP, Screen, Flip chart Paper, Marker, Black Board and check, Midwifery Reference Materials Model/Poster Wall chart
3	<ul style="list-style-type: none"> Explain the anatomy and physiology of female pelvis 	Pelvis Definition Types <ol style="list-style-type: none"> According to obstetrics <ul style="list-style-type: none"> True pelvis False pelvis According to anatomy <ul style="list-style-type: none"> Gynaecoid Android Anthropoid Platypelloid Land marks / Measurement of pelvic and their importance/ significant Pelvic joins and ligaments	5 2 1	Illustrated Lecture Group work	Questions/Answers Assignment	OHP, Screen, Flip chart Paper, Marker, Black Board and check, Midwifery Reference materials Model (Pelvic bone)
4	<ul style="list-style-type: none"> Describe structure and functions of the pelvic floor and preventive measures to reduce pelvic floor injury 	Pelvic Floor <ol style="list-style-type: none"> Pelvic floor muscles and its important Birth canal injuries Prevention of injury during labour 	3	Illustrated Lecture Group work	Questions/Answers Assignment	OHP, Screen, Flip chart Paper, Marker, white Board Midwifery Reference Materials, Model

Midwifery 'A' Theory

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
5	<p>The Fetal skull</p> <ul style="list-style-type: none"> • Describes the anatomy of fetal skull • Explain the relationships of fetus to mother's uterus and pelvis. 	<p>The Fetal Skull</p> <ol style="list-style-type: none"> a. Bone, fontanells, suture b. Regions and land marks measurement c. Molding <p>Relationships of fetus to the uterus and pelvis.</p> <ol style="list-style-type: none"> a. Lie. b. Attitude. c. Presentation. d. Position. e. Denominator. f. Engagement. g. Station. 	5	<p>Illustrated Lecture Group work Demonstration Return demonstration</p>	<p>Questions/ Answers Assignment</p>	<p>OHP, Screen, Flip chart Paper, Marker, Black Board and check, Midwifery Reference Materials Model (fetal skull and pelvis)</p>

Midwifery 'A' Theory

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
6	<ul style="list-style-type: none"> • Explain the process of conception and fetal development. • Discuss about development of fertilize ovum fetal and placenta. • Explain the fetal circulation and changes that takes place in extra uterine life. 	<p>Fetal and Placental Development Fertilization/Conception</p> <ol style="list-style-type: none"> a. Commonly used terminology in fertilization b. Development of fertilized ovum c. Sex determinations d. Decidua e. Embryo (structure) <ul style="list-style-type: none"> • Endoderm • Mesoderm • Exoderm f. Placenta <ul style="list-style-type: none"> • Definition • Function • abnormalities/anatomical variation g. Fetal membranes (amnion, chorion) h. Umbilical cord (Definition, composition, length, anatomical variation) <p>Fetal Circulation</p> <ol style="list-style-type: none"> a. Temporary Structure b. Change after birth 	13	Illustrated Lecture Illustrated Lecture Group work	Questions/ Answers Questions/ Answers Assignment	OHP, Screen, Flip chart Paper, Marker, white Board Midwifery Reference Materials Poster Model (placenta with umbilical cord) Wall chart

Midwifery 'A' Theory

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
7	<ul style="list-style-type: none"> • Identify major physiological changes during pregnancy • Explain how to diagnose pregnancy • Describe assessment of pregnant mother. 	<p>Diagnosing Pregnancy</p> <p>Physiological changes during pregnancy</p> <p>Sign and symptoms of pregnancy</p> <ol style="list-style-type: none"> a. Presumptive b. Probable c. Positive <p>Assessment of pregnant women</p> <ol style="list-style-type: none"> a. Antenatal examination and care b. Importance and objectives of ANC examination and care c. Assessment of pregnant women <ul style="list-style-type: none"> • History taking (Calculation of EDD and WOG) • Physical examination • Obstetrical examination • Investigation • Recording & reporting 	16	Illustrated Lecture Group work Exercise EDD and WOG Demonstration and re-demonstration	Questions/ Answers Assignment	OHP, Screen, Flip chart Paper, Marker, Black Board and check, Midwifery reference materials Posters clock full zoe model with pregnant RH clinical protocol

Midwifery 'A' Theory

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
8	<ul style="list-style-type: none"> State the Needs of Pregnant Women 	Needs of Pregnant women <ol style="list-style-type: none"> Nutrition Immunization (TetanusToxoid/deworming) Antenatal checkup (4 visit) Rest, sleep and exercise Sex education Birth preparedness and complication readiness <ul style="list-style-type: none"> Financial arrangement Transportation Food Clothing Person for blood donation Health Education (including postpartum family planning) 	6	Discussion Illustrated Lecture Group work Demonstration/ returned demonstration Role play for H/T	Questions/ Answers Assignment	OHP, Screen, Flip chart Paper, Marker, white board Midwifery Reference Materials Posters Supplementary reference for SBA
9	<ul style="list-style-type: none"> Explain minor disorders of the pregnancy and its management. 	Minor disorders during pregnancy and its management <ol style="list-style-type: none"> Morning sickness Heart burn Indigestion Itching Pruritus Vulva or Itching at vulva Muscular cramp Backache Varicose vein Pica Fainting Frequency of urination Physiological Edema Fatigue Constipation 	2	Discussion Group work Illustrated Lecture	Questions/ Answers Assignment	OHP, Screen, Flip chart Paper, Marker, Black Board and check, Midwifery Reference Materials Posters

Midwifery 'A' Theory

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
10	<ul style="list-style-type: none"> Describe major disorder of pregnancy and manage accordingly 	Major disorders of pregnancy <ol style="list-style-type: none"> Hyperemesis gravidarum Pregnancy Induced hypertension Pre-eclampsia and Eclampsia Polyhydramnios Oligohydramnios Gestational diabetes 	8	Brain storming Illustrated Lecture Group work	Questions/ Answers Assignment	OHP, Screen, Flip chart Paper, Marker, Black Board and check, Midwifery Reference Materials Posters
11	<ul style="list-style-type: none"> Explain complications of early and late pregnancy and their management. 	Complications in Pregnancy Bleeding in Early Pregnancy and management <ol style="list-style-type: none"> Abortion (review from RH) Ectopic pregnancy Hydatidiform mole Bleeding in late pregnancy and management <ol style="list-style-type: none"> Antepartum Haemorrhage Placental cause <ul style="list-style-type: none"> Placenta praevia, Abruptio placenta Extra placental cause <ul style="list-style-type: none"> Cervical erosion, Cervical cancer, Cervical polyp 	6	Brain storming Role play Illustrated Lecture Group work	Questions/ Answers Assignment	OHP, Screen, Flip chart Paper, Marker, Black Board and check, Midwifery Reference Materials Posters Real objects (if available)

Midwifery 'A' Theory

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
12	<ul style="list-style-type: none"> Explain disease associate with Pregnancy and their effect during pregnancy, labor and puerperal period. Describe the management of disease associate with pregnancy by using problem solving approaches in home and health care facilities. 	<p>Diseases associated with pregnancy</p> <p>Diseases associate with pregnancy and its management</p> <ol style="list-style-type: none"> Anemia Cardiac disease Urinary tract Infection Jaundice Sexually Transmitted Infection <ul style="list-style-type: none"> Syphilis, Hepatitis B, Chlamydia, Monoliasis, Gonorrhea HIV (PMTCT, VCT) RH incompatibility 	6	Brain storming Illustrated Lecture Group work	Questions/ Answers Assignment	Flip chart Paper, Marker, Black Board Midwifery Reference Materials Posters
13	<ul style="list-style-type: none"> Discuss the common drugs used in obstetrics. 	<p>Drugs used in obstetrics</p> <ol style="list-style-type: none"> Hematinic agent. Vitamins and minerals Tocolytic agent Anti-hypertensive Anticonvulsive Oxytocin Misoprostol: Matri surakshya chakki Steroids 	2	Illustrated Lecture Group work	Questions/ Answers Assignment	Flip chart Paper, Marker, Black Board Midwifery Reference Materials Posters List of essential drug list

Midwifery “A” (Practical)

Total Hours: 256

Location for practical experience: Antenatal ward/clinic

Total Marks: 150

Course Description	Objectives
<p>This course helps students to apply knowledge and to develop skills and attitudes to practice in managing women with normal and abnormal pregnancy.</p>	<p>At the end of this clinical, the students will be able to:</p> <ul style="list-style-type: none">• Set up the antenatal clinic in home, hospital or clinic.• Assess pregnant women to detect normal/abnormal conditions and interpret the findings to mother and family, and take appropriate action as well as refer to health institutions.• Identify the needs of pregnant women and give appropriate health teaching to mother and family in order to ensure healthy readiness of pregnancy, safe delivery and complication.• Prioritize the institutional delivery.

Unit	Clinical Tasks	Evaluation
1.	<p>Practice examination of pregnant women in antenatal ward/clinic</p> <ul style="list-style-type: none"> • Set up antenatal clinic • Perform steps of antenatal examination <ul style="list-style-type: none"> - History taking (Calculation of EDD and gestational age) - Physical examination - Obstetrical examination - Investigation (blood for Hb%, grouping, sugar, VDRL and HIV-Aids; urine, stool test and ultrasound) - Recording and reporting. 	<p>Use evaluation tools as prescribed:</p> <ul style="list-style-type: none"> • Maintain log book of Antenatal examination – 25. • Submit History taking format – 5. • Submit Physical examination format – 5. • Conduct Health teaching - 5
2.	<p><u>Practice clinical/ward set-up:</u></p> <ul style="list-style-type: none"> • Observe and maintain clinic set-up and ward. • Assist in physical set-up for antenatal care. 	

Unit	Clinical Tasks	Evaluation
3.	<p><u>Care of the pregnant women:</u></p> <ul style="list-style-type: none"> • Examine the pregnant women by following steps of ANC examination and refer if detect any abnormalities. • Provide T.T vaccine • Provide Health education on following topics; <ul style="list-style-type: none"> - Diet, clothing, rest, exercise, and shoe. - Importance of A.N.C./exclusive breast-feeding. - Immunization - Birth preparedness and complication readiness plan. - Personal hygiene. - Care and manage of minor disorder. - Sex education. - Danger signs of pregnancy. - Counselling on postpartum family planning • Record/report of finding. • Follow up visit 	

Midwifery "B" (Theory)

Total Hours: 78

Total Marks: 50

Course Description	Objectives
<p>This course provides knowledge, skill and attitude to the students regarding care to women in labour with normal and abnormal conditions by using problem solving approach in different level of health facility and home setting.</p> <p>During the course the major skills, which is essential to perform at community level with national service standard has been focused in saving life of the mother and new born.</p>	<p>At the end of this course, the student will be able to:</p> <ul style="list-style-type: none">• Explain the SBA.• Define labour its stages and duration• Explain the courses of onset of labour its sign and symptoms.• Discuss physiological changes of 1st, 2nd, 3rd and 4th stages of labour and their management.• Discuss the mechanism of normal labour (with help of a model) and abnormal labour.• Identify the obstetrical emergencies, which can arias during labour and management using lifesaving skill.• Describe the obstetrical complication that can arise during and immediate after birth and their management• Teach and counsel the mother, family and group to ensure safe delivery care to a new born, recognizing danger sign and action to be taken as needed.• complications that can arise during and immediate after labour• Explain the management of diagnosed abnormal condition during labour in hospital and community situation

	<ul style="list-style-type: none"> • Explain signs and symptoms of 2nd stage of labour • Describe preparation to be made for conducting delivery • Describe the care of women during 2nd stage of labour • Discuss the steps of conducting normal delivery in vertex presentation • Describe the concept of restricted episiotomy and its repairs • Discuss the essential care of new born including resuscitation 	<p>Management of second stage of labour</p> <ol style="list-style-type: none"> a. Physiological change during second stage of labour b. Signs and symptoms of second stage of labour c. Preparation for delivery <ul style="list-style-type: none"> • Preparation of the environment • Preparation of the mother • Preparation of the midwife • Preparation of the equipment d. Care of women in 2nd stage of labour e. Nursing care of the mother in second stage of labour f. Method of conducting delivery <ul style="list-style-type: none"> • Head • Shoulder • Trunk g. Episiotomy <ul style="list-style-type: none"> • Meaning • Indications • Types • Timing • Procedures • Injury to the birth canal • Repairing of episiotomy/tear h. Care of neonatal at birth <ul style="list-style-type: none"> • Physiological adaptation (APGAR score) • Breathing, heart rate and thermoregulation i. Essential newborn care <ul style="list-style-type: none"> • Definition and purposes • Follow steps of immediate newborn care 	<p>15</p>	<p>Illustrated lecture Demonstration Returning demonstration</p>	<p>Questions/ answers</p> <p>Learning guide and Check list to be used during exercise</p>	<p>White Board OHP Chart papers Markers Reference Manual Posters</p> <p>Tools Pelvic model Foetus dummy Birthing model</p>
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		<p>Neonatal resuscitation</p> <ol style="list-style-type: none"> Overview of fetal hypoxia, asphyxia and meconium aspiration Steps of neonatal resuscitation Care after resuscitation 				
	<ul style="list-style-type: none"> Explain the physiology of third stage of labour State the importance of examination of genital tract Explain the examination of placenta and membrane Describe the complications which may arise in third and fourth stage of labour 	<p>Management of third and fourth stage of labour</p> <ol style="list-style-type: none"> Physiological change in third stage of labour Sign and symptom of placenta separation Active management of the third stage of labour <ul style="list-style-type: none"> Oxytocin CCT Uterine massage Immediate breast feeding Examination of genital tract for tear General management of the third and fourth stage of labour <ul style="list-style-type: none"> Bleeding control Examination of placenta, membrane, cord and birth canal Repair if tear Bladder care Nutritional diet Psychological support Report and reporting <p>Complication of the third and fourth stage of labour</p> <ol style="list-style-type: none"> PPH Shock Retained placenta Inversion of the uterus Rupture of the uterus Vulval hematoma 	8	<p>Illustrated lecture Demonstration Returning demonstration</p>	<p>Questions/ answers</p> <p>Learning guide and Check list to be used during exercise</p>	<p>White Board OHP Chart papers Markers Reference Manual Posters</p> <p>Tools Pelvic model Foetus dummy Birthing model</p>
			8			

	<ul style="list-style-type: none"> • Explain the care of mother and baby within first hour of delivery 	<p>Care within one hour of delivery</p> <ol style="list-style-type: none"> a. continue monitoring of mother and newborn condition and recording b. Observe amount of bleeding c. Provide nutrition diet to mother d. Provide psychological support e. Write delivery report and handover to postnatal ward 	4			
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Unit	Task/Objective	Content	Hour	Teaching Learning Activities	Evaluation	Resource Materials
2.	<ul style="list-style-type: none"> Discuss the abnormal labour and its management. State the types of abnormal labour. Explain pre and post-term labour and their management State the risk associated with premature rupture and membrane Discuss the management of abnormal labour 	<p>Abnormal position</p> <p>Occipito Posterior Position</p> <ol style="list-style-type: none"> Causes Diagnosis Clinical Features Management during Labour Mechanism of Right Occipito Posterior Position (Long Rotation) Possible Course and Outcomes of Labour Management of Delivery Deep Transverse Arrest Conversion to Face or Brow Presentation Complication Associated with Occipito Posterior Position <p>Abnormal Labour</p> <ol style="list-style-type: none"> Pre and post-term labour and their management Premature rupture of membrane Abnormal (hypo/hypertonic) uterine contraction Precipitated labour Prolong labour Obstructed labour Cephalopelvic disproportion Maternal and fetal distress <p>Management of abnormal labour</p> <ol style="list-style-type: none"> Trial labour Induction and augmentation of labour Instrumental delivery:- Vacuum, Forceps delivery Operative delivery: Caesarean section 	5	Group Work Illustrated lecture Demonstration	Questions/ answers Learning guide and Check list	Black board White Board OHP Chart papers Markers Reference Manual, Models

Midwifery 'B' Theory

Unit	Task/Objective	Content	Hour	Teaching Learning Activities	Evaluation	Resource Materials
	<ul style="list-style-type: none"> • Discuss the mal position and mal presentation of the fetus and their management • State the technique of conducting breech delivery 	<p>Abnormal Presentation</p> <p>a. Face Presentation</p> <ul style="list-style-type: none"> • Type of Face presentation • Diagnosis • Management of Labour • Prognosis and Complication of face presentation <p>b. Brow Presentation</p> <ul style="list-style-type: none"> • Diagnosis • Management • Prognosis and Complication <p>c. Transverse Lie and Shoulder Presentation</p> <ul style="list-style-type: none"> • Diagnosis • Possible Outcome • Management <p>d. Breech Presentation</p> <ul style="list-style-type: none"> • Definition • Causes • Sign and symptoms • Management • Technique of delivery baby with breech presentation <p>e. Compound Presentation</p> <ul style="list-style-type: none"> • Definition • Causes • Sign and symptoms • Management 	6	Illustrated lecture Demonstration	Questions/ answers Learning guide and Check list	Black board White Board OHP Chart papers Markers Reference Manual, Models

Midwifery 'B' Theory

Unit	Task/Objective	Content	Hour	Teaching Learning Activities	Evaluation	Resource Materials
3.	<ul style="list-style-type: none"> Identify obstetrical emergencies, which may arise during labour and state the action to be taken 	Obstetrical Emergency and their management <ol style="list-style-type: none"> Eclampsia Post Partum haemorrhage Shock Vulval hematoma Inversion of uterus Rupture of uterus Amniotic fluid embolism Cord presentation and cord prolapse Placenta Previa Retain placenta Severe vaginal and cervical tear 	2		Brain storming Illustrated lecture Group Work	Questions/ answers Assignment
4.	<ul style="list-style-type: none"> Describe prolonged labour 	Prolonged labour <ol style="list-style-type: none"> Definition Different Phases Causes and Diagnosis Management Induction and augmentation of Labour Trial Labour 	2	Brain storming Illustrated lecture Group Work	Questions/ answers	Black board White Board OHP Chart papers Markers Reference Manual, Model
5.	<ul style="list-style-type: none"> Explain instrumental operational delivery and its management Explain obstetrical Operation and their management Explain caesarean section and its management 	Obstetrical Operation Instrumental delivery <ol style="list-style-type: none"> Forceps Delivery <ul style="list-style-type: none"> Definition Types of Obstetric forceps Vacuum Extraction (Ventous Delivery) <ul style="list-style-type: none"> Advantages of Ventous over Forceps Indications Preparation Responsibility Complications Caesarean Section <ul style="list-style-type: none"> Indications, Types Midwife's Responsibility Pre and post op. care 	5	Brain storming Illustrate lecture Demonstration	Questions/ answers Assignment	Black board White Board OHP Chart papers Markers Reference Manual, Model (if available use the real equipment)

Midwifery 'B' Theory

Unit	Task/Objective	Content	Hour	Teaching Learning Activities	Evaluation	Resource Materials
6.	<ul style="list-style-type: none"> Explain obstructed labour, causes, signs and symptoms and its management of complications. 	Obstructed Labour <ol style="list-style-type: none"> Definition Causes Sign and Symptoms Complications Prevention Management 	2	Brain storming Illustrated lecture	Questions/ answers Assignment	Black board White Board OHP Chart papers Markers Reference Manual, Model
7.	<ul style="list-style-type: none"> Define destructive operation 	Destructive operations <ol style="list-style-type: none"> Definition Meaning for the following: <ul style="list-style-type: none"> Embryotomy Craniotomy Decapitation 	2	Brain storming Illustrated lecture	Questions/ answers assignment	Black board White Board OHP Chart papers Posters Markers Reference Manual
8	<ul style="list-style-type: none"> Explain skill birth attendance program 	Skill Birth Attendance (SBA) <ol style="list-style-type: none"> Introduction Purpose/needs Importance 	1	Lecture and discussion	Questions answers	Supplementary references for SBA
9	<ul style="list-style-type: none"> Discuss the various drugs used in labour including their route, action and side effects 	Drugs used in labour <ol style="list-style-type: none"> Sedatives Analgesics Oxytocin Others 	1	Lecture and discussion	Questions answers	Drugs books

Midwifery 'B' (Practical)

Total Hours: 256

Total Marks: 150

Location for practical experience: Hospital, labour room

Course Description	Objectives
<p>This course will help the students to apply knowledge, develop the skill and attitude to care for a woman in labour, and conduct a normal delivery immediate care of new born baby including breastfeeding in the hospital and health facilities. Focuses on the management of normal and abnormal labour.</p>	<p>At the end of this clinical practicum, the students will be able to:</p> <ul style="list-style-type: none">• Care for the woman in labour and during the birth according to the nursing process in any given situation.• Identify and arrange the equipment needed for the labour in any situation.• Conduct normal delivery ensuring optimal health of mother and neonate.• Immediate administration of vitamin A to mother after delivery.• Recognize any abnormalities arising during labour and immediately after birth and take appropriate action.• Take appropriate actions for mother with diagnosed abnormal condition.

Unit	Clinical Tasks	Evaluation
1.	<p><u>Care during admission of women in labour:</u></p> <ul style="list-style-type: none"> • Recognize different stages of labour, manage according: • Assess vital signs and perform physical examination including abdominal examinations. • Catheterize/empty bladder if necessary. • Perform P.V./R.V. examination. • Fill up partograph. • Refer as necessary. • Provide psychological support. 	<ul style="list-style-type: none"> • Maintaining log book • Recording of 5 partograph.
2.	<p><u>Care during first stage of labour:</u></p> <ul style="list-style-type: none"> • Identify the progress of labour, maintaining partograph. • Provide nursing care according to needs of mother. • Record of vital sign and condition of mother/F.H.S. • Give psychological support. • Recognize the condition of maternal and fetal distress and appropriate action. 	
3.	<p><u>Care during second stage of labour:</u></p> <ul style="list-style-type: none"> • Recognize the signs and symptoms of second stage of labour. • Transfer women to labour room. • Prepare for conducting normal delivery. • Prepare physical set-up for mother and baby. • Positioning the mother. • Perform tray set-up. • Self prepare. 	

Unit	Clinical Tasks	Evaluation
	<ul style="list-style-type: none"> • Observe the condition of mother and fetus regularly. • Observe the normal delivery – 6. • Observe abnormal delivery – 2 (at least). • Observe instrumental delivery – 2. • Observe vacuum delivery and breech delivery – 2+2 • Conduct normal delivery with supervision – 5 • Conduct normal delivery without supervision – 10 • Observe of Episiotomy and suturing – 5. • Perform Episiotomy with supervision – 5. • Perform Episiotomy without supervision – 5. • Observe caesarian section – 2. 	<ul style="list-style-type: none"> • Log book of witness of normal delivery 10 cases and submit its recording. • Conduct normal delivery with supervision and its recording. • Conduct normal delivery without supervision and submit its record.
4.	<p><u>Care during third and fourth stage of labour:</u></p> <ul style="list-style-type: none"> • Care of immediate newborn baby – 10. • Provide breast-feeding immediately after birth. • Prevent baby from hypothermia, accident. • Give nametag. • Delivery placenta. • Examine placenta and blood loss. • Suture the perineum if necessary. • Administrate of drug. • Observe the mother for PPH and manage accordingly. • Provide nursing care to mother. • Keep accurate records and report. 	<p>Maintain Practical Record Book on following activities;</p> <ul style="list-style-type: none"> • Observation of 5 abnormal deliveries and submit its record. • Observation of 10 suturing. • Suturing 5 episiotomy/tear each with supervision and without supervision (5+5). • Evaluation of labour management. • Performance evaluation in labour room.

Midwifery “C” Theory

Total Hours: 68

Total Marks: 50

Course Description	Objectives
<p>This course provides knowledge and attitude to the students regarding care of postnatal mother and new-born with normal and abnormal conditions of puerperium by using nursing process and situation approaches in different level of health facilities and home.</p>	<p>At the end of this course, the students will be able to:</p> <ul style="list-style-type: none">• Describe the physiological changes in the women during puerperium.• Explain the nursing care needed for a woman and neonate during puerperium.• Identify minor and major disorders of mother and neonate, during puerperium and their management.• Teach, counsel and ensure that the mother and the family regarding post natal and neonatal care. Counsel couple about use of postnatal family planning devices.• Identify danger signs of mother and neonate.

Midwifery “C” Theory

Unit	Task/Objective	Content	Hour	Teaching Learning Activities	Evaluation	Resource Materials
1.	<ul style="list-style-type: none"> • Describe physiological changes that take place during puerperium • Describe the care and management of puerperium including health education to mother and family. 	<p>Puerperium</p> <ul style="list-style-type: none"> a. Definition b. Physiological changes during puerperium <ul style="list-style-type: none"> • Lochia • Involution • lactation <p>Management of Puerperium and health education</p> <p>Infection Prevention</p> <ul style="list-style-type: none"> a. Nutrition and balance diet b. General cleanliness c. Perineal Care d. Breast Care (using only warm water) <p>Promotion of uterus involution</p> <ul style="list-style-type: none"> a. Immediate breast feeding b. Postnatal exercise c. Early ambulation <p>Psychological support</p> <ul style="list-style-type: none"> a. Psychological preparation to adjust the motherhood b. Psychosis blue's 	<p>2</p> <p>10</p>	<p>Illustrated lecture Brain storming Group work Role play</p>	<p>Questions/ answers</p>	<p>White Board OHP Chart papers Markers Reference Manual Posters</p>

Midwifery "C" Theory

Unit	Task/Objective	Content	Hour	Teaching Learning Activities	Evaluation	Resource Materials
2.	<ul style="list-style-type: none"> Discuss minor disorders of puerperium and their management 	Minor disorders and their management <ol style="list-style-type: none"> After pains Delay involution of uterus Retention of urine Fourth day blue's/postpartum blue's 	3	Brain storming Illustrated lecture	Questions/ answers	White Board OHP Chart papers Markers Reference Manual
3.	<ul style="list-style-type: none"> Describe the major disorders of puerperium and their management 	Major disorders of Puerperium and their management <ol style="list-style-type: none"> Puerperal pyrexia. Puerperal sepsis and sub involution of uterus Puerperal haemorrhage UTI Incontinence of urine Embolism/Venous thrombosis Psychiatric disorder <ul style="list-style-type: none"> Postpartum blues Depression Psychosis Breast abscess 	8	Brain storming Illustrated lecture	Questions/ answers	White Board OHP Chart papers Markers Reference Manual A/V aids

Midwifery “C” Theory

Unit	Task/Objective	Content	Hour	Teaching Learning Activities	Evaluation	Resource Materials
4.	<ul style="list-style-type: none"> • Discuss about exclusive breast feeding • Explain the causes and management of difficulties in breast feeding • Describe the type of Abnormal Nipple. 	<p>Breast feeding</p> <ol style="list-style-type: none"> a. Review anatomy and physiology of the breast and lactation b. Breast feeding within a hour of baby delivery c. Exclusive breast feeding <ul style="list-style-type: none"> • Advantages of breastfeeding • Positioning / attachment • Baby friendly hospital initiatives <p>Difficulties in breast feeding</p> <ol style="list-style-type: none"> a. Expression breast milk and cup feeding b. Suppression of lactation <p>Type of Abnormal Nipple</p> <ol style="list-style-type: none"> a. Flat b. Inverted c. Depressed d. Bifida 	8	Brain storming Illustrated lecture Figure/charts	Questions/ answers	Black board White Board OHP Chart papers Markers Reference Manual
5.	<ul style="list-style-type: none"> • Describe the management of breast problem. 	<p>Breast Problems during Puerperium and their management</p> <ol style="list-style-type: none"> a. Inverted Nipple b. Cracked Nipple c. Engorged breast d. Plugged milk tube e. Not enough milk f. Mastitis 	3	Brain storming Illustrated lecture Demonstration	Questions/ answers	Black board White Board OHP Chart papers Markers Reference Manual Poster Model of breast if available

Midwifery C Theory

Unit	Task/Objective	Content	Hour	Teaching Learning Activities	Evaluation	Resource Materials
6	<ul style="list-style-type: none"> Explain Newborn Care Describe common newborn problems and their management 	<p>Newborn Care</p> <ol style="list-style-type: none"> Introduction Importance Essential new born care <ul style="list-style-type: none"> Immediate newborn care Essential newborn care during first 24 hours Teaching and counseling about newborn care at home Essential newborn care from 2 to 28 days Newborn resuscitation Breast feeding Common Newborn problems and their management <ul style="list-style-type: none"> Newborn danger signs and referral system Local infection Possible severe bacterial infections Jaundice Low birth weight Kangaroo mother care Hypothermia 	7	Illustrative lecture Drills Video show Self-learning Demonstration of: <ul style="list-style-type: none"> Cord cutting Hand washing Kangaroo care Wrapping of baby Breastfeeding Expression of breast milk 	Demonstration Wrapping of child Case assessment Checklist filling	<ul style="list-style-type: none"> Participant manual Facilitator guide Doll Wrapping cloth Registration forms Breast model APGAR score chart Posters of different congenital anomalies
7.	<ul style="list-style-type: none"> Explain the daily care of new born baby 	<p>Daily Assessment and Care of Newborn</p> <ol style="list-style-type: none"> Eye Cord Skin Temperature Weight Urine and stool Sucking and thriving Under feeding <p>Bath after 24 hrs only</p>	4	Brain storming Illustrated lecture Demonstration Redemonstration	Questions/ answers	Black board White Board OHP Chart papers Markers Reference Manual

Midwifery “C” Theory

Unit	Task/Objective	Content	Hour	Teaching Learning Activities	Evaluation	Resource Materials
8.	<ul style="list-style-type: none"> Describe the management of minor disorders of new born babies 	Minor Disorders and their management of new born a. Sore buttock b. Skin rashes c. Physiological jaundice d. Vomiting (not projectile) e. Oral thrush f. Constipation g. Gynaecomastia	3	Brain storming Illustrated lecture Demonstration	Questions/ answers	Black board White Board OHP Chart papers Markers Reference Manual Instruments Model
9.	<ul style="list-style-type: none"> Describe the signs and symptoms and nursing care of prematurity, dysmaturity and post maturity. 	Prematurity, Dysmaturity and post maturity a. Signs and symptoms b. Differentiate by Signs and symptoms c. Management /Nursing care	4	Brain storming Illustrated lecture Demonstration/ Return Demonstration	Questions/ answers	Black board White Board OHP Chart papers Markers Reference Manual Instruments Model
10.	<ul style="list-style-type: none"> Describe common birth injuries, their management and prevention. 	Common Birth Injuries a. Cephalohematoma b. Swelling on Scalp c. Caput succedaneum d. Facial palsy e. Fracture of bones f. Dislocation	2	Brain storming Illustrated lecture, Group Work	Questions/ answers Assignment	Black board White Board OHP Chart papers Markers Reference Manual
11.	<ul style="list-style-type: none"> Identify common major disorders of newborn baby and their management. 	Major Disorder of newborn and their management a. Pathological jaundice b. Projectile vomiting c. Convulsion d. Infections: <ul style="list-style-type: none"> Ophthalmoneonatum Septicemia Neonatal tetanus Omphalitis 	8	Brain storming Illustrated lecture	Questions/ answers	Black board White Board OHP Chart papers Markers Reference Manual

Midwifery “C” Theory

Unit	Task/Objective	Content	Hour	Teaching Learning Activities	Evaluation	Resource Materials
12.	<ul style="list-style-type: none"> • Identify the common congenital abnormalities and their management. • Teach and counsel mother and family about new-born care and their management. 	<p>Congenital abnormalities and their management</p> <ol style="list-style-type: none"> a. Cleft lip b. Cleft palate c. Oesophageal atresia d. Pyloric stenosis e. Hydrocephaly f. Anencephaly g. Spina bifida (meningocele) h. Club foot i. Omphalocele j. Imperforate anus k. Undescended testes 	6	Brain storming Illustrated lecture	Questions/ answers, Assignment	White Board OHP Chart papers Markers Reference Manual

Midwifery “C” (Practical)

Total Hours: 112

Total Marks: 75

Clinical Areas: Hospital/Health facilities.

Course Description	Objectives
<p>This clinical course provides the student the opportunities to apply knowledge in developing skills and attitudes in management of postnatal mother and newborn in normal and abnormal conditions.</p>	<p>At the end of this course, the students will be able to:</p> <ul style="list-style-type: none">• Set up postnatal clinic.• Assess postnatal mother and newborn in order to detect normal/abnormal conditions and management accordingly.• Provide care to the postnatal mother and neonate by using nursing process.• Demonstrate the ability to assist mothers to breast-feed successfully to prevent complications.• Demonstrate the ability to recognize minor and major disorders of mother and newborn and intervene appropriately.• Assess the newborn, detect abnormalities, disorders and infections, and intervene appropriately.• Organize health teaching programme for mother and family members about care of mother and neonate, including prevention of complications, promotion of health of mother and neonate at home, hospital or community situation.

Unit	Clinical Tasks	Evaluation
1.	<p>Perform postpartum assessment of mothers for identifying their needs</p> <ul style="list-style-type: none"> • History taking • Physical examination of postpartum mother <ul style="list-style-type: none"> ○ General appearance ○ Assessment of vital signs ○ Size and shape of nipple/milk secretion ○ Abdominal examination: uterine contraction, fundal height measurement ○ Vaginal/perineal examination for lochia, suture condition and any abnormal tires. <p>Provide care to postpartum mothers under supervision of teacher</p> <ul style="list-style-type: none"> • Hygiene/perineal care/suture care • Support mothers for successful breast feeding • Assist in self-care and other healthy behaviors • Provide adequate nutrition for postnatal mothers including Vitamin A and iron/folic acid <p>Assess and identify minor problems of postpartum mothers and manage appropriately.</p> <p>Assess and identify the major problems of postpartum period and intervene appropriately</p> <p>Provide care to the women with special needs during the postpartum period</p>	<p>Use evaluation tools as prescribed</p> <ol style="list-style-type: none"> 1. Postnatal performance evaluation. 2. Neonatal examination. 3. Postnatal examination of mother and baby. 4. Procedure evaluation. 5. Health teaching. 6. Recording and reporting.

Unit	Clinical Tasks	Evaluation
2.	<p>Newborn assessment and care</p> <p>Perform daily assessment of the newborn baby in postnatal ward</p> <ul style="list-style-type: none"> • Rapid assessment: Weight, color, respiration, heart rate, cord bleeding, temperature, regulation, congenital, abnormalities • Daily assessment and care • Birth history, newborn examination • Identify danger signs of newborn • Perform essential newborn care: daily eye, cord and skin care <p>Baby bath after 24 hours</p> <p>Assess, detect and manage minor problems of newborn: sore buttocks, diaper rashes, heat rashes, thrush, physiological jaundice etc.</p> <p>Assess and detect major problems of newborn and refer accordingly: Hypothermia, respiratory distress, pathological jaundice and congenital anomalies.</p>	

Unit	Clinical Tasks	Evaluation
3.	<p>Health Teaching</p> <p>Plan and give health teaching to the mothers and families</p> <ul style="list-style-type: none"> • Personal hygiene (prevention of infection to mother and neonate) • Diet and fluid requirement • Exclusive/Breast-feeding • Immunization • Baby care • Family planning/HIV/AIDS • Clothing • Physical set-up – home environment • Discharge teaching follow-up • Assessment of danger signs of mother and newborn • Perineal hygiene, stitch care • Pelvic floor exercise 	

Reference Books:

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2. Bailey R. Mayes Midwifery a text book for Midwives. New Delhi: ELBS, latest edition
3. Myles. M. Text book for Midwives. edited by Ruth Bennett;Linda k.Brown13th edition
4. Fundamental of nursing, HLMC, 2nd edition.
5. Midwifery part I *For Auxiliary Nurse Midwife*, Reference Manual, CTEVT and NFHP, 2005.
6. Midwifery part II *For Auxiliary Nurse Midwife*, Reference Manual, CTEVT and NFHP, 2005.
7. Midwifery part III *For Auxiliary Nurse Midwife*, Reference Manual, CTEVT and NFHP, 2005..
8. .Textbook of Midwifery and Reproductive Health;Jaypee;BT.Basavan Thapa1st edition;2006
9. Paediatrics Nursing caring for children and their families ;Nicki L.Potts; Barbara L.Mandles

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17. Indrani, TK., 2003. Textbook of midwifery.
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19. Department of Reproductive Health & Research, 2004. Manging complication in pregnancy and childbirth, A guide for midwives and doctors.
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Community Health Nursing II (Theory)

Total Hours: 75

Total Marks: 50

Course Description	Objectives
This course offers the knowledge to the students on Basic Primary Health Care Concept, Child Health Nursing, Community Diagnosis and Domiciliary Midwifery (ANC & PNC).	At the end of course, students will be able to: <ul style="list-style-type: none">• Describe the primary health care concept including its principles and elements.• State the role of ANM in PHCC/HP/SHP.• Explain child health nursing including growth and development, child health problems and their care.• Identify the various method of community diagnosis.

Chapter 1: Family Health					Total Hours: 11	
Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
1.	<p>Primary health care (PHC).</p> <ul style="list-style-type: none"> Define primary health care. Explain the basic principles of PHC. <p>Describe the elements of PHC</p> <p>Describe the role of the ANM in primary health facilities.</p>	<p>Primary health care (PHC)</p> <p>Definition</p> <p>Basic principles of PHC</p> <ol style="list-style-type: none"> Accessibility of health services to all population. Maximum individual and community involvement in the planning and operation of health care services. Emphasis on services that are preventive and promotive rather than curative services only. Use of appropriate -technology. Integration of health development with total overall social and economic development. <p>Elements/components of PHC</p> <ol style="list-style-type: none"> Preventing and controlling health Promotion of food supply and proper nutrition. Basic sanitation and safe water. Maternal child health/family planning. Immunization against major infectious diseases. Prevention and control of endemic diseases. Treatment of common diseases and injuries. Provision of essential drugs Prevention and treatment of mental health Prevention and treatment of dental health <p>Role of ANM in PHCC/HP/SHP:</p> <ol style="list-style-type: none"> Health education. Motivator. Care provider. Counselor. Supervisor. Researcher Evaluator 	5	<ul style="list-style-type: none"> Discussion. Illustrative lecture. Illustrative lecture Discussion Interactive Lecture 	<p>Question and answer.</p> <p>Question and answer.</p>	<p>White Board</p> <p>Board Marker</p> <p>Poster</p>

Unit	Content	Task/Objective	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
2.	<ul style="list-style-type: none"> Explain antenatal care needed for women in the community. Describe the birth preparedness of mother. Describe the care needed for mothers and new born after delivery 	Domiciliary midwifery Antenatal care <ol style="list-style-type: none"> Antenatal checkup (as per national policy) Health education Birth preparation and complication readiness Referring patient with danger sign <ul style="list-style-type: none"> Edema of head and feet. Fits. High BP. Headache. Bleeding from vagina. Rapid weight gain. Blurred vision. 	3	<ul style="list-style-type: none"> Practicing ANC group discussion Group discussion and assigned for group work Role play on health teaching. 	Return demonstration Feedback on role play Drama Simulation	White Board Board Marker Poster Dummy (Pregnant women) Clothing National maternity guideline by MOHP
		Postpartum care <ol style="list-style-type: none"> For new born <ul style="list-style-type: none"> Warmth Breathing Cleaning Immunization Referring new born with danger sign For mother <ul style="list-style-type: none"> Follow up visit according to national guideline Health education (hygiene, nutrition, family planning) Referring mother with danger sign 	2			

Chapter 2: Child Health Nursing						Total Hours: 50
Unit	Task/Objective	Contents	Hour	Teaching Learning Activities	Evaluation	Resource Materials
1.	<ul style="list-style-type: none"> Define Terminology used in child health 	Definition of following terms <ol style="list-style-type: none"> Pediatrics Pediatric nursing Pediatrician Child Health Milestone Growth Development Neonate Infant Toddler Preschool School age Adolescence 	4	Lecture and discussion Brain storming	Questions and Answers	Reference Manual Posters of different age group children. (Shrestha, S. ch.I) Flip chart Hand outs Use of posters
2.	<ul style="list-style-type: none"> Explain growth and development/milestone of child up to school age Describe different factors affecting growth and development of children 	Growth and development/Milestone of child from infancy to school age <ol style="list-style-type: none"> Physical Psychological Intellectual Social/language Factors affecting growth and development <ol style="list-style-type: none"> Genetics Immunization (review) Nutrition and feeding Parent child relationship Sleep, rest, exercise, protection Stimulation of child/Child to child program 	8 2	Discussion Illustrative lecture Brain storming	Questions and Answer Question/answer Question/answer	Growth and Development chart Reference Manual Poster

Unit	Task/Objective	Contents	Hour	Teaching Learning Activities	Evaluation	Resource Materials
3.	<ul style="list-style-type: none"> Explain various changes occurs during adolescence period Explain the common problems of adolescence 	<p>Adolescence Adolescent changes</p> <ol style="list-style-type: none"> Physical /Anatomical changes Physiological Psychological and emotional changes (Adolescents reaction to puberty) Cultural changes <p>Common problems of adolescents (Review from RH)</p> <ol style="list-style-type: none"> Skin problem: acne Dysmenorrhea/ menorrhagia Abuse: drugs, alcohol Juvenile delinquency Sexual abuse Early pregnancies Risk of STI/HIV <p>Adolescents reaction to sickness</p>	2 3 1	Lecture Share own experiences Illustrative lecture and discussion Case Study	Make notes of their own problems faced as adolescent	Reference Manual, Participant Handbook, Trainer Notebook (Adolescence – developed by NESOG) Information booklet (MOH)
4.	<ul style="list-style-type: none"> Identify signs and symptoms, causes and management of major killers’ diseases of children 	<p>Major killer diseases Introduction, signs and symptoms, causes and management including preventive measures of following diseases</p> <ol style="list-style-type: none"> Measles Diarrhea Tuberculosis Tetanus Acute Respiratory Infections (Pneumonia, Diphtheria, Pertussis) Malnutrition 	8	Illustrative lecture and discussion 	Questions and answer	Community Health Worker Training and Working Manual -HMG, USAID, 2054 Poster Dixit, NEPAS handouts Refer NEPAS journal Community Health Nursing-HLMP, 2052 Pg 183-184

Unit	Task/Objective	Contents	Hour	Teaching Learning Activities	Evaluation	Resource Materials
5.	<ul style="list-style-type: none"> Describe common health hazards and their prevention and management 	<p>Common health hazards (Review from FoN) Introduction, signs and symptoms, prevention and management of following hazards a. Burn b. Falls c. Drowning d. Poisoning e. Accidents/ fracture f. Injury from sharp instrument g. Foreign body in ear, nose, throat, eye h. Asphyxia i. Choking j. Bites: dog/snake/insects</p>	6	<ul style="list-style-type: none"> Lecture and discussion Role play 	Questions and Answers	Reference Manual Posters
6.	<ul style="list-style-type: none"> Describe community based integrated management of childhood illness. 	<p>Community Based Integrated Management of Childhood Illness a. Introduction b. Importance c. Assessment of Child from 2 months to 5 years Major Childhood Illness: Classification, signs and symptoms, management, treatment, follow up and referral system a. ARI b. Diarrhea c. Malaria d. Measles e. Fever f. Ear Problem g. Malnutrition/Anemia</p>	6 10	<ul style="list-style-type: none"> Mini-lecture Video show Self-reading of IMCI model Discussion Demonstration of use of chart, booklet along with the text Demonstration of case assessment Demonstration of use of OPD register Clinical session 	Feedback on demonstration	Participant handbook along with chart booklet Facilitator manual IMCI register Timer Video cassette Transparency OHP CBIMCI Model

Chapter 3: Community Diagnosis				Total Hours: 14		
Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
1.	<ul style="list-style-type: none"> Define community diagnosis Explain the process of community diagnosis. 	<p>Community Diagnosis</p> <p>a. Definition and purposes</p> <p>Process of community diagnosis</p> <p>Assessment of community by survey</p> <p>a. Demographic data</p> <p>b. Vital statistics</p> <p>c. Socio-cultural characteristics of people of community</p> <p>d. Pattern of leadership/ gender</p> <p>e. Local resources available in the community.</p> <p>f. Epidemiological trait and environmental health</p> <p>Analysis</p> <p>Interpretation</p> <p>Recommendations</p>	4	<ul style="list-style-type: none"> Lecture Brain storming Discussion in group 	Question and Answer	Reference books
2.	<ul style="list-style-type: none"> Explain the process of solving problems after community diagnosis. 	<p>Problems solving after community diagnosis</p> <p>a. Prioritize the problems according to need.</p> <p>b. Plan and implement the solution.</p> <p>c. Feedback/follow up</p>	3	<ul style="list-style-type: none"> Illustrative lecture Group assignment Role play 	Written test	Reference books
3.	<ul style="list-style-type: none"> Describe the traditional believes/ cultural practices and their impact on health. 	<p>Traditional Belief</p> <p>a. Definition: Traditional belief</p> <p>b. Traditional practices: Taboos.</p> <p>c. Cultural practices and their impact on health of the individuals, community</p>	3	<ul style="list-style-type: none"> Group discussion among students. Illustrative lecture 	Written test.	<ul style="list-style-type: none"> Book of Dor Bahadur Bista
4.	<ul style="list-style-type: none"> Identify the community resources and their roles and responsibilities in solving the community health problems. 	<p>Community Resources and their roles and responsibilities</p> <p>a. Community leader</p> <p>b. Volunteer</p> <p>c. Traditional healer</p> <p>d. Female community health volunteers (FCHV)</p>	4	<ul style="list-style-type: none"> Group discussion. Interactive lecture. Group division. 	Written test.	

Reference books:

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2. Shrestha. D.B. and Pradhananga, An Outline of Community Health Education, third edition. Kathmandu, Nepal HLMP. 1986.
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4. Shrestha, DB An Outline of Community Health Education. Kathmandu, Nepal: HLMP. 2043 (Nepali).
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27. Gupta, P. (2007). Essential pediatric nursing (2nd ed). New Delhi: CBS Publishers and Distributors.
28. अ.न.मी. विद्यार्थीहरूका लागि बाल स्वास्थ्य सन्दर्भ पुस्तिका, प्रा.शि. तथा व्या. ता. परिषद् र नेपाल परिवार स्वास्थ्य कार्यक्रम, २००४
29. Essential child Health Nsg.(Nursing)1st.edition2012 by Tumala Shrestha
30. CB-IMCI Chart booklet, 2013, CHD
31. Shrestha, S. Child Health Promotion, Kathmandu: HLMP, 1987.
32. Immunization in practice, Geneva: WHO, 1982
 - i. Vaccines and when to give them (1)
 - ii. Syringes, needles and sterilization (2)
 - iii. How to give vaccines (3)
 - iv. Prepare for an immunization session (4)
 - v. How to conduct an outreach immunization session (5)
 - vi. Health education in an immunization program
 - vii. How to evaluate your immunization program

Epidemiology and Communicable Disease (Theory)

Total Hours: 60

Total Marks: 50

Course Description	Objectives
<p>This course will provide the students about basic knowledge need to epidemiological study of diseases/health conditions and its prevention and management in the community.</p>	<p>At the end of this course the students will be able to:</p> <ul style="list-style-type: none">• Define the terms use in epidemiology-• List the aim of epidemiology.• Explain the epidemiological method used in health.• Explain about communicable disease including prevention cause and management.• Describe community survey and method of data presentation.• Describe the role and responsibility of ANM in epidemiology and communicable disease.

Epidemiology and Communicable Diseases (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
1.	<ul style="list-style-type: none"> Define terms used in epidemiology 	Epidemiology Definition of Epidemiology Terms used in Epidemiology <ol style="list-style-type: none"> Endemic Epidemic Pandemic Sporadic Communicable Non-communicable Infection Incubation Virulence Quarantine Fomites Prevention Control Eradication Vector Isolation Immunity Contamination Carrier Zoonosis 	4	<ul style="list-style-type: none"> Discussion Illustrative lecture. 	Questions answers, Written test.	Provide hand out
	<ul style="list-style-type: none"> Explain the methods of epidemiological study 	Methods of epidemiological study <ol style="list-style-type: none"> Descriptive Analytical 	3			
	<ul style="list-style-type: none"> State the aim of epidemiology 	Aim of epidemiology				

Epidemiology and Communicable Disease (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
2.	<ul style="list-style-type: none"> Explain the epidemiological concept of disease Explain immunity and its classification. 	<p>Concept of disease Epidemiological triad/cause of disease Host a. Age b. Gender c. Hereditary d. Occupation e. Nutrition f. Socio-economic g. Condition Agent a. Biological b. Chemical c. Physical Environment a. Culture (customs belief habit) b. Sanitation c. Housing d. Climate (weather) e. Season of year Level of disease prevention</p>	8	<ul style="list-style-type: none"> Illustrative lecture Illustrative lecture 	<p>Question and answer.</p> <p>Question and answer.</p>	
3.	<ul style="list-style-type: none"> Describe the basic measurement of epidemiological health and its calculation 	<p>Epidemiological indicators a. Mortality rate b. Crude death rate/birth rate c. Incidence rate d. Prevalence rate e. Morbidity rate f. IMR g. MMR h. Fertility rate</p>	5	<ul style="list-style-type: none"> Lecture. Practice calculation of different measurement. 	<p>Prepare demographic chart.</p> <p>Question and answer.</p>	

Epidemiology and Communicable Disease (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
4.	<ul style="list-style-type: none"> Explain about health information and basic statistic. Differentiate between data and information. 	<p>Health information and statistics Define the terms used in medical statistics</p> <ol style="list-style-type: none"> Information Statistics Medical statistics Data Census Record Survey Registration Demography 	2	<p>Illustrative lecture.</p> <p>Discussion.</p>	Question and answer.	
	<ul style="list-style-type: none"> Explain briefly about the sources of health information. 	<p>Sources of information Census, registration of vital events, sample registration system, notification of disease, record of health institution and epidemiological surveillance/population survey</p>	4	Group discussion.	<p><u>Group Work</u> Prepare diagram/table and chart. Display of diagram, chart and table. Presentation of prepared tool.</p>	
	<ul style="list-style-type: none"> Explain the methods and tool of data collection. 	<p>Method and tools of data collection</p> <ol style="list-style-type: none"> Data collection method Tools for data collection 	2			
	<ul style="list-style-type: none"> Explain briefly on different statistical methods of data presentation. 	<p>Methods of data presentation</p> <ol style="list-style-type: none"> Tabulation Chart and diagram Reporting 	5	<p>Group work.</p> <p>Individual work to prepare tool.</p>		

Epidemiology and Communicable Disease (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
5.	<ul style="list-style-type: none"> • Explain the modes of disease transmission • Describe about various communicable diseases, mode of transmission, causes, signs and symptoms prevention, treatment and complication of various communicable diseases. 	Communicable disease Source or reservoir Modes of transmission <ol style="list-style-type: none"> Direct Transmission <ul style="list-style-type: none"> • Direct contact • Droplet infection • Contact with soil • Inoculation in to skin or mucosa by bite • Transplacental/vertical transmission Indirect Transmission <ul style="list-style-type: none"> • Fomites home • Vector borne • Vehicle borne • Air borne • Unclean hands and fingers 	7	<ul style="list-style-type: none"> • Discussion. • Case presentation. • Illustrative lecture. 	Question and answer.	<u>Book</u> K. Park, Preventive and social medicine.
		Causes, signs, symptoms, prevention, treatment, possible complication of following communicable diseases <ol style="list-style-type: none"> Cholera Typhoid Bacterial/viral Measles Chicken pox Whooping cough Diphtheria Tuberculosis Tetanus Poliomyelitis 	16			

Epidemiology and Communicable Disease (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
	<ul style="list-style-type: none"> Explain the role and responsibility of ANM in prevention, control and management of communicable diseases in HP, PHC and district 	k. Rabies l. Filariasis m. Malaria n. STI-HIV o. Influenza p. Kalazars q. Mumps r. Food poisoning s. Japanese Encephalitis t. Dengue u. Bird flu v. Swine flu w. Yellow fever (Review from Treatment of simple disorders) x. Diarrhea y. Hepatitis z. German's measles aa. Dysentery (Bacillary dysentery and amoebic dysentery) bb. common cold cc. Meningitis dd. Encephalitis ee. Skin infection <ul style="list-style-type: none"> Role and responsibilities of ANM in PHC, SHP, HP and District Hospital level in prevention, control and management of communicable disease 	4	<ul style="list-style-type: none"> Group discussion and presentation. 		

Reference books:

1. Ramtel, T., 2012. A textbook of Epidemiology.
2. Adhikari, S., 2008. Fundamentals of epidemiology.
3. Gartoula, P., 2011. A textbook on epidemiology

Treatment of Simple Disorder (Theory)

Total Hours: 78

Total Marks: 50

Course Description	Objectives
<p>This course will provide the students about basic knowledge needed to diagnose and treat common diseases, provide the concept of pharmacology and essential drug list used in Nepal.</p>	<p>At the end of this course, the students will be able to:</p> <ul style="list-style-type: none">• Explain the concept of pharmacology and categories of drugs used in Nepal.• Describe the different types of drugs, their uses, indications, contraindications, side effects and nursing implications.• Explain different kinds of minor diseases, causes, signs and symptoms, courses, their management and treatment.

Treatment of Simple Disorder (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
1	Define terminologies used health, illness, diagnosis and treatment of diseases	Definition of terms a. Health b. Illness c. Sign, symptoms d. Examination e. Test/investigation f. Chief complain g. Diagnosis: <ul style="list-style-type: none"> • Provisional diagnosis • Final diagnosis • Nursing diagnosis h. Prescription i. Treatment j. Referral k. Follow up l. Advice	4	<ul style="list-style-type: none"> • Illustrative lecture. 	Test.	Book. <ul style="list-style-type: none"> • Textbook K.K. Kafle. • Rg Pinniger, Diagnostic & treatment. • Manual for primary health care in the district, HLMC, IOM, Maharajgunj. • Hand out
2	<ul style="list-style-type: none"> • Define the terms used in microbiology 	Definition of microbiology a. Organism <ul style="list-style-type: none"> • Pathogenic • Non-pathogenic b. Microorganism. <ul style="list-style-type: none"> • Virus, bacteria • Protozoa, fungus • Helminthes (worms) 	1			
3	<ul style="list-style-type: none"> • Describe different methods of collecting, labeling and dispatching different specimen to the lab (blood, stool, urine, sputum, etc). • Explain various methods of testing and collecting urine for special purposes. • State the method of preparing slide of blood sample for malaria and hemoglobin. 	Lab diagnosis Method of collection a. Sputum b. Urine c. Stool d. Blood Methods a. 24 hrs. urine collection b. urine testing for c. sugar d. albumin e. prepare slide for malaria test f. Hemoglobin test	4	<ul style="list-style-type: none"> • Discussion. • Demonstration. 	Re-demonstration.	

Treatment of Simple Disorder (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
4	<ul style="list-style-type: none"> Define different terms used in pharmacology 	Terms used in pharmacology a. Pharmacology b. Pharmacy c. Pharmacologist d. Pharmacist e. Therapy f. Drugs g. Dose h. Generic/trade name i. Potency j. Side effect <ul style="list-style-type: none"> Hypersensitivity Tolerance Sign and symptoms k. Toxic effect l. Indication m. Contraindication n. Drug sensitivity o. Drug resistance p. Anaphylactic shock q. Drug custody r. Essential drugs s. Dialysis	3	<ul style="list-style-type: none"> Illustrative lecture. 	Question and answer.	Hand out.

Treatment of Simple Disorder (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
	<ul style="list-style-type: none"> State the different forms of drugs 	Forms of drugs a. Tablet b. Capsules c. Pills. d. Powder. e. Ointment, lotion. f. Emulsion. g. Solution, suspension. h. Syrup i. Spirit, tinctures. j. Gel, suppositories. k. Expectorant.	2	<ul style="list-style-type: none"> Illustrative lecture Practice students maintaining drug bank book. 	Check drug bank book.	<ul style="list-style-type: none"> P. Sayam, Medical problem for health post workers. Fundamental of nursing, HLMC. Real object. Hand out.
	<ul style="list-style-type: none"> List and explain the classification of drugs according to their action 	Classification of drugs according to action a. Antibacterial b. Analgesic c. Antacid d. Antipyretic e. Anesthetic f. Antiepileptic/anticonvulsant g. Antiemetic h. Hypnotic i. Tranquilizer j. Antihistamine k. Sedative l. Rehydration m. Diuretic n. Anthelmintic o. Anti-inflammatory p. Laxative q. Anti-tubercular drugs r. Antifungal drugs s. Antihypertensive drugs t. Anti-diabetic drugs u. Chemotherapeutic agent.	8	<ul style="list-style-type: none"> Discussion 		<ul style="list-style-type: none"> Hand out.

Treatment of Simple Disorder (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
	<ul style="list-style-type: none"> Explain how to calculate the drugs Explain the essential drugs used in primary health facilities in Nepal (PHCC, HP, SHP) 	<p>Calculation of drugs</p> <ol style="list-style-type: none"> Factors for deciding the dose of drugs Method for calculation <p>Essential drugs used in primary health facilities</p> <ol style="list-style-type: none"> Definition, effect, side effect, dose, indication and contraindication of drugs supplied by Governments of Nepal Role and responsibility of ANM during prescribing those drugs 	<p>4</p> <p>4</p>	<ul style="list-style-type: none"> Illustrative lecture Discussion Group work Practice of calculation 	<p>Calculate the drug</p>	<ul style="list-style-type: none"> Hand out of formula. List of essential drugs (hand out).
	<ul style="list-style-type: none"> Explain the different types of antibiotic its action, dose, indication, side effect, contraindication metabolism precaution, and responsibility of ANMs during the use of their antibiotics 	<p>Antibiotics</p> <p>Classification of antibiotic</p> <p>Some categories of antibiotic used in Nepal.</p> <ol style="list-style-type: none"> Cotrimaxazole Amoxycillin Cefalosporin Gentamycin Quinolone derivatives Fluroquinolone derivatives Tetracycline. Chloramphenicol. Sulfa drugs 	<p>4</p>	<ul style="list-style-type: none"> Demonstration. Illustrative lecture. Visit to pharmacy 	<p>Re-demonstration.</p>	<p>Drug book Hand out</p>

Treatment of Simple Disorder (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
	<ul style="list-style-type: none"> • Explain the role and responsibility at ANMs including other health workers, in pharmaceutical service in peripheral level of health care system (SHP, HP, PHCC) 	<p>Role and responsibility of ANM</p> <ul style="list-style-type: none"> a. Selection of drugs b. Drug supply c. Drug storage d. Preparation of simple drugs 	2	<ul style="list-style-type: none"> • Illustrative lecture. • Discussion. 	Question and answer.	
	<ul style="list-style-type: none"> • Define drug/alcohol dependence, its causes and prevention. 	<p>Drug/alcohol dependence (addiction)</p> <ul style="list-style-type: none"> a. Definition b. Cause. c. Withdrawal symptoms d. Prevention e. Counseling. f. Rehabilitation. 	2			

Treatment of Simple Disorder (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
5	<ul style="list-style-type: none"> Explain various minor medical problems including their causes, signs and symptoms, treatment and management Explain various disease conditions related to different system including cause, sign and symptoms, treatment and management 	Minor diseases condition Definition, cause, signs & symptoms, treatment and management of following medical diseases/conditions	2	<ul style="list-style-type: none"> Illustrative lecture. 		
		Medical disease a. Disease related to G.I. tract <ul style="list-style-type: none"> Diarrhea/Dysentery Jaundice/hepatitis Peptic ulcer/hyper acidity 	2	<ul style="list-style-type: none"> Illustrative lecture. 	Question and answer.	
		b. Disease related to circulatory system <ul style="list-style-type: none"> Hypertension (Diet) Rheumatic fever Rheumatic heart disease (CCF) Anemia 	3	<ul style="list-style-type: none"> Illustrative lecture. Discussion. 	Question and answer.	2. Byorn, Brekk, RN 3. Ingegerd Karlson, RN
		c. Disease of respiratory system <ul style="list-style-type: none"> Tuberculosis (revise only) Asthma Bronchitis Pneumonia Tonsillitis. Common cold Sinusitis COPD 	6	<ul style="list-style-type: none"> Illustrative lecture, 	Question and answer. Test.	JWR Harding and P. Sayami "Medical problems for health post workers" (a guide to systematic clinical assessment and appropriate management)
		d. Disease of endocrine system <ul style="list-style-type: none"> Diabetes Mellitus Hypothyroidism Hyperthyroidism 	4	<ul style="list-style-type: none"> Illustrative lecture. 	Question and answer.	HLMC, IOM.

Treatment of Simple Disorder (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
	<ul style="list-style-type: none"> Explain different disease related to urinary system including cause, sign and symptoms, treatment, management complication. Explain different disease condition regarding nervous system including cause, sign and symptoms, complication, prevention, treatment and management. Explain the type of parasite found in human body, its cause, sign and symptoms of life cycle, prevention, treatment and management including prevention. 	<p>Disease of urinary system</p> <ol style="list-style-type: none"> a. UTI. b. Cystitis. c. Nephritis. d. Renal failure e. Renal Calculi <p>Disease of nervous system</p> <ol style="list-style-type: none"> a. Meningitis. b. Encephalitis. c. Cerebro-Vascular Accident (CVA) d. Head injury e. Spinal Cord injury <p>Worm infestation (Parasites): Life cycle, Prevention, Treatment and management of:</p> <ul style="list-style-type: none"> - Round worm. - Hook worm. - Tape worm. - Pin worm. 	<p>3</p> <p>5</p> <p>4</p>	<ul style="list-style-type: none"> Illustrative lecture. 	<p>Question and answer.</p>	<p>Dr. Ugra Narayan Pathak, “Bedside differential diagnosis in clinical medicine”,</p>

Treatment of Simple Disorder (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
	<ul style="list-style-type: none"> List some common eye problem in Nepal and explain its prevention, cause, signs & symptoms, simple treatment and management 	Some common eye problems a. Conjunctivitis. b. Corneal ulcer. c. Stye d. Cataract e. Bitot's spot f. Trachoma g. Glaucoma	3	<ul style="list-style-type: none"> Illustrative lecture Discussion 	Question and answer	<ul style="list-style-type: none"> Park & Park "Preventive & social medicine."
	<ul style="list-style-type: none"> Explain various mental illness, its causes, signs & symptoms, treatment, management including counseling and rehabilitation 	Mental illness a. Anxiety b. Depression/Mania c. Convulsion disorder d. Psychosis e. Schizophrenia f. Neurosis g. Mental retardation	4			
	<ul style="list-style-type: none"> Explain common skin problems of Nepal including their causes, signs and symptoms treatment and management 	Common skin problems a. Scabies b. Impetigo c. Skin lesions d. Herpes zoster e. Herpes simples. f. Ring worm (Fungal infection) g. Leprosy	4			

Reference books:

- Essential Drugs used in Health post NHTC, Kathmandu.
- Biddle, H. and Sitler. D. The Mathematics of Drugs and Solutions, Philadelphia, F, A. Davis Company 1963.
- Werner. D. Where there is no Doctor. Kathmandu HLMP. 1987.
- Dixit, H. and Kafle, R. Manual of drugs and solution, Kathmandu, Department of Drug Administration, 1997.
- TB Guidelines, International Council of Nurses, Geneva, 2004.
- Koirala, S., 2013. Operating room technique and management.
- Chaudhuri KD & PK, reprint 2006. PHarmacology for nurses and allied professions.
- Udaykumar, P., 2008. Pharmacology for nurses, 2nd edition.
- Kumar, N., 2010. A textbook of pharmacology.
- Jain, NC., 2011. First Aid and emergency care.

Health Management (Theory)

Total Hours: 78

Total Marks: 50

Course Description	Objectives
<p>This course offers to student about basic knowledge in management in relation to the nursing process.</p>	<p>At the end of this clinical, the students will be able to:</p> <ul style="list-style-type: none">• Explain meaning and principles of management.• Describe the overall structure and activities of different level of health care system.• State the job description of different health personnel.• Explain the components of supervision and evaluation.• Describe the communication skill applied to practice situation.• Explain in-service education.

Health Management (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
1.	<ul style="list-style-type: none"> Define management Explain principles and functions of management 	Management a. Definition b. Principles of management c. Functions of management <ul style="list-style-type: none"> Planning Organizing Directing Controlling Evaluating 	2 4	<ul style="list-style-type: none"> Introduction of topic. Illustrative lecture. O.H. 	Question and answer.	OHP Transparency Handout Different books of health system management and nursing management On being in-charge by Macmahon
2	<ul style="list-style-type: none"> Explain the organogram of different areas. Describe the different levels of health care in Nepal. 	Organogram Meaning Different areas a. MOHP b. DOHS c. RHD d. DHO/DPHO e. PHCC f. HP g. SHP Levels of Health care a. Primary level b. Secondary level c. Territory level	5	<ul style="list-style-type: none"> Demonstration, Discussion Lecture 	Question answer.	<ul style="list-style-type: none"> Organogram health care system in Nepal (MOHP) Poster Chart
3	<ul style="list-style-type: none"> Explain employment policy of MOHP 	Employment Policy a. Transfer b. Promotion c. Leave	2	<ul style="list-style-type: none"> Lecture 	Question answer	<ul style="list-style-type: none"> Health Act, rules, by rules

Health Management (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
4	<ul style="list-style-type: none"> State the job description of ANM and key responsibilities of different health personnel 	Job description a. ANM Key responsibilities of a. Staff nurse b. P.H.N. c. H.A. / Sr. AHW. d. A.H.W. e. F.C.H.V.	7	<ul style="list-style-type: none"> Illustrative lecture Discussion in small group and presentation role-play. 	Question and answer. Giving feedback of role-play.	AV Aid Job description of health personnel (MOHP) Management division
5	<ul style="list-style-type: none"> Describe supervision 	Supervision a. Meaning b. Purpose c. Principles d. Types e. Tools f. Quality of supervisor	3	<ul style="list-style-type: none"> Illustrative lecture Discussion in small group Sharing in group Practice using supervision tool (MOHP) Role play 	Question and answer. Feeling supervision format	AV Aid Supervision tool (MOHP)
6	<ul style="list-style-type: none"> Explain evaluation 	Evaluation a. Meaning b. Purposes c. Principles d. Types e. Tools f. Methods	3	<ul style="list-style-type: none"> Illustrative lecture Exercise on developing evaluation tools Group work 	Question and answer. Feedback of exercise.	<ul style="list-style-type: none"> Sample of different evaluation tools
7	<ul style="list-style-type: none"> Describe the in-service training 	In-service training a. Meaning b. Purposes c. Types	2	<ul style="list-style-type: none"> Illustrative lecture Discussion 	Question and answer.	
8	<ul style="list-style-type: none"> Explain the process of conducting meeting. 	Meeting conducting a. Meaning b. Purposes c. Principles d. Process e. Evaluating	6	<ul style="list-style-type: none"> Illustrative lecture Role play 	Feed back role of play. Conducting meeting	Pen Copy

Health Management (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials		
9.	• Explain Health Logistics Management and its importance	Health Logistics Management a. Introduction b. Importance c. Purpose d. Process	2	<ul style="list-style-type: none"> • Lecture • Discussion • Demonstration • Exercise in developed tool • Field Exercise 	Written examination Question/Answer	<ul style="list-style-type: none"> • AV Aid • Procurement form of MOHP system • On being in-charge by Macmahon • Health post Prasashan 		
	• Explain Store Management	Store Management a. Definition of storage b. Ways of proper storage <ul style="list-style-type: none"> • Essential drugs • Vaccines • Contraceptives • Equipment/Instruments c. Shelve life and its application in Health System d. FEFO system	5					
	• Explain Health Logistics Recording and Reporting System	Recording and Reporting System (Health Logistics) a. Introduction b. LMIS Reporting System c. Basic Concept of Max.-Min. Stock level (ASL and EOP) d. Process of filling of LMIS at HF e. Type and uses of Logistics related AGF 52, 47, 51, 48, 46, 45, 49, 57	4				<ul style="list-style-type: none"> • Real LMIS and AG forms • Text book, manual handout • Chart • Exercise 	AV Aids All form
	• Explain Physical Inventory Management	Inventory Management a. Introduction b. Purposes c. Process of physical inventory d. Classification of useable and unusable equipment and supplies	3					
	• Describe the process of ordering	Determining Ordering Quantity a. Process and time of regular and emergency demand	1					
10	• Identify the different types of record and reports and their importance in health field.	Records and reports a. Meaning b. Types c. Different forms d. Importance e. Storing/filling	3	<ul style="list-style-type: none"> • Illustrative lecture • Showing different sample • Report writing exercise in small groups 	Question and answer Feed back of report writing.			

Health Management (Theory)

Unit	Task/Objective	Content	Hour	Teaching/Learning Activities	Evaluation	Resource Materials
11.	<ul style="list-style-type: none"> Describe communication and its role in health care service. Explain barriers of communication in working situation. Write official letters. Describe process of overcoming barrier of communication. 	Communication a. Meaning b. Principles c. Elements d. Types e. Methods/media	4	<ul style="list-style-type: none"> Discussion Case study 	Question and answer.	
		Barrier of communication a. Psychological. b. Social-cultural. c. Economical. d. Educational. e. Political. f. Gender. g. Environmental.	4	<ul style="list-style-type: none"> Mini-lecture Role play Exercise Experience sharing 		
		Write official Letters Write application for job, leave, resignation etc.	4	<ul style="list-style-type: none"> Demonstration Exercise 		
		Overcome barrier of communication	2			
12	<ul style="list-style-type: none"> Describe National Health Information Management System in Nepal. 	Health Information System a. Introduction b. Importance c. Indicators d. Process of recording and reporting in various level of health care system (SHP, HP, PHCC, DHO/DPHO) e. Role of the ANMs maintaining health information	5	Exercise filling the forms	Recording of various health service using the given format.	Recording forms No.1-35, Document from HIMS Division

Reference books:

1. Leadership in Nursing for Health for all. Geneva: WHO. 1987
2. Management of Nursing Services by Standards, Kathmandu: Division of Nursing.
3. Leadership in Nursing for Health Education, Kathmandu, Nepal: HLMP. 2043 (Nepali).
4. Job Description of ANM, NHTC Kathmandu
5. Organogram of Ministry of Health and Population
6. Job Description for Health personnel, MD, DOHS, 2061
7. Khanal, Ram Hari, Introduction to Health Mnagement, ECO, Lalitpur, 2005.
8. Leading and managing health ;Dr.Indira singh 2006
9. 13.Principles of management ;Prem R.Pant1st edition 2010
10. Bibhinna tahama karyarat nursing karmacharyharuko karya bibaran ra karyabidhi nirdeshika (2065). Nepal of Government , Ministry of Health and Population, Health Service Department, Management division
11. Tuladhar, K. and Rai B. (2003). Leadership and Management for nurses: HLMC, institute of medicine.
12. Minimum requirements for the recognition of The ANM program, Nepal Nursing Council, June 2011

Community Health Nursing II- Practical

(Community Health Nursing II, Epidemiology & Communicable Disease, Treatment of Simple Disorder and Health Management)

Total Hours: 421

Total Marks: 275

Field Practical area at different places for five topics

Course Description	Objectives
<p>This course offers to students about community field experience for 10 weeks, out of that students will spend time as follows:</p> <ul style="list-style-type: none"> • District Public Health Office/ HP = 3 weeks • MCH/FP Clinic = 3 weeks • Residential field Experience = 4 weeks <p style="text-align: center;">Total = 10 weeks</p> <p>➤ During the residential field, students will stay in selected VDC and conduct community survey in group and apply knowledge of safe environment, immunization, family planning, treatment of simple disorder, maternal & child health activities with caring the community in group.</p> <p>➤ During the clinical practicum in MCH/FP clinic, each student will provide opportunity to give care for mother and child individually and provide family planning counselling to individual or group.</p>	<p>At the end of field practice, students will be able to:</p> <p><u>A. Residential field (4 weeks) Total Mark: 125</u></p> <ul style="list-style-type: none"> • Conduct community survey in group. • Select and visit home according to individual assignment • Participate in the Primary Health Care Outreach Clinic. • Identify the major development characteristics and milestones of child. • Recognize major killer diseases and refer accordingly. • Identify the different places for waste disposal and water supply. • Identify the health problems in the family and try to solve it. • Use the epidemiological approach in order to find out the communicable disease, its prevention and management of the community in group. • Find out demographic and vital statistic of the community in group. • Give one planned health education to family according to their need. • Conduct health action in group. <p>B. MCH/FP Clinical (3 weeks): Total Mark: 50</p> <ul style="list-style-type: none"> • Assist in preparing of FP/MCH clinic. • Assess the antenatal /postnatal mother and child health status and compare with normal growth and development of child and mother. • Immunize the mother and under five children as health policy of Nepal government. • Provide family planning counseling to clients as required. • Distribute temporary family planning materials. • Observe IUCD and implant insertion and removal. • Give health teaching to client as necessary. • Maintain record/file in clinic. • Prepare equipment/supply for sterilization.

Community Health Nursing II (Practical)

Course Description	Objectives
<p>➤ During the clinical practice in the PHCC/HP/SHP, the students will apply their knowledge on treatment of simple disease of the community and refer to appropriate place as required.</p> <p>➤ During the clinical practice in the PHCC/HP/SHP, the students will use knowledge of management in practice by following managerial activities in health facility.</p>	<p>C. Treatment of Simple Disorder (PHCC/HP/SHP): 3 Weeks (Total Mark: 50)</p> <ul style="list-style-type: none"> • Identify the minor illness and treat accordingly. • Refer the client to appropriate places. • Give first aid treatment to the clients with various conditions <p>D. Health Management (Time include in TSD Practicum), Total Mark: 50</p> <ul style="list-style-type: none"> • Assist the following managerial activities in health facilities: <ul style="list-style-type: none"> – Draw an organogram of health facilities. – Observe the job description of different categories of health personnel – Observe & conduct meeting and write minute. – Store and manage different inventories – Supervise and evaluate the work of supportive staff – Write reports and maintain records.

Community Health Nursing II (Practical)

Clinical Tasks	Evaluation
<p style="text-align: center;">A. For community residential field</p> <ul style="list-style-type: none"> • Draw a community social map as assigned. • Visit at least 5 families (home). • Present of demographic data and vital statistic of community by doing community diagnosis. • Give health education to the family (one) but students have to give incidental health teaching as much as possible. • Identify the type of water used in family, dietary pattern, waste disposals system of the family and take necessary action. • Identify the vital statistics of the community and compare with vital statistics data of Nepal. • Use the epidemiological method to find out the communicable diseases and its prevention and management. • Maintain 2 kitchen gardens. • Give immunization to the children -according to their need. • Perform physical assessment and history taking of mother and child. • Conduct first aid training. • Conduct health action according to need of the community. • Maintain logbook. 	<ul style="list-style-type: none"> • Graphic presentation of health status of community. • Family folder fills up. • Health education – community/family. • Presentation of health action in community. • Daily performance evaluation – rating scale. • Physical assessment/history taking forms. • Evaluation of Logbook

Clinical Task	Evaluation
<p style="text-align: center;">B. For MCH/FP Practicum:</p> <ul style="list-style-type: none"> • Assist in preparing of FP/MCH clinic. • Assess the antenatal /postnatal mother and child health status and compare with normal growth and development of child and mothers. • Immunize the mother and under five children. • Provide counseling to individual, adolescence, couple and families as required. • Distribute temporary family planning devices. • Observe IUCD and implant insertion and removal. • Give health teaching to client as necessary. • Maintain record/file in clinic. • Sterilize equipment/supply as required. • Maintain cold chain of vaccine. • Maintain logbook. 	<ul style="list-style-type: none"> • Daily performance evaluation by rating scale. • Submit physical assessment/history taking - forms. • Conduct counseling session. • Submission of Logbook.

Clinical Tasks	Evaluation
<p data-bbox="421 146 1016 178">C. <u>Treatment of Simple Disorder (Practical)</u></p> <ul data-bbox="232 204 1281 791" style="list-style-type: none"> <li data-bbox="232 204 703 236">• Prepare patient examination room <li data-bbox="232 258 965 290">• Take history of at least 5 patient under the supervision. <li data-bbox="232 312 1281 402">• Examine at least 5 patients under the supervision including diagnosis, treatment, and management. <li data-bbox="232 424 1252 513">• Find out number of patients/clients came to health post with indication of age, sex, health /status of clients and make graph for presentation. <li data-bbox="232 536 734 568">• Collect specimen for laboratory test. <li data-bbox="232 590 1111 622">• Make a list of essential drug available in primary health care level. <li data-bbox="232 644 887 676">• Teach the patient/family according to their need. <li data-bbox="232 699 781 730">• Counsel the patients and family as need. <li data-bbox="232 753 1055 785">• Refer the patients to appropriate health care setting as needed. 	<ul data-bbox="1308 146 1928 568" style="list-style-type: none"> <li data-bbox="1308 146 1570 178">• Case study – one <li data-bbox="1308 201 1697 233">• Clinical performance - one. <li data-bbox="1308 312 1928 402">• Maintain logbook for diagnosis and treatment of simple disease at least 20 patients. <li data-bbox="1308 475 1727 507">• Maintain essential drug book. <li data-bbox="1308 529 1559 561">• Health teaching.

Clinical Tasks	Evaluation
<p data-bbox="414 196 884 228">D. <u>Health Management (Practical)</u></p> <ul data-bbox="230 252 1137 1066" style="list-style-type: none"> • Make organogram of health facilities including staffing pattern. • Observe and plan daily assignment schedule. • Plan and give health education to client (one). • Supervise FCHV in the field area and write supervision report. • Assist in planning and conducting outreach clinic. • Assist the staff in MCH/FP clinic. • Make plan for home visit and do home visit as required. • Keep record up-to-date and maintain log book - Logistic • Maintain environment clean and safety. • Participate and conduct in different meeting as required. • Store equipment/supply as necessary in proper place and maintain inventory Logistic. • Coordinate with different stakeholders and applying the principles of communication. • Refer all the cases to appropriate institution according to their need. 	<ul data-bbox="1176 196 1541 411" style="list-style-type: none"> • Organogram of health facility. • Daily performance evaluation. • Health teaching (1) (By using same format criteria) • Log book.

Textbooks and Recommended Reference Books:

Textbooks

1. Maharjan, Shivsharan and Maharjan Shyam Krishna, "Community Healthy, Culture and Communication" CTEVT, 2053
2. Dr. Yogi, Kabir Nath, "Basic Medicine", CTEVT, 2052
3. Dr. K.C., Bhogendra, "Basic Surgery", CTEVT, 2051
4. Dr. K.C., Bhogendra, "Anatomy and Physiology", CTEVT, 2052
5. Dr. K.C., Bhogendra and Dr. Ojha Saroj, "Epidemiology and Communicable Disease", CTEVT, 2053.
6. Dr. K.C., Bhogendra and Dr. Das Anil Kumar, "Nursing Procedure, First Aid and Emergency care", CTEVT, 2052.
7. Dr. Pradhanang, Yogendra Bhakta, "Environment Sanitation", CTEVT, 2054.
8. Thapa Kumar, "Community Health Diagnosis" CTEVT, 2054.
9. Subedi, Bishobandhu, "Pharmacy and Pharmacology", CTEVT, 2054
10. Dr. Pradhanang, Yogendra Bhakta, "Health Management", CTEVT, 2055.
11. Khanal, Ram Hari, "Introduction of Health Management", ECHO, Lalitpur 2057.
12. Hospital procedure book HMG, Kathmandu, 2002
13. Tuitui, Roshani "Manual of Midwifery, Intranatal Vidhyathri Bhandar KTM, 2003.
14. Tuitui, Roshani "Manual of Midwifery, Antenatal Vidhyathri Bhandar KTM, 2003.
15. Tuitui, Roshani "Manual of Midwifery, PostnatalVidhyathri Bhandar KTM, 2003.

List of Educational Materials and Equipment
(Planned for 40 ANM students)

<u>Description</u>	<u>Nos./Resource Materials</u>
I. Audio-Visual AIDS	
1. Black Board & Chalk	Class Room (Demonstration Room)
2. Flip Chart Clip Board	1
3. Flip Chart Paper	Enough Supply
4. Sign Pen	Enough Supply
5. Flannel Board	
6. Over Head Projector	1
7. Transparencies	Regular Supply
8. Transparency Pen	Regular Supply
9. Slide Projector	1
10. Screen	1
11. TV and VCR	1
12. Educational Video Cassettes	1
13. Computer, printer	1
14. Multimedia projector	1
II. Nursing Unit Demonstration Room for Student Practice	
A. Patient Examination	
1. Thermometer	
- Rectal	10 pieces
- Oral	10 pieces
2. Sphygmomanometer	10 pieces
1. Stethoscope 10"	
2. Examination Table	1 piece
3. Delivery Table	
4. Tongue Depressor	5 pieces (If disposable regular supply)
5. Diagnostic Set	2 Sets
6. Measuring Tape	10 "
7. Muac Tape	10 pieces
8. Weighing Machine (Adult)	1 piece
9. Weighing Machine (Infant)	1 "
10. Necessary Furnitures	Enough Supply
11. Soap and Towel	
B. Dressing Procedures	
1. Dressing Trolley	1
2. Tray	4
3. Bowl (Different Size)	4
4. Kidney Tray (Different Size)	4
5. Chattel Forceps Jar	2
6. Chattel Forceps	2
7. Dressing Drum	1
8. Cotton Roll	Regular Supply
9. Gauze	"
10. Bandage	"
11. Sanitary Napkin	"
12. Artery Forceps	6 pieces
13. Mosquito Forceps	4 "
14. Dissecting Forceps (Tooth)	4

15. Dissecting Forceps (non Tooth)	4
16. Foreign Body Removal Forceps	1 set
17. Dental Forceps	2 set
18. 1 D Set	2 set
19. Suture Set	2 set
20. Thread Catgut	Regular supply
21. Knife Holder	2
22. Scissors (Sharp, Blunt)	4
23. Sponge Holding Forceps	4
24. Surgical Blade	4 pieces (Different size)
25. Gloves	4 " (Different Pairs)
26. Local Anes Thesia (Lignocaine, xylyocaine) Regular Supply	
27. Antiseptes (Savlon, Phynol, Lysol)	Regular Supply
28. Mackintosh	4 pieces
29. Apron	2 "