

# **Maharashtra University of Health Sciences, Nashik**

## **Direction No. 8 of 1999**

**Subject :** Examination leading to Degree of Bachelor of Sciences in Nursing (B.Sc. Nursing 1<sup>st</sup> Year Examination to be held in summer 1999)

WHEREAS, the Hon. Governor of the Maharashtra promulgated Maharashtra Ordinance No.11 of 1998 to establish Maharashtra University of Health Sciences on 3rd June, 1998, which has been passed as Maharashtra University of Health Sciences Act, 1998 by the Maharashtra State Legislature, for the purposes of ensuring proper and systematic instruction, teaching, training and research in modern medicine and Indian Systems of Medicines, Pharmaceutical Sciences and paramedical courses in the State of Maharashtra and to have balanced growth in health Sciences so also an uniformity in various courses in Health Sciences in the State.

AND WHEREAS, it is a duty of the University to hold Examinations of the courses conducted by the University as provided under the sub Section (ii) of Section 5 of an Ordinance,

AND WHEREAS, the University has decided to conduct the First Year B.Sc.Nursing Examinations in first half of 1999.

AND WHEREAS, conduct of examinations is an subject matter of Ordinance as provided under sub Section (vi) of Section (50) of the Act.

AND WHEREAS, ordinance for conduct of an examination leading to the Degree of Bachelor of Science in Nursing (Fist Year B.Sc.Nursing Examination) is not in existence.

AND WHEREAS making of an ordinance is a time taking process.

Now, therefore, I, Dr.D.G. Dongaonkar, Vice-Chancellor of the University in exercise of the powers conferred upon me under sub section (8) of section 16 of the Act, issue following directions.

- (1) These directions shall be called "Examinations leading to the Degree of Bachelor of Science in Nursing (First Year Examination) direction, 1998.
- (2) These directions shall come into force with effect from the date of its issuance.
- (3) There shall be following examinations leading to the Degree of Bachelor of Science in Nursing.
  1. The First Year B.Sc. Nursing Examinations.
  2. The Second Year B.Sc. Nursing Examinations.
  3. The Third Year B.Sc. Nursing Examinations.
  4. The Final Year B.Sc. Nursing Examinations.

(4) The Examination referred to in paragraph 3 shall be held once a year at such places and on such dates as may be appointed by Board of Examinations.

(5) **Admission Criteria** : An applicant for admission to the First Year B.Sc. Nursing Course shall :

- i. Have attained or shall attain the age of 17 years on the day of admission to the college prescribed by Maharashtra University of Health Sciences, Nashik.
- ii. Have passed 12<sup>th</sup> standard (10+2) / Higher Secondary School Certificate Examination of Maharashtra State Board or any other examination recognised as equivalent examinations by the University, consisting of Physics, Chemistry, Biology (Botany, Zoology) and English.
- iii. Be physically and mentally fit for admission.
- iv. Have obtained not less than 50% of the total marks at the qualifying examination in Physics, Chemistry, Biology and English taken together. However the applicant belonging to back ward classes must have secured not less than 40% at the qualifying examination in the said subjects taken together.
- v. Have passed qualifying examinations at one and the same attempt i.e. an applicant who passes the examination in parts will not be held eligible.
- vi. The each academic year should consist of 240 teaching / clinical days.

(6) **Duration** : The duration of the course shall be four years.

(7) Distribution of Hours : Minimum Total Working Teaching days - 240.

First year	- 40 weeks
Working Hours / week	- 36 hours
Teaching Hours available in 1 <sup>st</sup> year	- 1440 hours

(8) Vacation and Holidays : A minimum of Six to Eight weeks vacation shall be given each year.

Summer vacation	- 30 days.
Mid term break	- 14 days (preferred by during Diwali and X'mas)
Preparatory Holidays	- 10 days
Sick leave	- 10 days

All public holidays as per Maharashtra State./ Maharashtra University of Health Sciences, Nashik

(9) Syllabus First Year B.Sc. Nursing

<i>Sr. No.</i>	<i>Subject</i>	<i>Theory</i>	<i>Practical</i>	<i>Clinical Hours</i>
1.	Anatomy	80	20	--
2.	Physiology	65	10	--
3.	Bio-Chemistry	40	--	--
4.	Foundations of Nursing	76	154	300
5.	Normal nutrition and			

Food Preparation	45	15	--
6. Introduction to community Health including Family Welfare	75	--	45
7. Psychology	75	15	--
8. English/Marathi/Hindi	75	--	--
Total	531	214	345

## 10. EXAMINATION ORDINANCE

- (i) Student shall have minimum 75 % of attendance in theory and 90% in practicals to be eligible for appearing in the examination.
- (ii) If candidate fails in internal assessment in any subject (Theory or Practical) will be not be eligible for appearing the University examination.
- (iii) Student will not be permitted to keep term until he passes in all the subjects of the First Year B.Sc. Nursing Examination.( There will be no A.T.K.T.)
- (iv) Student will not be permitted more than three attempts (actual examination) in sequence.
- (vi) The internal assessment mark sent previously should be considered for supplementary examination if student obtained passed mark.  
If candidates fails in Theory or Practical at University examination. He/She has to appear both the examination at supplementary examination
- (vii) The maximum marks allotted to each subject per practical, clinical, oral and viva-voce shall be indicated in appendix A as page No. 4.
- (viii)The scope of Subjects of First Year shall be indicated in the Prospectus appended here as appendix 'B' as page No.5.
- (ix) Standard of passing the examination :-
- (x) To pass the examination a candidate shall obtain 50% marks in each theory and Practical whereas in subsidiary subjects minimum pass marks shall be 50%.
- (xi) 25% of marks for theory and 50% of marks for practical shall be reserved for class performance and evaluation of performance in guided clinical practice respectively.
- (xii) The examination paper should allot 25% weightage to objective type questions and 75% to long answer type questions and short answers.
- (xiii)Maximum number of students to be examined in the practical should not be more than 12 per day.
- (xiv)Those of the successful candidates who pass the Examination at one and the same time and obtain: 50% or more marks shall be declared to have passed the Examination in SECOND CLASS.
  - 60% or more marks shall be declared to have passed the Examination in FIRST CLASS.
  - 70% or more marks shall be declared to have passed the examination in FIRST CLASS with DISTINCTION.
- \* A successful examinee passing an examination within the minimum prescribed period for the examination and obtaining not less than 75% of the total marks

prescribed in a subject shall be declared to have passed the examination with distinction in that subject.

- \* An unsuccessful examinee, who fails in one of the main subjects or subsidiary subjects, shall appear in that subject only of that academic year of the said examination .
- \* Notwithstanding anything to the contrary in this Direction, no student shall be admitted to the Examination under this Direction if he has already passed the same examination or an equivalent Examination of any other statutory University.
- \* Deficiency subject to a maximum 5 marks shall be condoned to enable an examinee to pass the Said examination. Such condonation shall be granted under one or more heads of passing.  
(Explanation - Condonation of deficiency of marks shall not be granted of securing exemption in the subject.)

**EXPLANATION :**

- (a) Examinees passing an examination with condonation of deficiency of marks shall not find a place in the merit list.
- (b) Examinees passing an examination with condonation of deficiency of marks shall not be eligible for any University Scholarship , medals, prizes, and any other University awards pertaining to that examination.
- (c) Statement of marks issued to candidates shall show condonation of deficiency of marks, if any , without mentioning the extent of condonation in terms of marks.
- (d) Examinees successful at the First, Second and Third B.Sc. Nursing Examination shall be entitled to receive a signed certificate by the Controller of Examinations and statement of marks and those successful at Final B.Sc. Nursing Examination shall be awarded the B.Sc. Nursing Degree certificate duly signed by the Vice-Chancellor.

Date :

Dr. D. G. Dongaonkar  
Vice-Chancellor

**Appendix - A  
(SCHEME OF ANNUAL EXAMINATION)**

S. N.	Subject	Subheads	Max. marks allotted	Min. marks required to pass in each sub head	Min. marks required to pass in each subject	Min.marks required for awarding distinction
1	Anatomy & Physiology Including	Theory (written)	75	38	50	75
		Int.	25	12		

	Biochemistry	Assessment				
2	Foundations of Nursing	Theory (written)	75	38	<b>100</b>	<b>150</b>
		Practical + Oral	50	25		
		Int. Asses. Theory + Practical	25 } 50 }	37		
3	General Psychology	Theory (written)	75	38	<b>50</b>	<b>75</b>
		Int. Assessment	25	12		
4	Normal Nutrition & Food Preparation	Theory (written)	75	38	<b>50</b>	<b>75</b>
		Int. Assessment	25	12		
5	Introduction to Community Health including Family Welfare	Theory (written)	75	38	<b>50</b>	<b>75</b>
		Int. Assessment	25	12		
*6	English / Marathi / Hindi	Int. Assessment	50	25	<b>25</b>	<b>38</b>

\* College Subject

Note – This Scheme of Examination will be applicable to the students appearing in May 2002 examination.

**Appendix ‘ B’  
SCHEME OF INTERNAL ASSESSMENT**

Sr. No.	Subjects	Maximum marks for internal assignment	Type of Assignment/ Tests	Maximum marks of assessment/ Tests	
1.	Anatomy and Physiology including Biochemistry	25	Periodical Test -1	25	
			Mid term Test -1	25	
			Pre Final Examination -1	75	
2.	Foundations of Nursing (Theory)	25	Periodical Test -1	25	
			Project on Making First Aid kit -1	25	
			Mid term Test -1	25	
			Pre Final Examination -1	75	
			Foundations of Nursing (Practical)	Clinical evaluation	20
			Viva - Voce	10	
3.	Psychology	25	Clinical assignments:- History taking -2	10	
			Nursing care plan-2	10	
			Periodical Test -1	25	
			Mid term Test - 1	25	
			Pre Final Examination- 1	75	
4.	Normal Nutrition and Food Preparation	25	Periodical Test - 1	25	
			Practical Test - 1 (Invalid cookery )	25	
			Pre Final Examination -1	75	
5.	Introduction to Community Health Including Family Welfare	25	Periodical Test -1	25	
			Mid term Test -1	25	
			Report of Field Visit -1	25	
			Pre Final Exam -1	75	
6.	English / Marathi / Hindi	50	Periodical Test -1		
			Mid term Test -1	25	

**NOTE:-** An aggregate of year’s work is calculated for internal assessment and taken out of 25.

Internal assessment should be sent to the University one month before the examination. In each subject, a candidate must obtain 50% in aggregate in both theory and practical.

The record of internal assessment must be maintained in accordance with the university specifications and surprise checks may be carried out by the university authorities in this regard.

Separate internal Assessment forms to be prepared. Clinical evaluation, procedure, case-studies, health talks, case presentation, family study, case plans.

# APPENDIX “C”

## SYLLABUS

### FIRST YEAR BACHELOR OF NURSING

#### ANATOMY AND PHYSIOLOGY INCLUDING BIOCHEMISTRY

AIM :- This course gives the students a broad understanding of human anatomy, physiology and Biochemistry and to apply the knowledge of the same in clinical nursing practice.

OBJECTIVES:- The students understand

1. The general structure and functions of the body as a whole.
2. The general structure and functions of each system of the body.
3. The macroscopic and microscopic structure and functions of each organ of the body.
4. The normal biochemistry of human body and the changes occurring in illness and assist with simple biochemical tests, interpret the results and draw inference.

#### ANATOMY

Theory - 80 Hrs  
Practicals - 20 Hrs

UNIT	TOPIC	THEORY
<b>I</b>	<b>Introduction</b>	4
	Definition and scope of anatomy, descriptive terms and Interpretation .	
	Tissues :- classification ,structure, properties and functions of Different tissues	
	Membranes:- Orientation to the body as a whole, planes of the body or sections, Various systems and their functions ,cavities of the body, their Boundaries and contents.	
	Body fluids – intracellular fluids	
<b>II</b>	<b>General Knowledge of microscopic anatomy</b>	5
	Skin and its appendages	
	Skeletal system :- classification of bones of the axial and appendicular Skeleton, articular system	
	Muscles ,synovial sheaths and bursa	
	Blood - vascular system, lymphatic system	
	Urogenital system	

<b>III Elementary Embryology including gametology and Fertilization</b>	1
<b>IV Histology – basic tissues of the body</b>	2
Classification of simple stratified epithelium	
Connective tissue	
<b>V Regional Anatomy of Upper Limb</b>	6
Skeleton of upper limb - scapula ,clavicle, radius,ulna, Humerus	
Joints of upper limbs, their structure, mechanism and analysis of Movement	
Demonstrations of movements in the vascular, and lymphatic anatomy	
Brachial plexus	
Pectoral region and axilla	
Mammary glands	
Shoulder joints and girdle	
Arm-elbow including joint, cubital fossa, forearm, Waist and hand	
<b>VI Regional Anatomy of lower limb</b>	8
Skeleton of lower limb	
Joints of lower limb, knee, ankle, hip joint	
Femur	
Tibia	
Fibula and Foot	
Femoral triangle	
Femoral vessels and nerves	
Popliteal Fossa, Gluteal region	
<b>VII Regional Anatomy of the Back</b>	3
Parts of the typical vertebrae and functions	
Characters of special vertebrae of different regions of spine	
Anatomy of the articulated spine development curves and movements,	
Demonstration of movements of the spine in the living	
<b>VIII Regional Anatomy of Thorax</b>	8
Osteology of thorax	
Intercostal spaces, thoracic cage	
Mediastinum	
Bronchial tree	
Lungs	
Heart and pericardium	
Heart and its chambers	
Heart and blood vessels	
Foetal circulation and changes after birth	
<b>IX Regional Anatomy of Abdomen, Pelvis and Perineum</b>	14
Abdominal wall (anterior and posterior)	

Diaphragm  
Liver and Pancreas  
Spleen  
Stomach  
Small intestine  
Large intestine  
Reproductive organs  
Female :- uterus, fallopian tubes, ovary, cervix, vagina, perineum  
Male :- scrotum, prostate, external reproductive organs  
Inguinal canal  
Pelvis  
Major blood vessels  
Lymphatic drainage and channels

**X Regional Anatomy of Head, Face and Neck** 14

- a) Skull at birth and post natal changes
- b) Anatomy of scalp and muscles of facial expression
- c) Anterior –median region of neck
- d) Intra temporal and sub-mandibular region
- e) Temporo – mandibular joints
- f) Anatomy of thyroid, parathyroid and salivary glands
- g) Tongue, palate, pharynx, and larynx
- h) Mechanism of mastication and deglutition
- i) Muscles of respiration
- j) Nasal cavity
- k) Senses
- l) Vascular and lymphatic anatomy

**XI Regional Anatomy of Cranium and its Contents** 8

- a) Anatomy of cranial fossa
- b) Cranial meninges, their spaces and venous sinuses, and emissary veins
- c) Brain- cerebral hemispheres
- d) Functional areas of cerebral cortex
- e) Basal ganglia
- f) Brain stem and cerebellum
- g) White and Grey matter
- h) Vascular anatomy, Circle of Willis
- i) CSF formation, circulation
- j) Cranial nerves and spinal cord
- k) Anatomy of pituitary gland

**XII Anatomy of the Orbit and its Contents** 2

Anatomy of the extra ocular muscles and movements of the eye ball.  
Anatomy of the eye ball, eyelids, and lacrimal apparatus

**XIII Anatomy of the Auditory Apparatus** 2

- a) External ear, middle ear, internal ear

#### **XIV Anatomy of the Autonomic Nervous System**

3

- a) Sympathetic  
b) Para - sympathetic system

#### **ANATOMY PRACTICALS**

**20 Hrs.**

##### **1. MICROSCOPIC STRUCTURE**

- A. Epithelial Cells - Simple, Squamous, ciliated and stratified epithelial cells  
B. Connective Tissue - Fibrous connective tissue, cartilage and bones  
C. Muscles – Striated, non-striated and cardiac muscles  
D. Nerve cells – Nerve cells and nerve fibres

2. STUDY OF SKELETON :- Examination of bones and different types of joints.  
3. MUSCULAR SYSTEM :- Muscle groups in the Cadaver  
4. CIRCULATION :- Study of heart and blood vessels and lymphatic system.  
5. RESPIRATORY SYSTEM :- Gross and microscopic study of respiratory system  
6. ALIMENTARY SYSTEM :- Study of organs of the alimentary system and associated glands.  
7. EXCRETORY SYSTEM :- Gross and microscopic structure of kidney, urinary bladder, and Histology of skin  
8. REPRODUCTIVE SYSTEM :- Gross structure and microscopic structure of male and female reproductive system.  
9. CENTRAL NERVOUS SYSTEM :- Gross structure of Brain and Spinal cord and Spinal and Cranial nerves.  
10. SPECIAL SENSES :- Gross structure of eye and ear.

#### **BIBLIOGRAPHY**

1. Chakraborty .N , Chakraborty. D , “ Fundamentals of Human Anatomy”, New Central Book Agency, Pvt Ltd , Calcutta.
2. Chaurasia B. D , “ Human Anatomy “ , vol 1-5 CBS Publishers.
3. Jackson Sheils, “Anatomy and Physiology for Nurses “, Prism Books Pvt Ltd , Bangalore, 9 th Edition, 1994
4. April E. N., “ Anatomy pretest “ , International edition, New York, McGraw Hill, 6<sup>th</sup> edition, 1991
5. Anthony and Thibodcon, “ Anatomy and Physiology” , C. V . Mosby Co., London, 11 th edition, 1983.
6. Winwood R S, Smith G, “ Anatomy and Physiology for Nurses “, ELBS Publication, 6 th edition, 1985.

7. Tartora, J Gerard and Anagnostakos P Nicholas, "Principles of Anatomy and Physiology", Harper and Row Publisher, New Delhi.

## PHYSIOLOGY

**Theory - 65**  
**Practicals - 10**

UNIT	TOPIC	THEORY HRS
<b>I</b>	<b>INTRODUCTION</b> Introduction , Cell, Structure and Function	<b>2</b>
<b>II</b>	<b>BLOOD</b> Composition and functions of blood Classification of blood cells:- Formation , functions and fate of RBC's, WBC's and platelets Factors regulating erythropoiesis, haemolysis <b>BLOOD GROUPS</b> ABO and Rh grouping Blood coagulation Reticulo- endothelial system Anaemias	<b>8</b>
<b>III</b>	<b>LYMPHATIC SYSTEM</b> Lymph nodes and lymph channels Lymphatic glands, lymphatic tissues Spleen and thymus gland	<b>3</b>
<b>IV</b>	<b>DIGESTIVE SYSTEM</b> Parts of the digestive system and its functions Including liver , gall bladder and pancreas Composition, mechanism of secretion and functions of salivary, gastric, pancreatic, biliary and intestinal secretions Mechanical movement of GIT Process of digestion and absorption.	<b>8</b>
<b>V</b>	<b>SPECIAL SENSES</b> Sense of taste, taste buds, different tastes, nervous pathway of taste, Olfactory sense, sense of touch Physiology of vision , errors of refraction Physiology of hearing	<b>3</b>
<b>VI</b>	<b>RESPIRATORY SYSTEM</b> Functions and parts of the respiratory system Mechanism of respiration , regulation of respiration (Nervous and chemical) Cycle of respiration- respiratory volumes, vital capacity	<b>6</b>

Dead space

<b>VII EXCRETION AND TEMPERATURE REGULATION</b>	<b>6</b>
Parts of the urinary system and functions Physiology of urine formation, Composition of urine, mechanism of micturation. Renal functions tests SKIN :- Functions of skin Thermo regulation	
<b>VIII CIRCULATORY SYSTEM</b>	<b>9</b>
HEART Flow of blood through the heart , coronary circulation Conduction system of the heart, ECG Cardiac cycle, heart sounds ,heart rate and pulse Factors affecting Blood pressure and its regulation BLOOD VESSELS Arteries, veins and capillaries - Structure Cell respiration and nutrition Systemic circulation Pulmonary circulation Portal circulation	
<b>IX ENDOCRINE SYSTEM</b>	<b>5</b>
Endocrine glands- pituitary, thyroid , parathyroid, thymus Adrenals, pancreas, gonads - their morphology, secretion Regulation , distribution, function and important clinical Condition.	
<b>X REPRODUCTIVE SYSTEM</b>	<b>3</b>
Functions of male and female reproductive system Physiology of menstruation	
<b>XI NERVOUS SYSTEM</b>	<b>12</b>
Parts of the central nervous system and its functions, Brain - cerebrum, cerebellum, pons, medulla oblongata CSF formation and circulation, EEG Perepheral nervous system:- Cranial and spinal nerves Functions of the autonomic nervous system.	

## **PHYSIOLOGY PRACTICALS**

**Practicals – 10 Hrs**

1. Bleeding time, clotting time
2. Haemoglobin estimation
3. WBC, RBC and differential counts

4. Blood groups
5. Making a smear , staining, identification of formed elements
6. Properties of cardiac muscles
7. Properties of skeletal muscles
8. Stethoscope, study of heart sounds
9. Spirometry
10. Spinotalamic reflex control
11. BMR

## **BIBLIOGRAPHY**

1. Boris Sergeev, “Physiology in Health and Illness”, 7<sup>th</sup> edition, 1994.
2. Gibson John, “Modern anatomy and Physiology for Nurses”, Blackwell Scientific publication, 1975.
3. Jackson Sheils, “Anatomy and Physiology for Nurses “ , Prism Books Pvt Ltd , Bangalore, 9 th Edition, 1994.
4. April E. N., “ Anatomy pretest “ , International edition, New York, McGraw Hill, 6<sup>th</sup> edition, 1991.
5. Anthony and Thibodcon, “ Anatomy and Physiology” , C. V . Mosby Co., London, 11 th edition, 1983.
6. Winwood R S, Smith G, “ Anatomy and Physiology for Nurses “, ELBS Publication, 6 th edition, 1985.

## **BIOCHEMISTRY**

**THEORY – 40 Hrs**

UNIT	TOPIC	THEORY
<b>I.</b>	<b>INTRODUCTION TO BIOCHEMISTRY</b>	<b>1</b>
	Importance of biochemistry for nurses	
<b>II</b>	<b>CARBOHYDRATES</b>	<b>10</b>
	General nature, classification, monosaccharides , types	
	Chemical structure of glucose, fructose, galactose	
	Disaccharides, types and sources	
	Polysaccharides, types and sources	
	Chemical properties of carbohydrates (special emphasis on the Following topics)	
	Reducing property- Reducing and non reducing sugars	
	(Benedict’s test for glucose)	
	Oxidation (Glucose catabolism)	
	Hydrolysis	
	Fermentation( disturbances in gastro intestinal tract due to Excessive fermentation)	
	Carbohydrate metabolism:- glycogenesis, glyconeogenesis,	
	Glycogenolysis, glycolysis (end products under aerobic and Anerobic conditions).	
	Phosphorylation and electron transport chain, fate of	

Pyruvic acid , citric acid ,kreb's cycle  
Regulation of blood glucose levels.  
Metabolism of fructose.

<b>III LIPIDS</b>	<b>5</b>
General nature of lipids, classification, chemical reactions Of lipids. Factors affecting absorption of lipids in the body, Transport of lipids in blood (lipoproteins ) Storage of lipids, metabolism of lipids, role of liver and hormones in lipid metabolism Cholesterol:- sources, regulation, metabolism, phenomena of Artherosclerosis	
<b>IV PROTEINS</b>	<b>6</b>
General nature of proteins, classification (on the basis of structure, function , physio-chemical properties) Structure – peptide and other linkages Metabolism of proteins :- decarboxylation, transamination Transmethylation,. Urea cycle and Nitrogen balance Nucleic acids:- structure of nucleic acids , DNA and RNA Biologically important nucleotides , catabolism of nucleic acids Catabolism of purines.	
<b>V ENZYMES</b>	<b>4</b>
Nature , classification and nomenclature of enzymes, theories of enzyme action, factors affecting enzyme action Co- enzymes and iso-enzymes	
<b>VI IRON METABOLISM</b>	<b>3</b>
Nature of iron, absorption and transport of iron, storage and losses Nature of haemoglobin, abnormal haemoglobin , breakdown of Haemoglobin , jaundice.	
<b>VII FLUID AND ELECTROLYTE BALANCE</b>	<b>4</b>
Fluid compartment in the body, components of intra cellular And extra cellular fluid. Role of electrolytes , maintenance of fluid and electrolyte balance in the body. Serum electrolytes and its interpretation . Fluid and electrolyte shifts:- oedema, dehydration, hypo and Hypernatremia, hypo and hyperkalemia, hypochloremia	
<b>VIII ACID BASE BALANCE OF THE BODY</b>	<b>4</b>
Importance of acid base balance in the body Maintenance of the acid – base balance in the body , buffer systems (carbonic acid bicarbonate , phosphate buffer system)	

Haemoglobin , oxy – haemoglobin and protein buffer system  
Role of lungs and kidneys in acid base balance

## **IX ORGAN FUNCTION TESTS**

**3**

Liver, kidney, pancreas, and heart function tests  
Common haematological tests, normal values, and their  
Interpretation , chemical preservatives used in specimen  
Bottles.

## **BIBLIOGRAPHY**

1. Eastham Duncan Robert , “ Biochemical values in clinical medicine”, 8<sup>th</sup> edition, John Cought and Sons Ltd, 1977.
2. Chandlish J K , “ Lecture notes on Biochemistry” , I st edition, Blackwell Scientific Publications, 1984.
3. Klein S Israel and Ordan James, “Human Biochemistry”, 5 th edition, Mosby Co., 1958.
4. Varley Harold , “ Practical Clinical Biochemistry”, 4<sup>th</sup> edition, CBS Publishers and Distributers, NewDelhi, 1988.

## **FOUNDATIONS OF NURSING INCLUDING ETHICS AND HISTORY OF NURSING**

**Total Hours - 230**

**Theory - 76**

**Demo - 154**

**AIM:-** This course gives a fundamental knowledge and understanding of the basic principles of Nursing and helps in developing skills in recognizing and meeting the basic needs of human beings with application of scientific principles.

### **OBJECTIVES :-**

The students develop :-

1. Knowledge and skill to identify and meet the basic needs of patients using the nursing process.
2. Knowledge of scientific principles and ability to integrate them in rendering nursing care.
3. Skill in carrying out basic patient care.
4. Technical skills in taking care of various articles used in patient care.
5. Desirable attitude to nursing and patient care.
6. Ability to communicate effectively and to maintain good inter-personal relationship.
7. Desirable work and health habits and teach others healthy living.
8. Skill in applying principles of medical and surgical asepsis while performing basic nursing procedures.
9. Skill in applying principles of body mechanics.
10. Skill in use of comfort measures in providing care.

UNIT	TOPIC	HOURS
<b>I</b>	<b>INTRODUCTION</b>	<b>30</b>
	<p>A) <i>Historical Development in Nursing:</i></p> <p>a) Nursing before the 19th century</p> <p>b) Nursing during and after 19th century</p> <p>B) <i>NURSING : Concept – Past and present .</i></p> <p>Definition of Nursing</p> <p>Nursing as a profession –</p> <p>Criteria of profession</p> <p>Functions of a nurse</p> <p>Qualities and personal skills required by a nurse</p> <p>Concept of comprehensive nursing care</p> <p>C) <i>ADJUSTMENTS FOR NURSING STUDENTS :</i></p> <p>College and hospital life</p> <p>Group interaction</p> <p>Various subjects in the curriculum and their importance</p> <p>Adjustments to nursing</p> <p>D) <i>NURSING IN INDIA TODAY :-</i></p> <p>Origin and development important landmarks</p> <p>Establishment and the impact of training centres</p> <p>Nursing Registration Act</p> <p>Diploma and Degree courses in Nursing (basic, post basic, post graduation)</p> <p>Auxiliary courses in Nursing.</p> <p>E) <i>NATIONAL AND INTER NATIONAL ORGANISATIONS</i></p> <ol style="list-style-type: none"> <li>1. International council for nurses</li> <li>2. Indian Nursing Council</li> <li>3. State Nursing Council</li> <li>4. Trained Nurses Association of India</li> <li>5. Students Nurses Association</li> <li>6. World Health organisation</li> <li>7. UNICEF</li> </ol>	
<b>II</b>	<b>LEGAL AND ETHICAL ASPECTS OF NURSING</b>	<b>4</b>
	<p>A) <i>ETHICS, MORALS AND VALUES:-</i></p> <p>Concepts, ethical principles, Code of ethics by ICN</p> <p>Nurses pledge</p> <p>B) <i>LEGAL ASPECTS:-</i></p> <p>Concepts, consumer rights, Patients Bill of Right</p> <p>Legal implications in nursing , tort, Malpractice, Negligence.</p>	
<b>III</b>	<b>HEALTH AND HEALTH CARE FACILITIES</b>	<b>8</b>
	<p>A) <i>HEALTH:-</i> Definition of health., Health illness spectrum</p>	

Levels of Health care  
Modern concepts of Health care approach  
Personal Health and Hygiene of the Nurses- importance and maintenance of Hand washing technique.

**B) HEALTH CARE ACTIVITIES:-**

Health care delivery system

Hospitals- Geographic location, types, functions, departments.

**C) HEALTH TEAM :-**

Concepts and importance

Members of the health team and their roles

Inter personal Relationship with different members of the health team

**IV PATIENTS ENVIRONMENT IN THE HOSPITAL THERAPEUTIC ENVIRONMENT**

**8**

Physical and environmental factors and prevention of accidents

- a) Temperature, light, noise, humidity, ventilation, and aesthetic factors
- b) Maintenance and cleaning patients Unit
- c) Control of pests, rodents, flies, bed bugs and other pests in the hospital premises .
- d) Care of articles :- rubber, enamel, linen, mattress, glass, steel articles for patient care, sharp objects and disposable items.

**DEMONSTRATIONS:-**

1. Set up of patients unit
2. care of glass, steel, sharp articles, rubber and enamel articles.

**V FUNDAMENTAL NURSING SKILLS 35**

**A) COMMUNICATION:-**

Definition and importance of good communication

Components and process of communication

Types of communication(verbal,non verbal,written,oral)

Lines of communication

Barriers of communication and methods to improve communication.

Communication in the wards:- Importance of reporting and recording, principles, types of reports and records, Nurses notes, basic skills in interviewing patients.

**B) BASIC CONCEPTS IN MEDICAL AND SURGICAL ASEPSIS.**

Concepts, principles of sterility and cleanliness

Basic concepts of Hand washing

Handling Sterile articles.

**DEMONSTRATION**

Hand washing techniques, gowning, use of masks, gloves, isolation Unit, Barrier Nursing.

**C) ASSESSMENT SKILLS**

Concepts and importance of assessment

Types of assessment  
Subjective - History taking  
Objective - Observation

*Observations:-* Concepts, importance, principles, factors affecting observation, use of different senses in observation, observation of the patient (general and specific), physical and psychological. DEMONSTRATIONS :- Head to foot observation

**D) IDENTIFYING PATIENTS NEEDS**

Identifying basic needs of patients  
(Maslow's hierarchy of needs),  
Faye Abdella's 21 Needs,  
Virginia Henderson's 14 needs

**VI MEETING PATIENTS NEEDS**

**40**

**A) BODY MECHANICS :-**

Principles and use of body mechanics

**B) COMFORT, REST AND SLEEP :-**

Importance of comfort, rest and sleep  
Problems related to comfort rest and sleep  
Bed making- principles and types - open, Closed, occupied-top to bottom, side to side  
Operation bed, comfort devices,  
Positions for comfort.

**DEMONSTRATIONS**

**Bed Making :** Simple Bed  
Closed and Open Bed  
Occupied bed - side to side and top to bottom  
Operation bed , comfort devices,  
Positions used for comforts -supine, recumbent position, Fowlers, Sims.

**C) ACTIVITY AND EXERCISE**

Importance of exercise  
Problems related to lack of activity and exercise  
Active and passive exercise  
Moving patients in bed –bed to wheel chair and vice –versa  
Bed to stretcher and vice-versa  
Visit to physiotherapy department.

**D) DIVERSIONAL THERAPY**

Meaning  
Importance

Various methods of diversional therapy

*E) SPIRITUAL NEEDS*

Importance and recognition of spiritual needs  
Nurses role in meeting the spiritual needs of patients

*F) PERSONAL HYGIENE*

Importance of personal hygiene  
Care of mouth, skin, nails and hair  
Bed sores and their prevention  
Care of pressure areas sore and back care

**DEMONSTRATIONS**

Mouth wash (assisted, for a helpless patient  
and for unconscious patient)  
Sponge bath, nail cutting, hair wash in bed  
and treatment of pediculosis  
Back care

*G) NUTRITION*

Importance of diet in health and illness  
Problems of nutrition due to illness,  
Diets in illness  
Standard hospital diet  
Other diets(liquid ,soft diet)  
Policies and practices in relation to serving diet  
Serving and feeding helpless patients

**ARTIFICIAL METHODS OF FEEDING**

Insertion of naso gastric tubes  
Naso gastric feeding- different methods  
Nurses responsibilities in caring for patients  
on naso gastric tube feeding.

**DEMONSTRATIONS**

Feeding a helpless patient  
Insertion of Naso gastric tube,  
Feeding by different methods.

**VII VITAL SIGNS**

BP, TPR, Normal values, variation  
and their significance  
Measuring and recording vital signs

**DEMONSTRATION**

1. Measuring and recording TPR and BP

**VIII PATIENTS ADMISSION TO THE HOSPITAL, TRANSFER AND DISCHARGE. 5**

Understanding patient as a person  
Psychological aspects of illness  
and patient's reaction to admission  
Principles and procedures in  
admission, transfer and discharge

**DEMONSTRATION**

Admission ,transfer and discharge of a patient

**IX NURSING PROCESS 6**

Definition,concepts,importance  
Steps of the nursing process  
Nursing care plan.

**X ASSISTING FOR PHYSICAL EXAMINATION AND SIMPLE TESTS 8**

**A. *PHYSICAL EXAMINATION***

Types of physical examination  
Methods of physical examination  
Nurses responsibilities in -  
Assisting for general physical examination  
Assisting for rectal examination

**DEMONSTRATIONS:-**

Setting up and assisting for general examination  
Setting up and assisting for rectal examination  
- Knee chest position.

**B. *COLLECTION OF SPECIMENS AND SIMPLE TESTS***

Collection of specimens (urine, stool,  
vomitus, sputum, stomach aspirations)  
Observation of specimen  
Despatch of specimens  
Laboratory reports: Nurses responsibilities  
Urine testing for specific gravity, reaction , albumin, glucose and ketone  
bodies.

**DEMONSTRATION**

Urine testing - Observation, specific gravity, reaction  
- Albumin (heat test and reagent strip)  
- Glucose ( Benedicts test and reagent strip)

- Ketones ( reagent strips)
- Collection of stool specimens.

**XI MEETING ELIMINATION NEEDS 10**

- A. Factors affecting urinary and intestinal elimination  
Nurses responsibilities in meeting the elimination needs in various stages of illness  
Giving bed pan and removing bed pans  
Cleaning patients after giving bedpans  
Cleaning bedpans and urinals  
Problems of elimination and nurse's responsibilities in dealing with these problems
- B. Suppositories and enemas  
Classification and types(oil, purgative, astringent, anti-helminthic, carminative, stimulant, nutrient, emolient ,sedative anaesthetic enema)  
General principles of administration  
Administration of suppositories  
Administration of different types of enemas(simple, glycerine, retention, oil, proctoclysis, use of flatus tube)  
Bowel wash, colonic irrigation (tube method and funnel method)

**DEMONSTRATIONS**

- Administration of suppositories
- Administration of different types of enemas (simple, glycerine and retention) Flatus tube, Bowel wash/ colonic irrigation (tube, funnel, Y connection methods)

**XII. THERMO REGULATORY NEEDS 12**

- A. Pyrexia - Causes , course, stages and types of fever, care of patients with pyrexia  
Rigour - Causes, stages and care of the patient with rigour  
Hypothermia- Causes and care of the patient with hypothermia
- B. COLD AND HOT APPLICATIONS  
Cold Application:-  
General principles, uses, effects, different types of applications (cold compresses ice cap, ice collar, cold sponge)  
Hot Application :-  
different types of application ( hot water bags, simple and medicated fomentations, stupes, poultices)

**DEMONSTRATION**

- Cold compress, ice caps, ice collar, tepid sponging, fomentation, stupes, poultices

**XIII MEETING RESPIRATORY NEEDS 4**

Problems related to maintaining respiration in illness  
Nurses responsibilities in maintaining normal respiration  
Deep breathing exercises  
Steam inhalation  
Oxygen therapy: Different methods(catheter, prongs, masks)

### **DEMONSTRATION**

Steam inhalation  
Deep breathing exercise  
Percussion of chest and back  
Oxygen administration–different methods.

### **XIV DRUG ADMINISTRATION 20**

- A. Weight measurements, abbreviation  
Calculation of dosage, dilution and preparation of solutions  
Nature and sources of drugs  
Routes of administration  
Policies in relation to drug administration  
Care of medicine cabinet, dangerous drugs.
- B. Nurses Responsibilities in:-  
Understanding prescription  
Administration of drugs  
Reports and records in relation to drug administration  
Administration of drugs by different routes( oral, intradermal, Subcutaneous, intramuscular,)

### **DEMONSTRATIONS**

Administration of oral medication, Intradermal subcutaneous and intramuscular injections.

### **XV DEATH AND DYING 4**

Concepts of death and dying  
Signs and symptoms of approaching death  
Stages of emotional responses to Death in patients and their relatives(grieving)  
Factors affecting reactions to death and dying.  
Concepts of hospice care  
Care of the dying patients and relatives  
Last Offices  
Ethical and legal aspects in relation to death and dying  
(Medical –legal cases, euthanasia, DNR - do not resuscitate)

### **DEMONSTRATION**

Care of the dead body  
Visit to mortuary.

# EMERGENCY NURSING

Theory - 30 Hrs

**AIM :** This course gives an understanding of the principles and techniques of handling emergencies in the community.

## OBJECTIVES

The student

1. Understands the principles of emergency nursing
2. Applies the principles of emergency care
3. Applies bandages and splints
4. Understands the role of the nurse in emergency care.

UNIT	TOPIC	THEORY
<b>I</b>	<b>INTRODUCTION</b>	
	Concepts and importance of emergency Principles of emergency nursing Qualities of the emergency care personnel Emergency care Kit	
<b>II</b>	<b>BANDAGING</b>	
	Purposes and principles Types of bandaging- circular ,spiral,reverse spiral, figure of eight, spica caput, stump Bandaging of different areas- eye,ear,jaw Triangular bandage, its uses, slings-(Arm sling, elevation sling,,cuff and collar) Triangular bandage of the head Binders- T Binder and many tail Binder	
<b>III</b>	<b>TYPES OF EMERGENCIES</b>	
	(Management in the following emergencies will be limited to first aid only)	
	<b>A. WOUNDS AND HAEMORRHAGE</b>	
	Wounds, types,principles of care and treatment Haemorrhage ,types,signs and symptoms, treatment Use of tourniquet and pressure points.	
	<b>B. SHOCK</b>	
	Causes recognition, principles of care and treatment	

- C. FRACTURES  
Causes, types, signs and symptoms, principles of care, treatment and Management of fractures of different regions  
Methods of transportation of the injured and sick  
Transportation of patients with spine and lower limb fracture  
Preparation and use of stretcher.
- D. SPRAINS, STRAINS, DISLOCATION  
Causes ,recognition,principles of care and management
- E. ASPHYXIA  
Causes, signs and symptoms and treatment  
Drowning  
Artificial respiration(Shafers,Holger Nielsons and Sylvesters and cardio pulmonary resuscitation)
- F. FOREIGN BODIES  
Foreign body in the eye ,ear, nose and trachea  
Hemlich's procedure (abdominal thrust) for removal of foreign body in the trachea
- G. BURNS AND SCALDS:-  
Causes and management  
Electric shock and its management  
Heat stroke and its management
- H. CONVULSIONS  
Causes and management
- I. POISONING  
Types ,signs,and symptoms and treatment
- J. BITES  
Insect bites, animal bite and snake bite
- K. MISCELLANEOUS  
Frost Bite

#### **IV DISASTER AND CALAMITIES**

Types of disasters  
Floods, earth quake house/building collapse, fire, bomb blast  
Principles of organising, managing and assuming responsibilities in meeting emergency care on mass basis  
Legal responsibilities  
Utilization of community resources  
Known agencies and organisations : Red Cross, St. John's Ambulance, Fire brigades, home guards  
Fire drills

#### **V FIELD VISITS**

Fire brigade centre  
Home guards organisation

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1. Barbara Kosler et al, “ Fundamentals of Nursing concepts and procedure”, Addison Welsloy publishing Co., 13 th edition.
2. Brown Ammy Francis, “ Medical Nursing”, W.B Saunders and Co., USA, 3RD EDITION.
3. Esther Mc Clain R N, “Scientific Principle of Nursing”, current technical literature publications, Bombay, 1st edition, 1969.
4. Potter and perry, “Fundamentals of Nursing concepts-process and practice”, C.V Mosby and Co., 3rd edition., London,1985.
5. Virginia Henderson et al, “Principles and practice of Nursing”, Mc Milan Publishing Co., 6th edition, London.
6. Sr Nancy ,” Principles and practices of Nursing “, vol I, N>R Publishing Home, Indore, 4<sup>th</sup> edition,1984.
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8. Ann Marriner, “The Nursing Process- A Scientific approach to Nursing care”, CV Mosby and Co.,3rd edition, 1979.
9. Hoodmark Rohweden, “Scientific Foundation of Nursing”, J B Lippincott Co., Philadelphia,3rd edition, 1975.
10. First Aid Manual, The authorized manual of St. John’s Ambulance, dorling Kindersly, London.
11. Norman G. Kirby and Sliphen J Mather, Bailliers hand book of First Aid, 7 th ediciton, All India Traveller Book Sellor, Delhi.
12. Lois Dakes, “Illustrations of Bandaging and First Aid”, E and S Livingstone Ltd, Teviot plane, 4th editon.

## NUTRITION AND FOOD PREPARATION

Theory - 45Hrs  
Demonstration - 15Hrs

**AIM:-** To enable the students to understand normal requirement of Nutrition in a normal. Individual and variations required during various physiological and pathological conditions, also to learn and understand various methods of Food preparation. Preservation, and maintenance of Food Hygiene.

**OBJECTIVES:-** At the end of the course the students will be able to:-

1. Define various terminologies used in Nutrition
2. Understand the different types of nutrients, their importance ,sources, functions, and problems due to deficiency.
3. Define balanced diet , plan the diet according to physiological needs .

4. Plan menu efficiently
5. Explain methods of effective cooking, and Food preservation.
6. Demonstrate preparation of therapeutic diets.
7. Apply the principles of food preparation in the practical field effectively.

UNIT	TOPIC	THEORY	DEMO
<b>I.</b>	<b>ORIENTATION TO NUTRITION</b>	<b>10</b>	<b>-</b>
	Definition of terms- Nutrition, Dietetics, Nutrient, Calories, Menu, Meal, Food Habits, Food Fads. Food pattern and superstitions Menu planning Religious and cultural implications Food in relation to health and illness, problems due to excessive intake and deficiencies in general.		
<b>II.</b>	<b>ELEMENTS OF NORMAL NUTRITION</b>	<b>15</b>	<b>-</b>
	Classification of nutrients Definition, sources, classification ,daily requirements, function, Digestion, absorption , problems due to excessive intake and Deficiencies of the following:- Carbohydrates Proteins Fats Minerals Vitamins Methods of Food preparation, methods of effective cooking, Effects of cooking on nutritive value of food Food preservation and various methods,		
<b>III</b>	<b>PLANNING FOR NUTRITIONAL NEEDS</b>	<b>15</b>	<b>-</b>
	Balanced Diet Planning diet – adjustments to meet nutritional requirements in Infancy , childhood, adolescence, pregnancy and lactation Geriatric groups Factors influencing food selection , marketing and budgeting for Various cultural and socio-economic groups Principles of Therapeutic diets:- Cardiac diet, diabetic diet,renal diet, high protein diet		
<b>Practical Demonstrations on:-</b>			
	<b>INVALID COOKERY</b>	<b>5</b>	<b>15</b>
	Fluid Diet : - Egg flip, soups, barley water, whey water, Soft Diets :- custard, caramel custard, kanji, jelly		

Semi solid diet :- khichadi, mashed potatoes, kheer .

## **BIBLIOGRAPHY**

1. Anderson, “ Nutrition in Nursing”, Lippincot Co., 1972.
2. Antia, E P, “Clinical Dietetics and Nutrition”, 2<sup>nd</sup> edition, Oxford University Press, New Delhi, 1995.
3. Corrine H Robinson, “Normal and therapeutic Nutrition”, 13<sup>th</sup> edition, Oxford and IBH Publications.
4. Sue Rodwell Williams, “Nutrition and Diet Therapy”, 3<sup>rd</sup> edition, C. V. Mosby and Co., 1977.
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6. Hervietta Flick, “Introduction to Nutrition “, MaC Millon Publishing Co., 1970.
7. Lenna F Copper, “Nutrition in Heath and disease”, 12<sup>th</sup> edition, J B Lippincot Co.
8. JOSHI V D, “Hand Book of Nutrition and dietetics”, Vora Medical Publications.
9. Swaminathan M, “Hand Book of food and nutrition”, Bangalore printing and publishing Co., 1970.

## **INTRODUCTION TO COMMUNITY HEALTH INCLUDING FAMILY WELFARE**

Theory - 75 Hrs  
Clinical - 45 Hrs

**AIM:-** Students gain a basic knowledge in Community Health and Community Health Nursing And are able to assess environment and maintain healthy environment in their Residence, hostel,hospital and college.

**OBJECTIVES:-** Student understands-

1. Evolution and concept of community health and community health nursing
2. The various factors influencing health in the community
3. The hazards,disease process and levels of prevention
4. The students develop insight into the environment at health and apply the knowledge to maintain and promote healthy environment.
5. Students understand the health team and their role in health and disease
6. Develop ability and skill to maintain and promote individual health and environmental hygiene.

UNIT	TOPIC	THEORY	HRS
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<b>UNIT. I</b>	<b>INTRODUCTION TO COMMUNITY AND COMMUNITY HEALTH NURSING</b>		<b>5</b>
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1. Historical evolution of health, community health and community health nursing
2. Concept of health ,wellness and illness

3. Determinants and factors influencing health
4. Philosophy, goals and objectives in community health and community health nursing
5. Primary health care and goals to be achieved
6. Levels of health care

**UNIT. II ROLE OF COMMUNITY NURSE IN MAINTAINING AND PROMOTING HEALTH 30**

**A) PERSONAL AND FAMILY HEALTH**

- Concept of individual & family health
- Role of the nurse in maintaining & promoting individual & family health
- Head to foot care
- Promoting healthy habits
- Menstrual hygiene
- Health check-up

**B) MENTAL HEALTH**

- Characteristics of a mentally healthy individual
- Mental health promotion in the individual, family & community

**C) ENVIRONMENTAL HEALTH**

- Housing
- Ventilation and lighting
- Water sanitation
- Milk sanitation
- Food Sanitation
- Market Sanitation
- Insect, Rodent & Parasite Control
- Noise Control
- Disposal of refuse/Sewage
- Disposal of human excreta
- Disposal of the dead
- People's participation in environment health activities
- Public Health Laws related to environment & health

**UNIT III DISEASE PROCESS 10**

- Interaction of agent, host & environment
- Levels of prevention
- Role of C. H. Nurse in Prevention of disease
- Levels of prevention

**UNIT IV HEALTH TEAM & THEIR ROLE IN RURAL AND URBAN HEALTH CARE 7**

- Members of community health team and their role
- Importance of Interpersonnel Relationship & team co-ordination

**UNIT V POPULATION EXPLOSION & FAMILY WELFARE PROGRAMME**

**10**

- Concept of population & population explosion
- Problems of population explosion
- Philosophy, objectives and scope of family welfare
- Services of family welfare programmes

#### **UNIT VI HEALTH EDUCATION**

**10**

- Concept & principles
- Purposes
- Community education – Approaches & methods of community education
- Preparation & use of simple audio-visual aids

#### **UNIT VII HUMAN SEXUALITY 3**

- Understanding human sexuality
- Sexual Health

#### **PRACTICALS: Visit to :-**

1. Milk Dairy
2. Bakery & Butchery/Slaughter house
3. Vegetable Market
4. Water Purification Plant
5. Sewage Purification Plant
6. PHC & Subcentre
7. Urban Public Health Centre

#### **BIBLIOGRAPHY**

1. “Community Health Nursing – Concepts & Practice” Barbara Walton Sprodley, 2nd edition, 1985, Little Brown & Co.
2. “Communicable Diseases” Wilfied H Pauy, #rd edition 1979, Hodder & Stoughton.
3. “Handbook of Preventive & Social Medicine”, Dr.Vidya Ratan, 8th edition, 1988 Jaypee brothers Medical Publishers.
4. Kasthuri Sundar Rao, “Community Health Nursing”
5. J.E. Park, “Textbook of Preventive and Social Medicine”, Latest Edition.

#### **PSYCHOLOGY**

Theory : 75 hrs

Practicals: 15 hrs

#### **AIM :**

The aim of the course is to help the student to understand herself the relation between body and mind and interpersonal behaviour and to enable them to apply the principles of psychology in the practice of nursing.

#### **OBJECTIVES:** The student –

1. Understands the importance of psychology in personal and professional life.

2. Knows the biological and psychological basis of human behaviour.
3. Understands cognitive and affective process
4. Develops an understanding of self and others.
5. Understands and is able to identify the psychological needs of patients while planning patient care.

UNIT	TOPIC	THEORY HRS
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**UNIT I INTRODUCTION 5**

- Meaning of Psychology
- Development of psychology
- Scope, branches of psychology
- Relationship with other subject
- Application of psychology in nursing practice
- Importance of psychology in interpersonal behaviour
- Significance of individual differences.

**UNIT II BIOLOGICAL BASIS OF BEHAVIOUR 5**

- Inheritance of behaviour
- Basic genetic mechanism
- Sensory processes – Normal & abnormal
- Attention and distraction

**UNIT III COGNITION 23**

**A) PERCEPTION**

- Meaning of Perception
- Perception of object, depth, distance and motion
- Normal and abnormal perception

**B) INTELLIGENCE**

- Meaning of intelligence
- Effect of heredity and environment in intelligence
- Measurement of intelligence tests
- Mental deficiencies

**C) LEARNING & LANGUAGE FORMATION**

- Definition of learning, theories of learning
- Factors influencing learning
- Learning process
- Habit formation
- Language comprehension, concept formation, listening skills, thinking, reasoning and problem solving.

**D) MEMORY**

- Meaning and nature of memory
- Factors influencing memory

- Amnesia, methods to improve memory

**UNIT IV PERSONALITY 7**

- Meaning of personality
- Theories of personality
- Adjustment and maladjustment

**UNIT V MENTAL MECHANISMS AND MENTAL HEALTH7**

- Defence Mechanisms
- Frustrations and conflict
- Mental Hygiene

**UNIT VI MOTIVATION 8**

- Meaning and nature of motivation
- Biological and special motives
- Formation of self concept
- Self admiration, self-awareness

**UNIT VII EMOTIONS 5**

- Meaning of emotions
- Theories of emotions
- Development of emotions
- Emotions in sickness
- Handling emotions in self and other

**UNIT VIII ATTITUDES 5**

- Meaning of attitudes
- Role of attitude in health and sickness

**UNIT IX DEVELOPMENT PSYCHOLOGY 10**

- Infancy, childhood, adolescence, adulthood and old age
- Psychological needs of various age groups in health and sickness.

**PRACTICALS: 15**

1. Identify sources of conflicts in classroom and hostel.
2. Identifying personality of patients.
3. Identifying emotions in patients.
4. Listing the psychological needs of patients:
5. Clinical reports on :-
  - a) Sensation, attention and Perception.
  - b) Emotions of patients
  - c) Patients's intelligence and their coping skills
6. Self-awareness, self rating – workshop.

**Note :** The practicals will be integrated into foundations of nursing clinical experience.  
Laboratory Visits

## **BIBLIOGRAPHY**

1. Bhatia B. D, & Craig :- Elements of Psychology & Mental Hygiene.
2. Morgan C. T, & King :- Introduction to Psychology, VII the edition, Megrow bill international.
3. Robert C. Calfee : - Human Experimental Psychology.
4. Zeimbaedo Philip : Psychology & life, 10th edition.
5. Andrew Mc Ghee, “Psychology on applied to Nursing”, Livingstone Nursing texts, Churchill Livingstone, 1973, 6th edition.
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## **ENGLISH / MARATHI / HINDI**

Theory - 75 Hrs

**AIM:-** To help the students to improve proficiency in communication and Interactional skills.

### **OBJECTIVES:-**

1. To enable the students to comprehend spoken and written English/Hindi/Marathi.
2. To help the students to focus on the issues in conversation and documentation in their day-to-day life
3. To equip the students with the knowledge of medical terminologies and the specialized Vocabulary of the various subjects in their course of study and communication in the urban and rural field.
4. To improve communication skill and establish good IPR.
5. To widen the students horizons through an exposure to imaginative literature.

UNIT

TOPIC

HOURS

**I. ENGLISH / MARATHI / HINDI**

**30**

Text Book prescribed for 12th Std.  
Higher Secondary School Board

**II. COMPREHENSION** **25**

ENGLISH / MARATHI / HINDI

Letter writing – Formal  
- Informal

Report writing

Incidence / Anecdotal reports

Essay writing

Precis writing

Imaginative writing

**III. GRAMMAR** **20**

ENGLISH / MARATHI / HINDI

Articles

Agreement of verb with subject

Tenses

Passive and active structure

Question forms

Negatives

Direct and indirect narration

Use of verbs and adjectives

Punctuations

Phrases and idioms.

**BIBLIOGRAPHY**

1. English / Hindi / Marathi Book prescribed by Higher Secondary School Board for 12th Std. (10+2)
2. M. L. Tikkoo, et al, “Intermediate Grammar usage and Composition”, Orient Longman Publication.
3. Sidhu, “An Intensive Course in English – A remedial Work book”, Orient Longman Publication.
4. R C Jain, “English Grammar and Composition”, Mac Milan Publication.
5. Marathi and Hindi, Grammer Books - By Tarkhedkar

**CRITERIA FOR EVALUATION OF PROCEDURE**

Clinical / Field Procedure Evaluation Check List

Name of the Institute :  
Name of the Student :  
Name of the Procedure :  
Area of the clinical Experience :  
Name of the Patient :  
Age / Sex :  
Diagnosis :

Regd. No. :  
Supervised by :

(Total marks 50)  
YES NO

I. PLANNING & ORGANIZATION

(A) Self Preparation :

- i) Does she check & confirm written orders ?
- ii) Does she maintain cleanliness & neatness ?
- iii) Does she maintain personal safety ?

(B) Tray Setup :

- (i) Does she select the articles correctly ?
- ii) Are the articles clean ?
- iii) Are the equipments adequate ?
- iv) Has she arranged the articles properly ?

(C) Environmental Setup :

- i) Is the unit clean ?
- ii) Is the unit well ventilated ?
- iii) Has she arranged the unit properly ?

(D) Approach to the Patient :

(a) Physical Preparation of the patient :

- i) Has she given the correct position on the patient ?
- ii) Has she maintained the safety of the patient ?
- iii) Does she maintain the comfort of the patient ?
- iv) Has she maintained the privacy of the patient ?

(b) Psychological preparation of the patient

- i) Has she given clear initial explanation to the patient ?
- ii) Does she maintain a relevant conversation with the patient throughout the procedure ?

YES NO

II. TECHNICAL SKILL DURING THE PROCEDURE

(A) Skill

- i) Does she handle the patient gently ?
- ii) Does she observe the patient before the procedure ?
- iii) Does she follow aseptic technique ?
- iv) Does she take scientific precaution throughout the procedure ?

(B) Handling of the articles / Equipment ?

- i) Does she place articles in the right place ?

- ii) Does she use the articles correctly ?
- iii) Does she use the the material economically ?

(C) Termination of the procedure & after care of the patient

- i) Does she made the paitent comfortable ?
- ii) Has she observed the result of the procedure ?
- iii) Has she cleaned & dried the articles properly ?
- iv) Has she disinfected / sterilized the articles before replacement ?

(D) Reporting & Recording

(a) Reporting

- i) Does she report significant points ?
- ii) Does she report accurately ?

(b) Recording

- i) Has she recorded precisely / neatly ?
- ii) Has she recorded accurately ?
- iii) Has she recorded promptly ?

III. APPLICATION OF KNOWLEDGE

- i) Does she have knowledge of the procedure ?
- ii) Does she know the purpose of procedure ?
- iii) Does she know the various methods of the procedure ?
- iv) Does she know the scientific principles applicable to the procedure ?

IV. STUDENTS ABILITIES

- i) Has she maintained correct posture throughout the procedure ?
- ii) Does she know initiative ?
- iii) Does she exhibit resourcefulness ?
- iv) Is she dependable ?
- v) Does she show positive response to the suggestions & criticism ?
- vi) Has she maintained right attitude towards the patient ?
- vii) Does she know use of articles & adaptation of methods to the home situation ?
- viii) Does she complete the procedure in time ?
- ix) Does she take opportunity for incidental teaching ?
- x) Does she implement principles of Health teaching ?

**V. OVER ALL REMARKS OF THE TEACHER**

**VI. REMARKS FOR IMPROVEMENT**

Signature of the student  
(That she has seen the evaluation)

Signature of the Teacher

**N.B.1)** The Checklist should be filled in by Teacher / Supervisor in the Ward / Dept. directly observing procedure when the student is performing without student's knowledge.

- 2) Student should not be disturbed during the procedure unless she is doing something harmful to the patient.
- 3) Supervisor should put the check mark ( ) on every criteria mentioned on the form under YES or NO column.
- 4) Supervisor should maintain minimum record of two procedure annually for every student.
- 5) Supervisor should give additional marks for over all impression.
  - Satisfactory - One mark
  - Good - Two marks
  - Very Good - Three marks
  - Excellent - Four marks
- 6) Other each point carries one mark.

## Evaluation of Comprehensive Nursing Care

In the clinical area during B.Sc. Nursing Programme

Name of the Institution :

Student's Name :

Year :

Ward / Depart :From \_\_\_\_\_ to \_\_\_\_\_

Duration of Experience :

S.N.	Particulars	Grading					Remarks
		Poor	Satisfactory	Good	V- Good	Excellent	
		1	2	3	4	5	
<b>I</b>	<b>Understanding of patient as a person</b> <i>A) Approach</i> 1. Report with a patient / family / relatives 2. Has she collected all the information regarding the						

	<p>patient / family</p> <p><i>B) Understanding patients health problems</i></p> <ol style="list-style-type: none"> <li>1. Knowledge about the disease of the patient.</li> <li>2. Knowledge about the investigation done for the disease.</li> <li>3. Knowledge about the treatment given to the patient.</li> <li>4. Knowledge about the progress of the patient.</li> </ol>						
<b>II</b>	<p><b>Planning Care</b></p> <ol style="list-style-type: none"> <li>1. Correct observation of the patient.</li> <li>2. Assessment of the condition of the patient.</li> <li>3. Identification of the patient needs.</li> </ol>						
	<ol style="list-style-type: none"> <li>4. Individualisation of planning to meet specific health needs of patient.</li> <li>5. Identification of priorities.</li> </ol>						
<b>III</b>	<p><b>Teaching Skill</b></p> <ol style="list-style-type: none"> <li>1. Economical &amp; safe adaptation to the situation available facilities.</li> <li>2. Implements the procedure with skill / speed completeness.</li> <li>3. Scientific knowledge about the procedure.</li> </ol>						
<b>IV</b>	<p><b>Recording &amp; Reporting</b></p> <ol style="list-style-type: none"> <li>1. Prompt precise &amp;</li> </ol>						

	accurate (regarding patient) 2.Maintains self experience file upto date.						
<b>V</b>	<u>Health Teaching</u> 1.Incidental / Planned Teaching. (Implements teaching principles) 2.Uses visual aids appropriately.						
<b>VI</b>	<b>Personality</b> 1. Professional appearance (Uniform, dignity, tactfulness, interpersonal relationship, punctuality etc.) 2. Sincerity, Honesty & sense of Responsibility						
	<b>Total Marks Grade :</b>						

Remarks of supervisor in terms of professional strengths & weaknesses

Evaluation discussed on

**Sign of Student**  
(that she has seen the evaluation)

**Sign of Supervisor**