

BACHELOR OF SCIENCE IN NURSING PROGRAMME

BACKGROUND AND GOAL

Revolution in modern information technology and science has made the world a smaller place with all countries within easy reach. The western developed countries have massively capitalized on the new advances of science and technology and have improved the socio-economic and the quality of life of their people to a great extent that is inconceivable in the developing countries. Access to quality education, health care services, quality food, shelter and social security with the provision of all the necessary services, have become the essential needs of the common people in the developed countries whereas the very essential need have become the exclusive privileges of the wealthy and affluent class in most of the developing countries. Access to quality health education and services as more than any other factor, significantly improved the quality of life in the western world. The improvement in the quality of life has stemmed from a substantial public and private sectors investment on health education and services over a long period of time. It is universally recognized that until and unless a country can produce the high quality and adequate human health manpower at various levels needed by the country, it is inconceivable to bring the intended qualitative improvement in the health sector. The production of high quality human resources in health sector at various levels must be based on the need and priority of the country.

The Government of Nepal, Ministry of Health and Population has committed itself to raise the health status of the people of Nepal by pursuing the strategy of Primary Health Care in order to realize the objectives of Health for All which call for inter sectorial coordination as well as active community participation. It is in this context that effective dissemination of relevant, sound and feasible nursing and public health measures are necessary in order to increase individual and community capabilities for active involvement and self reliance in health sectors that will promote healthy behavior in regard to disease prevention and control. Thus it has become essential through understanding of all relevant branches of health science with special emphasis on the most appropriate nursing health measures which are necessary for promoting individual, institutional and community involvement.

Nepal faces a major challenge in providing even the basic health care services to its population. The main limiting factor in meeting this

challenge is the severe lack of health workers at various levels i.e. junior, medium and higher levels. A large number of junior and medium level nursing and public health workers are needed to deliver the basic health services to the people at various levels (community, district, regional and national). The present rate of the production of nursing bachelors relating to the need of the country is so small that it may take many decades to meet the present demand of the country.

The country's health situation and indicators of health reveals that the production of professional nursing graduates at various levels need to be carefully planned and accelerated in regard to the needs of such manpower to provide essential promotive, preventive, curative and rehabilitative quality care services that will ensure every body's access to health and realize Alma Ata Declaration of which Nepal is a signatory. Purbanchal University envisages contributing towards the noble goal of providing quality health services and improving people's health through the production of nursing professionals and graduates required by the country through its several affiliated colleges.

PURPOSES

The bachelor in nursing program (B.Sc.) aims to prepare competent professional nurses in education, administration and services in respective level of health programs, which includes problem identification, planning, implementing and evaluating. Such graduates can serve in various types of positions at national, regional, zonal, district and local levels. Such graduates will be needed in various kinds of governmental or nongovernmental health agencies, communities, hospitals, schools, campuses and institutions. Other areas may involve special responsibilities e.g. working directly with local communities and individuals, working primarily with school teachers, administrative, health education services and preparing health workers in nursing fields. In general, B.Sc. nursing graduates will be able to carry out the responsibilities of various health institutions as a nursing officer/faculty/basic level researcher and care provider.

PHILOSOPHY

- The graduate in nurses will be thoroughly acquainted with the present trends, advanced technology in health care system, changing concepts of life style pattern and the expanding role and responsibilities of nurse midwife in providing health services.
- Each individual is unique bio-psychological and spiritual being with capacity to think and adopt towards wholeness/comprehensive

approach.

- Environment conducive to learning can be adopted
- The prevention of illness, promotion of health, care of sick and rehabilitation are the responsibilities of individual, group, family, community and nation.
- Nursing is a dynamic process, which focuses on need based, problem solving and decision making in all nursing care activities by emphasizing on nursing process.
- Each learner has the capacity to change if encouraged and guided towards positive health practices and the self directed learning.
- Leadership in nursing is to have a clear vision of institutional and national goal which demonstrate problem solving and decision making at all levels of health care system.

OBJECTIVES OF THE PROGRAM

General objectives

The general objective of the B.Sc. nursing program is to produce competent graduates basic with advanced knowledge and practical skills necessary to deliver high quality health services needed for the country. Especially, the program entails the following general objectives:

- Provide basic and advanced knowledge and practical skills in nursing science covering Primary Health Care.
- Develop skills in health system research and management
- Equip nursing professionals with communication and group organization skills for promoting community participation in health and development activities ultimately leading to the individual and community self reliance in obtaining health services and improvement in health status.
- Management issues, concerns and problems.
- Enable nursing health professionals to deal with the existing realities in health Foster positive attitude of health professionals to encourage them for providing accessible and equitable nursing services for disadvantaged groups and communities.
- Develop the leadership capabilities of nursing professionals in the management of nursing services at various levels of health programs.
- Enhance the vocational competence of nursing professionals through advanced education in health strategies, health promotion and health programming.

- Prepare professionals to be creative innovative in preventive, promotive, curative and rehabilitative aspect of care according to scientific advancement and the trend of the day.
- Enhance competence in teaching learning process as self directed learner.

Specific Objectives

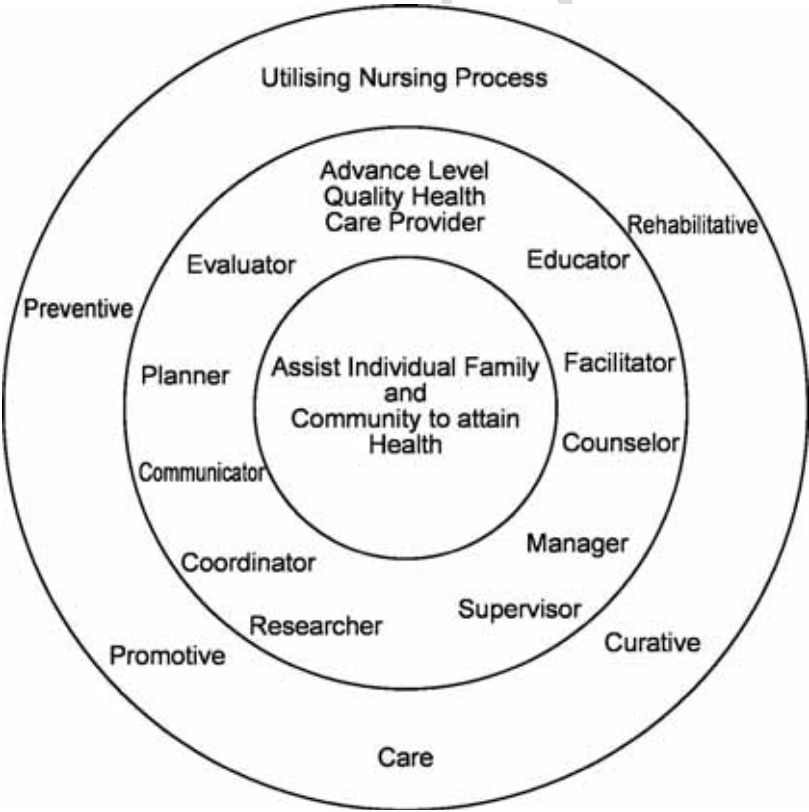
Upon the completion of four years Bachelor of Science in Nursing course, the graduates will be able to achieve the following objectives:

- Communicate effectively with individual, group, family, community and society.
- Apply the knowledge of nursing process for providing quality nursing care and service using the principle of basic science and concepts of social and behavior sciences.
- Identify the socio cultural and economical status, which affects the health and development of the clients and the society.
- Apply the knowledge and principles of Family Reproductive Health (FRH) and Comprehensive Primary Health Care (CPHC) in planning, programming, supervision, monitoring and evaluating process for promotion and maintenance of the client's health.
- Make appropriate decision in all activities by critical analysis to bring suitable changes in their work environment.
- Demonstrate effective teaching learning skill in formal and nonformal educational activities in different settings.
- Mobilize the necessary and available resources in appropriate manner.
- Identify need based simple researchable problems and conduct research on it.
- Recognize the importance of personal and professional goal, growth and development.
- Apply the epidemiological concept and principles in order to solve individual, family and community health problems.
- Utilize the principles and concepts of nursing foundations theories and models in providing nursing and midwifery services.
- Recognize mental health conditions and provide holistic care to the clients.
- Provide effective care and services to the client in preventive, promotive, curative and rehabilitative aspect of care throughout the life span.
- Perform the care competency of SBA.

Conceptual Framework

The conceptual framework provides the structure in the curriculum and is based on theory to guide the B.Sc. nursing program to prepare competent nurse midwife with advanced knowledge, competent skill and positive attitude in the areas of hospital, midwifery, nursing and community health nursing.

At the B.Sc. level the major focus is placed on family, reproductive health, midwifery, hospital and community health nursing, which prepares competent nurse midwives who will be capable leaders in different capacities as educator, manager, researcher, care provider and change agent in the society to promote healthy life style throughout the life span of a person. Throughout the curriculum the nursing process is integrated for the provision of quality nursing care/management of an individual, group, family and community.



Duration of the course

This course has been designed for four academic years Bachelor in Nursing Science.

Admission Criteria:

- Candidate must have completed intermediate science or 10+2 or equivalent with biology, chemistry, physics, math and English as main subjects and should have secured minimum of 50% of mark in aggregate.
- Physically and mentally fit
- Must have completed 17 years of age

Entrance Examination

There will be entrance examination of one paper (English 50 mark and hundred mark of nursing science related/health science related major subject area). The question will be of multiple choice. Duration of examination will be 3 hours. Candidates must obtain at least 50% marks to pass entrance examination. Candidates will be selected from obtained mark within descending order.

Commencement of the course

According to Purbanchal University operation calendar (tentatively from Mangsir)

TEACHING LEARNING METHODS

Various methods of teaching learning will be used in participatory approach. Lecture, discussion, group discussion, demonstration, self directed learning, problem based learning observation, practical, written assignments, project work, term paper, group presentation as per need of the subject taught.

Formative Evaluation

Theory subjects

Internal assessment

20%

a) Class test

b) Project work

c) Written assignment/presentation

Clinical subject practicum				
Internal assessment				50%
a) Performance evaluation				
b) Case study/presentation				
c) Client teaching/classroom teaching				
d) Project work presentation				
e) Report presentation				
Summative evaluation (Final evaluation)				
Final written examination				
Short answer and essay questions final evaluation weightage				80%
OSPE/EVALUATION/	PRACTICUM/OSCE	Viva		50%
20	20	10		=50

OVERVIEW OF BACHELOR SCIENCE IN NURSING (BSN) PROGRAMME

BSN: First Year Subject and Hours/Cr Distribution

S.N.	Course Code	Course Title	Hours		Marks
			Theory	Practical	
1	BSN101	Anatomy and physiology	120	80	100
2	BSN102	Biochemistry	50	30	50
3	BSN 103	Microbiology/Parasitology	50	30	50
4	BSN104	Pathophysiology	50	30	50
5	BSN105	Pharmacology	50	30	50
6	BSN 106	Nutrition and Dietetics	60	60	50
7	BSN107	Foundation of nursing	150	420	100+100
8	BSN108	Community health nursing I	100	200	100+100
Total			630	880	750

Note: Practicum 6 hours/day, theory 7 hours/day/12 hrs/night

BSN: Second Year

S.N.	Course Code	Course Title	Hours		Marks
			Theory	Practical	
1	BSN 201	Nursing concepts and theory	100	-	100
2	BSN 202	Medical Surgical Nursing I	150	300	100+100
3	BSN 203	Medical Surgical Nursing II (EENT, OT, Oncho, Emergency Nursing)	100	300	100+100
4	BSN204	Mental health nursing	100	200	100+100
5	BSN205	Community health nursing II	100	200	100+100
6	BSN 206	Medical sociology/ Anthropology	100	-	100
Total			650	1000	1000

Note: theory 7 hours/day, practicum 6 hours/day/12 hrs/night

BSN: Third Year

S.N.	Course Code	Course Title	Hours		Marks
			Theory	Practical	
1	BSN301	Child health nursing	100	180	100+100
2	BSN302	Obstetric nursing I (Midwifery)	100	200	100+100
3	BSN 303	Obstetric nursing II (Midwifery)	100	200	100+100
4	BSN304	Obstetric nursing III (Postnatal & Gynae)	100	200	100+100
5	BSN305	Community health nursing III	100	200	100+100
6	BSN 306	Basic Epidemiology	60	-	50
Total			560	980	1050

Note: Theory 7 hours/day, practicum 6 hours/day -M E, 12 hour/day - Night

BSN: Fourth Year

S.N.	Code No.	Course Title	Hours		Marks
			Theory	Practical	
1	BSN 401	Nursing research & Biostatistics	120	300	100+100
2	BSN 402	Educational Science	100	300	100+100
3	BSN 403	Leadership & management	100	300	100+100
4	BSN 404	Medical Surgical Nursing (Advance practice)		300	100
Total			320	1200	700

Course Title: Anatomy and Physiology

Placement : First Year
Total Hour: 120
Course Code: BSN 101

Full Mark: 100
Pass Mark: 50

COURSE DESCRIPTION

This course has been designed to acquire basic concept and knowledge on human anatomy and physiology of different systems of human body, which will enable them to apply the knowledge while providing nursing care to the clients.

COURSE OBJECTIVES

Upon successful completion of this course, the students will be able to:

- Distinguish between anatomy and physiology, explain the body as a whole and different system of human body.
- Explain anatomical position of the body, organs, and cavities.
- Describe the structure and functions of the cells, its characteristic, reproductive cellular genetics, and differences between normal cell and cancer cells.
- Discuss the various types of tissues their characteristics and functions.
- Explain the anatomy and physiology of skeletal system including joints, cartilage, ligaments tendon and age related changes.
- Describe muscular system, its types, and principles of muscular system its anatomy and physiology.
- Explain the structure, location, and function of spleen.
- Discuss the structure of upper respiratory tract, bronchial tree, lungs and alveoli and function of respiration including pulmonary ventilation.
- Explain structure and function of digestion in the mouth, stomach, small intestine and large intestine.
- Explain structure, location, and function of female and male reproductive organs
- Discuss embryology.
- Explain anatomy and physiology of central nervous system and peripheral nervous system.

- State internal and external structure location and function of vision, hearing and taste.
- Discuss circulatory system including blood, structure of the heart, blood supply, blood vessels, conduction system and their functions including blood pressure.
- Describe the organs related to the lymphatic system their structure functions, and immune response.
- Discuss the structure location and function of kidney, nephron, ureter, bladder and urethra.
- Explain fluid and electrolyte balance in the body and acid base balance.
- Discuss structure and function of endocrine system.
- Discuss structure and function of integumentary (skin) system.

COURSE CONTENTS

UNIT I: Body as whole: organization of the human body cell. 6hrs

- Chemical constituent of cells,
- Structure of the cell
- Physiology of the cell
- Cell reproduction (Mitosis/Miosis)
- Cellular genetics

UNIT II: Human tissues, and its types:

8hrs

- Epithelial tissue, connective tissues
- Muscle, and nervous tissue, and its types
- Transplant
- Characteristics, location, function and formation of tissues
- Tissue repair, membranes gland
- Classification and structures

UNIT II: Skeletal system

12hrs

- Composition of bone, bone cells
- Organization of skeletal system
- Bone types, structure, formation and growth, axial skeleton, appendicular
- Skeleton membranes of bone

- Description and function of bone
- Joints classification
- Regulation of bone formation and growth by vitamins and hormones

UNIT III: The muscular system:

12hrs

- Skeletal muscle: anatomy of muscle and mechanism of contraction
- Transmission of the electrical impulses to the sarcoplasmic reticulum
- Energy sources for skeletal muscle contraction
- Muscle tone/physiology of muscle contraction, lever, and maintenance of posture
- Smooth muscle/cardiac muscle

UNIT IV: Respiratory system

12hrs

- Structure and function of organs of respiration (alveoli)
- Physiology of respiration, vital capacity, tidal volume FEC, FIC, RV.
- Mechanism of respiration, exchange of gases in the lungs, pulmonary ventilation
- Respiratory problems

UNIT V: Digestive System

10hrs

- Structure and movements of alimentary tract.
- Function of different glands involved in digestion i.e. liver, spleen and pancreas,
- Composition of food, digestion in the mouth, stomach, small intestine large intestine, absorption of food.
- Metabolism of protein, carbohydrate, and fat.

UNIT VI: The Excretory system:

8hrs

- The structure and function of kidneys, nephron, ureters, urinary bladder and urethra composition of urine, and mechanism of urine formation

UNIT VII: The reproductive system:

12hrs

- Spermatogenesis

- Oogenesis, structure, and function of female reproductive organs,
- Structure and function of breast
- Female sexual cycles - Physiology of menstruation
- Introduction of embryology
- Structure and function of male reproductive organs
- Male reproductive organs, function in reproduction, and fertility

UNIT VIII: Nervous system:

15hrs

- Structure and function of
 - Central nervous system
 - Peripheral nervous system
 - Neuralgia and neurons, brain and spinal cord.
 - Nerve fiber and nerves.
 - Cranial and spinal nerve, location and function
 - Stimulus and nerve impulse
 - Definition and mechanism
 - Reflex arc, reflex action and reflexes
 - The autonomic nervous system
 - Structure, location autonomic function

UNIT IX: Sense organ: -Eye

6hrs

- Somatic, visceral and referred pain
- External and internal structure of the eye
- Accommodation, physiology of vision
- Binocular vision

UNIT X: Auditory sense:

6hrs

- Structure of the ear, external, middle, inner, physiology of hearing and equilibrium
- Olfactory sense organs, gustatory sense

UNIT XI: Skins:

6hrs

- Hair, nail, glands,
- Function of skin
- Temperature regulation

UNIT XII: Circulatory system:

18hrs

- Blood microscopic structure, formation, composition, and function (Haematopoiesis, RBC, WBC, Platelets) blood grouping ABO, RH factor
- Clotting factors, Mechanism of coagulation
- Systemic and pulmonary circulation
- Heart structure, conduction system and functions. Cardiac cycle, cardiac output
- Pericardium, wall, chamber, valves, blood supply)
- Heart beat, ECG,
- Structure of blood vessels, arteries, veins, circulation principles, control, factors influencing, blood pressure and pulse

UNIT XIII: Lymphatic system and spleen:

6hrs

- Component of lymphatic system and lymph flow
- Function of lymphatic system
- Immune response

UNIT XIV: Endocrine System

10hrs

- Structure and functions
 - Pituitary gland
 - Hypothalamus
 - Parathyroid
 - Thyroid
 - Adrenal gland
 - Pancreatic islets
 - Pineal gland
 - Thymus gland

UNIT XV: Fluid and Electrolytes:

5hrs

- Intracellular, extra cellular, interstitial
- Fluid loss, fluid gain,

TEACHING LEARNING ACTIVITIES

METHODS: Faculty and students in participation

- Lectures

- Discussion
- Demonstration
- Project work
- Presentation

MEDIA

- White board
- OHP
- Posters, charts and models
- Skeleton
- CD, video cassettes
- LCD system
- Organ Specimen

EVALUATION

- Class test
- Assignment

REFERENCES

1. *Stanley W. Jacob.*
2. *Clarice AF Walter J. Lossow, PI + D, structure and function in man, latest Ed. 1978 Ed, WB Saunders Company Philadelphia, London Toronto latest edition.*
3. *JH. Green, Basic clinical physiology, 3rd Ed., Oxford University Press, New York.*
4. *Arnold Edward, Sears Anatomy and Physiology for Nurses, 1998, 6th Edition, Jaypee Brothers.*
5. *Wilson and Ross, Anatomy and Physiology, 2000. 8th Edition, Churchill Livingstone*
6. *Ross and Wilson, Anatomy and Physiology in Health and Illness, 2001, 9th Edition, London.*
7. *Chatterjee C.C., Human Physiology, Vol. I, II, 1997, 10th Edition, Calcutta, India.*
8. *Guyton A.C., Text Book of Medical Physiology, 2000. 10th Edition, W.B., Saunders.*
9. *Pearce E.C., Anatomy and Physiology for Nurse, 1997, 1st Edition*

J.P., New Delhi.

10. *Gupta, Anatomy and Physiology for Nurses, 2004, 1st AITBS Publication.*
11. *Thomas Mc Cracker Richard Walker, New Atlas of Human Anatomy, 1999, 1st Edition, Lustree Press, Roli Books.*
12. *Wilson, K. Ross and Wilson Foundations of Anatomy and Physiology, English Language Book Society.*
13. *Winwood, R.S. Sera's Anatomy and Physiology for Nurses English Language Book Society.*
14. *Latest Edition*
15. *Recent Edition to be used*

Anatomy and Physiology Practicum

Placement : First Year

Total Hour: 80

Course Code: BSN 101

Full Mark:

Pass Mark:

COURSE DESCRIPTION

Lab experiences will take place during exposure in the laboratory practical demonstration will be carried out during study block according to assigned practicum hour of each courses i.e. Anatomy and Physiology

Anatomy

- Gross anatomy practical – demonstration of specimen, organs, models or charts according to the human system approach.
- Histology practical – demonstration of specimen according to the human system approach.
- Introduction and uses of laboratory specimens.

Physiology

- Introduction and uses of laboratory specimens
- Collection of blood and study of haemocytometer
- Haemoglobinometry, determination of specific gravity of blood
- RBC, WBC (total and differential) and platelet counts, ESR, PCV
- Osmotic fragility test, haemin crystals
- Determination of blood groups
- Calculation of blood indices
- Determination of bleeding time and clotting time
- Semen analysis
- Spirometry lung function test
- Blood pressure measurement, CPR, ECG
- Physiological examination of sensory system, motor system, reflexes
- Examination of cranial nerves
- Visual activity, field of vision, colour vision
- Test of hearing – Rinne's test, Weber's test, Reaction time.

Course Title: Biochemistry

Placement: First Year

Hour: 50

Course Code: BSN 102

Full marks: 50

Pass mark: 25

COURSE DESCRIPTION

This biochemistry course gives the knowledge, concept and its application in the human body system.

COURSE OBJECTIVES

- Explain the basic concept of biochemistry
- Describe the types and properties of solution, physiological application of osmosis and diffusion.
- Explain the theory of electrolyte the human and buffer system in body, pH and their clinical importance (use), acid base balance in the body.
- Explain the importance and properties of gases (O₂, CO₂) and their effect
- Discuss the uses and properties of anesthetic gases etc
- List the characteristics classification and uses of organic compounds.
- Discuss the composition, classification, Occurrence, and metabolism of carbohydrate, lipid, protein, enzyme and mineral
- Discuss the metabolism of carbohydrates, fats, and proteins.
- Explain about the chemistry of nucleic acid and their biological role.
- Explain classification, sources, and action of the hormones in the body.
- Explain vitamins & minerals their classification daily requirements and their clinical significance.

COURSE CONTENTS

UNIT I: Introduction

2 hours

- Definition, Scope and importance of biochemistry in health sciences.
- Types of solution

- Normal solution
- Molar solution
- Percentage solution
- Osmosis
- Diffusion

- Components of biochemical system
- Concepts of acid/ base/ salt, Acid Base indicator
- Buffer solution, Types of buffer present in body fluids.

Unit II: Biomolecules

12hrs

Carbohydrate:- definition, Classification, composition, Function and occurrence

Protein:- definition, Classification, composition, Function and occurrence

Essential & Non-essential amino acids and their significance.

Lipid:- definition, Classification, composition, Function and occurrence

Nucleic Acid:- Definition, Composition, types and importance

Unit III: Enzymes

6hrs

Definition, Classification, Factors affecting enzymatic activity, Co-enzymes, Isoenzymes, Clinical significance of Enzymes (AST, ALT, CPK, CPK-MB, Amylase, Lipase, ALP, GGT, LDH)

Unit IV: Vitamins and Minerals

5hrs

Vitamins:- Definition, Classification, Daily requirements in Diet, Clinical significance

Mineral:- Micro and Macro mineral, Essential and Nonessential minerals, Trace elements

Unit V: Hormones

5hrs

- Definition, Classifications, Source, Mode of action,
- Clinical significance of Thyroid Hormones,
- Hormones of Adrenal cortex,
- Hormones of reproductive system
- Hormones involved in Calcium Phosphate Homeostasis

Unit VI: Intermediary Metabolism of Carbohydrate, Protein and Lipid. **4 hours**

Carbohydrate: - General concept of Metabolism, Glycolysis, TCA cycle, Glycogenolysis, Glycogenesis, HMP Shunt, Blood sugar Homeostasis, Diabetes Mellitus

Lipid: - Oxidation of fatty acid(β -oxidation), and Ketone bodies

Protein:- Transamination, Deamination, Decarboxylation and Urea cycle.

UNIT VII: Gases in biochemical system **2 hours**

Oxygen:- Importance and properties; oxidation and reduction. Transportation of oxygen.

Unit VIII: Blood Coagulation mechanism (Coagulation Factors, Intrinsic and Extrinsic pathways) **2hrs**

Unit-IX Organ Function Test **4hrs**

- Liver function test (Bilirubin, ALT, AST, ALP, and GGT).
- Renal function tests (Urea, Creatinine, Na⁺ and K⁺)
- Pancreas function test (Amylase and Lipase)
- Cardiac Profile (Troponin, CPK, CPK-MB, LDH, AST)

B. Practical Credit- I

1. Preparation of Normal solution, Molar solution, Percentage solution **2hrs**

2. Introduction of Biochemical Instruments and its application (Colorimeter, Centrifuge, Water bath, pH meter) **2hrs**

3. Estimation of serum glucose by enzymatic method and its clinical significance **2hrs**

4. Estimation of serum Urea and its clinical significance **2hrs**

5. Estimation of serum Bilirubin and its clinical significance **2hrs**

6. Estimation of serum Cholesterol and its clinical significance **2hrs**

7. Estimation of serum Triglyceride and its clinical significance **2hrs**

8. Estimation of serum amylase by Iodometric method and its clinical significance **2hrs**

TEACHING LEARNING ACTIVITIES

METHODS

- Lectures
- Discussion
- Demonstration
- Project work
- Presentation

MEDIAS

- White board
- OHP
- Slide
- CD ROM
- Real objects in laboratory setting

EVALUATION

- Class test
- Assignment

REFERENCES

1. *Satyanarayan V. Biochemistry, 2002, 1st Edition, Calcutta.*
2. *Siddigre, M.A., Handbook of Biochemistry, 2001, 10th, Patna, India*
3. *K.R. Reddy, Medical Biochemistry for Nurses, 2001, 1st Edition, Jaypee New Delhi.*
4. *Satyanarayan V. Essential of Biochemistry, 2003, 1st, Books and Allied P. Ltd.*
5. *Dandekar, Medical Biochemistry, 2002, 2nd Edition, BI, Churchill, Livingstone.*
6. *Varun Kumar Malhotra, Biochemistry, 1994, 8th, Jaypee Brothers.*
7. *Campbell, Smith, Biochemistry Illustrated, 2000, 4th Edition, Churchill.*
8. *Shivananda Nayak B., Manipal Manual of Clinical Biochemistry, 2002, 1st Edition, Jaypee.*
9. *Shanmugam A, Fundamentals of Biochemistry for Medical Students, Madras, Novabharat Printers, 1997.*
10. *Recent edition of the mention books and journals.*
11. *Internet*
12. *Research reports*

Course Title: Microbiology/ Parasitology

Placement: First Year
Course Code: BSN- 103
Total Hour: 50 (Theory)

Full Mark: 50
Pass Mark: 25

COURSE DESCRIPTION

This course is intended to impart the basic concept in general microbiology, parasitology, bacteriology, virology, mycology, and immunology. This course aim to provide basic, practical laboratory, concepts in identifying and diagnosing the fungal, bacterial, and viral, and parasites related causal organism in diseases.

COURSE OBJECTIVES

Upon completion of this course, students will be able to:

- Describe microbial diseases (fungal, parasitic, bacterial and viral)
- Explain morphology, physiology and growth requirement of bacteria
- Describe the normal opportunistic, and pathogenic bacteria
- Explain the mechanism of infection and development of immunity
- Describe different methods of sterilization
- Explain the collection and transport of bacterial specimen for the identification of bacterial disease
- Describe antigen, antibody, hypersensitive reaction, and defense mechanism of the body
- Explain the collection transport and preservation of specimen
- Describe classification of disease
- Explain the life cycle, mode of infection, prevention, control, and treatment of intestinal and blood parasites.
- Describe replication virus / fungi, gram staining & AFB stains

COURSE CONTENTS

UNIT I: Microbiology

6 hrs.

1. An introduction to microbiology
Introduction to microbial world

- Microbes (Bacterias, Virus, Parasites, Fungi, Rickettsiae etc.)
- Classification of microbial diseases
- Introduction to community acquired microbial infection

UNIT II: Parasitology

9 hrs.

- Classification of human parasite
- Introduction to parasitic diseases associated with poor personal and public hygiene.
- Blood parasites (Malaria parasite, Kala-zar, microfilaria)
- Life cycle and mode of infection.
- Collection of sample, processing and identification.
- Treatment, prevention and control.
- Intestinal protozoa (Entamoeba histolytica, Giardia lamblia and Cryptosporia)
 - Life cycle and mode of infection.
 - Collection of sample, processing and identification.
 - Treatment, prevention and control.
- Intestinal worms (Roundworm, hookworm, pinworm, and whipworm)
- Tapeworm: T. saginata, T. solium, Echinococcus granulosus. H. nana
 - Life cycle and mode of infection.
 - Collection of sample, processing, and identification.
 - Treatment, prevention, and control.

UNIT III: Bacteriology

9 hrs.

- Introduction and Classification of bacteria.
- Normal bacterial flora on or in the body.
- Concept of opportunistic and pathogenic organisms.
- Bacterial structure physiology and its growth factors.
- Mechanism of infection.
- Resistance to infection and immunity.
- Spread of diseases, pandemic, endemic, epidemic and laboratory infection.
- Methods of sterilization - Physical sterilization, chemical disinfectants and radiation.
- Collection and transport of specimen for identification of common

bacterial communicable diseases (Respiratory, genital and gastrointestinal diseases)

- Culture and staining
- Gram staining and AFB staining in identifying bacteria.

UNIT IV: Virology

10 hrs.

- Introduction
- Classification of virus
- Replication of virus
- Introduction to viral diseases of community concern
- Collection and preservation of viral specimen for laboratory study
- Prevention and control of viral diseases

UNIT V: Immunology

10 hrs.

- Introduction to immunology
- Defense mechanism of the body
- Antigen and antibody - types
- Hypersensitivity reaction –types
- Immunoassay - Mention agglutination, precipitation, ELISA, Western blot, RIA, etc
- Basic concept of immunology in diagnosis of viral diseases.

UNIT VI: Mycology "Fungi"

4 hrs.

- Introduction
- Structure and classification of fungi
- Types of mycosis
- Prevention and control of fungal disease.

TEACHING LEARNING ACTIVITIES

METHODS

- Lectures
- Discussion
- Demonstration
- Project work
- Presentation

MEDIAS

- White board
- OHP
- Slide
- CD Rom

EVALUATION

- Class test
- Assignment

REFERENCES

1. *Maclcie and Mc Cartney, Practical Medical Microbiology, 2001, 9th Edition, Churchill Livingstone, London.*
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6. *Dey N.C., Medical Bacteriology Including Medical Mycology and AIDS, Calcutta.*
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8. *Seema Sood, Microbiology for Nursing Students and Nurses, 2002, 1st Edition, B.J. Churchill, Livingstone Pvt. Ltd. New Delhi.*
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12. *Ichhpujani R.L., Medical Parasitology, 2002, 3rd, Jaypee.*
13. *Ichhpujani RL, Microbiology for Nurses, 2001, 1st Edition, Jaypee Brothers.*
14. *R. Anantnanarayan, CKJ Paniker, Text Book of Microbiology, 2001, 6th Edition, Orient Longman.*

15. *RN Iyer, Sample Collection in Clinical Microbiology, 2002, 1st Edition, Jaypee.*
16. *Parker M. Microbiology for nurses, London: Bailliere Tindall.*
17. *Simplified Microbiology, New Delhi: The Trained Nurses Association of India.*
18. *Recent edition of the mention books and journals.*
19. *Internet*
20. *Research reports*

DRAFT COPY

Microbiology/Parasitology Practicum

Placement: First Year
Course Code: BSN- 103
Total Hour: 30

Full Mark:
Pass Mark:

COURSE DESCRIPTION

This course aims to provide basic, practical laboratory, concepts in identifying and diagnosing the fungal, bacterial, and viral and parasites related causal organism's diseases.

COURSE OBJECTIVES

Upon completion of this course, students will be familiarized in following skills during laboratory practices:

1. Handling, cleaning, uses and precaution of microbial laboratory instruments. 2 hrs.
2. Specimen collection for microbial test: 2 hrs.
 - o Blood, pus, sputum, urine, throat swab.
 - o Demonstration of collection of CSF, Bone marrow and Body fluid.
3. Study of Compound Microscope. 2 hrs.
4. Study of morphology of bacteria by:
 - o Gram's Staining Technique. 2 hrs.
 - o Ziehl Neelsen Staining Technique for AFB. 2 hrs.
5. Urine routine and microscopic test. 2 hrs.
6. Study of intestinal parasite by Stool Routine and Microscopic test, (Protozoa and helminthes-OPC). 4 hrs.
7. Study of blood and tissue parasite using Giemsa staining technique. (Malaria, Kalaazar, and Microfilaria) 4 hrs.
8. Sample collection and KOH preparation for fungus test 2 hrs.
9. Demonstration of culture and antimicrobial susceptibility test. 2 hrs.
10. Demonstration of sterilization techniques (using dry and moist heat- Hot air oven, boiling and chemical sterilization, autoclave, radiation and filtration) 2 hrs.
11. Selection of patient and perform Tuberculin test (Mountux test) 2 hrs.
12. Serological test (Widal and ASO titer). 2 hrs.

Course Title: Pathophysiology

Placement: Second semester (First Year)

Course Code: BSN- 104

Total Hour: 50 (Theory),

Full Mark: 50

Pass Mark: 25

COURSE DESCRIPTION

This course will provide students the knowledge regarding pathological changes during diseases process/infection/trauma/neoplastic and degenerative changes.

COURSE OBJECTIVES

At the end of this course students will be able to:

- Explain the pathological changes during infection/trauma/neoplastic and degenerative.

COURSE CONTENTS

UNIT I: Introduction

6 hrs.

- Define basic terminologies
- Explain the general concepts of Necrosis, inflammation, Thrombosis, Embolism, Fracture healing, wound healing, shock, Oedema, Neoplasia, Antigen and Antibody Reaction, common auto immune disorders, basic genetic disorders.

UNIT II: Human Systems

Musculo Skeletal System

4 hours

- Explain the basic concepts of fractures Arthritics, Osteomyelitis/osteoporosis, leprosy, gout, muscular dystrophy, and myasthenia gravis.

Cardiovascular System

5 hours

- Explain the basic concepts of Rheumatic heart diseases, myocardial infarction, hypertension, atherosclerosis, heart failure, anemia, leukemia, hemophilia, idiopathic thrombocytopenic purpura (ITP)
- Explain immune deficiency disorders
- Define hypersensitivity reactions

Respiratory System 5 hours

- Explain the basic concepts of bronchitis, bronchial asthma, tuberculosis, COPD, Pneumonia, carcinoma lung

Gastrointestinal System 4 hours

- Explain the basic concepts of gastritis, peptic ulcer, intestinal TB, appendicitis carcinoma of stomach, hepatitis, cirrhosis, cholecystitis and cholelithiasis

Neurosensory System and special senses 4 hours

- Explain the basic concept of meningitis, epilepsy, encephalitis, conjunctivitis, Trachoma, Retinoblastoma, Xerophthalmia, otitis media and CSOM, deafness, cataract, and refraction error.

Renal and electrolyte System 4 hours

- Explain renal failure, Nephritis, Nephrotic syndrome, Renal stones, UTI, renal cell carcinoma, acidosis, alkalosis

Reproductive System 4 hours

- (Explain DUB, Abortions, Ectopic pregnancy) benign prostatic Hyperplasia (BEP), Carcinoma cervix.
- List different cause of breast lump

Endocrine System: 4 hours

- Nodular goitre, Diabetes mellitus, pheochromocytoma, thyroid disorder, parathyroid disorder, Cushing syndrome.

Integumentary System: 4 hours

- Basal cell carcinoma, squamous cell carcinoma, dermatitis, dermatophytes, warts

Reticulo-Endothelial System: Lymphomas 4 hours

TEACHING LEARNING ACTIVITIES

METHODS

- Lectures
- Discussion
- Demonstration
- Project work
- Presentation

MEDIAS

- White board
- OHP
- LCD

EVALUATION

- Class test
- Assignment

REFERENCES

1. *Stephen J. Mc Phee et. al, Patho-physiology of disease. International Ed. Mc Graw Hill, Lange Medical Books, Health Professional Div. Auckland, Tokyo.*
2. *Catherine Paradiso, Lippincott Review series, Pathophysiology 2nd Ed. Lippincott Com., New York, Balimore.*
3. *Latest/Recent Education Pathophysiology books for nurses.*
4. *Recent edition of the mention books and journals.*
5. *Internet*
6. *Research reports*

Pathophysiology Practicum

Placement: First Year
Course Code: BSN- 104
Total Hour: 30

Full Mark:
Pass Mark:

Specimen or pictures needed for practical demonstration.

Malignancy

1. Squamous cell carcinoma.
2. Adeno carcinoma
3. Rabdomyo sarcoma
4. Osteosarcoma
5. Leiomyosarcoma
6. Melanoma
7. Undifferenc tated Ca. of lung
8. Leukaemia slides

Brain

1. Brain hemispheres specimen
2. Meninges layers

Chest

1. Lung cancer specimen
2. Pneumonia specimen of lung
3. Broncheactasis

Abdomen

1. Ca-stomach
2. Liver specimen/cirrhosis
3. Biliary stones-biliaryduct stones specimen.
4. Pancreas
5. Intestines – appendix

Genito Urinary

1. Kidney specimen and stones
2. Bladder stones
3. Kidney malignancies
4. Congenital anomalies of kidney (Polycystic kidney disease)
5. Dermoid cyst of ovary
6. Fibroid uterus
7. Ectopic pregnancy
8. Placenta
9. Ca cervix
10. Congenital anomalies of uterus
11. Bicornuate

Endocrine

1. Thyroid goiter
2. Testis/ovary
3. Pituitary gland
4. Thymus gland

Course Title: Pharmacology

Placement: First Year
Total Hour: 50
Course Code: BSN- 105

Full Mark: 50
Pass Mark: 25

COURSE DESCRIPTION

This course offers the basic knowledge on pharmacology in relation to the fundamental concepts of different drugs and to their effects on different body systems.

COURSE OBJECTIVES

Upon completion of this course, students will be able to:

- Explain the basic pharmacological concepts.
- Describe antimicrobial agents and anti-neoplastic drugs, their effects, mechanisms of action and adverse effects.
- Explain the actions and effects of drugs in different body systems.
- Store, maintain and use of life saving drugs
- Manage poisoning cases and use effective anti-dotes
- Describe the mechanism, action of drugs, indications, contraindication, pharmacokinetics and doses and common nursing implications.

COURSE CONTENTS

UNIT I: Introduction

6 hours

- Common Terminology used in pharmacy and pharmacology.
- Sources of drugs and routes of drug administration
- Pharmacokinetics and pharmacodynamics
 - Factors affecting response to drugs
 - Adverse drug reactions
 - Drug interactions

UNIT II: Introduction to Chemotherapy

2 hours

- Antimicrobial agents

- Antineoplastic drugs
- Anti- neoplastic drugs

UNIT III: Drugs acting on the Gastrointestinal System **6 hours**

- Drugs used in the treatment of peptic ulcer
- Drugs used in vomiting, constipation
- Antispasmodics
- Antidiarrheal drugs and ORS
- Drugs used in the treatment of intestinal worm infestation

UNIT IV: Drugs acting on the Musculoskeletal System **4 hours**

- NSAIDs
- Drugs used in the treatment of gout and rheumatic arthritis
- Neuromuscular blocking agents
- Treatment of myasthenia gravis

UNIT V: Drugs acting on Respiratory System **4 hours**

- Antitussives and expectorants
- Drugs used in the treatment of asthma
- Drugs used in the treatment of tuberculosis

UNIT VI: Drugs acting on Cardiovascular System **5 hours**

- Antihypertensive drugs
- Drugs used in the treatment of ischemic heart disease (IHD), cardiac arrhythmias, shock

UNIT VII: Drug acting on Blood and Reticuloendothelial System **4 hours**

- Anticoagulants, fibrinolytics, coagulants, and hematinics
- Immunosuppressant and immunostimulants.

UNIT VIII: Drugs acting on the Nervous System **4 hours**

- General anesthetics and pre-anesthetic medication, local anesthetics
- Anti epileptic drugs
- Sedatives, hypnotics and tranquilizers
- Morphine and related analgesics

UNIT IX: Drugs affecting the Endocrine System **2 hours**

- Drugs used in the treatment of diabetes
- Drugs used in the treatment of thyroid disorders
- Pituitary hormones
- Adrenal steroids

UNIT X: Drugs acting on the Urinary System **2 hours**

- Urinary alkalinizers and acidifiers
- Diuretics

UNIT XI: Pharmacology of the Special Senses **2 hours**

- Miotic and mydriatic agents
- Drugs used in the treatment of glaucoma
- Commonly used eye/ear medications

UNIT XII: Miscellaneous topics **2 hours**

- Management of poisoning
- Emergency and life saving drugs

UNIT XIII: Review of pharmacokinetic principles with special focus on its application of different pharmacokinetic parameters in nursing practice **2 hours**

- Absorption
- Distribution
- Metabolism
- Excretion

UNIT XIV: Nursing consideration in drugs administration **2 hours**

- Basic mechanism and action of following drugs and nursing role.
 - Adrenaline
 - Atropin
 - Digoxin
 - Potassium chloride
 - Sodium nitroprusside
 - Verapamil
 - Streptokinase

TEACHING LEARNING ACTIVITIES

METHODS

- Lectures
- Discussion
- Demonstration
- Project work
- Presentation

MEDIAS

- White board
- OHP
- Slide
- CD Rom
- LCD, Real Objects

EVALUATION

- Class test
- Assignment

REFERENCES

1. *"Clinical Pharmacology for Nurses"*, Trounce J.
2. *"Pharmacology and Pharmacotherapeutics"*, Satoskar R. S., Bhandarkar S. D.
3. *"Pharmacology"*, Rang H. P., Dale M. M., Ritter J. M.
4. Seth, U.K. *Problem Oriented Pharmacology and Therapeutics*, Katmandu, Nepal, IOM
5. Trounce, I.R. *Pharmacology for Nurses New Delhi, English Language Book Society.*
6. *Recent edition of the mention books and journals.*
7. *Internet*
8. *Research reports*

PHARMACOLOGY PRACTICUM

Placement: First Year
Total Hour: 30
Course Code: BSN- 105

Full Mark:
Pass Mark:

Case studies on one drug each from the following therapeutic classes of drugs:

- Antimicrobial agents
- Respiratory drug
- Cardiovascular drug

Prepare and submit reports on all three case studies.

Recommended format for study.

Therapeutic class:
PATIENT INFORMATION Name: Address: Age: Sex: Diagnosis: Drug history: Other conditions relating to the patient (other diseases, allergies etc):
Drug name: Brand name: Dose: Duration of therapy: Side effect profile: Precautions: Contraindications:

Course Title: Nutrition and Dietetics

Placement: First Year (theory)

Total Hour:60 (Theory)

Course Code: BSN- 106

Full Mark: 50

Pass Mark: 25

COURSE DESCRIPTION

This course is designed to provide comprehensive knowledge and develop specific skill in nutrition and dietetics.

COURSE OBJECTIVES

On completion of this course, student will be able to:

- Describe the nutrition and nutrition lab.
- Recognize the various methods for assessing the nutritional status.
- Explain the daily requirement of nutrition for different age groups
- Explain therapeutic diet and different types of therapeutic diet
- Discuss the need based balance diet.
- Demonstrate the source of nutrient, daily requirements, balance diet
- Identify the national nutritional problem, strategy, and programs
- Describe the nutritional deficiency diseases and their management

COURSE CONTENTS

UNIT I: Introduction

4 hrs.

- Definition: Nutrition, Nutrients
- Types of nutrients and chemical composition
- Main sources of nutrients in different foodstuffs and metabolic process
- Digestion, absorption, and metabolism of carbohydrate, protein and fat

UNIT II: Daily Requirement of Nutrition for:

8 hrs.

- Neonate/LBW
- Infant

- Toddler
- School children
- Adolescent
- Middle age
- Old age

UNIT III: Balance Diet

5 hrs.

- Definition, concept, purpose
- Pregnant and lactating mother
- Growing children and adolescence
- Sedentary people and laborers
- Elderly people

UNIT IV: Therapeutic Diet

5 hrs.

- Meaning and purpose
- Types according to diseases

UNIT V: Nutritional Status

4 hrs.

- Purpose of growth monitoring
- Method of growth monitoring
- Breast feeding (exclusive)
 - Importance and purpose
- Weaning
 - Meaning, purpose, types and methods
- Role of parents and family in growth monitoring, breast feeding and weaning
- IYCP (infant and young child feeding counseling skill)

UNIT VI: Nutritional Deficiency Diseases (Micro and Macro) 8 hrs.

- Protein energy malnutrition, kwashiorkor and marasmus
- Night blindness, betot spot
- Iodine deficiency disease
- Iron deficiency disease (anaemias)
- Rickets
- Beri-beri
- Nutritional assessment:

- Diet survey
- Anthropometric measurement
- Clinical assessment
- Biochemical test

UNIT VII: National Nutritional Problem/Programme **4 hrs.**

- Iodine deficiency disease
- Iron deficiency disease
- Vitamin A deficiency
- Protein energy malnutrition
- Nutrition policy

UNIT VIII: National Strategic and Programme **4 hrs.**

- Introduction
- Purpose
- Target
- Training
- Monitoring/nutrition indicators
- Evaluation

UNIT IX: Methods and Preservation of Food: **4 hrs.**

- Drying, salting- canning and freezing
- Selection, storage and preparation of food
- Different methods
 - boiling, steaming and frying
 - simmering, stewing
 - baking and pressure cooking

UNIT X: Nutritional Lab- Demonstration **4 hrs.**

- Display- sources of nutrients
- Preparation of daily requirements chart
- Project work on balance diet
- Preparation, cooking and serving of therapeutic diet
- Observation/practice of rehabilitative nutritional center

TEACHING LEARNING ACTIVITIES

METHODS

- Lectures
- Discussion
- Demonstration
- Project work
- Presentation

MEDIAS

Field practice nutritional assessment and management (Hospital/ community) Practicum

EVALUATION

- Class test
- Assignment

REFERENCES

1. *Molly Sam & N. Geetha, A Text Book of Nutrition of Nurses, First Edition; Jaypee, 2000.*
2. *M. Maltese, Introductory Nutritional and Diet Therapy, First Edition; J.B. Lippincott, 1990*
3. *Angela Dare & Margaret D, A Practical Guide to Child Nutrition, First Edition; Stanly Thornes; 1997.*
4. *H.A. Lee & G. Venkat R. A Handbook of Parenteral Nutrition, (Hospital and Home Application), Chapman & Hall; First Edition, 1990.*
5. *Recent edition of the mention books and journals.*
6. *Internet*
7. *Research reports*

Course Title: Nutrition and Dietetics (Practicum)

Placement: First Year
Course code: BSN – 106
Total hour: 60

Full marks:
Pass mark:

COURSE DESCRIPTION

I. Nutritional assessment

- Diet survey
- Anthropometric measurement of under five
- Clinical nutritional assessment of 5 children
- Hemoglobin test
- Urine test, sugar, albumin
- Growth monitoring/plotting on the chart

II. Project work and demonstration

- Balance diet for different age group
- Pre-school
- School
- Adolescent - Male/Female
- Adult - Male/Female
- Pregnant
- Lactating mothers
- Elderly adult

III. Observation visit of hospital and nutritional rehabilitation center

- a. Hospitals
 - During Hospital visits orientation about therapeutic diets (Cardiac problem, GI problem, Renal problem & Diabetic diet)
- b. Nutritional rehabilitation centre
- c. Report preparation and presentation after visits

i. Nutritional Assessment

Direction: Each student will be responsible to perform following activities during clinical and community setting.

S.N.	Activities	Performed		Practice Area	Means of Verification
		Yes	No		
1	Diet Survey				
1.1	Anthropometric Measurement of <5 children and Growth monitoring/plotting on the chart				Maintain Road to Health Card for under 3 years children in SHP
1.2	Clinical Nutritional Assessment of under 5 children				Maintain Road to Health Card in Clinic
1.3	Hemoglobin test				Hemoglobin test of pregnant and lactating women during physical examination
1.4	Urine test for sugar and albumin				Demonstration in the lab /community

ii. Project Work and Demonstration (Balance diet for different age group)

Group No	Activities	Performed		Means of Verification
		Yes	No	
1	Infants and Toddler			Prepare Chart with key messages on- <ul style="list-style-type: none"> ● Exclusive Breast Feeding up to 6 months children ● Complementary Food for 7 to 12 months children ● Demonstration of locally available food items for complementary food (7 to 36 months children)
2	Pre-School			<ul style="list-style-type: none"> ● Table of 24 hours Dietary Recall (3 to 5 years child) ● Chart on Recommended Dietary Allowance ● Demonstration of food items / serving size

2	School			<ul style="list-style-type: none"> ● Table of 24 hours Dietary Recall (6 to 12 years child) ● Table of Recommended Dietary Allowance ● Demonstration of food items/ serving size
3	Adolescents- Male/Female)			<ul style="list-style-type: none"> ● Table of 24 hours Dietary Recall (15 to 12 years child) ● Chart on Recommended Dietary Allowance ● Demonstration of locally available food items /serving size
3	Adults-Male/ Female			<ul style="list-style-type: none"> ● Table of 24 hours Dietary Recall (6 years to 12 years child) ● Chart on Recommended Dietary Allowance ● Demonstration of locally available food items /serving size
4	Pregnant			<ul style="list-style-type: none"> ● Table of 24 hours Dietary Recall ● Chart on Recommended Dietary Allowance ● Demonstration of locally available food items/serving size
4	Lactating mothers			<ul style="list-style-type: none"> ● Table of 24 hours Dietary Recall ● Chart on Recommended Dietary Allowance ● Demonstration of locally available food items/serving size.
3	Elderly Adult			<ul style="list-style-type: none"> ● Table of 24 hours Dietary Recall ● Chart on Recommended Dietary Allowance ● Demonstration of locally available food items/serving size.

iii. Observation visit of hospital and nutritional rehabilitation center

S.N.	Health Institution	Objectives	Means of Verification
1	Hospital	Orient/Familiarize with therapeutic diet for Cardiac, GI ,Renal and Diabetic problems)	Report preparation including chart of therapeutic diet and presentation
2	Nutritional Rehabilitation Centre	Orient/Familiarize with management of mal nutrition cases ,such as Protein Energy Malnutrition (PEM), Anaemia, Iodine and Vitamin "A" deficiency etc.	Report preparation including chart of therapeutic diet and presentation

Course Title: Foundation of Nursing (Theory)

Placement: First Year
Course code: BSN – 107
Total hour: 150

Full marks: 150
Pass mark: 50

COURSE DESCRIPTION

This course focuses on the foundation of nursing regarding basic nursing concepts skills and attitudes, professional history within and outside the country, its scope; trends, theoretical propositions and need based safety, comfort and therapeutic measures for individual family and community.

COURSE OBJECTIVE

At the end of the course the learners will be able to;

- Define nursing profession; its scope, history, trends, ethical values and legal aspects.
- Decide and make different types of beds based on needs of the patients following nursing principles.
- Position the patient on the basis of need identified.
- Provide comfort devices based on the need of the patients.
- Transfer patients from and to bed, wheel chair, and stretcher.
- Lift patient with various condition, apply nursing principles and technique.
- Collect equipment needed for the nursing procedure and use economically and with care.
- Maintain the audit, report, and record.
- Discuss the care of the unconscious, acute, and chronic and terminally ill patient.
- Explain the purpose of NAN, NNC, and ICN code of ethics.
- Discuss Maslow'S hierarchy needs and comprehensives need of the individual.
- Discuss the pre and post operative nursing care of the patient.
- Discuss the methods of communication.
- Discuss the methods of administering oral medication.
- Discuss the care of acute. chronic/terminally ill dying and death patients

- Explain the process of helping clients to meet their various needs. that is nutrition. elimination etc.
- Perform different types of bandaging and using principle and process.
- Perform dressing procedure.
- Diagnose the need of the client and perform emergency first aid intervention using appropriate material in any situation
- Describe infection control measures.
- Describe the care of dying patient.
- Explain the care of client after death.
- Administer injection of a medication through correct route,
- Describe nursing process its component and use of care plan.

Unit I: Introduction

12 hours

- Definition of nurse and nursing.
- History of nursing and nursing in Nepal before and after 1972
- Objective and philosophy of nursing.
- Qualities and function of the nurse.
- Role and function of nurse/primary health care nurse.
- Scope and trend of nursing.
- Factors influencing in nursing.
- Standard in nursing/advocacy in nursing.
- Ethics and values health professionals.
- ICN code of ethics
- Legal responsibility of nursing
- Hospital organization and their functions in Nepal.
- Nursing assignment and its types
- Professional growth and development; NNC/NAN

Unit II: Introduction to hospital nursing

4 hours

- Definition
- Purposes
- Types and functions

Unit III: Comfort measures

A. Bed making;

12hours

- Unoccupied bed

- Occupied bed
- Orthopedic bed
- Cardiac bed
- Burns bed
- Water/air bed
- Divided bed
- Striker bed

B. Positions;

4 hours

- Types of position.
- Lateral/left and right
- Prone/lateral
- Dorsal/recumbent
- Fowlers/semi-fowlers
- Lithotomy, kneechest
- Trendelenburg/kneeling

Changing position of the helpless patient from and to;

- Bed and wheel chair
- Bed and stretcher
- Wheel chair to bed

C. Use of comfort devices;

4 hours

- Definition of devices.
- Different devices used for patient
 - Bed cradle, foot board, side rails, bed lifter, cardiac table, back rest, air cushion, and extra pillow.

D. Personal hygiene;

10 hours

- Oral care
- Care of skin(sponge and bed bath)
- Care of hair
- Care of eye/ear
- Care of back
- Back care; care of pressure point and giving massage.

E. Body mechanics;

10 hours

- Lifting

- Moving
- Exercise;
- Range of motion/exercise
- Deep breathing exercise
- Posture exercise
- Postural drainage

Unit IV: Basic need of the patient

4 hours

- Definition
- Ways of meeting basic needs.
- Maslow's hierarchy of needs
- Safety in environment
- Physical need
- Psychological needs
- Spiritual needs
- Survival needs
- Self actualization

Unit V: Assessment of the client's health needs

10 hours

- Vital signs: Temperature-oral, pedal, Axillary and rectal
- Pulse –carotid, radial, pedal, apical
- Respiration
- Blood pressure
- Height/weight
- Collection of specimen-urine, stool, blood, sputum, pus and throat swab
- Importance of assessment

Unit VI: Admission and discharge

4 hours

- Procedure for admission of patient
- Orientation of ward/hospital rules, policy, payment system.
- Discharge preparation.
- Discharge teaching.
 - Treatment effect
 - Side effect of drug
 - Follow-up

- Diet regimen
- Report and record
- Nurse clients interaction.

Unit VII: Meeting safety measures

4 hours

- Safety measures
- Body mechanism
- Helping the clients ambulation
- Range of motion : mobility
- Exercise
- Common devices to support protect with impaired mobility
- Cleaning the air passage

Unit VIII: Drugs Administrations

12 hours

- Definition
- Different routes of medication
- Rights of drug administration
- Types, principles, purposes, procedures of administration of oral medication
- Nurses role in drug administration.

Injection

- Types
- Site of injection
- Precaution while giving injection
- Procedures
- Insertion of i/v cannula
- Indication of administered drip
- Types of i/v cannula
- Care of i/v cannula
- Nurses role and responsibility while giving injection and drip
- Blood transfusion

Unit VIII: Record and reports

2 hours

- Definition of report and record

- Purpose and principles
- Types of report and records
- Audit

Unit IX: Communication

3 hours

- Definition
- Types
- Purpose
- Methods
- Barriers
- Nurses role in effective communication

Unit X: Definition of nursing process

12 hours

- Definition
- Purposes
- Component of nursing process/elements
 - Assessment
 - Nursing diagnosis, according to NANDA
 - Planning
 - Implementation
 - Evaluation
- Required blended skills
 - Cognitive skills
 - Technical skills
 - Interpersonal skills
 - Legal skills

Unit XI: Nutritional needs of client

8 hours

- Helping client to meet nutritional need.
- Serving food in time
- Helping supervising clients meal serving/feeding
- General diet/modified diet
- Plan and provide dietary teaching as per need

Feed helpless patient through

- Ryles tube insertion and feeding

- Gastrostomy feeding

Gastric aspiration

- Definition
- Management of aspiration
- Maintain intake and output chart

Unit XII: Elimination needs

8 hours

- Enema : Definition, Types, and Methods
- Suppository
- Bowel wash
- Insertion of flatus tubes
- Giving removing bed pans to strict bed rest operated patients
- Catheterization on model then on patient
- Care and removal of catheter and drainage tubes using appropriate technique.
- Stomach wash

Unit XIII: Hot and cold application

4 hours

- Introduction
- Effect of heat on the body
- Hot water bag, application, principles
- Hot packs
- Hot compress
- Sitz Bath
- Hot fomentation
- Effect of cold on the body
- Cold compress
- Cold packs
- Ice packs
- Tapid sponge

Unit XIV: Infection control measures

10 hours

- Definition
- Infection control measures
 - Sanitation

- Hygienic condition
- Cleanliness
- Adequate lightening
- Ventilation
- Environment
- Control of noise
- Hand washing
 - Purpose
 - Techniques
 - Procedures
- Medical asepsis/surgical asepsis
- Use of gloves, masks. gown, apron, goggles, shoes, overshoes.

Sterilization:

- Definition; Purpose, methods
- Barriers of nursing
- Isolation technique/Reverse isolation
- Hospital acquired infection and measures to control them.

Unit XV: Dressing and Bandaging

6 hours

- Wound
- Types of wound, care of wound
- Dressing(minor and major)
- Definition,types,purpose,technique of dressing
- Removal of sutures
- Types of suture
- Different types of drainage tubes

Bandage

4 hours

- Definition
- Types
- Purpose
- Principle
- Procedure

Unit XVI: Therapeutic measures:

6 hours

- Oxygen inhalation

- Indication
- Administration of oxygen
- Types of masks
- Precaution
- Procedures
- O2 monitoring
- Nurses role towards patient receiving oxygen
- Steam Inhalation
- Nebulization

Unit XVII: Care of ill patient;

6 hours

- Care of unconscious patient
- Care of bed ridden patient
- Care of chronic ill patient
- Care of terminally ill patient
- Care of elderly patient
- Role of the nurse in the care of such patient

Unit XVIII: Frist aid treatment:-

6hours

- Definition
- Emergency conditions and their management: drawing, chocking, burn, frost bite, wound, fracture, epistaxis, haemorrhage, shock, poisoning, forenbody, snake bite, dog bite, insect bite.

Unit XIV: Pre and post operative nursing care of surgical patient.

2hours

Unit XV: Care of the dead body:-

2hours

Cleaning, packing, clearance, psychological support to family

Course Title: FOUNDATION OF NURSING (CLINICAL)

Placement: Second Semester (First year)

Total Hour : 7

Course Code: BSN 107

Full Marks: 100

Pass Marks: 60

COURSE DESCRIPTION

Clinical experience will be total 420 hours, on medical and surgical unit. The students will be supervised at all time. They will develop competency in providing basic nursing care. Students will do morning and evening and night duty in different wards.

COURSE OBJECTIVE

- Uses nursing process for the care of there clients.
- Demonstrate skill in history taking and physical assessment
- Demonstrate skill in basic nursing procedures.
- Apply the principles of infection prevention by using universal precaution, medical asepsis and surgical asepsis.
- Performs simple wound care and bandaging
- Apply safe measures and ethical practice in injection and medication.

LEARNING ACTIVITIES

- Use the nursing process to care clients. For evaluation submit 4 nursing care plans and perform 2 history taking and 2 physical examination.
- Develop competency in basic nursing skill according to client's need in the following areas
- Oxygen therapy
- Care of i/v fluid and site
- Insertion of nasogastric tube, NG tube feeding.
- Catheterization, enema, active and passive exercise
- Practice hand washing technique properly
- Practice different methods of sterilization
- Develop competency in doing dressing and performs at least 5 simple dressing and bandaging

- Each student will develop knowledge and skill of safe and ethical practice drugs and administration.
- Students practice CPR in human model

Evaluation

Internal evaluation

Clinical performance evaluation	-	20
Procedure logbook	-	10
Nursing care plan	-	5
Health teaching	-	5
History taking and physical examination	-	5
Simple dressing	-	5
Total marks	-	<u>50</u>

Final examination

● OSCE-Patient care	-	25
● OSPE-VIVA	-	<u>25</u>
Total	-	50

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15. *Internet*
16. *Research reports*
17. *Recent Procedure Manuals*

Course Title: Community Health Nursing – I

Placement: First Year(theory)

Course Code: BSN- 108

Total Hour: 100 (Theory)

Full Mark: 100

Pass Mark: 50

COURSE DESCRIPTION

This course is designed to prepare the B.Sc. Nursing students to become a competent basic level community health nurse. These students will be equipped with comprehensive knowledge, skill and attitude in relation to the concept, principles and process of Community Health Nursing.

Basically this course is focused on providing care to individual, family, group and community regarding disease prevention, health promotion, protection and rehabilitative aspects of holistic health care in home and community settings. Students will utilize the concept of Primary Health Care, environmental sanitation as well as community resources by considering the socio/cultural background of the clients.

COURSE OBJECTIVES

After completion of this course students will be able to:-

- Describe the concept and developmental process of community health and community health nursing globally as well as of Nepal.
- Explain the concept of health and disease in relation to disease prevention, health promotion, health protection and rehabilitative aspect of positive health.
- Explain the various determinants and indicators of health and illness.
- Describe the components of environmental sanitation in community health.
- Explain the concept, types of services, advantages and disadvantages of integrated and non-integrated type of health services.
- Recognize the importance of Primary Health Care (PHC) concept to provide effective community health services to the community.
- Explain the importance of community resources and process of its mobilization.
- Discuss the importance of socio/economic and cultural

background of the family and community in relation to providing care and services.

- Describe the importance of holistic health care for family and community services, utilizing the nursing process.

COURSE CONTENTS

UNIT I: Historical development of community health and community health nursing **10 hours**

- 1. Basic terms used in community health nursing**
 - Community
 - Community Health
 - Public health
 - Community Health Nursing
 - Public health nursing
- 2. Changing concepts in public health.**
 - Disease control phase(1880-1920)
 - Health promotional phase(1920-1960)
 - Social engineering phase(1960-1980)
 - Health for all phase(1981-2000AD)
 - International Conference for Population and Development (ICPD)
 - Millennium Development Goals (MDG)
- 3. Community Health Nursing in Nepal.**
 - Before 1972 AD
 - After 1972 AD

UNIT II: Concept of Health:

10 hours

- 1. Changing concept of health**
 - Biomedical concept
 - Ecological concept
 - Psychological concept
 - Holistic concept
 - Spectrum of health
- 2. Determinants of Health**
 - Hereditary
 - Environment
 - Lifestyle
 - Socio-economic condition

- Health services
- Aging factors
- Psychological factors
- 3. Responsibility for Health**
 - Individual / family responsibility
 - Community responsibility
 - State / National responsibility
 - International responsibility
- 4. Concept of Disease**
 - Germs theory of disease
 - Epidemiological triad
 - Multi- factorial causation
 - Web of causation

UNIT IV: Environmental Sanitation and Health

15 hours

1. Introduction and component of environment.
2. Elements of environment
 - Physical
 - Biological
 - Social
3. Effects of environmental pollution
 - Global warming
 - Green house effects
 - Ozone layer
 - Nuclear accidents
 - Toxic hazards
 - Noise pollution
4. Solid waste Management
 - Introduction
 - Sources
 - Methods of solid waste disposal
5. Liquid waste Management
 - Introduction
 - Sources
 - Method
6. Hospital waste management
 - Definitions, purpose
 - Disposing of sharps

- Disposing contaminated solid and liquid waste of hospital
- 7. Excreta disposal
 - Introduction
 - Types of latrine
 - Disposal method
 - Open field defecation and its hazards
- 8. Housing
 - Types of housing.
 - Standard of housing
 - Effects of poor housing
- 9. Water
 - Definition of safe and wholesome water.
 - Uses of water
 - Water requirement.
 - Sources of water supply.
 - Purification of water.
 - Water related disease.
- 10. Air pollution and noise/ Sound pollution
 - Sources
 - Indicators
 - Health effects
 - Preventive and control measures

Unit V: Communication

10 hrs

- Introduction and concept
 - Component of communication.
 - Interview Techniques
- Report writing
- Components of report writing
- Consideration on report writing
- Process of conducting successful meeting
- Presentation
 - Introduction
 - Tips for better presentation

Unit VII: Community Based Rehabilitation

10 hrs

- 1. Introduction and concept

2. Types of disabilities
 - Physical
 - Mental
 - Socio/economic
3. Types of rehabilitation
 - Medical base
 - Education/training
 - Individual
 - Family
 - Community
 - Sociological support
 - Economical support

Unit VIII: Health Education

14 hours

1. Concept of Health Education
 - Definition
 - Aims of Health education
 - Objectives of Health Education
 - Principles of Health Education
2. New Health Practices
 - Motivation
 - Communication
 - Decision Making
3. Various Approaches to Health Education
 - Individual approach
 - Group approach
 - Mass Approach
4. Steps of carrying out health education programme in community
 - Responsibility of Community Health Nurse
 - Developing lesson plan
5. Methods and medias of Health Education
6. Information Education and Communication (IEC) and Behaviour Change Communication (BCC)
 - Background
 - Objectives
 - Strategies
 - Difference between IEC and BCC

Unit IX: Home Visiting

5 hrs

1. Definition
2. Purpose
3. Principle
4. Steps of home visiting

Unit X: Health Indicators

18 hrs

1. Terms used in Demography
 - Demography
 - Population pyramid
 - Sex ratio
 - Dependency ratio
 - Rate
 - Ratio
 - Proportion
 - Numerator
 - Denominator
2. Vital and health statistics
 - Measurement of mortality
 - Crude death rate
 - Neonatal mortality rate
 - Perinatal mortality rate
 - Infant mortality rate
 - Under five mortality rate
 - Maternal mortality rate
 - Case fatality rate
 - Measurement of morbidity
 - Incidence
 - ◇ Attack rate
 - ◇ Secondary attack rate
 - Prevalence
 - ◇ Point prevalence
 - ◇ Period prevalence
 - Measurement of fertility
 - ◇ Crude birth rate
 - ◇ Total fertility rate
 - ◇ Growth rate
 - ◇ Pregnancy rate
 - ◇ Abortion rate

- Others
 - Contraception prevalence rate
 - Life expectancy
- Quality of life measurement
- Disability Adjusted Life Years (DALY)
- Quality Adjusted Life Years (QALY)
- YPLL

Unit XI: Level of prevention

10 hrs

1. Concept of prevention
2. Level of prevention
 - Primordial
 - Primary
 - Secondary
 - Tertiary
3. Stage of prevention
 - General health promotion
 - Special prophylaxis
 - Early diagnosis and treatment
 - Limiting damage
 - Rehabilitation
4. Health promotions
 - Concept and Definition
 - Models and approach
 - Ethical issues in health promotion
 - Planning health promotion intervention
 - Evaluation in health promotion
5. Modes of intervention
 - Health promotion
 - Specific protection
 - Early diagnosis and treatment
 - Disability limitation

TEACHING LEARNING ACTIVITIES

METHODS

- Lecture/Discussion
- Interactive presentation
- Group discussion Role play

- Demonstration
- Small project activities

MEDIAS

- White board
- OHP
- AV/Aids
- Video cassettes/CD cassettes
- Slide Projection
- LCD

EVALUATION

- Final Examination
- Class Test
- Class interaction, presentation
- Class project etc.

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11. *Internet*
12. *Research reports*

Community Health Nursing I Practicum

Placement: First Year
Course Code: BSN- 108
Total Hour: 200

Full Mark: 100
Pass Mark: 60

COURSE DESCRIPTION

Basically this course is focused on providing care to individual, family, group and community regarding disease prevention, health promotion, protection and rehabilitative aspects of holistic health care in home and community settings. Students will utilize the concept of primary health care, environmental sanitation as well as community resources by considering the socio/cultural background of the community people (clients).

COURSE OBJECTIVES

At the end of the course, students will be able to:

- Assess the services provided by the selected health related institutions through observation visit.
- Prepare a list of the existing facilities in the community concerning environmental sanitation.
- Measure the health status of community people by using various health indicators.
- Provide individual and family health care by using the nursing process.
- Mobilize the community resources to raise the health status of family and community people by utilizing PHC principles.

TEACHING/LEARNING ACTIVITIES

This practicum experiences include 200 hrs. In an assigned community, the students will do concurrent field visit 5 days/week and have opportunity to develop competency as a care giver to individual/family at community setting. Students will be supervised regularly during the community placement.

- Student will spend two weeks visiting different local institutions and write group report about the activities of each institution.

- Water treatment plant
- Factory: (brick/cement/iron/metal)
- Municipality office/dumping site
- Sewage disposal plant
- Milk pasteurization centre
- Rehabilitation centre
- SOS village
- Geriatric homes
- Student will be posted to concurrent field practice for four weeks in a community for community/family visit and each student will be assigned two families and evaluated on completing two family folders including the complete health assessment of two adult clients in the family.
- Once a week seminar will be organized during clinical field practice to discuss the problems faced by the students as well as their learning.
- Assess the health problem/s in the family for giving health teaching, including nutritional teaching.
- Learn to plan, organize and perform a health action plan/exhibition by using group dynamics.

EVALUATION SCHEME

Internal Assessment: **(50)**

Observation visit report	—	5
Log book	—	3
Performance	—	12
Health teaching	—	5
Family Folder	—	10
Health action presentation	—	5
Nutrition exhibition	—	10

Final examination viva: **(50)**

Course Title: Nursing Concept and Theories

Placement: Second Year
Course Code: BSN- 201
Total Hour: 100

Full Mark: 100
Pass Mark: 50

COURSE DESCRIPTION

This course focuses on modern concepts and different theories of nursing to be applied in health and illness. This course is designed to facilitate in depth knowledge on pain, crisis and stress management; and the concept of rehabilitation in providing holistic health care to the client and the families in the hospital and community situation.

COURSE OBJECTIVES

Upon the completion of the course, students will be able to:

- Discuss the concepts of health, illness, and wellness.
- Explain human systems, environment; and its effects on health.
- Describe the selected nursing theories and its application in relevant situation.
- Explain the physical and psycho-socio-cultural responses of the body to stress and crisis and their management.
- Describe pain and the factors which influence pain perception and pain responses (assessment), and its nursing management.
- Discuss creativity and its implication in nursing.
- Explain the concept of disability and rehabilitation process.
- Discuss holistic health care trends in medicine and nursing
- Acquire knowledge on legal and ethical aspects in nursing.
- Apply the concept of therapeutic relationship with the client in various situation

COURSE CONTENTS

UNIT I: Health and Illness

6 hrs.

- Definition: Health, Illness and Wellness
- Level of wellness
- Health illness continuum
- Concept of health promotion and maintenance

- Stages of illness.
 - Transition from health to illness
 - Acceptance of illness
 - Convalescence
- Tasks of convalescence
 - Reassessment of life's meaning
 - Reintegration of life's image
 - Resolution of role change

Unit II: Philosophy of Nursing

3 hours

- Review value, profession, Nursing philosophy, criteria of profession
- Four basic philosophies influencing nursing value, Ascetism, Romanticism, Pragmatism and humanistic existentialism.

Unit: III Communication

10hrs

1. Concept Definition
2. Elements
3. Tools
4. Barriers of communication
5. Principle of effective communication
6. IEC/BCC: review
7. Non violence communication
 - Concept
 - Process
 - Observations
 - Feelings
 - Needs
 - Request
 - Communication skill

Unit IV: Human system and environment

6 hrs.

1. Health, ecology and human system
2. Interaction of human population in biosphere
3. Effects of imbalance in: Atmosphere, Air, and Land
4. Impact of imbalance environmental on human health.

Unit VI: Environmental factors that influence human health 6 hrs.

1. Internal environmental factor:
 - Personal characteristic
 - Physiologic processes
 - Physical growth and development
 - Human behaviors
2. External environmental factors:
 - Physical variable
 - Biologic variables
 - Social variables
 - Cultural variables

Unit VII: Nursing theories:

20 hrs.

1. Introduction to nursing
2. The paradigm of nursing
3. Purposes of nursing theories
4. Selected nursing theories: theoretical concept and practical application of:
 - 1 Nightingale's environmental theory
 - 2 Henderson's theory of nursing
 - Orem's self care theory of nursing
 - Abdullah's problem solving theory
 - Roy's adaptation model
 - Paplu's theory (IPR)
5. Applications of nursing theories in education, and research.

Unit VIII: Stress and crisis

14 hrs.

Stress

1. Definition: Stress, stressors, coping and adaptation.
2. Physiological and psychological responses to stress
3. Burnout syndrome
4. Modes of coping with stress.
5. Nurse's role in stress management

Crisis

1. Concept of crisis
2. Types and characteristics of crisis
3. Crisis of separation and loss; stages of dying, loss, mourning and

grieving

4. Factors influencing the outcome of crisis
 - The individual's perception of the problem or event
 - Available situational support
 - Coping mechanisms
5. Nursing intervention in crisis resolution

Unit IX: Pain

8 hrs.

1. The nature of pain
2. Types of pain
3. Physiological process of pain transmission and pain perception.
4. Psychological and socio-cultural factors affecting perception of pain and reaction to pain
5. Pain assessment:
 - Subjective data
 - Objective data
6. Nursing management in pain relief.
 - Pharmacological pain management
 - Non-pharmacologic pain management
 - Cutaneous stimulation (Massage, heat and cold application, acupressure, and TENS)
 - Distraction (Visual, auditory, tactile and intellectual)
 - Imagery
 - Relaxation techniques
 - (Slow rhythmic breathing, progressive muscle relaxation, and meditation)
 - Hypnosis

Unit X: Creativity

5 hrs.

1. Definition: Creativity
2. Personality conditions related to creativity
 - Capacity to be puzzled
 - Ability to concentrate
 - Experiencing 'T'
 - Ability to adjust during conflict or tension
 - Willingness to be born everyday
3. Stages of creative problem solving
 - Preparation

- Incubation
- Illumination
- Verification
- 4. Creative problem solving process
 - Fact finding
 - Problem finding
 - Idea finding
 - Solution finding
 - Acceptance finding
- 5. Importance of creativity in nursing

Unit XI: Rehabilitation (review)

2 hrs.

1. Concept of rehabilitation
2. Goals of rehabilitation
 - Resolving potential functions
 - Maximizing existing capabilities
 - Preventing deterioration
3. Process of rehabilitation
 - Providing psychological support
 - Maintaining integrity
 - Preventing secondary disability
 - Promoting equilibrium
 - Evaluating progress
 - Initiating referral as needed
4. Nursing approaches to clients with mobility problems, communication problems, elimination problem and threat to body image.
5. Discharge plan of disable client.

Unit XII: Holism and holistic nursing

8 hrs.

1. Introduction to holism, holistic health, holistic health care, and holistic nursing
2. Holistic health practice modalities
 - Touch therapy:
 - Foot Reflexology
 - Acupressure
 - Reiki
 - Mind-body therapies:

- Progressive relaxation
- Bio feed back
- Guided imagery
- Meditation
- Prayer
- Humour and laughter
- Hypnosis
- Alternative medical therapies
 - Ayurved
 - Herbal medicines
 - Naturopathy
 - Homeopathy
 - Acupuncture

Unit XIII: Legal and ethical aspects in nursing

10 hrs

1. General legal concepts: Law, types of law, function of the law in nursing, Nurse as witness
2. Regulation of nursing practice
 - Standards of Nursing Practice
 - Nurse practice act
 - Monitoring, Accreditation and Credentialing
3. Legal role, right and responsibility of nurse
4. Collective bargaining
5. Legal aspects of nursing practice
 - Informed consent
 - Delegation
 - Violence, abuse and neglect
 - Sexual harassment at workplace
 - Abortion
 - Death and Related issue
6. Areas of potential liability in nursing
 - Crimes and torts
 - Unintentional torts
 - Negligence
 - Malpractice
 - Loss of client property
 - Nonprofessional conduct

7. Legal protection in nursing practice
 - Good Samaritan act
 - Carrying out a physician's order
 - Providing competent nursing care
 - Record keeping
 - The incident report
8. Reporting crime, tort and unsafe practice.
9. Legal responsibility of student
10. Legal aspect of nursing practice in Nepal
 - NAN
 - NNC
11. Laws related to health in Nepal (Health Act)
12. Consumer Right
13. Ethics
 - Principles of ethics
 - Major ethical issues in nursing
 - Care of HIV
 - Abortion
 - Care of dying patient and death body
 - Euthanasia
 - Surrogated mother
 - Nursing responsibilities in dealing the ethical issues

Unit XIV: Therapeutic relationship

2 hrs

- Nurse patient relation
- Phases of relationship
- Anti-therapeutic relationship

TEACHING LEARNING ACTIVITIES

METHODS

- Classroom teaching/Lecture
- Discussion
- Presentation (Group/Individual)
- Self directed learning
- Case study

MEDIA

- OHP
- Whiteboard, different AV/Aids (used for Health Educational activities.)
- Real objects

EVALUATION

- Class Test (Written examination)
- Student presentation
- Class interaction

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31. *Recent edition of the mention books and journals.*
32. *Internet*
33. *Research reports*

Course Title: Medical Surgical Nursing I

Placement: Second Year
Course Code: BSN-202
Total Hour:150 (Theory)

Full Mark: 100
Pass Mark: 50

COURSE DESCRIPTION

This course offers students an opportunity to apply the nursing process/problem solving approach in the care of adult patients with common medical-surgical conditions in a variety of settings, with special emphasis on promotive, preventive, curative and rehabilitative aspects of nursing care.

COURSE OBJECTIVES

Upon completion of this course, the students will be able to:

- Discuss the developmental needs and tasks of adult patients/clients and role and responsibility of the nursing professionals.
- Explain the etiology, patho-physiology clinical manifestations, modifiable and non modifiable risk factors and complications of different medical and surgical conditions of body system.
- Describe the different laboratory and invasive and non invasive diagnostic investigations for different body system
- Explain preventive measures and therapeutic approaches of problems and disorders of different body system.
- Apply nursing process/problem solving approach in the care of the patient with specific medical surgical conditions in preventive, promotive, curative and rehabilitative aspect.
- Provide comprehensive care to the client as per need.

COURSE CONTENTS

Unit I: Nursing process (review)

4 hrs.

1. Assessment
 - History taking
 - Complete physical examinations
 - Observation/questionnaire/interview
2. Nursing Diagnosis
3. Planning

4. Implementations
5. Evaluation

Unit II: Pre and post operative nursing care:

4hours

1. Preoperative nursing care
 - Preparation
 - Nutrition therapy
 - Reduce anxiety
 - Breathing exercise
 - Preparation of the room for postoperative care.
2. Postoperative nursing care
 - Immediate post operative care
 - Assessment of patient's condition
 - Monitoring: drainage, wound I.V
 - Maintain comfort measure
 - Discharge planning and instruction to patient.

Unit III: Developmental task and need of adulthood

6hours

1. Definition of terms: adulthood, young adult, middle adult.
2. Developmental process/physiological and psychological needs at different stages.
3. Developmental task of young and middle aged adult.
4. Health promotion and maintenance
5. Nursing implications.

Unit IV: Common Health Problems during Different Stages of Life

2 hrs.

- Young adulthood
- Middle adulthood
- Late adulthood
- Nursing implications of above stages

Unit V: Disorder related to different body system

1. Pulmonary disorders 16 hours

- Review of structure and function of respiratory system from Anatomy and Physiology course
- Laboratory and diagnostic investigations: CT scanning, Pul-

- function test, Laryngoscopy, Bronchoscopy, Sputum test, Cytological studies, Thoracocentesis, ABG analysis, Pulse Oximetry and Spirometry
- Etiology / Risk factors pathophysiology, preventive measure, medical, surgical management nursing interventions using nursing process for the following conditions:
 - Respiratory infections: Acute Chronic tracheobronchitis, pneumonia, pulmonary tuberculosis, lung abscess, histoplasmosis, atelectasis
 - Pleural conditions: Pleural effusion, empyema and Pneumothorax
 - Chronic obstructive pulmonary disease (Emphysema and Bronchitis), Asthma
 - Respiratory distress syndrome, pulmonary hypertension, pulmonary heart disease (Cor pulmonale), pulmonary embolism, sarcoidosis
 - Occupational lung disease: Pneumoconiosis, silicosis, asbestosis, coal workers' pneumoconiosis
 - Chest tumors: Lung cancer (bronchogenic carcinoma), Tumors of mediastinum
 - Blunt chest trauma: Rib fractures, pulmonary contusion
 - Penetrating chest trauma: Gunshot and stab wounds, subcutaneous emphysema
 - Other lung disease: Cystic fibrosis, respiratory insufficiency, Lungs Cancer
 - Special medical and surgical management: Oxygen therapy, nebulizer therapy, chest physiotherapy, airway management, endotracheal intubation, tracheostomy care.
 - Special nursing management of client in the following condition
 - Care of the patient with close chest drainage system.
 - Care of the patient undergoing Thoracic surgery.
 - Care of the patient in mechanical ventilation.

2. Cardiovascular, circulatory and hematological disorder 16 hrs

- Review structure and function of cardiovascular, circulatory system and blood
- Laboratory and diagnostic investigation: Diagnostic imaging, cardiac catheterization and angiography/PTCA, electrocardiography, cardiac monitoring, stress test, holter, CVP monitoring, ECG, chest X-ray and fluoroscopy,

echocardiography

- Definition: Etiology/risk factors, Patho-physiology, clinical manifestation, preventive measures medical/surgical management and nursing interventions using the nursing process for the following conditions:
 - ◇ Coronary artery disease: Angina pectoris, myocardial infarction,
- Conduction disorders: Heart block, Arrhythmia
 - ◇ Cardiac pulmonary resuscitation
 - ◇ Defibrillator / cardioversion
 - ◇ Coronary artery bypass graft (CABG)
 - ◇ Care of patient with pacemaker implantation
 - ◇ Cardiac rehabilitation
- Valvular disorders
 - ◇ Valvular Stenosis
 - ◇ Valvular Prolapse
 - ◇ Valvular Regurgitation
- Congestive heart failure: Pulmonary edema, cardiogenic shock/thromboembolism, pericardial effusion and cardiac tamponade, myocardial rupture, cardiac arrest
- Inflammatory cardiac disease: Mitral valve prolapse, mitral stenosis, mitral regurgitation, aortic regurgitation, cardiomyopathy, rheumatic endocarditis, infective endocarditis, myocarditis, pericarditis
 - ◇ Complications from heart disease: Acute pulmonary edema, congestive heart failure, cardiogenic shock
- Vascular disorders: Arterial sclerosis, atherosclerosis, hypertension, arterial embolism, aneurysm, Raynaud's disease, thrombophlebitis, varicose veins, venous thrombosis, Buerger's disease.
- Hematologic disorders: Purpura, anemia, thalassemia, polycythemia, leucopenia and neutropenia, leukemias, Hodgkin's disease, thrombocytopenia, haemophilia
- Specific nursing management of the patient

3. Digestive disorder

12 hours

- Review structure and function of the digestive system
- Laboratory and diagnostic investigations: Gastric analysis, duodenoscopy, endoscopy, gastroscopy, barium swallow, barium meal, barium enema, examination of stool for occult

blood, proctoscopy, sigmoidoscopy, colonoscopy, stool culture, plain X-ray of abdomen, ultrasonogram, CT scan, ERCP.

- Etiology, pathophysiology, preventive measures, medical, surgical and nursing intervention using nursing process of the following conditions:
 - Disorders of mouth: Dental plaque and caries, cancer of oral cavities, infection of oral cavities.
 - Esophagus disorder: Hiatal hernia, diverticulum, foreign bodies, tumours, reflex disorder (GERD)
 - Gastric and duodenal disorders: Gastritis, peptic ulcer, gastric cancer
 - Intestinal and rectal disorders: Constipation, diarrhoea, dysentery, vomiting, fecal incontinence, irritable bowel syndrome, malabsorptions, appendicitis, diverticular disease, peritonitis, crohn's disease, ulcerative colitis, intestinal obstruction, colorectal cancer, anorectal abscess, anal fistula, anal fissure, hemorrhoids, pilonidal sinus/cyst
 - Special nursing management of the patient with gastrointestinal disorder and problem
- Meeting the nutritional needs by tube feeding / Gastrostomy care
- Colostomy care

4. Hepatic and biliary disorders

8 hrs

- Review of structure and functions of hepatic and biliary system
- Laboratory and diagnostic investigations: Serum bilirubin test, liver enzyme test, serum protein test, serum amylase and serum lipase test, oral cholecystography, IVP, IVC, USG of liver, pancreas, gall bladder and biliary system, hepato-biliary system, liver biopsy, hepatitis virus studies, CT scan, urine analysis etc.
- Etiology / risk factors, patho-physiology, preventive, medical /surgical management, and nursing intervention using nursing process for the following conditions:
 - Hepatic dysfunction: Hepatitis
 - Hepatic disorder: Hepatic cirrhosis, cancer of liver, liver abscess, liver trauma
 - Biliary disorders: Cholecystitis, cholelithiasis
 - Special nursing management for the patient with the following procedures

- Care of drainage tube and removed.
- Nursing management with related procedure

5. Musculoskeletal disorders 12 hours

- Review the structure and function of musculoskeletal system
- Laboratory and diagnostic investigation: Radiographic studies, electrographic procedure, fine needle aspiration for cytology (FNAC), MRI, CT scan etc.
- Etiology, patho-physiology, medical / surgical management and preventive measures, nursing interventions using nursing process for the following conditions:
 - Common musculoskeletal problems: Back pain
 - Common problems of the upper extremity: Bursitis and tendonitis, carpal tendon syndrome, ganglion
 - Metabolic bone disorders: Osteoporosis, osteomalacia, paget's disease,
 - Musculoskeletal infections: Osteomyelitis, septic arthritis
 - Neoplasm of bone
 - Musculoskeletal trauma: Contusions, strains, and sprains, fractures, dislocation and amputation.
 - Rheumatic disorders: Rheumatoid arthritis, pyogenic arthritis osteoarthritis, spondylitis, gout, other disorders
 - Fracture – Types, complications and surgical/ medical management and nursing management using nursing process
 - Treatment modalities of fractures immobilization, open and closed reduction, plaster cast, traction, other fixation devices effects of immobilization on other body systems
 - Care of the patient in a cast, splints and braces, joint replacement, hip and knee replacement.

6. Urinary disorders 8 hrs

- Review structure and function of urinary system.
- Laboratory investigation and analysis: Urine analysis; renal function tests, X-ray (KUB), ultrasonography, CT scan, MRI, nuclear scans, intravenous urography, cystoscopy, retrograde pyelography, biopsy, renal angiography etc.
- Etiology / risk factors, pathophysiology, preventive measures, medical/surgical management, and nursing intervention using nursing process of the following conditions:

- Urinary and renal dysfunction: Fluid and electrolyte imbalance, urinary retention, urinary incontinence, neurogenic bladder.
- Urinary and renal disorders: Urinary tract infections, pyelonephritis, glomerulonephritis, nephritic syndrome, urolithiasis, renal cancer, renal failure (Acute and chronic).
- Other renal and urinary tract disorders: Nephrosclerosis, hydronephrosis, urethritis
- Other urinary disorders: Polycystic disease, vascular disorders, trauma of urinary tract.
- Special nursing management for the following procedures
 - ◇ Paritoneal and hemodialysis
 - ◇ Catheterization and continuous urinary drainage
 - ◇ Care of patient with renal Transplantation.

7. Endocrinol disorders

14 hrs

- o Review the structure and function of endocrine systems.
- o Laboratory investigation and analysis: Basal metabolic rate, fluorescent test, urine testing for random blood sugar and oral glucose tolerance T3, T4 tests, serum amylase hemoglycoside etc.
- o Etiology / risk factor, patho-physiology, preventive measures, medical / surgical management, and nursing intervention using nursing process for the following conditions including management of complications:
 - Pituitary gland disorders: Abnormal pituitary function, hypopituitarism, pituitary tumors, diabetes insipidus.
 - Thyroid dysfunction: Abnormalities of thyroid functions, hypothyroidism and hyperthyroidism, thyroiditis, thyroid tumor.
 - Parathyroid dysfunction: Hyperparathyroidism, hypoparathyroidism
 - Adrenal glands disorders: Adrenocortical insufficiency (Addison's disease), Cushing's Syndrome
 - Pancreatic disorders: Pancreatitis, pancreatic cysts, pancreatic tumors,]
 - Diabetes mellitus: Types, complication
 - Special nursing procedures
 - ◇ Administration of insuline
 - ◇ Administration of cortioson therapy

8. Neurological disorder

10 hrs

- Review the structure and function of nervous system
- Laboratory investigation and analysis: CT scan, MRI, myelography, electroencephalography, electromyography, neurologic assessment, and Glasgow coma scale etc.
- Etiology / risk factors, patho-physiology, preventive measures, medical / surgical management, and nursing interventions using nursing process for the following conditions:
 - Cerebrovascular disease: Transient ischemic attack, stroke
 - Neurologic trauma: Head injury, spinal cord injury
 - Neurologic disorders: Headache, brain tumors, migraine
 - Intracranial infections: Meningitis, encephalitis, brain abscess, intracranial aneurism.
 - Degenerative neurologic disorders: Multiple sclerosis, parkinson's disease, huntington's disease, alzheimer's disease, muscular dystrophies, seizure disorders, myasthenia gravis
 - Disorders of the spinal cord: Tumours, herniation (PIVD)
 - Cranial nerve disorders: Neuralgia, Bell's palsy
 - Disorders of the peripheral nervous system: Guillain Barre syndrome (GB syndrome)
 - Special nursing management if the client on the following
 - ◇ Care of Unconscious patient
 - ◇ Care of increased intracranial pressure
 - ◇ Care of patient undergoing craniotomy surgery

9. Breast disorders

4 hrs

- Review structure and functions of breast
- Laboratory investigation and analysis: CT scan, MRI, angiography, myelography, venography, electroencephalography, electroencephalography, electromyography, neurologic assessment, Glasgow coma scale etc.
- Etiology, patho-physiology, modifiable non modifiable risk factor, laboratory investigation and analysis, medical, surgical measures (Breast self examinations, periodic breast checkup) or the following conditions/complications:
 - Health problem on breast in Nepal: Benign breast

disorders, breast reconstruction, cancer of breast, metastatic disease.

10. Male reproductive disorders 4 hrs

- Review structure and functions of male reproductive systems
- Laboratory and diagnostic investigation: Prostate-specific antigen test, ultrasonography, prostate fluid or tissue analysis, tests of male sexual function semen analysis, infertility test, TSE, Digital rectal examination.
- Etiology / risk factors, pathophysiology, preventive measures, medical / surgical management, and nursing intervention using nursing process preventive measures for the following conditions including management of complications:
 - Disorders of male sexual function - impotence
 - The prostate disorders: Prostatitis, benign prostatic hyperplasia (enlarged prostate), cancer of the prostate, Balanitis
 - Conditions affecting the testes and adjacent structures: Undescended testis (Cryptorchidism), orchitis, epididymitis, testicular cancer, hydrocele, varicocele, vasectomy (sterilization reversal)
 - Penis disorders: Hypospadias and epispadias, phimosis, cancer of the penis, priapism, urethral stricture

11. Gerontological Problems 30 hrs

- Theories of aging
- Psychological and cognitive aspects of aging
- Needs and developmental task of elderly people.
- Social attitude towards elderly.
- Ethical aspect that affect older adults
- Health promotion and maintenance of elderly people
 - Nutrition
 - Physical activities and rest
 - Stress management
 - Safety measures
 - Health checkup
 - Religious activities
- Physiological changes according to a body system approach in the aging process and their nursing management:
 - Sensory system,

- Integument system,
- Musculoskeletal system, inability , activity intolerance and prevention of fall
- Neurological system, dizziness
- Pulmonary system, C.O.P.D, cor-pulmonell
- Endocrine system,
- Renal and urinary system, urinary incontinence
- Gastrointestinal system with nutritional considerations,
- Female reproductive system
- Cancer in old age
- o Pain and pain management,
- o Aging and infection,
 - HIV disease in older adults,
 - Medications and the elderly (altered pharmacokinetics)
 - Alterations in mental processing and the nursing management of the following condition:
- o Sleep disturbances,
- o Acute confusion,
- o Alzheimer's disease and other dementia in older adults,
 - Special behavioural problems: Demanding, wandering repetitious, annoying, persistent behaviour, paranoid and suspicious behaviour, assaultive behaviour, inappropriate sexual behavior.

TEACHING LEARNING ACTIVITIES

METHODS

- Lectures
- Discussion
- Seminars and case presentation
- Self directed problem based approach
- Role play
- Demonstration
- Supplement reading in professional journal

MEDIA

- White board
- OHP

- Posters, charts and models
- Skeleton
- CD, video cassettes
- LCD system

EVALUATION

- Internal assessment 20%
 - Class presentation
 - Project work
- University examination
 - Written examination 80%

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1. *Brush, Lynaugh et al, Nurses for All Nations: A history of the International Council for Nurses, 1999.*
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16. *NNC Act, Journal and Brochure*
17. *WHO Beyond 2000 in Nursing*
18. *ICN, NAN Constitutions, Journals and Brochure*
19. *Recent edition of the mention books and journals.*
20. *Internet*
21. *Research reports*

Course Title: MEDICAL SURGICAL NURSING PRACTICUM

Placement: Second year
Total hours: 300
Course code no: BSN - 202

Full marks: 100
Pass marks: 60

COURSE DESCRIPTION

This course offers students an opportunity to apply the nursing process/ problem solving approach in the care of adult's patient with common medical and surgical conditions in a variety of setting with special emphasis on preventive, promotive, curative and rehabilitative aspect of nursing care. Students will spend 4 weeks in medical and 4 weeks in surgical units during the period of practicum.

COURSE CONTENTS

- A. During the four weeks clinical placement in **Medical unit**, the students will be able to:
- Identify physical, physiological and psychological problems of the adult clients.
 - Provide total nursing care to the client with different medical disease conditions by applying nursing process.
 - Perform blood transfusion, IV cannulation, IM injection, catheterization, enema, oral suction, measure and record vital signs, ROM exercise for bedridden patient, ECG, CVP line care, medication, oxygen therapy, nebulization therapy, chest physiotherapy, airway management, admission/ discharge procedure, etc competently.
 - Prepare and assist the patient for diagnostic and therapeutic procedures; lumbar puncture, chest tube insertion, paracentesis, pleural fluid aspiration, liver biopsy, kidney biopsy, bone marrow aspiration, FNAC etc
 - Prepare the patient for USG, EEG, Echo-cardiography, CT scan, and Cardiac catheterization, Angiography including pre and post procedure care.
 - Collect the different types of specimens like blood, stool, urine, sputum and send to the Lab.
 - Differentiate abnormal investigation findings while providing nursing care to the patient.
 - Monitor the patient's condition through using different medical devices like; pulse oxymeter, ECG monitor, peak flow meter,

CVP line etc.

- Co-relate theoretical knowledge (etiology, patho-physiology, risk factors, clinical features, investigations and medical/ surgical management) of different disease while providing care to the patient.
- Co-relate pharmacological knowledge used in different disease condition while providing care to the patient.
- Prepare pocket drug book which are commonly used in medical and surgical units.
- Demonstrate skills in history taking and physical examination competently.
- Perform detail case study of a patient with medical problem by applying one of the relevant nursing theory then prepare a report and present in the group.
- Identify patients health needs and provide health teaching accordingly.

B. During the four weeks clinical placement in **surgical unit**, the students will be able to:

- Identify physical, physiological and psychological problems of the adult clients.
- Provide total nursing care to the client with different surgical disease conditions by applying nursing process.
- Perform dressing by maintaining aseptic technique, catheterization, catheter care, blood transfusion, IV canulation, IM injection, enema, oral suction, measure and record vital signs, ROM exercise for bedridden patient, ECG, CVP line care, medication, oxygen therapy, nebulization therapy, chest physiotherapy, airway management, admission/discharge procedure, accurate record and report etc.
- Perform pre and post operative nursing management of the patient with different surgical conditions.
- Prepare and assist the patient for diagnostic and therapeutic procedures; lumbar puncture, chest tube insertion, paracentesis, pleural fluid aspiration, liver biopsy, kidney biopsy, bone marrow aspiration, FNAC, incision & drainage etc.
- Prepare the patient for USG, EEG, Echo-cardiography, CT scan and Cardiac catheterization, Angiography including pre and post procedure care.
- Collect the different types of specimens like blood, stool, urine, sputum and send to the Lab.
- Differentiate abnormal investigation findings while providing nursing care to the patient.
- Monitor the patient's condition through different medical devices like; pulse oxymeter, ECG monitor, peak flow meter,

- CVP line etc.
- Co-relate theoretical knowledge (etiology, patho-physiology, risk factors, clinical features, investigations and medical/ surgical management) of different disease while providing care to the patient.
- Co-relate pharmacological knowledge used in different disease condition while providing care to the patient.
- Prepare pocket drug book which are commonly used in the medical and surgical units.
- Demonstrate skills in history taking and physical examination competently.
- Perform detail case study of a patient with surgical problem by applying one of the relevant nursing theory then prepare a report and present in the group.
- Identify patients health needs and provide health teaching accordingly.

Evaluation Scheme:

- Internal Assessment: 50
- Final Examination: 50

Internal assessment:

1. Performance evaluation:		20
○ Medical ward	10	
○ Surgical ward	10	
2. Case study and presentation		7.5+7.5=15
○ Medical ward – 1	5+2.5 =7	
○ Surgical ward – 1	5+2.5=7	
3. Physical examination:		5
○ Medical ward – 2	2.5	
○ Surgical ward – 2	2.5	
4. Formal Health teaching:		2.5
(Either in medical ward or surgical ward)		
5. Procedure log book:		2.5
(Same procedure log book used in first year)		
6. Preparation of pocket drug book:		5
(Commonly used in medical and surgical ward)		
	Total	50

Course Title: Medical Surgical Nursing II

Placement: Second year
Total hours:150 (theory)
Course code no: BSN - 203

Full marks: 100
Pass marks: 50

COURSE DESCRIPTION

This course is focused on care of Adult client with skin, eye, ENT disorders and skill and knowledge regarding operating room nursing, peri-operative nursing care.

COURSE OBJECTIVES

Upon completion of this course students will be able to:

- Explain etiology, pathophysiology, clinical manifestations, diagnostic (invasive/non invasive) therapeutic and nursing intervention of the client with disorders/problems of special senses skin, eye, ENT
- Provide pre-operative nursing care/management as per need of the client.
- Carryout the role and responsibilities of scrub nurse, circulating, anesthetic and recovery nurse.
- Describe complete process of preparation of patient, equipment or instrument package.
- Maintain principle of surgical asepsis.
- State routine policy/procedure of OR
- Explain types of anesthesia, their uses, advantages, disadvantages and role and responsibilities of nurse
- Demonstrate ability to perform skills which provide comfort and healing to the client.

Upon completion of this course students will be able to:

- Explain etiology, path physiology, risk factors clinical manifestation types of malignancies, diagnostic, (invasive noninvasive), preventive, promotive therapeutic, curative, and rehabilitative nursing intervention of the client with cancer
- Describe different treatment modalities of the patient with cancer
- Explain complete process of the preparation of the patient for diagnostic investigation, chemotherapy, immunotherapy,

- radiotherapy, and surgery
- Discuss the need of palliative care in cancerous and non cancerous disease problems
- Identify effective ways of communication with patient and their families
- Discuss effective ways of pain assessment and its management
- Explain effective ways of management of the common symptoms among patients/client requiring palliative care

CONTENTS

Disorders of sensory organs

10 hours

Unit I: Integument conditions

- Review anatomy and physiology of skin
- Assessment/Diagnostic procedures
- Trauma/Burn
- Allergies
- Infections
- Medical/Surgical Nursing Care Management

Unit II: Ophthalmic Disorder

16 hours

- Review the Anatomy and Physiology of the Eye
- Examination and assessment of vision
- Diagnostic test
- Assessment of eye disorders
- Medical/surgical nursing management of the following condition.
 - Disorder of the eye lids,
 - Lachrymal drainage disorder
 - Conjunctival disorder
 - Corneal disorder
 - Refraction Error
 - Epidural and scleral disorder
 - Lens disorder and blindness/cataract
 - Glaucoma , Retinal detachment
 - Intraocular Tumors, Retinal vascular disorders, Strabismus
 - Ocular trauma and foreign body eye
- Nursing management on special investigations ,diagnostic

- procedures, like slit lamp,
- Tonometry, Snellens Chart, visual acuity test, IOP (Intra Ocular Pressure).
- Eye irrigation
- Instillation of medication, care of the patient undergoing eye surgery (Perioperative care)

Unit III: Disorder of the Ear

6 hours

- Review anatomy and physiology of the ear.
- Disorder of the External, middle and internal ear
- Trauma, infection, degenerative conditions, external middle and inner ear.
- Hearing loss.
- Foreign body in the ear.
- Nursing management of the client with the following conditions
- Meniere's Disease
- Otagia, Tinnitus
- Tympanoplasty
- Hearing aids.
- Nursing management of the patients in diagnostic, preventive, curative, and rehabilitative aspect of care utilizing nursing process.
- Pre and postoperative nursing care of ear surgery.

Unit IV: Disorder of the Nose and Throat

8 hours

- Review anatomy and physiology of the nose
- Assessment of the client with nose and throat disorders
- Diagnostic test and investigations
 - Nasal septal disorder
 - Rhinitis (Acute Chronic ,Allergic)
 - Sinusitis (Acute ,Chronic, Allergic)
 - Epistaxis, Foreign body in the nose.
 - Nasal Polyp and tumors.
 - Neoplasm of the nasal cavity,
 - Review anatomy and physiology of the pharynx, Larynx,
 - Disorder of the pharynx, Larynx,
 - Speech disorder and problem

- Foreign body throat,
- Tonsillitis, Tracheostomy
- Nursing management of the client with above problems in the area of preventive, promotive, curative and rehabilitative aspect of care utilizing nursing process

Unit V: Trauma and Emergency Nursing

10 hours

- Overview of the emergency nursing
- Priorities and principle of emergency care (triage)
- Basic Life support(CPR)
- Pre-hospital care/ First Aid
- Medical/Surgical emergencies, behavioral emergencies
- Trauma care, Surgical care and fracture
- Disaster (political riots, landslides, earthquake, floods, communicable diseases)its preparation and management of mass casualty
- Anaphylaxis , snake bite, stings, dog bite, frost bite
- Poisoning, (OPP, Kerosene, Acids)
- Death in emergency/ Care of dead body
- Handling of Medico legal Case in Emergency

Unit VI: Oncology and Palliative Care

30 hours

Cancer

5 Hours

- Introduction (Prevalence- Global and National)
- Risk Factors/Warning signs and Etiology
- Types, stages
- Path physiology of Tumor, Carcinogens
- Primary, secondary and tertiary prevention and control
- Different Diagnostic Investigation and Patient Preparation
 - Biopsy(Histopathology)
 - X-Ray
 - Pap Smear
 - Mammogram/ BSE

Cancer Treatment Modalities with Nursing Management

5 Hours

- Chemotherapy
- Radiotherapy

- Immunotherapy
- Hormonal Therapy
- Surgery
- Combined Therapy
- Rehabilitation and Occupational Therapy

Palliative Care

2 Hours

- Introduction/ Definition
 - History- Global/National
- Challenges of Palliative Care in Developing Country
- Need of Palliative Care in Cancerous and Non-Cancerous Patient
- Non Cancerous
 - Diabetes
 - Renal Failure
 - Respiratory Problems
 - Cardiac Problems
 - HIV/ AIDS

Management of common Symptoms in Palliative Care Setting 2 Hours

- Nausea and Vomiting
- Oral Problems
- Diarrhea/ Constipation
- Anorexia/ Cachexia
- Pressure Sore/ Wound
- Pain
- Lymphoedema
- Nutritional problems

Pain Management

4 Hours

- Definition of Pain
- Type of Pain
- Nursing Management in Pain Relief
 - Pain Assessment Tool
 - Pharmacologic Pain Management (WHO Ladder)
 - No Pharmacological Pain Management (Covert by Cancer Patient)

Common Drugs Used in Cancer Patient

4 Hours

- Indications and Side Effects

- Mechanism of Action
- Nursing Consideration
 - Anti Cancer Drugs
 - Steroid
 - Analgesics/ NSAID
 - Anti emetics
 - Laxative
 - Others

Psycho social Aspect in Palliative Care

7 Hours

- Communication
 - Definition
 - Barrier
 - Ways to Make Effective Communication
 - Breaking Bad News (Steps of Breaking Bad News)
- Psychological Problems and Its Management
 - Delirium
 - Dementia
 - Depression
 - Anxiety
- Psychosocial Aspects of Terminally Ill Patient
 - Patient
 - Family
- Spiritual Care
- Grieve and Bereavement

End of Life Care/ Hospice

3 Hours

- Introduction of End of Life care
- Signs and Symptoms
- Care and Management of Patient at the End Stage of Life Including Last 48 Hours
- Ethical Issues in End Stage Life Care

Unit VII: Operation Theatre Nursing

25 hours

- I. Introduction to Intraoperative nursing
 - Overview of OT and CSSD layout/setup
 - Qualities of the OT nurse

- II. Operation Theatre Technique
 - Maintenance of aseptic technique (universal precaution)
 - Sterilization of equipment and supplies
 - Techniques of scrubbing, gowning and gloving
 - Responsibilities of the scrub nurse, circulating nurse and recovery room nurse
- III. Administration of anesthesia
 - Types of anesthesia
 - Stages of anesthesia
 - Complications of anesthesia
 - Role and responsibilities of anesthesia nurse
- IV. Perioperative Nursing Care
 - Preoperative
 - Intraoperative
 - Post operative
- V. Safety Precaution
 - Prevention of accident and fire hazards
 - Position and draping of patient
 - Care of equipment and supplies

Medical Surgical NURSING II (PRACTICUM)

Placement : Second year

Hours: 200

Course Code : BSN 203

Full marks: 100

Pass marks: 60

OBJECTIVES

- Utilize of nursing process in providing holistic care to adult clients.
- Providing health education to the clients according to needs.
- Assist/perform different diagnostic procedures and investigation
- Provide nursing care to the patients with eye , skin , ENT , cancer disease.
- Provide appropriate pre and postoperative nursing care for patient under going surgery.
- Carryout the scrub and circulating nurse responsibility in operation theatre.
- Demonstrate understanding of health hazard in OT and take necessary precaution for the safty of the OT staffs and patients.

CLINICAL EXPERENCE

Students will be posted to various units for clinical practice under the guidance of clinical supervisor for a total period of 200 hours. Students will have experiences in various areas such as EENT, OT, Emergency, and cancer hospital unit.

Clinical activites are:

- Provide comprehensive nursing care.
- Assist in special investigation and procedures
- Case study and presentation
- Health education according to needs of client's
- Carryout the role of scrub and circulating nurse
- Assisting in anesthesia
- Taking care of the patient in recovery room.
- Preparing nursing care plan and implementation of care plan
- Maintain log book.

Evaluations

- Internal evaluation: 50%
 - Clinical performance (each area) 20
 - Nursing care plan in each area 5
 - Performance evaluation in OT 15
 - Health teaching 5
 - Case study and presentation 5

- Final examination:50%
 - Practical exam

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1. *Brush, Lynaugh et al, Nurses for All Nations: A history of the International Council for Nurses, 1999.*
2. *Blattner, Barbara, Holistic Nursing, New Jersey, Prentice-Hall, Inc.1981.*
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19. *Recent edition of the mention books and journals.*
20. *Internet*
21. *Research reports*

COURSE TITLE: MENTAL HEALTH (Psychiatric Nursing)

Placement: Second year
Course Code : BSN- 204
Total hours:100 (theory)

Full Mark: 100
Pass Mark: 50

COURSE DESCRIPTION

This course focuses on the principles and theory of psychiatric nursing in providing care to persons' with mental health disorders. This course facilitates the students learning by using different theory related to mental health in the provision of holistic care to the client/ family with mental disorders in various health care settings. This course emphasizes on the roles and responsibilities of the mental health nurse in various levels of health care settings.

COURSE OBJECTIVES

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

- Identify the role/ responsibilities of the mental health nurse in various settings.
- Develop knowledge/ skills about persons' with psychiatric problems and understand the nursing management.
- Discuss the importance of therapeutic relationships in caring for persons' with mental health problem
- Identify different psychiatric disorders and their management
- Identify 'persons' with substance and alcohol related disorders.
- Discuss the role of the nurse in caring for the 'person' with various psychiatric disorders.
- Explain the importance of community mental health programs
- Explain the legal aspects related to mental health nursing in Nepal.

COURSE OVERVIEW

Unit 1: Introduction

8 Hrs

- Terminology use in psychiatric nursing
- Definition of mental health and mental illness.
- Characteristics of mentally healthy 'person' (Normalcy)

- Historical perspective of psychiatry and psychiatric nursing
- Misconception about mental illness.
- Major classification of mental illness: DSM IV , ICD 10
- Principle of mental health nursing.
- Magnitude of mental health problems in Nepal
- Causes of mental illness.
- Roles of nurses in hospital & community.

Unit 2: Personality Development:

6 Hrs

- Determinants of personality
 - Personality theories:
 - Sigmund Freud
 - Erik Erickson
 - Piaget
 - Sullivan

Unit 3: Mental Health Assessment (MSE)

10Hrs

History taking

- Mental Status Examination
- Characteristics of mentally healthy person
- Investigations:
 - EEG
 - CT
 - MRI
 - Others
 - Psychological Test: I.Q. Test, Personality Test.

Unit 4: Therapeutic Relationship

4Hrs

- Definition
- Phases
- Therapeutic communication, technique
- Preprocess Recording

Unit 5: Psychotic disorders:

8 Hrs

- Classification of mental disorders: DSM IV, ICD 10. Simple classification.

- Psychotic disorders
 - Acute Transient psychotic disorder
 - Schizophrenia (chronic psychotic disorder)
 - Organic psychosis: (Delirium/Dementia)
- Diagnostic criteria
- Etiology
- Treatment and nursing management.

Unit 6: Affective / Mood disorders

6 Hrs

- Major depressive disorders
 - Bipolar mood disorder/ Mania
 - Major depression
 - Bipolar I, Bipolar II
- Diagnostic criteria
- Etiology
- Treatment and nursing management

Unit 7: Neurotic/ Stress related disorder

8 Hrs

- Phobic anxiety disorder (Phobia)
- Generalized anxiety disorder (GAD)
- Panic disorder
- Obsessive –compulsive disorder (OCD)
- Dissociative (conversion disorders)
- Post- Traumatic stress disorder
- Hypochondriasis
- Psychosomatic disorders: (CAD, Headache, Bronchial asthma, Peptic ulcer, ulcerative colitis)
- Eating disorders - Anorexia nervosa, Bulimia,
- Treatment and nursing management

Unit 8: Personality disorders

6 Hrs

- Hystriotic personality disorder
- Schizoid personality disorder
- Antisocial personality disorder (Psychopathic)
- Paranoid personality disorder
- Borderline personality disorder

- Obsessive compulsive personality disorder
- Treatment and nursing care for personality disorder

Unit 9: Psychosexual disorders

4hrs

- Sexual orientation disorder
- Sexual deviation
- Male and female sexual dysfunction
- Treatment and nursing responsibilities

Unit 10: Mental health Problems in Pregnancy/ Postnatal

3 Hrs

- Post natal blues
- Postnatal psychosis
- Postnatal depression

Unit 11: Substance and alcohol related disorders

8 Hrs

- Definition
- Alcohol use disorder
- Drugs
 - Opium
 - Cannabis
 - Sedatives
 - Stimulants
 - Hallucinogen
- Prevention and rehabilitation of substance abuse

Unit 12: Childhood Mental and Behavioral disorders

10 Hrs

- Mental retardation
- Autistic disorder
- Conduct disorder
- Attention deficit hyperactive disorders
- Separation anxiety disorder
- School phobia
- Behavioral problems: enuresis, encopresis, pica
- Learning disabilities
- Speech Disorders: stuttering.
- Anorexia nervosa/bulimia

- Nursing responsibilities in caring for these children and families

Unit 13: Mental health problem in old age **3 Hrs**

- Dementia
- Depression

Unit 14: Psychiatric Emergency **6 Hrs**

- Crisis intervention
- Suicide
- Lithium toxicity
- Panic attack
- Aggressive patient (Violent Patient)

Unit 15: Treatment Modalities in Mental Health nursing **14 hrs**

- Therapeutic relationship
- Psychotropic drugs
- Physical therapy (Electroconvulsive therapy)
- Counseling
- Psychotherapy
- Restraining
- Milieu therapy
- Rehabilitation
- Occupational therapy
- Therapeutic session

Unit 16: Legal Aspects of Mental Health nursing **4 Hrs**

- Admission and discharge procedure
- Right of the mentally ill
- Mental health policy and act
- Strategy of mental health.

Unit 17: Community Mental Health nursing **4 Hrs**

- Trends of care: institutionalisation de- institutionalisation
- Public health model of care:
 - Primary prevention

- Secondary prevention
- Tertiary prevention
- Role of nurse in community mental health programs.

TEACHING/ LEARNING METHODS

- Lecture/ Discussion
- Problem based learning
- Case study presentation
- Group projects

EVALUATION

- Internal Assessment
- Written exam
- Project work
- Class assignment and presentation
- Final Examination
- Written examination

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MENTAL HEALTH NURSING (CLINICAL)

Hours: 200
Placement: BSN Second year

Full Marks: 100
Pass Marks: 60

COURSE DESCRIPTION

This course offers the students opportunity to apply principle of mental health nursing in providing holistic nursing care to the mentally ill patients and their families. This course also helps to develop skills of conducting therapeutic counseling.

OBJECTIVES

At the end of this course the students will be able to:

- Provide care to patients/families with mental illness using nursing process.
- Perform history taking and mental status examination of mentally ill client.
- Prepare nursing care plans according to individual needs
- Plan and conduct health teaching according to needs.
- Communicate effectively
- Conduct therapeutic session with clients/ families
- Counsel the client and families with mental illness

CLINICAL ACTIVITIES

- History taking
- Mental status examination
- Planning and provide nursing care
- Counseling clients and families
- Conduct therapeutic session
- Observation of the services at specific mental health institution

EVALUATION

Internal assessment =50%

- | | |
|-----------------------------|----|
| ● Clinical performance | 15 |
| ● Case study | 10 |
| ● Mental status examination | 5 |

- History taking 5
- Nursing care plan 5
- Drug record 5
- Presentation 5

Final examination: 50%

- Viva

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Community Health Nursing – II (Theory)

Placement: Second year
Total: 100 hrs (theory)
Code: BSN - 205

Full marks: 100
Pass marks: 50

COURSE DESCRIPTION

To provide comprehensive knowledge skill and attitude in relation to school health programme, occupational health care, family planning, maternal and child health, care of communicable diseases including national nutrition strategies and activities.

OBJECTIVES

- Describe the communicable diseases and state the national programme expanded programme on immunization.
- Describe the school health programme, occupational health programme, MCH care, family planning
- Explain the concept of reproductive health, national policy and strategy of reproductive health
- Describe the national nutritional programme in relation to major nutritional health problems.
- Discuss need based health education to client and group of community, utilization of appropriate method and media.

Unit I: Community Health Resources

10 hrs

- Define
- Health resources
 - Human resources
 - Financial
 - Material
 - Time
 - Place/market
- Local community resources
 - Family
 - TBA
 - FCHV
 - Traditional/political leaders

- CBOs
- NGOs
- Developmental partners
 - National
 - Government organization
 - Non-government organization (FPAN, Nepal Red Cross Society)
 - International
 - WHO
 - UNFPA
 - UNICEF
 - USAID
 - Save the Children
 - CARE
 - GTZ
 - The World Bank

Unit II: Communicable Diseases

8 hrs

- Terminology
 - Communicable
 - Communicable disease
 - Communicable period
- Terms used in Epidemiology (Review)
 - Infections
 - Dynamics of disease transmission (Review- Epidemiology)
 - Modes of transmission (review)
 - Susceptible Host- (Review)
 - Host Defences-
 - Immunization
- Effects of communicable disease and non- communicable diseases health conditions
 - Health status of individual, family, community
 - Morbidity and Mortality
 - Target population
- Communicable diseases

- Each of the disease to be emphasized as follows:
 - Introduction
 - Magnitude of the problem
 - Epidemiological features
 - Agents
 - Host factors
 - Mode of transmission
 - Patho-physiology
 - Signs and symptoms
 - Incubation period
 - Complication
 - Clinical features
 - Diagnosis
 - Treatment
 - Prevention measures
 - National strategy

Unit III: Types of communicable diseases

12hrs

- Viral
 - Poliomyelitis
 - Influenza
 - Mumps
 - Measles
 - Rubella (German Measles)
 - Viral Hepatitis
 - Chicken Pox
 - Dengue Fever
 - Trachoma
 - Rabies
 - Japanese Encephalitis
- Bacterial
 - Diphtheria
 - Pertusis
 - Tetanus
 - Tuberculosis
 - Leprosy
 - Cholera

- Typhoid
- Diarrhoeal disease
- Bacillary
- Dysentery
- Protozoal Disease
 - Amoebiasis (Amoebic Dysentery)
 - Malaria
- Worm Infestation
 - Round worm (Ascariasis)
 - Hook worm infestation
 - Guinea worm infestation
 - Filariasis
 - Tapeworm infestation
- Sexually Transmitted Disease
 - Syphilis
 - Gonorrhoea
 - AIDS (HIV/AIDS)
- National Disease Control Programme
 - Malaria Control Programme
 - National Tuberculosis Control Programme
 - Leprosy Control Programme
 - Kalazar

Unit IV: Primary Health Care

8 hrs

1. Definition and Concept
2. Elements of PHC
3. Principles of PHC
4. MDG (Millennium Development Goal)
5. Role of community health nurse in working towards the PHC
6. Basic health needs
 - Food
 - Cloth
 - Shelter

Unit V: Maternal and Child Health services (MCH)

10 hrs

1. Antenatal care
 - Objective

- Prenatal care and advice
- Antenatal visit (WHO recommended)
- Risk approach
- 2. Detrimental care/domiciliary care
 - Objective
 - Preparation for delivery
 - Safe clean delivery
 - Birth preparedness
- 3. Postnatal care
 - Objective
 - Postnatal care and advice
 - Examination of mother and new born baby
 - Immediate care of new born
 - maternity care/newborn at the primary health care level

Unit VI: Family Planning (FP)

10 hrs

1. Introduction of family planning
 - Definition
 - Scope
 - Type of FP
 - Unmet need
 - FP services in Nepal
2. Counselling
 - Introduction
 - Informed choice
 - Counselling approach (ABIBHADAN)
3. Emergency contraception
 - Combine oral contraception
 - IUD (Intra Uterine Device)
 - Others
4. Contraception for special group
 - Adolescents
 - Women over 35 years
 - Post abortion
5. Management of family planning complication

Unit VII: Immunization

10 hrs

1. EPI (Expanded Program of Immunization) in Nepal:
2. Immunity
 - Terminology
 - Classification of immunity
 - Immune response
 - Agent of immunization
3. National Immunization schedule
 - Immunization of pregnant women
 - Immunization for children
4. Preservation of vaccine
 - Cold chain system-refrigerator:
5. Administration of vaccine
 - Checking the vaccine
 - Vaccine containers- ampoule/vial
 - Site of injection (see on immunization schedule)
6. Steps of administering various vaccine
 - Injectable +Oral
 - Measles + BCG
 - Counseling to parents, families
7. Community health nurse responsibility in immunization program/ coverage
 - Clinic management
 - Equipments and vaccines
 - Health education

Unit VIII: Reproductive Health

8 hrs

1. Definitions and concept of (Cairo conference 1994)
2. Platforms for Action (Beijing conference 1995)
3. Principles of RH
4. Family reproductive healths
5. Component of reproductive health
6. Areas of RH care
7. National RH package
8. Roles of nurse in RH elements

Unit IX: Gender Issue**6 hrs**

1. Introductions and definition
2. Equity and bias
3. Discrimination
4. Violence
5. Main streaming
6. Roles and responsibilities of nurses in gender issues

Unit X: Family Health**6 hrs**

1. Concept of family health
 - o Definition family and its types, functions
 - o Definition of family health and family health nursing
2. Freeman's topology of health problems
 - o Health threat
 - o Health deficit
 - o Crisis situation
3. Nursing process in relation to family health care
 - o The assessment phase
 - o The intervention phase
 - o The evaluation phase
4. Home based health care
5. Role of nurses in family health

Unit XI: School Health Programme**6 hrs**

1. Introduction and concept
2. Objectives and activities
3. Common school health issues and their management
4. Identification of high risk school children
5. Roles and responsibilities of community health nurse in school health programme

Unit XII: Occupational Health**6 hrs**

1. Introduction
2. Occupational hazards
 - o Physical
 - o Chemical
 - o Biological

- Mechanical
- Psychosocial
- 3. Occupational diseases
 - Physical agents
 - Chemical agents
 - Biological agents
- 4. Occupational environment
 - Man and man
 - Man and machine
 - Man and physical, chemical and biological agents
- 5. Measures for protection
 - Medical examination
 - Safety measures
 - Safety work place
 - Legislation
 - Other measures
 - Nutrition
 - Control of communicable disease
 - Mental health
 - Health education
 - Family planning
- 6. Roles of nurses in occupational health

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Community Health Nursing II Practicum

Placement: Second year

Total hour : 200

Code: BSN - 205

Full marks: 100

Pass marks: 60

COURSE DESCRIPTION

This course is the continuation of BSN-205. It will provide the opportunity to the students to gain experience and develop the skills on school health, occupational health, family planning, Maternal and Child Health programs by utilizing the knowledge of community health nursing focusing on reproductive health.

COURSE OBJECTIVES

Upon the successful completion of this course, students will be able to:

- Assess and identify health related problems of the school and industry/factory.
- Plan, implement and evaluate the health activities using nursing process.
- Make referrals of cases to appropriate agencies if required.
- Assist and participate the ongoing health activities/programs in school and industry/factory/FP MCH clinics.
- Assist and Participate in providing services from F/P MCH clinics as per the national policy and strategy.
- Store, prepare and administer vaccines to children, pregnant women and others.
- Provide FP counseling to the mothers/eligible couples regarding various methods available in Nepal.
- Coordinate with school, industries, and clinic staffs and other concerned organizations in providing health services.
- Assess the services provided by the various health related organizations/institutions/centers through observation visit.

TEACHING/LEARNING AREAS AND ACTIVITIES

Students will be exposed to the following areas for 5 weeks as specified in evaluation scheme under close supervision by the faculty.

- F/P MCH and Immunization clinic (either outreach or health facility based)
- Local Schools for SHP
- Industries/factories for occupational health program
- Observation visit: Students will spend a week period visiting at least five (5) specified organization(s)/ institution(s), centre(s)/ unit(s) (listed below) and write and submit the report as per the guidelines provided.
 - Possible organization/institutions/centers related to:
 - Tuberculosis
 - Leprosy
 - Nutritional programs
 - HIV/AIDS
 - Community based rehabilitation centers
 - Others.
- Students will be assigned to F/P MCH clinic for two weeks. Students assist in providing immunization, F/P services to the clients and teaching to ANC and PNC mothers as per their needs.
- Students to keep the log book of the cases attended by them during their practicum at F/P MCH clinic.
- Students to identify the health problems of the school and factory/ industry and plan one health teaching as per the need.
- Students to prioritize the identified health problems and conduct one micro health project either at school or industry/factory.
- Students to hold pre and post conference every week with the faculty, staffs and friends in order to discuss the problems faced by them at the practicum site.

EVALUATION SCHEME

	Allocated time	Total Marks
Internal Assessment		(50)
i. FP/MCH	2 weeks	(40)
- Student's performance	10	
- Health teaching	5	
- Completion of HMS-32 form	2.5	
- Log book (Immunization, family planning, growth monitoring, ANC/PNC and common illness in children)	2.5	
ii. School Health program	1 week	10
iii. Industrial Health program Micro health project and health teaching (One in SHP and one in IHP)	1 week	10
iv. Observation visit report	1 week	5
v. Report writing and Final Presentation	2-3 days	5
Total	5 weeks	50
Final Examination (Viva)		(50)

Course Title: Medical Sociology/ Anthropology

Placement: Second year
Course Code: BSN- 206
Total Hours: 100

Full Marks: 100
Pass Marks: 50

COURSE DESCRIPTION

The course aims to provide the students the knowledge on different patterns of human behavior, cultural beliefs and practices, which influence the patient's perception and response to illness. This course will also help them to understand the relationship between health and sociological/anthropological theories and tradition and encourages. They will be able to apply the knowledge acquired more effectively and productively during health services to the people.

COURSE OBJECTIVES

Upon the successful completion of the course, the students will be able to:

- Explain the concept of sociology/anthropology in health.
- Describe historical evolution of society and health care practices.
- Develop a cross-cultural approach in planning, executing, monitoring and evaluating the health programmers.
- Use the knowledge of psychology in understanding different patterns of human behaviour in self and others.
- Describe the importance of psychology in the planning, implementation and evaluation of health programmers.
- Describe the relationship between health policy and political process.
- Explain the legislative procedures, executive set up, and procedures of health policy formation.
- Advocate issues affecting health of common people.

COURSE CONTENT

A. MEDICAL SOCIOLOGY **32hours**

Unit 1: Historical Development of Society **6 hours**

- Introduction, definition, nature and scope of sociology /

anthropology

- Branches of health sociology / anthropology
- History, present status, emergence of medical sociology, and medical anthropology
- Health sociology and health anthropology.

Unit 2: Health and disease in different stages of human evolution. **6 hours**

- Health and sickness in different stages hunting and food gathering stages, agricultural stage, industrial stage.
- Definition of health, disease, illness and sickness
- Social role of illness and sickness
- Stages in illness
- The symptom experience stage
- Assumption of sick role stage
- The medical care contact stage
- The recovery of rehabilitation stage

Unit 3: Nurse Patient Relationship **4 hours**

- Meaning and significance of the interpersonal relationship
- Parson's and Saaz-Hollender sick role model
- Communication pattern between modern provider – consumer and indigenous provider
- Barriers on effective provider consumer relationship

Unit 4: Culture and Health **8 hours**

- Meaning and definition of culture.
- Characteristics of culture.
- Elements of culture.
- Ethno medicine.
- Non-medical system, strength and weakness.
- Personality, naturalistic medical system.
- Cross cultural examples of culture in relation to behaviour and health problem in
- Health care system.
- Indigenous healers in changing world with particular reference to Nepal

- Role of indigenous healers in primary health care
- Self medication and other prevailing health care practice in Nepal
- Perception of illness, hierarchy and food habit in Nepal
- Anthropological research methodology

Unit 5: Socio cultural change, social problem, and control 4 hrs

- Definition and nature of social and cultural change
- Causes and barriers of change
- Meaning nature and course of social problem
- Social problems: prostitution, sexual abuse, alcoholism, drug abuse models, crime, suicide, child labour and their impact in society and health
- Meaning of social control
- Purpose of social control
- Control by law, morality, social sanction and other means
- Practice of social control in health in Nepal

Unit 6: Cultural Groups of Nepal 2 hours

- Nutritional beliefs in child bearing and rearing practices in different cultural groups of Nepal

B. APPLIED PSYCHOLOGY 16 hrs.

Unit 1: Introduction to behavioral Science

- Definition of psychology
- Definition and significance of behavioural science in nursing
- Relationship of sociology, psychology, and anthropology

Unit 2: Emotion 4 hours

- Characteristics of emotion
- Emotional development throughout life cycle by Erick Erickson emotion
- Purpose of emotion
- Way of expressing emotion and controlling
- Emotion and health

Unit 3: Motivation 6hours

- Definition

- Types of motivation
- Theories of motivation
- Role of motivation in learning and education in relation to behaviour.

Unit 4: Learning

4 hours

- Definition
- Factors of effective Learning
- Law of Learning'

Unit 5: Perception

4hours

- Meaning and definition of attention, Perception & Sensation
- Factors affecting perception
- Role of Perception in Health believe and practice

C. HEALTH POLITICS

16 hours

Unit 1: Introduction to health politics

2hours

- Concept of health politics
- Relationship between health and politics
- World trends of health politics

Unit 2: Legislative aspects of Health

4 hours

- Political decisions and their effects on health policy formation
- Role of health advocacy and lobbying in health policy formation
- Legislative procedure related to health

Unit 3: Executive aspects of health

4 hours

- Health related role and functions of the executive
- Executive decision and their effects on health policy formation and health programmed, and implementation.

Unit 4: Judicial Aspects of Health

4hours

- Health laws: nature, implementation strategies, and challenges.
- Health behavior modification through legal measures and challenges.

- Control of health hazards through health laws and regulations.
- Legal protection against the threats in physical, mental and social health of the public.

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23. *Wood – Fundamental of Psychology*
24. *Recent edition of the mention books and journals.*
25. *Internet*
26. *Research reports*

Course Title: Child Health Nursing

Placement: Third year
Course Code: BSN -301
Hours:100

Full Marks:100
Pass Marks: 50

COURSE OBJECTIVE

This course is designed to extend knowledge related to health care needs of children at different stage of childhood period in hospital and community setting. Emphasis is given to promotion of growth and development and prevention of childhood illness.

COURSE OBJECTIVES

At the end of this course students will be able to:

- Describe the historical overview of child health nursing.
- Define the terminologies used in child health nursing
- Describe the concepts trends and issues of child care
- Discuss the process of growth and development of children from birth to adolescence
- Explain the measures to be taken for optimum level of growth and development of children
- Explain the neonatal assessment and different level of essential neonatal care according to national neonatal care strategies.
- Discuss the roles of nurse in the care of sick children promotive, preventive, curative and rehabilitative aspects.
- Discuss the common psychosocial, emotional and behavioral problem of different age group children and their management
- Explain the IMCI approach on child health care.
- Discuss common childhood disease/problems related to various systems, etiology patho-physiology of the diseases diagnostic test treatment and nursing care.
- Explain general pre and post operative needs and care of children.

CONTENT

Unit: I Historical Overview of Child Health Nursing

3 hours

Unit: II Terminologies used in child Health Nursing: 3 hours

- Neonate
- Infant
- Toddler
- Pre-school children
- School Age
- Adolescent
- Pediatric
- Pediatric nursing
- Pediatric Nurse
- Pediatrician
- Growth and development
- Developmental milestone

Unit: III Concepts, trends and issues on Child Health Care. 4 hrs

- Philosophy of Child Health Care
- Meaning of illness to Child/ Family
- Child Health Indicators
- New trends and issues in child health
- Child right to health.
- High risk children and it's classification
- Role of child health nurse.

Unit: IV Growth and development 12 hours

1. Normal growth and development of children
 - Characteristic of a normal neonate and essential neonatal care at various levels according to National Neonatal Care Strategy.
 - Infant
 - Toddler
 - Pre school age
 - School age
 - Adolescent
2. Delay growth and development
3. Factors related to optimum growth and development of children.
 - Nutrition/ breast feeding/

- Rest/sleep/exercise
- Early stimulation and education
- Immunization
- Child to child care approach
- Anticipatory guidance
- Growth monitoring
- Early marriage.

Unit V: Common behavioural problems of specific age group:6 hrs

- Separation anxiety
- Thumb sucking, Tamper tantrum, Negativism, ritualism, sibling rivalry
- Enuresis, attention deficit hyperactive disorder, learning disability, school phobia, recurrent abdomen pain
- Suicide, Juvenile delinquency, Substance abuse
- Violence against children, Girl trafficking
- HIV/AIDS, Sexually transmitted infections.

Unit VI: Assessment of children

2hrs

- History taking
- Physical examination
- Investigation
- Nurses role

Unit VII: IMCI programmes on child health services

10 hrs

- Introduction of IMCI
- Objective of IMCI
- Strategies of IMCI
- Principles of IMCI
- Approaches/steps of IMCI
 - Assessment of child
 - Classification of diseases
 - Selection of treatment
 - Health teaching/ counselling
 - Follow up service/ visit
- Common childhood illness/ problem
 - ARI/Pneumonia

- Diarrhoea/ Dysentery
- Malnutrition
- PEM, Vit A deficiency conditions, ----Anemia
- Malaria
- Tetanus
- Otitis media
- Worm infestations

Unit VIII: Use of nursing process

2hrs

- Nursing process (review)
- Stressful and crisis events and their management
- Chronically and terminally ill children and their management
- Parental coping with impending death of children and nurses role

Unit IX: Pediatric variations in care of hospitalized child **8 hrs**

1. Nursing process applied to care of the child
2. Admission of children to hospital
3. Stress of illness and hospitalization
 - Care of critically ill child
 - Care of dying child
4. Role of parents in care of child
5. Pre and post operative care of the children
6. Clinical procedures
 - Restraining
 - Collecting specimen
 - Administration of medicine
 - Intravenous fluid therapy
 - Oxygen inhalation
 - Steam inhalation/ Nebulization
 - Tube feeding
 - Resuscitation
 - Care of children in incubator
 - Care of the children with phototherapy
 - Care of the children with ventilator.
 - Care of child undergoing surgery

Unit X : Developmental and Health Deviations of child according to various system:

- Definition, Etiology, Pathophysiology, Clinical manifestations, Diagnostic investigations,
- Medical and surgical management, Nursing management,
- Complications and prevention

Unit XI: Disorders and nursing management of following problems 25hrs

- Gastro intestinal disorders
- Review of GI system
 - Congenital malformations: Hare lip, cleft palate, Tracheoesophageal fistula/ Atresia, Anorectal malformation Hirschsprung , Pyloric stenosis
 - Hernia, Intestinal obstruction
 - Jaundice, viral hepatitis, worm infestations
 - Diarrhoea/ dysentery, Malnutrition (micronutrient deficiency, macro nutrient deficiency)
- Respiratory disorders
 - Review of respiratory system
 - Acute respiratory Infection/ Pneumonia
 - Tuberculosis
 - Emphysema/ Pleuresy
 - Bronchial asthma
 - Tonsilitis/ Pharyngitis
 - Bronchitis /Broncheolitis
- Cardiovascular disorder
 - Review of cardiovascular system
 - Congenital Heart Diseases
 - Cyanotic
 - A cyanotic
 - Rheumatic Heart Diseases
 - Hodking's and non Hodking's Lymphoma
- Hematological disorders
 - Review of haematological system
 - Anemia-Iron deficiency anemia, sickle cell anemia, Aplastic anemia
 - Leukemia

- Nephritis
- Hemophilia
- Genito urinary disorders
 - Review of Genito urinary system
 - Acute glomerulo nephritis
 - Nephrotic syndrome
 - Wilm's Tumor
 - Bladder stone
 - Undescended testis
 - Phimosis
 - Epispadiasis Hypospadiasis
- Neurological Disorders
- Review of Nervous System
- Epilepsy
- Meningitis/ Encephalitis
- Mental retardation
- Cerebral palsy
- Hydrocephalus
- Spinalbifida
- Musculo Skeletal Disorders
 - Review of Musculoskeletal System
 - Club foot
 - Dislocation of hip
 - Muscular dystrophy
 - Gullain Barre Syndromme
- Endocrine Disorders
 - Review of Endocrine System
 - Dwarfism, Gigantism, Acromegaly, Diabetes insipidus, Diabetes Mellitus, Critinism, Hypoparathyroidism, Hyper and hypoparathyroidism, Addison's disease, cushing syndrome, precocious puberty.
 - Integumentary disorders
 - Review of integumentary system
 - Scabies
 - Burn
 - Scabies
 - Impetigo
 - Boils

- Eczema
- EENT disorders:
 - Congenital cataract
 - Conjunctivitis
 - Blephritis
 - Vision problem
 - Otitis media
 - Hearing problem
 - Tonsillitis

Unit XII: Communicable diseases (review) 4 hrs

Unit XIII: Vitamins and nutritional deficiency diseases 6 hrs

- Night blindness, Xerophthalmia
- Rickets
- Scurvy
- Malnutritions

Unit XIV: Pediatric emergency and management 4 hrs

- Falls
- Burn
- Poisoning
- Drowning
- Foreign body
- Insect bite
- Bleeding(epistaxis)

TEACHING LEARNING METHODS

- Interactive lecture
- Individual assignment
- Group work and assignment
- Demonstration
- Role play

EVALUATION

Internal assessment :- 20%

- Class room presentation
- Participation in classroom
- Project work
- Assignment
- Written examination

Final examination: 80%

- Written examination

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7. *Datta P Child health nursing, Jaypee*
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11. *Marley David, Paediatric Priorities in the developing world, London, Butterworth & co.*
12. *McCaffry, Margo, Nursing Management of the Patient with Pain. JB Lippincoitt Co, Philadelphia.*
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16. *Panda,UN & Others, Paediatric Nursing*
17. *Potter P.A., Fundamentals of Nursing Concepts Process and Practice C.V.S. Mosby Company St. Lovis Missatsi.*
18. *Phipps, Long Woods Medical Surgical Nursing (Concepts and Clinical Practice). The C.V. MosWaechter, Engenia ., Nursing care of Children, 10th edition, C.V. Mosby Co. St Louis 1985*
19. *Pillitteri,Adele,Child Health Nursing 6th .Lippincott, America*
20. *Sharma P.R, A Handbook of Paediatric problem. 4th edition. Whaley and Wong, Nursing Care of Infants and Children, the CV Mosby Company, St. Louisehild Health Nursing.*
21. *Shrestha,Tumla,Essential Child Health Nursing*
22. *Thakur,Laxmi,Nursing Care of Children with Surgical Disorders*
23. *Thakur,Laxmi,Advanced Child Health Nursing*
24. *WHO UNFPA UNICEF IMCI Integrated Management of Childhood Illness. WHO Library Catalog*
25. *Recent edition of the mention books and journals.*
26. *Internet*
27. *Research reports*

Course Title: Child Health Nursing : Practical

Placement: Third Year
Course Code: BSN-301
Total Hour: 180

Full Mark: 100
Pass Mark: 60

OBJECTIVES

- At the end of this course the student will be able to:
- Admission/discharge of child according to hospital policy
- Assess the children of various age groups from newborn to adolescence
- Prepare the nursing care plan according to needs
- Implements and evaluate the nursing care plan
- Provide care to the normal and sick child
- Carryout the pediatric procedures
- Give health education to parents/care giver for prevention and promotion of health.

TEACHING/LEARNING ACTIVITIES AND EVALUATION SCHEME

S.N.	Internal Marks 50%	No. of Assignment	Marks
1	Assessment of children of different age group - History taking - Physical Assessment	1	5
2	Case Study	1	5
3	Health Teaching	1	5
4	Nursing Care Plan	1	5
5	Pediatric Procedure TPR, BP, Weighing Measurement, Dressing Infection, Medication, Specimen Collection, Neonatal Resuscitation, Suction, O ₂ Inhalation Steam Inhalation, Cord Care Eye Care, Bathing Tube feeding.		10
6	Play material	1	5
7	Day to Day Performance		15
Total Marks			50
Final Marks 50% - Practical Exam/Viva			50
Total Marks			100

Obstetrical Nursing I (Midwifery) Theory

(Normal Pregnancy: Antenatal)

Placement: Third year
Course Code: BSN 302
Hours: 100

Full Marks: 100
Pass Marks: 50

COURSE DESCRIPTION

This course is aimed at enabling students to gain knowledge about the normal reproductive process and a nurse/midwife's role in providing care and advice for women during pregnancy, labor and the postnatal period. The students will also be able to learn to provide high quality antenatal care to maximize health during pregnancy. This course is a pre-requisite for the course Obstetric Nursing II and III, in which students will learn about complications and abnormalities of female reproductive process.

COURSE OBJECTIVES

After the completion of this course, students will be able to:

- Review anatomy and physiology of the male and female reproductive organs be able to apply it in practice.
- State the hormonal control in the physiology of reproduction.
- Describe the genetic endowment in the process of reproduction.
- Explain spermatogenesis and oogenesis.
- Discuss the concept, importance, and components of pre-conceptual care.
- Describe the process of fertilization, and development of the product of conception.
- State significance of abnormal development of the product of conception.
- Describe the physiology and effect of pregnancy in different body systems.
- Discuss the physiological, socio-cultural, and psychological need of a woman in pregnancy.
- Describe the role of a midwife/nurse in preventive, curative and promotive aspects of care for pregnant women, either in community or in a health service center.
- State the role of midwife/nurse in assessment of the well-being of

the expecting mother and her unborn child (fetus).

- Apply the knowledge of female bony pelvis with the fetal skull, for describing the significance of fetopelvic relationship.
- Describe the physiology of labor onset, and explain the cardinal movement of mechanism of labor.
- Describe the need for induction and augmentation of labor, and discuss the role of midwife/nurse in caring for a woman who is on induction/augmentation.
- Identify different methods of fetal monitoring, and process of recording the findings.
- Describe the significance of PARTOGRAPH, and interpret the findings recorded in the graph with 100% accuracy.
- Explain the physiology of normal puerperium, and the need of mother and the baby during post-natal period.
- Discuss the need of normal neonate.
- Describe the methods of assessing a newborn and immediate care for a newborn.
- Differentiate the need of a preterm/post term with that of a normal neonate.
- Discuss recent trends in breast feeding, and issues regarding baby feeding.
- Describe preterm labor, and some obstetrical management to delay/stop premature delivery.
- Take a comprehensive health and obstetric, gynecologic and reproductive health history.
- Perform a physical examination, including clinical breast examination, focused on the presenting condition of women.
- Describe physiology, signs, symptoms and management of bleeding in different stages of pregnancy. Discuss the basic principles of pharmacokinetics of drugs used during antenatal period

CONTENTS

Unit I – Introduction to Midwifery

4 hrs

- Historical development of midwifery service in National and international level.
- Terminologies used in Midwifery
- Legal aspect of Midwifery Services

- Definition and concept of Midwifery, Midwife, Skilled Birth Attendant (SBA)
- Standards in midwifery practice

Unit II –Reproductive Health and Safe Motherhood **4 hrs**

- Concept, component and strategies of Reproductive Health
- Reproductive Health Indicators
- Safe motherhood and elements of safe motherhood
- Safe Motherhood Initiative at global and national level
- GoN plan and policies in reproductive health and safe motherhood

Unit III- Structure & Function of Male and Female Reproductive System **4 hrs**

- Female reproductive organs
 - External/internal
 - Breast anatomy and physiology
- Male reproductive organs
- Endocrinology in relation to reproduction
 - Ovarian cycle
 - Menstrual cycle
- Sexuality: puberty-the age of sexual maturation, sexual response patterns
- Production and mechanism in the control of male and female sex hormones
- Process of spermatogenesis and Oogenesis
- Conception

Unit IV – Female Pelvic and the Pelvic Muscles **4 Hrs**

- Pelvic structure and its landmark
- Pelvic diameter
- Pelvic joints and ligaments
- Types of bony pelvis
- Pelvic floor muscles
- Inclination
- Effect on labour

Unit V- Development of Embryo, Fetus

6 hrs

- Review of human genome, chromosomes, cellular division
- Formation of gametes
- Genetic endowment and genetic determination
- Characteristic of the offspring
- Fertilization and implantation
- Embryonic development process
- Fetal development process
- Development of placenta, cord, membranes and their functions

Unit VI- Placenta

6 hrs

- Development of placenta
- Function of placenta
- Structure of mature placenta
- Amniotic fluid and its functions
- Umbilical cord
- Anatomical variations of placenta and cord (Malformation of placenta, cord and membranes)

Unit VII- Fetal Circulation

4hrs

- The extra structure in the circulation during fetal life
- Adjustment in extra uterine life
- Difference between adult and fetal circulation

Unit VIII - Physiology of pregnancy (changes and adaptation)6hrs

- Effect of pregnancy in different body system
- Diagnosis of pregnancy
- Sign of pregnancy
 - Subjective (presumptive) signs objective (probable) signs, Diagnostic (positive) signs
 - Calculation of Expected Date of Delivery (EDD)
 - Duration of pregnancy
 - Nagel's rule,
 - Fundal height, USG
 - General and specific need of women during pregnancy

Unit IX- Fetal skull**4hrs**

- Structures
- Diameters
- Sutures and fontanelles
- Landmarks
- Feto- pelvic relationship
- Moulding, effects of moulding

Unit X- Prenatal care (health assessment of pregnancy)**8hrs**

- Aims and objectives
- Various methods used for prenatal assessment (growth monitoring)
- Modern concept of prenatal care
- Midwives role in prenatal care
- Investigation required
- Assessment of pregnant women: history taking, physical examination ,pelvic examination
- Assessment of fetal wellbeing
- Immunization
- Care needed
- Components of antenatal care (as per National Medical Standard for RH Vol.III)
- Follow up visit according to WHO
- Dangers signs and risk assessment
- Birth preparedness and complication readiness

Unit XI - Prenatal advice and follow up**4hrs**

- Nutritional needs during pregnancy
- Rest and exercise
- Immunization
- Caution regarding use of drugs
- Substance abuse and their effects

Unit XII- Minor Discomforts during Pregnancy**4hrs**

- Morning sickness
- Backache

- Constipation
- Heart burn
- Indigestion
- Itching
- Pica
- Varicose vein
- Muscle cramps

Unit XIII- Major Disorders of Pregnancy

10 hrs

Definition, causes, Pathophysiology, diagnosis, clinical manifestations and managements (nursing and medical) of following disorders of pregnancy:

- Hyperemesis gravidarum
- Hypertensive disorders in pregnancy
- Toxaemia
 - Pre-eclampsia and severe pre-eclampsia
 - Eclampsia
- Pregnancy induced Hypertension
 - Hypertension without proteinuria
 - Mild pre-eclampsia
 - Severe pre-eclampsia
 - Eclampsia
- H E L L P Syndrome
- D I C
- Hydatidiform mole
- Ectopic pregnancy
- Anaemia
- Bleeding in pregnancy
 - Early in pregnancy: Implantation bleeding, Ectopic pregnancy, Molar pregnancy, Abortion
 - Late pregnancy : antepartum haemorrhage, Placenta previa, Abruptio placenta

Unit XIV- Common Medical Diseases, Effects in Pregnancy and management of:

8 hrs

- Parasitic infestation
- Anemia

- Cardiac disease
- Renal disease
- Urinary tract infection
- Diabetes
- Malaria
- Jaundice/Hepatitis
- Tuberculosis
- Epilepsy

Unit XV- Infections in Pregnancy, its effects and Management 3 hrs

- STIs/HIV/AIDS
- Viral infections
- TORCH infections (toxoplasmosis, rubella, cytomegalo virus, herpes)
- Hepatitis

Unit XVI- Multiple Gestation (pregnancy) 4hrs

- Types
- Diagnosis
- Effect in labor
- Complication and management

Unit XVII- Abnormalities of the Pelvis and Mal-presentations 4 hrs

- Contracted pelvis/ CPD
- Mal-presentations

Unit XVIII- Multiple Gestation 4hrs

- Types
- Diagnosis
- Effect in labor
- Complication and management

Unit XIX- Abnormalities of the Pelvis and Mal-presentations 4 hrs

- Contracted pelvis/ CPD
- Abnormal pelvis
- Mal-presentations:

- Breech
- Transverse lie
- Oblique lie
- Unstable lie
- Preterm premature rupture of membrane (PPROM)

Unit XX- Abnormalities of Amniotic Fluid and effects **2hrs**

- Oligohydramnious
- Polyhydramnious

Unit XXI- High risk pregnancy: **2 hrs**

- Adolescence pregnancy
- Late pregnancy

Unit XXII- Drugs used in pregnancy: **2hrs**

Obstetrical Nursing II Theory (Labor /Natal care)

Placement: Third year
Course Code: BSN 303
Hours: 100

Full Marks: 100
Pass Marks: 50

COURSE DESCRIPTION

This course is designed with the aim to provide knowledge in natal care (labor) focusing mainly in normal and abnormal labour, including emergency obstetric conditions. The students will also be able to learn to conduct deliveries, with competency in knowledge regarding the mechanism of normal labor. It also includes a clinical components that student will provide nursing care to mothers with labor and their newborn babies.

COURSE OBJECTIVES

After the completion of this course, students will be able to:

- Describe the physiology of labor onset, and explain the cardinal movement of mechanism of labor.
- Differentiate the stages of labour and their physiological changes.
- Explain management of mother in different stages of labour.
- Describe the comfort measures during labour and use of pain relief therapy.
- Discuss the mechanism of normal labour and abnormal labour
- Explain the necessary step for conducting normal and abnormal delivery.
- Describe the significance of PARTOGRAPH, and interpret the findings recorded in the graph with 100% accuracy.
- Describe the need for induction and augmentation of labor, and discuss the role of midwife/nurse in caring for a woman who is on induction/augmentation.
- Identify different methods of fetal monitoring, and process of recording the findings.
- Explain and take care of mother and neonate in hospital situation.
- Identify the abnormal presentation and position during labour and assist their management.
- Identify obstetrical emergencies that can arise during labor and discuss appropriate action.

- Describe different types of obstetric operations and its management.

CONTENTS

Unit I: Terminologies used in labor/natal care **2hrs**

- Amenorrhoea
- Gravida, para
- Expected date of delivery (EDD)
- LMP (last menstruation period)
- Gestational age
- Presentation
- Position
- Presenting part
- Lie
- Engagement
- Denominator
- Moulding
- Suture

Unit II- Skilled Birth Attendant (SBA) **4hrs**

- Concept and background
- Policy
- Strategies
- Core skills (Basic and advanced skill)

Unit III- Normal labor **16hrs**

- Physiology of onset of normal labor
- Theories and causes of labor onset
- Stages of labor
- Mechanism of labor
- Sign and symptoms and management during first, second, third and fourth stage of labor
- Normal course of labour= 4Ps (power, passages, passenger and psychycological responses of mother)
- Pain relief measures

- Alternatives methods of pain relief
- Drug used
- Psychological measures
- Physical care
- Use of partograph
- Principles and skills in conducting normal delivery
- Immediate management of 3rd and 4th stage of labor

Unit IV: Pain relief and comfort measures during labor: 5hrs

- Perception of labor pain
- Psychological support during pain
- Physical care
- Non pharmacological methods of pain relief
- Pharmacological methods of pain relief and nurses responsibility

Unit VI: First stage of labor: 6hrs

- Admission: History and physical examination
- Abdominal examination
- Vaginal examination
- Dangers signs
- Physical care of women and physical comfort
- Preparation of women for labor
- Fetal monitoring
- Counseling to the family

Unit VII: Physiology of first stage of labor: 6hrs

- Duration
- Uterine contraction
 - Fundal dominance
 - Polarity
 - Contraction and retraction of uterine muscle
 - Formation of upper and lower uterine segments
 - Development of retraction ring
 - Cervical effacement and dilatation
- Mechanical factors:
 - Formation of fore water

- General fluid pressure
- Rupture of the membranes
- Fetal axis pressure

Unit VIII: Management of first stage of labor:

4hrs

- Psychological support
- Prevention of infection
- Position and mobility
- Nutrition
- Bladder care
- Observation (mother, fetus and progress of labor)
- Complication and it's management
- Record and report
- Active management of labor

Unit IX: Second stage of labor:

6hrs

- Physiological changes during second stage of labour
- Mechanism/cardinal movement of vertex presentation
- Sign and symptoms of second stage of labour
 - Early phase (passive)
 - Active phase or perineal phase (expulsive)
- Continuation of partograph
- Preperation of mother, delivery room and equipment

Unit X: Management of second stage of labour:

6hrs

- Constant supervision
- Preparation for delivery
- Conduct the delivery step by step process (mechanism)
- Immediate care and examination of baby
- Apgar score
- Identification of baby
- Complication of second stage of labour and it's management
- Record and report

Unit XI: Third stage of labour:

5hrs

- Physiological changes of third stage of labour

- Sign of placenta separation
- Active management of third stage of labour
- Method of placenta delivery
- Management of complication

Unit XII: Fourth stage of labour:

4hrs

- General assessment of mother conditions
- General assessment of baby
- Any anomalies
- Basic needs: temperature, breast feeding, safety, cleanliness
- Kangaroo method (KMC)
- Comfort
- Medication
- Discharge planning and education
- Record and report

Unit XIII: Abnormal labour:

8hrs

- Preterm labour, premature rupture of membrane
- Post-term pregnancy (induction of labour)
- Multipal pregnancy
- Prolonged labour
 - Augmentation of labour
 - Maternal and fetal distress
 - Obstructed labour
 - Abnormal uterine contraction

Unit XIV: Trial Labour:

2hrs

Unit XV: Assisted Labor

4hrs

- Induction and augmentation
- Vacuum extraction
- Forceps delivery

Unit XVI: Surgical Procedures in Obstetrics

4hrs

- Episiotomy and repair
- Caesarean section

- Destructive operations

Unit XVII: Malposition, malpresentation and it's management: 8hrs

- Occipito posterior position
- Face presentation
- Brow presentation
- Breech presentation
- Shoulder presentation
- Unstable lie
- Compound presentation
- External and internal version

Unit XVIII: Obstetrical Emergency and it's management 8hrs

- Vasa Previa
- Cord presentation and prolapsed
- Shoulder dystocia
- Ruptured uterus
- Amniotic fluid embolism
- Shock
- Inversion of uterus
- Retained placenta
- Adherent placenta
- Vulval haematoma

Unit XIX: Drugs used during labour

2hrs

Obstetric nursing=III Theory (postnatal and gynaecology)

Placement: Third year
Course Code : BSN-304
Hours: 100

Full marks: 100
Pass marks: 50

COURSE DESCRIPTION

This course will provide in depth knowledge in post natal and gynaecology with special focus on the normal and abnormal conditions of the puerperium, newborn and gynecological problems of women requiring special nursing care.

This course will also enable students to apply knowledge, skill and attitude to function competently in providing holistic care to the mother, and newborn using nursing process and a primary health care approach by applying National Neonatal Health strategies and R.H protocol in hospital/community setting.

COURSE OBJECTIVES

- On the complication of the postnatal and gynaecological care course the students will be able to:
- Describe normal puerperial changes and return to the non pregnant state.
- Identify goals, components and principles of postnatal physiology and emotional care.
- Formulate nursing diagnosis in meeting the physical, psychological and emotional needs of mother.
- Determine the nursing responsibilities related discharge instructions in the hospital community setting to ensure self care of women/ mother, newborn care and adjustments to daily activities.
- Anticipate and recognize minor disorders of the puerperium and discuss their management
- Discuss the major gynecological problems.

COURSE CONTENTS

Unit I: The physiology of the Puerperium:

6hrs

- Anatomical changes of associated structures

- Physiologic changes of reproductive system during puerperium
- Psychological changes in puerperium
- Lochia
- Parent infant bonding
- Physiology of lactation and Midwives' role
- Trends in breast feeding
- Minor disorders of puerperium

Unit II: Postnatal care:

6hrs

- Goals, component and principles
- Assessment of postnatal mother and it's managements.
- Nurses roles/responsibilities in meeting physical, psychological and emotional needs of the mother including cultural aspects of care.
- Provide postnatal nursing management in minor disorders of puerperium.

Unit III: Management of lactation:

8hrs

- Structure and physiology of lactation
- Components and properties of breast milk
- Technique of breast feeding
- Concept of baby friendly hospital initiative.
- Common breast problems and it" management
- Discharge instructions

Unit IV: Danger signs and follow up (postpartum)

2hrs

Unit V: Puerperium complication and it" managements:

6hrs

- Puerperal fever
- Ppostpartum haemorrhage
- Vulval haematoma
- Puerperal sepsis
- Puerperal psychosis
- Breast abscess
- Pulmonary embolism
- Venous thrombosis

Unit VI:- Mental Health in Maternal Nursing

4hrs

- Psychological aspects in child bearing and rearing.
- Adjustment problems.
- Undesired behaviors.

UnitVII: - Normal Newborn Care

10 hrs

- Characteristic of normal newborn.
- Nurses responsibilities in newborn care
- Essential Newborn Care
- Neonatal Resuscitation
- Need of Neonate (Breathing, Feeding, warmth and Prevention of infection)
- Periodic assessment of the neonates
- Common problems of neonates including danger signs.
- Status of Neonatal Health in Nepal and Government's Policies and Strategies.

Unit VIII: Neonatal problems and it's nursing management: 6hrs

- Asphyxia neonatrum
- Low birth weight baby
- Neonatal jaundice and sepsis
- Birth injuries
- Congenital malformation
- Baby born to HIV positive mother
- Effect of intrauterine TORCH infection
- Sudden infant death Syndrome
- Neonatal mortality and its causes
- Dangers signs in newborns (infection, hypothermia, respiratory syndrome,tetanus neonatrum, convulsion and unable to suck breast feeding

Unit IX: Care for small and large babies:

4hrs

- Premature baby
- Postmature baby
- Small for dates baby/heavy for dates baby.

Unit X: RH Incompatibility and Isoimmunization: 4hrs

Unit XI: Major Disorders of Newborn 6hrs

- Inborn error of metabolism
- Genetic counseling
- Congenital deformities
- Hemolytic disease of newborn
- Respiratory Distress Syndrome(RSD)
- Meconium Aspiration Syndrome(MAS)
- Fetal alcoholic Syndrome(FAS)

Unit XII: Menstrual Disorders 6hrs

- Amenorrhoea
- Menorrhagia
- Dysmenorrhagia
- Metrorrhagia
- DUB

Unit XIII: Infections of Female Reproductive Organs 6 hrs

- Vulva
- Vagina
- Uterus
- Fallopian tubes
- Ovaries

Unit XIV: Assessment of Women with Gynaecological Problem 4hrs

- History taking
- Ensuring privacy and confidentiality
- Positions
- Investigations
- Instruments for gynae procedure

Unit XV: Congenital Abnormalities of Reproductive Organs 2hrs

Unit XVI: Displacement of Pelvic Organs 4hrs

- Cystocele
- Rectocele

- Retroversion
- Urethrocele
- Prolapses of uterus

Unit XVII: Complications Related to Child Birth and their Management **4hrs**

- R.V.F
- V.V.F

Unit XVIII: Tumors of Female Reproductive Organs **4hrs**

- Vulval
- Vaginal
- Ovarian
- Uterine

Unit XIX: Pre and Postoperative care in Gynaecological Surgery **2 hrs**

- Hysterectomy
- Abdominal
- Vaginal

Unit XX: Sub-fertility (infertility) **4 hrs**

- Definition
- Causes/ factors
- Diagnosis
- Treatment Options
- Assisted Reproduction with advance technique

TEACHING LEARNING ACTIVITIES OF OBSTETRIC (MIDWIFERY) AND GYNAECOLOGICAL NURSING

METHODS

- White Board
- OHP, Slides, CDs
- Posters and Models
- Manikin/
- Website search

MEDIA

- White board
- OHP
- Posters, charts and models
- Skeleton
- CD, video cassettes
- LCD system

EVALUATION

- Class test, project work, presentations and viva.

PRESCRIBED TEXT BOOKS:

1. *Myles "Textbook for Midwives" 14th ed. Churchill Livingstone, 2003.*
2. *Integrated Management of Pregnancy and Childbirth (IMPAC), WHO publication, RH/ 00.7, Geneva, 2003.*
3. *Dutta D.C. "Textbook of Obstetrics" 6th ed, Central Publication, India. 2004.*

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5. *C.S. Dawn "Textbook of Gynecology and Contraception"*
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16. *RH Protocols and Safe Motherhood Materials, Produced by Family Health Division, Nepal*
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18. *SBA Policy and Strategy MOHP*
19. *Shaw's Textbook of Gynecology. 13thed. Elsevier Pub. India*
20. *Simkin, Whalley & Keppler, Pregnancy Child Birth & the Newborn, Meadowbrook, India*
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25. *Use SBA Learning guide*
26. *WHO Lib, Cataloguing, Managing Newborn Problems. WHO, Geneva*
27. *WHO UNFPA UNICEF, Managing Newborn Problem. Health Research WHO, Geneva*
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35. *Internet*
36. *Research reports*

Obstetrical (Midwifery) and Gynaecological Nursing (Practicum)

Placement: Third Year

Course Code: BSN 302, 303, 304

Full Mark: 100

Total Hour: 600

Pass Mark: $60 \times 3 = 180$

LEARNING OBJECTIVES

After the completion of this course students should be able to:

- Identify and describe pelvic diameters and different parts of the female pelvis, in a given model.
- Identify the different landmarks of the fetal skull in a given model.
- Take a thorough obstetrical history of a pregnant woman.
- Examine and make assessment of a pregnant woman with 100% accuracy.
- Advise a pregnant woman/family regarding the care needed for maintaining a health pregnancy.
- Recognize any deviation from normal signs and symptoms, requiring immediate referral during pregnancy.
- Identify minor discomforts and, advise the woman for relief measure/s as needed.
- Assess the fetal well being in prenatal period and during labor.
- Advise the woman/family for birth preparedness and complication readiness in advance.
- Recognize signs of labor and help the woman in management of stress.
- Teach the woman different ways to overcome/bear labor pain as individual need of the woman.
- Make assessment of the progress of labor with the use of PARTOGRAPH
- Prepare the labor room and necessary equipments for conducting normal delivery.
- Pay attention for taking measures in preventing cross infection/s in the labor room.
- Conduct normal delivery with minimal discomfort to the woman and the baby.
- Assess the immediate need of the new born and the mother, and

provide needed care.

- Recognize signs of preterm baby and provide specific care as needed.
- Recognizes the sign/s of hemorrhage in pregnancy/labor and manage accordingly.
- Make accurate calculation/ preparation and administration of drugs specifically used in obstetric practice.

Learning Requirements:

- Assessment of pregnant women - 25
- Conduct of normal deliveries - 20
- Repair of the perineum - 05
- Resuscitation of the new born - 05
- Ante natal teaching - 05
- Observation of abnormal labor - 05
- Care of post natal mother - 25
- Care of normal neonate - 25
- Neonatal resuscitation
- Perform MRP
- Use of Vvcuum extraction
- Perform MVA
- Breech delivery

Each student is required to do a complete case study as assigned by the teacher

Duration for the clinical learning experiences for both Obstetric Nursing I,II+III

- AN Clinic - 4 weeks
- Labor Unit - 4 weeks
- Post natal - 4 weeks
- Gynecology - 4 weeks

Total 16 weeks experience in a well functioning Maternity Hospital.

Evaluation: Internal= 50%

- Clinical performance in each area

- Case study
- Case presentation
- Submission of report
- Procedures related in each area

Final exam: 50%

- Practical
- Viva

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Community Health Nursing III (Theory)

Placement: Third year
BSN -305
Hours : 100hrs

Full marks: 100
Pass mark: 50

COURSE DESCRIPTION

This course has been mainly focused to equip the students with comprehensive knowledge, skills and attitude in relation to concept and process of Community Diagnosis, Community Development activity, Health Care delivery system as well as Domiciliary Midwifery Services at Community level. He/She as a Community Health Nurse will participate and provide Promotional and Preventive Health care to the target population within a Community, applying epidemiological approaches (Community Health Diagnosis Process, Community Health Management process, and Maternal and Child inducing domiciliary midwifery service.)

COURSE OBJECTIVES

- Discuss epidemiological approaches to assess and provide necessary health care to the Community in relation to preventive and control measure against diseases.
- Explain the component/process of Community Diagnosis to improve health status of a community.
- Describe the concept and process of community Development in health and applied at community level.
- Discuss the organizational structure and activities (function) of health delivery system in Nepal.
- Explain the health care delivery system from central level to grass root level in Nepal context.
- Describe the job description of various categories of personnel working in different health setting within Health delivering system in the country.

Unit: I Community Health Resources (review)

10 hrs

1. Define
2. Health resources
 - Human resources

- Financial
- Material
- Time
- Place/market
- 3. Local community resources
 - Family
 - TBA
 - FCHV
 - Traditional/political leaders
 - CBOs
 - NGOs
- 4. Developmental partners
 - National
 - Government organization
 - Non-government organization (FPAN, Nepal Red Cross Society)
 - International
 - WHO
 - UNFPA
 - UNICEF
 - USAID
 - Save the Children
 - CARE
 - GTZ
 - The World Bank

Unit- II Community participation

20 hrs

1. Introduction of community participation (CP)
2. Concept of CP (Purpose)
 - To promote self reliance
 - To develop community leader
 - To ensure the felt and real needs of community
 - To maximum use of local resources man, money and materials
3. Level of community participation
 - Use of health services
 - Co-operation with health services and personnel
 - Community empowerment

4. Various obstacles which interference with community participation
 - Lack of community cohesion
 - Diversity of interest
 - Lack of experience in working together
 - Traditional social stratification
 - Lack of commitment to equity in health care
 - Lack of faith in community regarding health care system
 - Difficulty in mobilizing previously uninvolved
5. Ways to mobilize the community
 - Identify felt need with community leaders and members
 - Include community leader in decision making process including planning, implementation and evaluation
 - Change attitudes and value health workers toward community cooperation
 - Establish structure to ensure community inputs e.g. health post health committee etc.
6. Enabling factors for health workers related to CP
 - Communication skills interpersonal and group communication
 - Process of decision making in group situation
 - Process of conducting a discussion in meeting
7. Process of community participation
 - Resource identification
 - Involve community to identify health needs and prioritization
 - Involve community in planning health programme activities
 - Involve community members to implementing health programme
 - Evaluation community participation in term of measurement
8. Common areas for intersectoral approach
 - Health: HMG, NGOs
 - Economic: Bank loan, small income generation projects
 - Agriculture: Nutrition, Forestry, Crops production, kitchen garden, education, school formal and non-formal education, health information messages
 - Environment: water, sanitation, air and housing
9. Role of nurse in promotion of intersectoral action

Unit-IV Community Development and Health

20 hrs

1. Definitions of Community Development and Health
2. Concept and goal of Community Development

3. Features of community development in Nepal and their application in health
 - Emphasis on all around integrated development
 - Emphasis in rural development
 - Principles of mobilization of local resources sustainable development
 - Aims and impact of social change in the community
 - Maximum participation if the village development committee
 - Poverty elevation
 - Gender prospective/equity
4. Techniques of community development and their application in public health programme
 - External agent technique
 - Multiple agent technique
 - Internal resource mobilization technique
 - The role of community health nurse in community development
5. Community development programme
 - Formal and informal education
 - School health programme
 - Healthy life style activities
 - Health education
 - Exercise programme
 - Laughing club
 - Income generation activities
 - Empowerment activities of the community
 - Social security activities
 - Development programme for
 - Youth
 - Adolescents
 - Elderly
 - Religious group
 - Handicapped

Unit-V Community Diagnosis

16 hrs

1. The concept of community diagnosis
2. Definition of community diagnosis
3. Purpose of community diagnosis
4. Component of community diagnosis
5. Process of community diagnosis

Unit- VI Disaster Management

14 hrs

1. Introduction/Definition
2. Types of disaster
 - Man made disaster
 - Natural disaster
3. Consequences of disaster
 - Causation
 - Disease outbreak
 - Orphanage
 - Famine and starvation
 - Low socio-economic status
 - Emotional stress
4. Disaster management in community
 - Health education on protective measures
 - Preparation of plan
 - Rescue operation
 - Provision of supplies
 - Waste management
 - Control of disease
 - Plan for support
 - Coordination, collaboration with
 - ◇ Community leaders
 - ◇ CBOs/NGOs
 - ◇ Developmental partners
 - Assessment and action
 - Referral and follow up
5. Disaster Management system in Nepal

Unit: VII Health care Delivery System

18 hrs

1. Changing history from past to present (Review)
2. National health planning
 - National health policy
 - Five year plan and long term plan (20 years)
3. Health care delivery system from central to peripheral level
 - Central/National level
 - Regional level
 - Zonal level
 - Electoral level

- Municipalities and VDCs level
- 4. Health care protocol from central TO GRASSROOT LEVEL
- 5. Objectives, targets, strategies/policies on
 - Control of diarrhoeal disease
 - Expanded programme on immunization
 - Family planning
 - Acute respiratory infection (Pneumonia)

Unit-VIII Health System Reform

10hrs

1. Introduction
2. Approaches/techniques
3. Stakeholders for reform
4. Supplies/resources needed for reform
5. Barriers/obstacles
6. Common areas for reform
7. Roles and responsibilities of community health nurse in health system reform

Unit-IX Population Dynamics

12 hrs

1. Introduction
2. Population theory
3. Population momentum
 - Merits
 - Demerits
4. Demographic cycle
5. National goal and policy to control population
6. Family welfare programme
 - National level
 - Periphery level
 - Role and responsibility of CHN in family welfare programme

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Community Health Nursing III Practicum

Placement: Third year
Course Code: BSN 305
Hours : 100

Full marks: 100
Pass mark: 60

COURSE DESCRIPTION

This course is the continuation of BSN-304 which focuses on community diagnosis and development along with health care delivery system of Nepal. Student will spend 6 weeks total in community (4 wks) and district public health office (2 wks) to fulfill the following objectives. In community, students will also utilize the knowledge of community participation, obstetric nursing, child health nursing and epidemiology in providing comprehensive care to the community and individuals. Similarly in DPHO, students will analyze the organizations structure and the function/programs of health care delivery system. Besides, students will familiarize themselves with job descriptions of various health personnel working for health care services of Nepal.

COURSE OBJECTIVES

Upon the completion of this course, students will be able to:

- Conduct community diagnosis in order to identify, plan, implement and evaluate individuals, families and community problems/needs.
- Apply epidemiological approach in order to investigate and control/prevent common diseases occurring in the community and provided comprehensive care accordingly.
- Mobilize community resources and encourage active community participation in community development programs.
- Evaluate the sustainability of the programs/care conducted/ provided for the community.
- Analyze the organizational structure of health care delivery system of Nepal and evaluate its objectives/programs.
- Identify the job description of health workers working within health care delivering system of Nepal.
- Identify high risk case and make referral to the appropriate agencies accordingly.

Internal Allocation of marks:

Final Viva:	50
Internal:	50
Community diagnosis and micro health project	(15)
High risk family study and health teaching	(10) (5 each)
Performance evaluation	(10)
DPHO assignment	(10)
Report presentation	(5)
Total (Internal)	(50)
TOTAL	100

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Basic Epidemiology (theory)

Placement: Third year

Credit Hours : 50

Course Code: BSN-306

Full marks: 50

Pass marks: 25

COURSE OBJECTIVE

- Use Basic Epidemiological approach in the Community
- Apply the different method used in community
- Plan and control the different technique to control spread of disease

COURSE CONTENT

Unit: 1 Basic Epidemiology

6 hours

- Terminology used in Epidemiology
- Historical Context
- Introduction & Definition
- Components of Epidemiology
- Aims of Epidemiology

Unit: 2 Use of Epidemiology

6 hours

- Measurements of Epidemiology
- Tools of Measurement
- Incidence & Prevalence
- Uses of Epidemiology
- Epidemiology Triad

Unit: 3 Epidemiology Methods

6 hours

- Observational Study
- Descriptive Study
- Analytical Study (Case control study of cohort study)
- Experimental Study
- Uses of Epidemiology

Unit: 4 Modes of Disease transmission

6 hours

- Dynamics of Disease Transmission
- Modes of Transmission
- Susceptible Host and Host defences
- Specific defences

Unit: 5 Disease prevention & control

4 hours

- Controlling the reservoir
- Interruptions
- The susceptible host

Unit 6 Investigation of an Epidemic

8 hours

- Verification of diagnosis
- Confirmation of the existence of an epidemic
- Defining the population at risk
- Rapid search for all cases and their Characteristics
- Data analysis
- Formulation of hypothesis
- Testing of hypothesis
- Evaluation of ecology factor
- Further investigation of population of risk
- Writing the report

Unit: 7 Concept of prevention 4 hours

- Introduction
- Levels of Prevention
 - Primordial
 - Primary
 - Secondary
 - Tertiary

Unit: 8 Modes of Intervention

4 hours

- Introduction
- Health promotion
- Specific protection
- Early diagnosis of treatment
- Disability limitation

- Rehabilitation

Unit: 9 Field Technique

6 hours

- Problem identification
- Proposal development
- Method of collecting information
- Interview
- Observation
- Questionnaire
- Data analysis & interpretation
- Focus Group Discussion
- Teaching Learning Activities
- Lecture
- Group Presentation
- White board
- Marker
- OHP
- LCD
- Paper Presentation
- PRA/RA

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1. *Park, JE and Park K. "Text Book of Social and Preventive Medicine", 2008.*
2. *R. Beaglehole, R. Bonita, T. Kjellstrom. Basic Epidemiology. WHO, Geneva 1993.*
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5. *Research reports*

Nursing Research and Biostatistic (Theory)

Placement: 4th year
Total Hours: 100 hrs,
Code No: BSN - 401

Full marks: 100
Pass marks: 50

COURSE DESCRIPTION

The course has been designed to impart the research and statistical knowledge to the students. The course encompasses the basic concepts, methodologies and applications of research and statistics in nursing

LEARNING OBJECTIVE

- Define and explain the terminology used in Nursing Research
- Discuss the historical evolution of research
- Explain nursing research, its purpose and importance
- Define the various types of research
- Discuss the ethical aspect in conducting research.
- Explain the basic steps of nursing research
- Apply statistical concept and knowledge in collecting relevant data and analysis of data
- Describe the steps of research proposal.
- Describe the data analysis process
- Explain the different techniques and interpretation of data and report writing.
- Evaluation/critique the research reports
- Disseminate the research report

Unit - 1 Define & Explain the Terminologies in Nursing Research

- Basic terminologies
- Research
- Population
- Sample
- Sampling Technique
- Variable

- Facts
- Concept, Theory, Principles,
- Conceptual Framework
- Operational Definition
- Assumption
- Validity
- Reliability
- Limitations

Unit – 2 Historical evolution of Nursing Research

- International
- National

Unit – 3 Introduction of Research

- Definition
- Purpose
- Importance

Unit – 4 Types of Research

- Basic Applied, action research,
- Quantitative & Qualitative
- Descriptive
 - Case Study
 - Survey
 - Retrospectives, Vs prospective
 - Longitudinal Vs cross sectional
- Historical Research
- Research Design
- Experimental Research

Unit – 5 Ethical Aspect of Nursing Research

- Introduction
- Clients Right
- Basic Principles & Procedure
- Code of Ethics
- Principle of Ethics

- The principle of beneficence
- The principle of respect for human dignity
- The Principle of justice
- Informed consent

Unit – 6 Basic Steps of Nursing Research

1. Selection of Researchable problem
 - Definition
 - Purpose
 - Characteristics
 - Criteria for selection
2. Review of Literature
 - Purpose
 - Types
 - Process
 - Source of literature Review
3. Formulation of objectives
 - Meaning and types of research, objectives
4. Hypothesis
 - Introduction
 - Definition
 - Purpose
 - Importance
 - Characteristics
 - Types and
 - Sources of hypothesis
5. Variables
 - Definition, types
6. Sampling technique
 - Definition
 - Purpose
 - Sampling technique
 - Types of sampling
 - Representative sample
 - Sampling error
 - Sampling mortality
 - Sample size (Review with biostatistics)
7. Tools/Research Instruments

- Definition
 - Types
 - Checklist
 - Observation guide
 - Self Report form
 - Questionnaire
 - Interview guide of the instruments
 - Validity & Reliability
 - Development of tools
 - Pre-testing of tools
 - Pilot Study
9. Date Collection
- Introduction
 - Definition
 - Type of Data collection methods
 - Interview
 - Survey
 - Observation
 - FGD
10. Data Analysis & Interpretation (Bio-stat)
- Statistical Analysis – SPSS
 - Classification and categorization
 - Presentation in table/graphs
 - Bar/Pie diagram
 - Frequency curve
 - Tabular presentation of data

Unit-7 Research Proposal

- Definition
- Purpose
- Contents of research proposal
 - Introduction
 - Review of the Literature
 - Methodology
 - Work plan
 - References

Unit-8 Report Writing

- Guideline for Students for writing research reports
- Content of Research Report
- Introduction
- Method
- Result
- Discussion

Unit – 9 Critiques of Research Report

- Definition
- Guideline for critiquing the research report

Unit – 10 References

Biostatistics in Nursing

Unit 1: Basic Concept and Usefulness of Statistics **8 hrs**

- Basic Concept of statistics ; Definition of bio-statistics; scope, role, usefulness of statistics in the conduct of Nursing research
- Basic concept of variables, type of variables (discrete and continuous, nominal, ordinal and categorical variables)

Unit – 2 Data Collection and Presentation **8 hrs**

- Data Collection
 - Sources of data, collection and recording of statistical information and its related fields from primary and secondary sources (census, vital registration, ad-hoc surveys, population register, hospital records and surveillance system
- Tabulation and graphical presentation
 - Processing and presentation of statistical data : frequency distribution and different types of tables (one way, two way and manifold tables)
 - Preparation of diagrammatic and graphical representation (graphs, histogram, bar charts, pie chars, etc).

Unit – 3 Measures of Central Tendency and Dispersion **8 hrs**

- Measures of central tendency
 - Different partition values (quartiles, deciles and percentiles) measures of dispersion
 - Range, inter-quartile range, standard deviation, variance and coefficient of variation.
 - Mean, median and mode
 - Scale and measurement

Unit – 4 Probability Distribution **8 hrs**

- Concept of probability ad chance, simple probability distribution
- Probability distribution of continuous variables (normal distribution)
- Probability distribution of discrete variables (binomial distribution)

Unit – 5 Hypothesis Testing and Statistical Inference **8 hrs**

- Concept of hypothesis, null and alternative hypothesis, formulation of statistical hypothesis, level of significance, type I

and type II errors, beta and power of test.

Unit – 6 Simple Correlation and Regression Analysis **6 hrs**

- Basic concept of regression and correlation, definition of correlation, correlation coefficients, Spearman's rank correlation coefficient.

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25. *Recent publication*
26. *Internet*
27. *WHO, Health System Research*

TEACHING LEARNING ACTIVITIES

METHODS

- Lectures
- Discussion
- Demonstration
- Project work
- Presentation
- Develop research
- Conduct research proposal
- Writing research report

MEDIAS

Field practice assessment and management (Hospital/community)
Practicum

EVALUATION

- Class test
- Assignment

EDUCATIONAL SCIENCE IN NURSING (THEORY)

Placement: Fourth Year
Hours: 100 hours,
Course Code No: BSN-402

Full marks: 100
Pass marks: 50

COURSE DESCRIPTION

This course aims to equip the students with the knowledge about concepts, theories basic principles and methodology of teaching learning including evaluation techniques and development of curriculum and in-service education program.

COURSE OBJECTIVES

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

- Explain the development of nursing education in Nepal.
- Describe various concepts, terminologies used in educational science
- Discuss identification of learning needs of individual, family, group and societies
- Explain concept, theories, principles and approaches in the teaching learning process
- Describe planning, organizing, conducting and evaluating the teaching learning activities in assigned areas for an individual, family and community in need based situation.
- Explain behavioral objectives used in different domains
- Discuss the use of various methods and media used in teaching learning process
- Explain the role of a teacher in effective students learning
- Explain the development of curriculum with the application of all the required steps.
- Describe planning , implementation and evaluation of in-service training program
- Discuss evaluation process and tools to be used in evaluating students learning.
- Describe guidance and counseling, its types, purposes and process.
- Course Content

Unit 1: Educational Sciences**2 hrs.**

- Definition of education
- Terminology used in educational science
- Purpose of education
- Development of nursing education in Nepal: past and present

Unit 2: Learning**10 hrs.**

- Definition
- Types of learning (cognitive, affective and psychomotor)
- Learning theories
 - Theory of mental discipline
 - Behaviorist theory of learning
 - Cognitive theory of learning
- Learning process
- learning principles
- Characteristic of learning
- Factors affecting learning
 - Facilitating factors
 - Hindering factors

Unit 3: Teaching**8 hrs.**

- Definition
- Purposes of teaching
- Principals of teaching
- Role of the teacher
- Characteristics of a good teacher
- Teaching ethics
 - Meaning
 - Ethical responsibilities of a teacher
 - Commitment of self, to students, client and teaching profession

Unit 4: Educational Objectives**8 hrs.**

- Definition
- Types of objectives
- Behavioral objectives

- Definition, benefits, criteria and taxonomy

Unit 5: Teaching/ Learning Methods

14 hrs.

- Lecture, demonstration, group discussion, case study, role play, panel discussion, symposium, workshop, exhibition, seminar, conference, team teaching, clinical teaching, field trip, microteaching, self-directed learning, computer assisted learning- distance learning/open learning, and brain storming.
- Definition, Purposes, Advantages, Disadvantages and Process to use and selection criteria of each method

Unit 6: Teaching/Learning Media or Learning Resources

12 hrs.

- Writing board, Over head projector (OHP), news print, flip chart, meta card, poster, pamphlet, puppets, computer, power point slide, CD Rom, floppy disc, video, audio cassette, models, specimens, radio, library facilities with books, manuals, journals, latest reference manuals and internet.
- Definition, Purposes, Advantages, Disadvantages and Process to use and selection criteria of each method

Unit 7: Lesson Planning

4 hrs.

- Definition, benefits
- Development of lesson plan used in class room and clinical teaching using all the required components
 - Preliminary information
 - The main body of lesson plan
 - The end part of lesson plan

Unit 8: Evaluation

10 hrs.

- Definition, purpose
- General principles of evaluation
- Types of measurement (Placement, formative, diagnostic and summative evaluation)
- Characteristic of evaluation tools (validity & reliability, objectivity and usability)
- Types of evaluation
- Test construction (paper and pencil test)
 - Types of test items

- Advantages and disadvantages
- General principal of test construction
- Development of different types of test
- Clinical evaluation
 - Characteristics of clinical evaluation tool
 - Purpose
 - Methods of clinical evaluation tool
 - Advantages and disadvantages of clinical evaluation tool
 - Principals of using clinical evaluation tools
- Feedback
 - Types, process, and criteria of feedback

Unit 9: Guidance/ Counseling

4 hrs.

- Definition of guidance/counseling
- Purpose of counseling
- Principal of counseling
- Steps of counseling

Unit 10: Clinical/Field Supervision

4 hrs.

- Purpose of clinical/field supervision
- Role and responsibilities of clinical/field supervisor
- Planning of supervision
- Method of clinical/field supervision

Unit 11: In - Service Education

4 hrs.

- Definition and purpose of in- service education
- Planning of in-service program.
- Implementation of in- service education programme
- Evaluation of in- service education

Unit 12: Curriculum Development

16 hrs.

- Definition of curriculum
- Purposes of curriculum development
- Elements of curriculum
- Curriculum development process
- Fundamental steps Curriculum development

- Implementation and evaluation of curriculum
- Models of curriculum
 - Subject centered curriculum/traditional
 - Integrated curriculum
 - Competency based curriculum
 - Problem based curriculum / problem orientated curriculum
 - Community based curriculum / community oriented curriculum

TEACHING/LEARNING METHODS

- Lecture
- Group discussion
- Individual & Group presentations
- Micro-teaching
- Class room and clinical teaching
- Individual/ group assignments
- Test construction, implementation and evaluation
- Clinical/field supervision

EVALUATION

- Internal assessment
 - Written examination
 - Micro-teaching
 - Individual assignment
- University examination
- Written examination

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32. Research reports

EDUCATIONAL SCIENCE (PRACTICUM)

Hours: 200
Course Code: BSN-402

Full marks: 100
Pass mark: 60

CLINICAL OBJECTIVES

On the completion of the course, the student will be able to:

- Develops lesson plan with clearly stated objectives, contents, teaching- learning activities, time and evaluation.
- Demonstrates effective teaching performance in the classroom as well as clinical setting.
- prepares and use various audiovisual aids appropriate to the topic
- Design mini curriculum using all the steps of curriculum development process.
- Plans and prepares in-service education program in the given setting.
- Prepares a master plan, clinical rotation plan and performance evaluation tools.
- Plans, prepares, implements and evaluates test items appropriately
- Delegates responsibilities and supervise a nursing student.
- Prepares in-service training program following the necessary steps.

CLINICAL EXPERIENCE

The clinical experience in Teaching Students will be responsible for conducting class room and clinical teaching to nursing students. They will conduct pre & post conference, monitor, guide, counsel and evaluate students in the clinical field as necessary.

CLINICAL ACTIVITIES

- Identify learning need of student nurses
- Select topic and prepare lesson plan.
- Develop appropriate Medias (creativity) use correctly.
- Intervene teaching learning using appropriate methods and Medias in class room and clinical field.
- Supervise, monitor and guide, and give feedback to students as

per need.

- Prepare questionnaire, checklist, rating scale, performance evaluation tools and evaluate using prepared tools
- Present prepared curriculum in the class.
- Prepares for an in- service education program to small group of staff.
- Prepare master plan, clinical rotation plan, class schedule, evaluation tools etc.
- Prepare her/his teaching learning activities plan.
- Plan and conduct minimum of 10 class room teaching
- Plan and conduct two clinical teaching
- Conduct pre and post conferences during clinical practice

EVALUATION

- Internal Assessment
 - 4 out of 10 class room teaching plan and performance
 - 2 clinical teaching plan and performance
 - Syllabus development (1) and presentation
 - Master plan, clinical rotation plan, class schedule, evaluation tools.
 - Daily performance evaluation of clinical supervision
 - Development of In-service Training Program.
 - Development of evaluation tools and test construction

Leadership and Management (THEORY)

Placement: 4th year

Total Hour: 100

Course Code: BSN - 403

Full Mark: 100

Pass Mark: 50

COURSE DESCRIPTION

This course has been designed to impart relevant knowledge and modern concepts of leadership and management development to nursing students. The course prepares the graduate nurses in application, participate and take lead in policy making process, planning programming implementing monitoring and evaluation of health service activities from the central to peripheral level. The student will also have the opportunity to learn about human resource planning, development and roles and responsibilities of different health personnel, specially the nurses working in different health care settings, educational organizations and other health agencies. Similarly students will also be equipped regarding concepts of health economics and impact of economical factor on health of the people and health services management. Emphasis also been given to Information management systems and emergency preparedness as it relates to the nursing leadership role.

COURSE OBJECTIVES

Upon completion of the course, students will be able to:

- Discuss the philosophy, theories, concepts and principles of nursing leadership and management.
- Discuss general concept, principles and theories of Health care management.
- Describe the national health strategies, planning, programming and monitoring and evaluation system based on 10th National Health Policy. (Latest)
- Describe the different organizational structure of national health settings.
- Plan the nursing health manpower for different types of health organization with the application of principles of human resources development.
- Describe the roles and responsibilities of different categories of health personnel working at health organization, and in

educational institutions.

- Discuss the various types of resources management in health services.
- Explain the principles of economy affecting health, health services and health personnel development at all level of the organizations.
- Describe the management process of disaster and mass casualty in hospital and community settings.
- Describe the different roles and responsibilities of the nursing manager.
- Explain the components of patient assignments/care.
- Discuss the rationale for development, implementation and evaluation of nursing policy.
- Discuss the different legal/ethical aspects of nursing management in health care organizations.
- Describe the information management systems in the health care setting.

COURSE CONTENT

Unit 1 Introduction of management:

6 hours

1. Definition, and terms used in leadership and management:
 - Management
 - Administration
 - Leadership
 - Manager
 - Leader
 - Organization
 - Power
2. Concept and scope of Nursing administration and management
3. Principles of Management
4. Function of Management
 - Planning
 - Organizing
 - Staffing
 - Leading
 - Directing
 - Controlling
 - Coordinating

- Reporting and recording
- Budget
- Supervision

Unit 2 Planning, Policy and procedure:-

6 hours

- Overview of planning
 - 2.2 Definition of planning, Policy and Procedures
 - Nature and purposes
 - Establishing objectives
 - Benefits and limitation
 - Planning process: steps of planning
 - Strategies, policies and planning procedure
 - National health planning: short term and long term health plan
 - Guidelines for development of effective policy
 - Nursing policy: hospital and community management policy
 - Legal implications of nursing policies
- Application of management functions of planning to nursing, health care
 - Setting and other institutions.

Unit 3 Organization

6 hours

1. Overview of organization formal structure
 - Nature and purpose of organizing
 - Principles of organizing
 - Organizational design
 - Elements of organization
2. Authority relationship of organization
 - Nature and sources of authority
 - Line and staff authority
 - Group dynamics, conflict: definition ,types, advantages, characteristics.
3. Organizational structure of Nepalese health care delivery system
 - Ministry of health
 - Regional level
 - Zonal level
 - District level

- Peripheral level
- 4. Organizational structure of
 - Purbanchal University and its components
 - Tribhuvan University and other universities
 - Institute of Health Sciences and other Public and Private Campuses in Health Sciences.
- 5. Application of organizational function to nursing, health care setting and Other institutions.
 - Delegation
 - Centralization and decentralization of authority
 - Deligation of responsibilities
 - Patient care assignment: objectives, principles , methods.

Unit 4 Organizational changes:

4 hours

- Change Definition of change and change agent
- Need for change
- Resistance to change
- Behaviors favoring change
- Change process

Unit 5 Staffing

6 hours

- 5.1 Introduction
- 5.2 Meaning of staffing
- 5.3 Role and Responsibilities of Nursing Manager in staffing, scheduling and patient Assignment.
- 5.4 Objectives of staffing in Nursing
- 5.5 Recruitment
 - Meaning
 - Policy
- 5.5.1 Recruitment methods
- 5.6 Staff development program
- 5.7 Projecting staffing needs in nursing services
- 5.8 Important factors of staffing and staffing requirements in the nursing.
 - Services unit.

Unit 6 Co-ordination

4 hours

- 6.1 Introduction

- Definition/Terms
- Importance
- Principles
- Technique of co-ordination
- Types of co-ordination
- Hindrance to co-ordination

Unit 7 Directing 6 hours

- 7.1 Concept
- 7.2 Human factor
- 7.3 Influencing factors to effective directing
- 7.4 Delegation as a means of directing (Detail)
- 7.5 Motivational aspects (Detail)
- 7.6 Leadership aspects
- 7.7 Communication aspects
- 7.8 Supervision function (Detail)
- 7.9 Monitoring and Evaluation function
- 7.10 Controlling functions for effective directing (Detail)

Unit 8 Reporting and record:

6 hours

- 8.1 Introduction
- 8.2 Communication in Administration
- 8.3 Structure of communication
- 8.4 Methods of communication
- 8.5 Record:-
 - Concept and Meaning
 - Importance of Records in
 - Hospital Community Health Agencies

Reports

- Concept and Meaning
- Purpose of reports
- Types of reports
- Meeting
- Types, method of conducting meeting, writing minutes (Theory and Practical)
- Nurses responsibility for record keeping and reporting
- 8.6 Meeting types, method of conducting meeting, writing minutes

- Nurses responsibility for record keeping and reporting

Unit 9 Financial management

6 hours

(Budget)

- 9.1 Introduction, definition, objectives, benefits, and limitation
- 9.2 Process of budgeting
- 9.3 Fiscal planning
- 9.4 Classification
- 9.5 Audit: internal and external
- 9.6 Importance of budgeting in nursing Administration

Unit 10 Monitoring and supervision

4 hours

- Definition, purpose, process of monitoring and supervision
- Tools of supervision, styles and challenges
- Supervision process: planning, implementation and evaluation and feedback.

Unit 11 Leadership

6 hours

- 11.1 Different approaches to leadership
 - Autocratic leadership style
 - Democratic leadership style
 - Free-Rein leadership style
- 11.2 Personal characteristics of a leader
- 11.3 Leadership theories
 - Trait theory
 - Behavior theory
 - Situational theory
- 11.4 Application of different leadership approaches and leadership theories to Nursing, health care setting and other institutions.

Unit 12 Job satisfaction and moral

4 hours

- Definition and factors contributing to job satisfaction
- Consequences of job satisfaction in the organization
- Leader role in providing in job satisfaction moral

Unit 13 Discipline of personnel

2 hours

- Principle of discipline action

- Role and function of administrator action in disciplinary

Unit 14 Human Resource Development (HRD) in Health 10 hrs

- 14.1 Introduction and background of HRD in Nepal
- 14.2 Concept, Principle steps of health Planning
- 14.3 Meaning and Objectives of HRD
- 14.4 Pre requisites and basic criteria of Human Resource Planning in Health
- 14.5 Methods of determining human resource requirement in health
- 14.6 Steps of Human Resource Planning in Health.
- 14.7 Conflict management (Detail)
- 14.8 Problem solving process
- 14.9 Evaluation and measurement Tools
- 14.10 Job description of different categories of health personnel working at
 - Different health care setting and educational organization.

Unit 15 Quality Assurance Mechanism 10 hrs

- Introduction (Dimension, advantages, Disadvantages)
- Objective
- Resources Management
 - Equipment supplies
 - Drugs
 - Time
 - Space/Physical facilities
 - Process of quality assurance
 - Indicator for quality service.
 - Nursing audits and nursing standard
 - National Policy and strategy on Quality Assurance
 - Quality Assurance Committee and their Roles and responsibilities
 - Setting Standards

Unit 16 Information Management System 4 hrs

- HMIS (Health Management information System)
- FIS (Financial Information System)
- HuRDIC (Human Resource Development Information Centre)
- LMIS (Logistic Management Information System)

Unit 17: Health Economics

8 hrs

- Economics - Definition
 - Concept and the framework of health economics and its significance in Health planning
 - Theory of demand, supply and price system in health
 - Definition, law, limitation and importance of demand and supply in health Care; elasticity of demand and supply
 - Pricing, policy change and externalities in demand/supply analysis
- Health care cost concept
 - Capital cost, recurrent cost, opportunity cost, cost analysis, direct and indirect cost, fixed and variable cost, marginal, average and total cost.
 - Economic evaluation
 - Cost benefit, cost effectiveness and cost efficiency analysis in health.
- Budgeting process in health sector
 - Principle of budgeting
 - Preparation of budgeting
 - Preparation, screening, Sanction, receipt of budget
 - Agencies involved in budgetary process
 - Overview of national budget and budget of health care in various 5yrs plans.

Unit 18: Disaster Management

2 hrs

- Introduction
- Types
- Consequences of disaster
- Management of disaster at hospital and community.

Unit 19 Caree planning

- Emerging opportunity in nursing job
- Searching job
- Developing resume
- Writing letters: job application, recommendation letter, resignation letter, acceptance letter, thank you letter.

TEACHING LEARNING ACTIVITIES

METHODS

- Lecture/Discussion
- Presentation
- Talk Programme
- Project Work

MEDIA

- White Board
- OHP
- Library Resources
- Internet

EVALUATION

- Class Test
- Presentation
- Class Interaction
- Project Work.
- Report Writing
- Management Assignment
 - Problem solving
 - Meeting Conduct
 - Daily Plan
 - Schedule
 - Logistic Management
 - Documentation

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Placement: IVth Year

BSN- 404

Hour: 300

Full Marks: 100

Pass Marks: 60

LEADERSHIP AND MANAGEMENT PRACTICUM

Placement: 4th year
Total Hour: 100
Course Code: BSN - 403

Full Mark: 100
Pass Mark: 50

COURSE DESCRIPTION

This course will provide opportunity to the students to apply concepts, principles, and management functions at work situation in hospital units and district public health office at district level. The students will have exposure during this placement period to develop managerial skill and competency working as nurse unit in-charge as well as subordinate staff at hospital. The student will spend 5 weeks in total during the placement period.

The student will also gain knowledge and skill regarding district health management, in health care system during DPHO placement.

COURSE OBJECTIVES

At the completion of the practicum student will be able to:

1. Demonstrate the management skill in the given area in relation to administration & management activities of hospital unit/District Health office.
2. Observe and collect required information regarding administration and management of Campus Chief/Principal as assigned in the campus.

COURSE CONTENT

Unit I- Hospital Management practicum
Unit II- DPHO Management

UNIT I: Hospital Management Practicum

The students will spend 4 weeks at Hospital and will have to manage hospital unit by carrying out daily activities and (sharing) responsibilities of nursing unit in-charge and subordinate nursing staff to provide effective patient care as well as apply change process to strengthen nursing administration process.

1. Hospital - 4 weeks
2. DPHO - 1 week
3. Nursing College - 1 week

ASSIGNMENTS

1. Daily performance
2. Organize and conduct meeting
3. Implement/introduce a change process
4. Conduct in-service education
5. Write a report (hospital)
6. Write report of DPHO and nursing college submit in time.

Internal Evaluation

	Total
1. Performance evaluation	- 20 + 5 = 25
2. Meeting	- 5 (Group)
3. Change process	- 5 (Pair)
4. In-service training	- 10 (Respective unit)
5. Hospital report	- 15+5 (Presentation)
6. DPHO & Nursing college report	- 5+5=10
Total	75

External Evaluation (Viva) - 25

Unit II: District Health Management

The students will spend 1 week at DPHO and work with Public Health Nurse and also other health personnel to participate in regular district health management activities to gain required skill, knowledge, and attitude of district Public Health Nurse.

Students will also be assigned 1 week to Nursing College to learn about Campus Chiefs' role and responsibilities in academic and administrative activities.

MEDICAL SURGICAL NURSING (ADVANCED PRACTICE) PRACTICUM

Placement: 4th year
Total Hour: 300
Course Code: BSN - 404

Full Mark: 100
Pass Mark: 60

COURSE DESCRIPTION

This course enables students to apply deeper knowledge in practical situation while caring the clients in the specialized units of the hospital. This exposure in specialist practical areas is provided to develop competency while taking care of the client with special gazettes and their care as per need.

COURSE OBJECTIVES

At the end of this Advanced Nursing Practicum Students will be able to:

- Demonstrate confidence in the assessment of patients and providing the needed care independently.
- Observe special cases and provide the specific care needed by such patients.
- Develop skill in the interpersonal relationships with other health team members in the hospital.
- Assist the ward in-charge in planning and implementing care to concerned patient.
- Take full responsibility and be accountable in her work.
- Teach/guide other workers who are under the supervision of staff nurses.

Area of practice:

1. Cardio-thoracic..... 4 weeks
2. Oncology.....2 weeks
3. Ortho.....2 weeks

Or

Neuro or Renal or Psychiatry (2 case study & 2 case presentation)

Total Weeks

8 weeks

Evaluation Scheme:

1. Performance Evaluation 30 marks
2. Case study at Cardio thoracic unit 10 marks (5+5)
3. Case study at any one of the above elective unit 10 marks (5+5)

50 marks is allocated for final practical exam